

YOU

You and the fellow who has to decide whether you'll do it or toss it aside. You are the fellow who makes up your mind. Whether you'll lead or linger behind—whether you'll try for the goal that's afar. Or be contented to stay where you are. Take it or leave it. Here's something to do. Just think it over. It's all up to you! —Edgar A. Guest.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions

BACK TO SCHOOL
Barbara B. Brooks

School bells are ringing and their sound brings children scampering back to work and reminds mothers that vacation must be forgotten and thoughts concentrated on a definite program for the school year. It is hard to get back to the routine of "early to bed and early to rise," regular meal hours and wholesome food, but it must be done. Going to school is a very strenuous thing and growing children need to have meals which provide abundant energy for play and study plus a reserve for growing. This is why school day menus must be so carefully planned and why the school day program is so important.

Breakfast, the starting-out-of-the-day meal, must be nourishing and filling. It's a long time until lunch. Mid-morning fatigue results from too hasty or too scanty breakfasting. If the children are up and dressed by nine to eat breakfast leisurely they will be starting the day on the right note and will remain energetic until noon. These warm autumn days suggest more than ever a large bowl of crisp ready-to-eat cereal, topped with fresh fruit, and this is all that is needed for a hearty breakfast.

Breakfast getting. A child enjoys cereals for their crispness and flavor and a mother appreciates their ease of preparation. Infinite variety can be had in present day breakfast cereals so that something different can be served each morning. Thus the hectic pace of your child need not be strained to the point of revolt by monotonous breakfasts.

Luncheon, when served at home, should be hot but not too heavy. It can be a simple meal, and need we add, should be ready on time. If lunch is late, a child gulps his food and trouble begins. Many mothers have found that cereal again comes into its own in planning the noon meal, because ready-to-eat cereals have many practical recovery uses and are conveniently at hand on all pantry shelves. The latest thing is a delicious and nutritious chocolate pudding made with shredded whole wheat biscuits. Mothers find their children hurrying home at noon when it is chocolate pudding day.

BANANA ALL BRAN NUT BREAD

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg (well beaten)
- 1 cup all bran
- 1 1/2 cups flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 cup chopped nut meats
- 1 1/2 cups mashed bananas
- 3 tablespoons water
- 1 teaspoon vanilla extract

Cream shortening and sugar well. Add egg and all bran. Sift flour with baking powder, salt and soda. Mix nuts with flour and add alternately with mashed bananas to which the water has been added. Stir in vanilla. Pour into greased loaf tin. Let stand 30 minutes and bake in a moderate oven (375 degrees F.) one hour. Let cool before cutting.

Yield: 1 loaf 8 1/2 x 4 1/2 inches.

ALL BRAN APRICOT BREAD

- 1 cup chopped dried apricots
- 1 1/2 cups sour milk or buttermilk
- 3 tablespoons shortening
- 1/2 cup sugar
- 1 egg
- 1 1/2 cups all bran
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon nutmeg
- 1/2 cup chopped nut meats

Soak chopped apricots in milk about 15 minutes. Cream shortening and sugar thoroughly; add egg, beat until creamy. Add all bran, apricots and milk. Let soak until most of moisture is taken up. Sift flour with baking powder, soda, salt and nutmeg, combine with nut meats. Add to first mixture, stirring until flour disappears. Bake in greased loaf pan with waxed paper in the bottom, in moderate oven (350 degrees F.) about 1 hour and 10 minutes.

Yield: 1 loaf (4 1/2 x 9 1/2 inches).

Why is a baker a foolish man. Because he parts with what he kneads.

THE OLD MAN OF THE BIG CLOCKTOWER



WHAT DID YOU DO?

Did you give him a lift? He's a brother of mine.

Did you give him a smile? He was downcast and blue.

And the smile would have helped him to battle it through.

Did you give him your hand? He was slipping down hill.

And the world, so he fancied, was using him ill.

Did you give him a word? Did you show him a lift?

Or did you just let him go on with his load?

Do you know what it means, just a clasp of the hand, when a man has been bearing just all he can stand?

Did you stop when he asked you to give him a lift?

Or were you so busy you left him to drift?

Oh, I know what you meant what you say may be true.

But the test of your manhood is: What did you do?

Did you reach out your hand? Did you find him the road?

Or did you just let him go by with his load?

