

DROP THY BURDEN AND THY CARE

Ere Thou sleepest, gently lay
Every troubled thought away;
Put off worry and distress
As thou puttest off thy dress:
Drop thy burden and thy care
In the quiet arms of prayer.

Menu Hints

Recipes for New and Novel
Dishes; Household Ideas and
Suggestions

"CHEER UP" DISHES FOR THE CHILDREN

September—and the return to school—is not a popular month with most children, but the ringing of the school-bell is welcome music to the ears of mothers and housewives, who will now find time to prepare new and tasty dishes.

GRAHAM PINEAPPLE MOLD

(Serves 6)
1 tablespoon butter
1 1/2 cups pineapple juice
2 tablespoons cornstarch
1/2 cup crushed graham crackers
1/2 cup pecan nuts
1 cup finely cut coconut
1/2 cup sliced bananas

Add butter to pineapple juice and bring to a boil. Stir in cornstarch, which has been mixed with 2 tablespoons cold water, and cook until thick and clear. Remove from heat and cool. Fold in other ingredients. (Add sugar and a dash of salt if desired.) Fill a well-buttered fancy mold or individual molds and chill thoroughly.

VEAL CUTLET

(Serves 8)
1 cup long grain rice
3/4 cups pineapple juice
4 tablespoons or 1/2 cube butter
1 small, or 1/2 large onion, grated
1/2 cup grated cheese
3 cups lightly packed cooked veal
Salt and pepper to taste
Cracker crumbs

THAT "BUSY DAY" LUNCHEON

In the midst of a busy day, many a housewife skips her lunch. This is a great mistake, which the good lady will acknowledge when she begins to tire before the day's work is done.

CEREAL "SUNDAES"

Stewed or canned fruit liberally sprinkled with corn flakes, brown sugar and hot milk or light cream.
Corn flakes with a sprinkle of bran flakes and light cream, flavored and sweetened with maple-flavored syrup.

TWO SEASONS ONLY IN SOUTH AFRICA

Down in South Africa they have only two seasons, which is from October 1st to April 30th, and winter, from May 1st to September 30th; there is no spring or autumn season. February is the warmest month and July the coldest.

Worms, however generated, are found in the digestive tract, where they set up disturbances detrimental to the health of the child. There can be no comfort for the little ones until the harmful intruders have been expelled.

THE OLD MAN OF THE BIG CLOCKTOWER



REGRET
If time could only turn back, even for a day, I'd find the kindly deeds I lost along life's way.

FRUIT AND VEGETABLE CANNING
Fruit and vegetable canning in Canada is carried on most extensively in the Provinces of Ontario, British Columbia and Quebec.

RE-UNITED
An inquisitive old lady was always enjoying the new kid in the street to ask him questions.

Peerless Sales Books
are the best Counter Check Books made in Canada. They cost no more than ordinary books and always give satisfaction.

William Dewar, Myrrha Murray, Samuel Bews, Janet Duncan, Donald S. Moor, Ephiam Buck, Letia Thornton Emma Moore, Frank Hagyard, Anna Pettigrew, Alexander Elliott. Of course you will recall that Milton and Oakville were the only two centres in the County where this examination could be written.

DOMINION EXPERIMENTAL FARMS
Weekly News Letter
Storing Potatoes
When going into storage, potatoes should be as dry as possible, according to the Dominion Horticulturist.

Storing Poultry Meats
Experiments are being conducted at the Central Experimental Farm, by the Chemistry Division, to determine the optimum storage temperature of poultry meats and the most satisfactory method of packing them.

Handling Eggs
Eggs should be collected at least once daily, and during very cold and very warm weather collections should be made at noon and night to avoid freezing or heating.

Confidence in another man's virtue is no slight evidence of a man's own Montaigne.

BLACK OPALS COME ONLY FROM AUSTRALIA

Black opals come only from Australia, which also supplies opals in the world of four recognized varieties, Boulder, nard-stone, seam and black. Opals are generally found in a barren country and the fields of Australia cover an area of 256 by 500 miles in the centre of the continent.

SIXTEEN THOUSAND MURDERS
The lowest percentage of murders goes to the credit of Holland, with Great Britain a good second. The highest total is recorded in the United States.

CLIP THIS COUPON
I am a reader of THE ACTON FREE PRESS, and accept your offer on "FACTS," the New, Concise, Fictorial Encyclopedia, for only \$4.95 plus duty and transportation.

Did You Ever Stop to Think?
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Newspaper Advertising Keeps Business Moving Smoothly Along

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