Breathes there a man upon the earth. Who had not sometime since his birth Exclaimed, in accents far from mirth, "I've made a fool of myself!"

Not that he cries it forth aloud, Or in the centre of Life's crowd, But to himself it is avowed-"I've made a fool of myself!"

It may have been among the girls, While in the dance's giddy whirls, Among the wealth of Fashion's pearled-"I've made a fool of myself!"

Or in the graver walks of life, While mingling in some greater strife, When plans of gain, not love, were rife-"I've made a fool of myself!"

In love or gain, in peace or war, In musing life's battles o'er. We must exclaim, with memory sors-"I've : made a fool of myself!"

Experience over teaches best; So let the memory stir the breast That time to come may not suggest-"I've made a fool of myself!"

Menu Hints

Sectors for New and Novel Dishes: Household Ideas and

Ruggestions

OUR GOLDEN FRUIT By Barbara B. Brooks

Warm, fragrant peaches lie ripe in the sun, and orchards and markets seem like counting-houses filled with golden doubloons. Perhaps that is how the story of the Golden Apples arose in Greek mythology. Peaches so luscious and golden seemed to the unclent Greeks like preclous metal - and what name would better suit their glowing beauty than

"Golden Apples."
To many homemakers the peach summer's food calendar. They can baite, preserve and pickle peaches, make them into salads and desserts, and still the supply is not exhausted. Parm and city markets are crowded with boxes and basekts-piled high-with fruit of warmin and color. The musky, sweet odor of Don't all Canadians celebrate the first peach fuzz and rich juice seems to hover over orchard and kitchen. Tables are Because confederation then joined us made colorful with peaches in a fresh fruit centrepiece. Meals are made interesting by serving peaches in delicious and

varying 'ways. Here are a few ideas for presenting this golden fruit, as well as some new twists to old and well-loved peach And night has overtaken me before th recipes.

ALL BRAN PASTRY " cup all bran

114 cups flour " teaspoon salt

14 cup shortening

5 tablespoons cold water (more or less) By takin' eggs and butter to the littl Roll all bran until fine and combine with flour and salt. Cut in shortening. Add water, a little at a time, until dough But sang from morn till evening in your is moist enough to hald together. Roll out on lightly floured board to about oneeighth inch in thickness.

PEACIT TURNOVERS 1 cup sweetened, sliced peaches

Make all bran pastry, rolling dough that to one-fourth inch thickness. Cut To have a hand in payin' off the mort into large rounds (5-inches in diameter) with biscuit cutter. On one half place a mound of sliced peaches. Moisten edge of dough. Pold other half over to cover I'll buy a good plane to go with ou peaches and crimp down edges using a fork or cookle crimper. Put a dot of butter on top of each. Place on a greased baking sheet and bake in a hot oven -(425-degrees-P.) -for-12-to-15-minutes. Serve hot or cold.

Something spicy to serve with roasts, und very attractive, too, la Penches au

> PEACHES AU GRATIN 3 large peaches

14 cup butter

· 14 cup corn flake crumbs Pare and halve peaches. Roll in corn flake crumbs, place in buttered baking dish, cut side up. In hollow insert several whole cloves, add a little brown sugar. Dot with butter and sprinkle with lemon fulee. Bake in hot oven 1400 degrees F. until fruit is tender and crumbs are brown (10-12 minutes). Berve hot.

. Note: It requires I cup whole corr ttakes to make !; cup corn flake crumbs ? Peach cobbler is an old way of serving peaches, but deliciously new with the all bran dough used. It is good served not or cold with thick cream.

PEACH COBBLER . 4 cups alloed peaches

L cup sugar 2 tablespoons butter

2 to 3 tablespoons flour teaspoons nutmeg

14 teaspoon cinnamon Place peaches, sugar, spices and butte in deep pan. Sprinkle with flour. Pre pare biscuit dough, roll out to one-half such in thickness and place over top of peaches. Bake in moderately hot oven (425 degrees P.) for 30 minutes.

ALL BRAN BUTTERMILK BISCUITS

... i cup all bran . . a cup butterfulk

112 cups flour 1 teaspoon, baking powder

14 teaspoon soda 12 teaspoon salt

's cup fab Soak all bran in buttermilk. Sift floud baking powder, soda and salt together Cut in shortening until mixture is like coarse commeal. Add soaked all bran: stir until dough follows fork around bowl. Turn onto floured board; knowd one-half inch thickness.