One of the first business places in Acton occupied the lot on which Knox Church now stands. It was built in the days of the Adamases, the founders of the town. In the days when Acton was Adamsville, and it was known until the day it was destroyed by fire, in the fall of 1870, as the 'Adams' Block. There was quite a commodious store, with a dwelling alongside and also occupying the second floor, and a large store house of good dimensions and had ample room for the storage of sundry merchandise. A large area was provided for "wet goods," which invariably formed a considerable portion of the stock in trade of the average merchant in those days.

The story is told—I will not vouch for the truth of it—that when the late Jas. Matthews was a young chap he was engaged in teaming from Hamilton and Oakville. This was before the days of the railways in this part of Canada. He had taken a load of grain to Hamilton, and on his return trip his load was made up of ten barrels of whiskey for the merchant in the Adams' store. He got along all right until he reached the mountain near Speyside, when one of the wagon stakes gave way and the barrel, which was supported by it, rolled off the load. It struck with its head on a stone and one of the headings gave way and the precious (?) whiskey gurgled out. Young Matthews stopped, blocked his wagon, and up-ended the barrel to save the whiskey which had not run out. A neighboring farmer happened along and helped him replace the barrel, deploring the woful waste of the liquid refreshment. This event occurred before the days when Mr. Matthews, ardent prohibitionist he was, solemnly declared in the old Temperance Hall, which stood where the road now leads to Henderson's saw mill, that he would never "touch, taste nor handle any intoxicating beverage," as he took the obligation administered by Worthy Patriarch John Speight in Acton Division No. 242 of the Sons of Temperance.

This store was a prominent centre of business in the early days of Acton's history. When it was built, and for years afterward, all the business transacted in Acton was done on Main Street. The two taverns were there. There were three or four blacksmith shops on the street. There was a woolen mill and two tanneries, the school, and the Presbyterian Church, and the old graveyard behind it.

The first firekeeper I can remember in this building was Col. Leonard. Though I don't believe some of the older residents owned the Normal Mills, on the Normal Road, kept there first. Col. Leonard was not long in business in Acton. He was a generous patron of the liquor department, went wrong mentally, and one day took his own life and ended his earthly career.

Charles Davidson, who afterward went to Guelph, to take the position of manager of the Wellington Fire Insurance Company also kept store here. Mr. Davidson was a somewhat stern man, but the soul of honor, and everybody esteemed him. He continued as manager of the Insurance Company until his death, about fifty years ago, when his son, Col. John Davidson, succeeded him, but he too has passed on.

Henry Lane was the merchant here for a time, but he did not make such a stir as the McClenahan's who followed him. Mr. and Mrs. McClenahan were very active people. The wife was as aggressive in business as the husband. When he went to Toronto on business she remained at home in charge of the store and could barter dry goods and sell whiskey as well as he could. On his last trip to Toronto Mr. McClenahan was overcome with gas in his hotel room during the night and never recovered consciousness.

P. H. Corrigan did business in this stand for a number of years. Though it is about seventy years since he left Acton, his name is still spoken here with great respect. He was a trained merchant, cleaned out the whiskey corner of the store and specialized in dry goods. Shortly before this property was destroyed by fire he removed to Cheltenham. Here he died and Mrs. Corrigan returned to Acton with Anne, the foster daughter of the home. A number of years later Mrs. Corrigan and Peter McNabb were joined in wedlock and they lived in the cozy cottage on Mill Street, where Mr. and Mrs. McNabb and Miss Corrigan resided until their deaths.

I think there was a tenant of this store after Mr. Corrigan, but my old head can't place these later historical incidents so well as those of years and years earlier. When the premises were destroyed by fire one Sunday evening, about nine o'clock, in September, 1870, I think the house was occupied by Hugh Bell, a teamster, who kept his own team and several others in the big barn alongside.

Never originated in this town, but whether from a pipe or a lantern was never revealed. It was a vicious fire. The old frame buildings burned like tinder. Every effort was made to get out the horses, but the rescuers failed to remove three of them, and they were cremated. The fire swept the house and much of the contents were destroyed. It leaped the lane to the store and dwelling of Thomas Ebbage and the were consumed. It jumped thence to Charlie Wiener's tinshop and licked it many rats, bones, bottles and all, and many of us can remember Charlie rushing about, wringing his hands and crying in his German-English, "Oh, mine rags, mine rags, mine rags. I will be ruined quite."

For more than twenty years the site of the Adams block was practically vacant, and was used for gardening purposes, but no buildings of importance were erected there. Finally it came into the possession of John R. Kennedy.

In the meantime, the congregation of the old Presbyterian Church, which had been in use for forty-seven years, began to feel that a new church, more commodious and modern, was needed. Rev. J. W. Rae, the minister then in charge, fostered this idea. A subscription list was circulated and there was a very generous financial response. This site was selected and secured, plans and specifications were drawn and the corner stones were laid on September 12th, 1894. With appropriate ceremonies the corner stones were laid, one by Rev. J. Goforth, missionary to China, who was home on furlough and the other by Richard Campbell, J.P., one of the early Elders of the church, whose appointment or election as Deacon dates back to March 14th, 1852.

Speaking of the subscriptions for the new church, Rev. Mr. Rae, to whom was given the burden of the work of canvassing the congregation, said to me one day after he had made many calls upon members in the country, when I tendered him my subscription before he had time to make a request: "Well, I'm glad to find there are some people who do not have to build new barns, nor shingle the house, nor pay off a mortgage or meet a note that will soon be due. I've made about forty calls this week and I've hardly found a place where the friends of the church were not in debt or in imperative need of improvements, or new machinery or something else demanding money. I wouldn't have believed the people here were in such poor circumstances." I was heretofore deluded with the notion that most of the people who come to church in Acton were well-to-do. This must have been "Blue Monday" for the preacher. At any rate, the subscriptions came in handsomely, and in sufficient volume to cover the cost of the fine edifice erected, and in due time the entire expenditure was repaid.

At the corner stone ceremonies Rev. Mr. Rae officiated. Rev. R. Fowle, of Erin, then Moderator of the Synod of Toronto and Kingston, offered prayer; Mr. D. Henderson, M.P., read a brief historical record of the church; the dedicatory prayer was made by Rev. J. C. Smith, B.D., of Guelph, and brief addresses followed by Revs. R. J. M. Glasgow, James Argo, T. J. Sabine, D. Strauchan, L. Perrin and Messrs. D. D. Christie and John Warren.

With commendable celerity the work of erection of the new church was pushed forward, and having reached completion was opened and dedicated with impressive ceremonies on Sunday, February 24th, 1895.

The opening services marked a great event in the history of the congregation. The beautiful new church was crowded. There was fully a thousand people at the evening service. This was announced for

7 o'clock, but the church was so crowded a half hour before that the service commenced at 6.45. The Methodist service was withdrawn in honor of the occasion. Rev. D. C. Hascock, L.L.B., of Parkdale, who afterward left the ministry and went into law, presided over powerful sermons morning and evening. Rev. J. E. Howell, M.A., of the Methodist Church, preached at three in the afternoon. The following evening there was a big old-fashioned tea-meeting. Prof. Leonard, of Toronto, gave an organ recital and sang "The Irish Emigrant's Lament," in harmony with this Rev. William Patterson, Cooke's Church, Toronto, gave one of his characteristically eloquent addresses on "Treading the Irish."

This fine new structure was built and furnished including the organ, that was used until the fine pipe organ was installed, and the cost of the job for \$8,067.00. The contractors and their ultrab prices were: Carpenter work, John J. Lawrop, \$3,500; masonry work and plastering, Joseph Anderson, \$1,715; seating, Globe Furniture Co., \$900; windows, McCausland & Co., \$103; two furnaces, Copp Bros., Hamilton, \$329; organ, Gourlay, Winter and Leeming, \$300; the lot, J. R. Kennedy, \$450; carpets, chairs, etc., \$550; Gregg & Greig, architects, \$200. This property could not be replaced to-day for twice the amount of original cost.

A couple of years after the church was opened, Rev. Mr. Rae resigned, having accepted a call to Aylmer. His successor was Rev. Hugh A. Macpherson, whose ministry for six or seven years was greatly esteemed. He was called to Chalmers' Church, Toronto, and in the midst of a strenuous ministry was "called home." Rev. J. C. Wilson, B.A., followed and for sixteen years in the prime of life gave his very best for the church and the community. He resigned and his successor was Rev. W. L. Findlay, B. A. Rev. A. C. Stewart, M. A., followed Rev. Mr. Findlay, when he removed to Medina, N.Y., where he still resides. For eight years Mr. Stewart was minister of the church, and he was followed by Rev. J. C. Wilson, B.A., who was called to Chalmers' Church, in Toronto, where he is now successfully conducting this fine city church. Rev. H. L. Benne has now been the minister for the past six years or so. As I journey northward up Main Street I will come to the site of the original church and will then endeavor to give recollections of the earlier days in association therewith.