Note: SWEET MILK RECIPE: If eighty years ago, after carousing during The Royal Academician later took up sweet milk is used instead of buttermi'k, the day with a number of others in the portrait painting and was commissioned omit sods and increase baking powder bar of this hotel, a resident of Nasta- to do the state portraits of King Edto 3 tempoons.



POST OFFICE

NO MORTGAGE ON THE FARM

Mary, let's kill the fatted calf and cele-

For the last dreadful mortgage on th

Let us laugh and sing together, for the

thought that nerved my arm,

farm is swept away:

-dear-old-farm-is-free.

this day ne'er forget?

day of July.

out of debt?

before the sun.

task was done.

on the farm.

village store.

faded callon.

ing up for show.

hours to charm.

gage on the farm.

your heart rejoice.

finest patent churn.

give us now alarm.

us, Mary, not forget

being out of debt.

gage on the farm.

Bessle's voice:

bless her loving heart.

The lad that gets her for a wife mus

I'll build a little cottage soon, to make

You shall not make your butter with

For I'll go this very day and buy the

And get yourself and Bessle a new and

Low prices for our produce, need not

Spruce up little Mary! There's no mort

To thank the God of Heaven for our

put strength into my arm.

mortgage-on the-farm.-

And lengthened out our days to see

As was shown in one of my early

articles referring to Mill Street history.

so satisfactory a home for the Bank of

Nova Scotla and the Acton Creamery

plant, and commodious residences, was

for many years occupied by a stone hotel.

The erection of this well-remembered

hotel was commenced by the late Simeon

Anderson, -but he died before its com-

pletion. He had kept hotel in a log

building which was supplanted nearly

seventy years ago by the Dominion

Hotel, erected by the late Robert Agnew

Upon Mr. Anderson's death his execu-

tors, the late Dr. -N. McGarvin and

-From the Old Scrap Roof

that up-and-down concern.

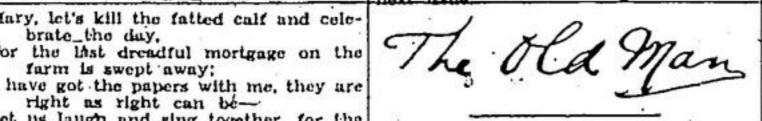
right as right can be-

Roach, the second last hotel landlord in the building, was the father of the since famous Mazo de la Roche, The family will be remembered by many. They did not reside in the hotel, but in the house now occupied by Mr. and Mrs. John Dunn, on Main Street, and it does not require older residents to recall the : Misses Roche driving about town with the Shetland pony and twowheeled cart.

After the fire, Mr. Nell Patterson purchased the property and built the fine block, which is now owned by Mr. John Williamson.

Upon the adjoining lot, where the lat-Dr. Coxo butt the big brick garage now known as the Central Garage, It is related that Acton's first grocery store was-built. It was conducted by Miller Hemstreet. He called it "The Danville Grocery." After doing business here for a number of years, he left Acton and mally settled in Cloveland, Ohlo, There was also located on this lot a log building in which the late John O'Connor will do? had a shoe shop with his residence in known as the King Edward Rink. It 3. Do you comply with traffic regulawas flooded by using the fire engine to tions, signals, and signs, and slow down pump the water down from the Town at crossings and dangerous intersec-Hall. This was before the days of tions? waterworks in Acton.

he late Robert Agnew. It was always ing it, brakes, especially, inspected regupopular travellers' home. I will try larly? and recall some interesting items of local 5. Do you watch for pedestrians, parhistory associated with this hostelry in ticularly children?



COCKROACHES CAN BE READILY CONTROLLED

Cockroaches are frequently abundant Why shouldn't we then celebrate, and in apartment houses, hotels, dwelling that you would like to have shown to houses, stores, and in any building where you? Where is there any freedom like being there is warm moist conditions and a plentiful supply of food. These insects I've riz up many a morning an hour have flattened, horny bodies and large WRIGLEY'S GIVE FREE INSURANCE spiny legs which enable them to move quickly and take refuge in cracks and When, weary with my labor, 'twas this other small crevices in walls and floors In such places they generally remain Each day will help to pay the mortgage hidden during the day and emerge at night in search of food. They eat pruc-And, Mary, you have done your part in tically anything catable but are particularly fond of foodstuffs favored by man. On this account, the !roaches are most numerous about litchens And did not spend the money in dresspantries and other situations where food surance at no cost to himself.

is readily accessible. Cockroaches may be readily controll-And Bessle, our sweet daughter-God ed by means of sodium fluoride, which may be obtained from any drug store states it leastet prepared by the Ento-She's gone without a plane her lonely mological Branch and issued by the Publicity and Extension Branch, Do minion Department of Agriculture Ottawa. The sodium fluoride should be lightly dusted in places frequented by the 'roaches, such as about sinks, baseboards, cupboards, and hot water pines The sodium fluoride adheres to the lega and antennae of the 'roaches, and in cleaning themselves the insects are polsoned by it. Sodium fluoride retains Lay by your faded calico, and go with its effectiveness and may be left undisturbed as long as convenient, or until the cockroaches have completely disappeared. As this chemical is somewhat poisonous, reasonable precautions should be taken to prevent children or domestic

pets from gaining access to it. While our hearts are now so joyful let ! Pyrethrum and borax are two other materials which form the basis of many recommended roach powders. Pyre-For he gave the rain and sunshine, and thrum-insect powder is less - effective than sodium fluoride, it loses its effectiveness quickly on exposure to air, and has to be used in a larger quantity. Borax also is less satisfactory than sodium fluoride. However, borax is easily obtainable, and mixed with equal parts of powdered sweet chocolate is a fairly the fine brick block, which now provides effective remedy.

> FAMOUS PAINTING COMING TO CANADA

"The Doctor" Loaned to Canadian National Exhibition Crossing Atlantic Under Guard

One of England's national art treasures and possibly the best-known painting in the world, "The Doctor," will be on view at the Canadian National Ex-James Cameron, had the building com- hibition's art show this year. Reproduced more often than any other picture The first landlord of the new primises this shows the interior of a fisherman's was John Wallace who afterwards went cottage where a physician intently to Milton and kept the Wallace House, watches the figure of a child, wrapped in where the Milton Inn new stands. The blankets and lying across two chairs, as Stone Hotel had, numerous landlords, the mother sits with her head bowed in

Thomas Clark, Ellas Clark, Thomas her arms and the father looks on. Campbell, James Campbell, O. C. Clark, Painted in 1891 by Sir Luke Sildes, A. Roach, A. Biggur and was finally this huge canvas, measuring 5x8 feet destroyed by fire about twenty-seven has been sent across the Atlantic under years ago. It was somewhat remarkable guard. It has been loaned by the Tale that nearly all other parts of the building Galllers, London, England. Sir Luke were gutted and the contents destroyed struck a new note in English painting at the fire, but the barroom. In the by embodying a pathetic interest to his north-east corner remained almost in- story-pictures. His fame was establishtact until the fire was over. The con- ed with "The Casual Ward" and he contents, however, suffered after the flame; tinued to find many human-interest lightly a few seconds; roll or pat to had been subdued. It is related that subjects in London's hospitals and among one winter night, between seventy and his friends in the medical profession. gaweya left for home in the evening, ward. Queen Alexandra and King George.

A SAFE DRIVING CODE

Toronto, August 18th-The courtesy of Ontario motorists may well be considered one of the Province's most substantial natural resources and may be counted on to maintain and increase the large flow of tourist traffic which enters Ontario each year from the United States and other provinces, according to Hon, T. B. McQuesten, Ontario Minister of highways, who is exceedingly well pleased with the co-operation being given by drivers to the "Try Courtesy" campaign of his department.

"We have received hundreds of complimentary comments from visiting motorists," Mr. McQuesten said yesterday, "on the consideration and courtesy they have received during their holiday in Ontario, and we can have no better sponsors for this Province as 'the sunmer playground of America,' than tourlats who have found it a delight to drive along our highways."

A new "safe-driving code" of 10 points has been worked out by the Department, Mr. McQuesten unflounced. Tie urged that motorists frequently check themselves on courtesy and care against the code, which had been prepared by motoring experts in the form of ques-

1. Do you keep your mind on your driving, watch the movements of other cars, and try to anticipate what they;

2. Do you keep in the line of traffic, connection. For several years Acton's especially when nearing the top of a

4. Do you know the feeling of having The Dominion Hotel was erected by your car always under control, by hav-

a Do you signal to the car behind when you intend to change your course" 7. Do you maintain a speed satisfactory to motorists both ahead of and