The Old Man

SEEK NOT TO AVOID LABOR

It is surprising how men will figure out scheme and plot to escape legitimate labor and to sidestep responsibility. Not all men, of course, but some men! It is strange that such can not see they are putting in more energy to escape a task than would be required to do it. Laziness is at the bottom of it, and ignorance is at the top of it. Struggle to replace these with ambition and wisdom.



Browns are smart for autumn and Lucille Ball, screen featured player, did considered one of Hollywood's best dressed, had chosen shades of that color for her costume.

The coat is a double-breasted model in deep beige with a flecked brown check. She has given the costume a touch of originality by tucking a bright colored print sports handkerchief in the throat of her referee coat instead of the usually accepted ascot scarf. Her accessories are brown.

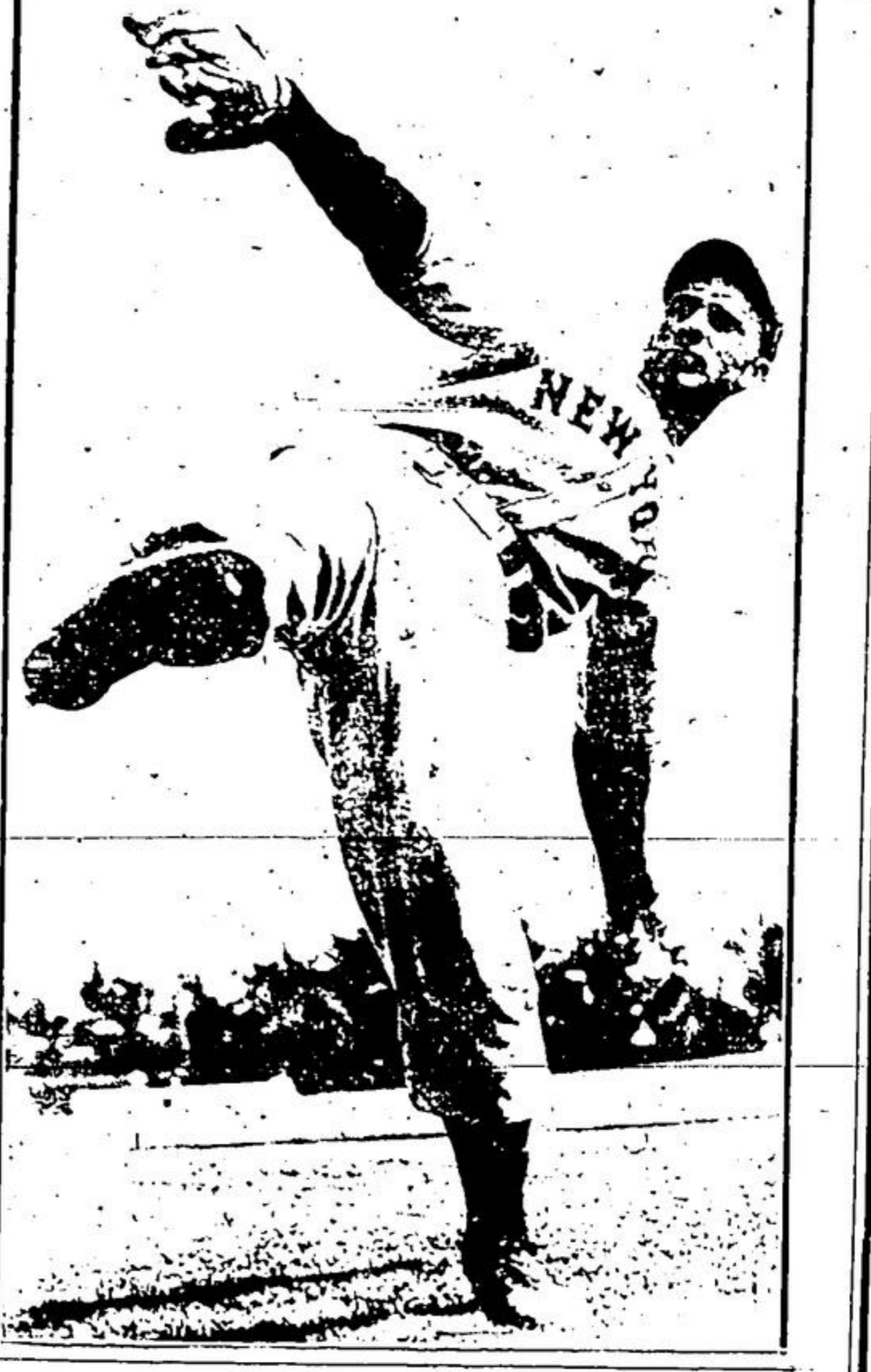
No housewife can afford to miss Kellogg's Great Harvest Sale! Right now, your grocer is featuring Kellogg's Cereals and many tempting foods at special prices—the greatest value of the fall season.