8. Do you give other motorists t right of way when there is any question about it? 9. Do you dip or dim your lights when

meeting other cars at night? 10. Do you show the same courtesy

TO EMPLOYEES

Entire Cost to be Pald by Wrigley's

Pollowing closely on the announcement of a Pension Plan, which assures protection in old age for all employees, Wm. Wrigley Jr. Co. Ltd. has just made public a plan by which every employee of the company is provided with life in-

All employees who have seen three or more months service with the company will be given gift insurance in accordance with their position. Executives and department heads are insured for \$3,000; foremen and salesmen for \$2,000, and

all other employees for \$1,000. The insurance is given without medical examination and without any age limit. Benefits are to be paid immediately upon death or in the event of permanent and total disability-occurring before age 60. If an employee terminate his connection with the Wrigley Co., he may within thirty days, assume his insurance himself, paying at the regular rates The entire cost of the insurance will be borne by the Wrigley Company and is in force for all employees as of August 1st With this addition of free insurance to all employees to the Pension Plan, which was put into effect, the Wrigley Co. have completed a program of providing definite security for the employees and their families and dependents.

SCIENCE-ADVISES AGAINST MEALS LOW IN NEEDED "BULK"

Reports ALL-BRAN Supplies This Dietary Adjunct

Scientific tests have shown that meals which miss the proper "bulk" tend to cause common constinution. This condition causes discomfort. and may lead to hendaches, loss of appetite, even serious disease.

Avoid these faulty meals by adding Kellogg's ALL-BRAN to your menus. It supplies generous "bulk" in convenient form. This absorbs -moisture, and gently exercises and cleanses the system. ALL-BRAN also furnishes vitamin B and contains iron.

The "bulk" in ALL-BRAN is often more effective than that found in fruits and vegetables as it does not break down within the body. Two tablespoonfuls daily are usually sufficient. If not relieved this way, consult your doctor.

Kellogg's ALL-BRAN may be sorved as a cereal with milk or cream. Sprinkle over soups, salada or other cereals. Or cook into appetizing muffins, breads, waffles, etc. It adds a delicious nut-sweet flavor to your recipes,

How much better than taking outent medicines—sometimes harmful! ALL-BRAN is sold by all grocers. Made by Kellogg in London, Onturio.

STORIES

TRUTHFUL

discovered one thing."



"I haven't accomplished a thing."



that the other had his eyes closed. said: "Bill, are yer feelin" well?" "I'm all right," said Bill, "but I

NEW GERMAN OLYMPIC

STAMP CANOLIXTION

do 'ate to see ladies standing."



She Must Like Guns

VIEWED FROM A DISTANCE

OF SMOKING CAMP FIRES

GIVES THE APPEARANCE

Madeleine Carroll, Often in War Films, Nearly Went to Spain



By FLO MARSHALL Gentral Press Canadian Writer

Hollywood, . Calif., Aug.

Coincidence has finally caught up with Madeleine Carroll.

under contract to Walter Wanger this English beauty made her first screen appearance in a film titled "Guns of Loos." Then followed some weeks of idleness, several films of average success and the hit picture, "I Was a Spy." More guns. Then "The 39 Steps"-still entangled in espionage and guns. The latest from England is "Secret Agent" and Madeleine Carroll is still endangered by the hazards of spying and gunfire.

"The General Died at Dawn" (still fate." at it!) Misa-Carroll planned to take her vacation in Spain-and look what happened! Civil war.

could slip away for quiet holidays. Won't Risk War Danger Just before she left Hollywood for England Miss Carroll said, "We planned to visit our new home right away, then go to England, but Before coming to Hollywood the castle is in Catalonia_where the fighting has been the heaviest. and we do not even know if it is continues I do not think we will even dare enter Spain, much less travel across the entire country to the estate. The risk would be too great, and even if we found the castle unharmed we would have no assurance of safety. I am afraid the warring factions would not be greatly concerned with the safety of tourists. Then, too, the place might be sholled at any time, if it Now after finishing her work in basn't already suffered such a

So to England they went. Capt. Astley came to Hollywood only in time to make the trip back with his The worst of this story is that on wife in that they might have a ther last vacation while travelling longer time together. They hope through Spain with her, husband, to have six weeks or more holiday Capt. Philip Astley, they found an before Mad leine has to return for enchanting old estate complete with her next Wanger production. old castle, and bought it. They at | But they probably will not go once set about having it renovated to Spain in that time. In spite of and even planned a swimming pool, her most successful films. Made-It was to be their real "castle in leine has no desire to be a tore of

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Spain," a place to which they for any shell.

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