YOU KNOW how the price of grain has gone up. But for this special sale—your grocer is still featuring many of Kellogg's delicious, ready-to-eat cereals at the lowest prices in their history.

See your grocer and stock your pantry shelves today! Oven-fresh—ready to serve. Great for school-day breakfasts. No cooking. Kellogg's save you time as well as money. Made by Kellogg in London, Ontario.



Sparks Giant Series' Hopes



CARL HUBBELL

If New York Giants ride into the world series they will do so to a great extent by the strength of Carl Hubbell's whiplash left arm. Not since June 13 has the screwballing southpaw been better by an opposition team and that day the Cubs beat him 1-0 on two lonely hits. He has won 10 games by one run scores, proof enough that Hubbell is bearing a futile effort to keep the Giants up. This year he's getting some support—and the Yanks are not welcoming the prospect of facing Hubbell's slants in the post-season struggle.

If you Want to Sell—Advertise

Business Directory

- MEDICAL**
- DR. J. A. McNIVEN
Physician and Surgeon
Office and Residence—Corner Bowry Avenue and High Street.
- DR. E. J. NELSON
Physician and Surgeon
Electro-Therapy Phone 83
- DR. WM. G. CULLEN, L. M. G. C.
Physician and Surgeon
Office Hours—1-4 and 7-9 p. m.
Corner Frederick and Mill Streets
Telephone 128
- LEGAL**
- Phone No. 22. P. O. Box 323
HAROLD NASH FARMER, M. A.
Barrister, Solicitor, Notary Public, Conveyancer, Etc.
- MILL STREET ACTON, ONT
Hours—9.30 a. m. to 12.00 noon
1.00 p. m. to 5.00 p. m.
Saturdays—12.00 o'clock
- KENNETH M. LANGDON
Barrister, Solicitor, Notary Public
Offices:
Acton Georgetown
Over T. Seymour's Cafe Main Street B.
For Appointment Phone Acton 65-0.
Georgetown 22
Office Hours—Acton, Tuesday and Thursday, 1.15 p. m. to 4.30 p. m. Evenings on request.
- DENTAL**
- A. J. BUCHANAN, D. D. S.
Dental Surgeon
Office in Lefkeman Block
Hours: 9 a. m. until 6 p. m. Evenings by Appointment
Gas for Extractions
Closed Wednesday Afternoon Phone 147
- P. W. PEAREN, D. D. S., L. D. S.
Dental Surgeon
Moved to our New Quarters in the Symon Block
Phone 29 Mill Street, Acton
- MISCELLANEOUS**
- FRANCIS NUNAN
Bookbinder
Account books of all kinds made to order. Periodicals of every description carefully bound. Ruling neatly and promptly done.
Wynham Street Guelph, Ont.

GENERAL INSURANCE

WE SPECIALIZE IN

- Life — Fire — Health and Accident — Automobile — Windstorm — Plate Glass — Boiler — Fidelity Bonds — Annuities and All General Lines of Insurance

—ALSO—

- Ocean Steamship Tickets
- LEADING COMPANIES — EXCELLENT FACILITIES
- Representative Protective Association of Canada (for Members Only)

Fred L. Wright
Office — Cooper Block
Office 95 — Phone — Meald. 1023

Want to Sell Something?

FREE PRESS SMALL ADS — FREE PRESS SMALL ADS — FREE PRESS SMALL ADS

SOLD!

A **FREE PRESS** Small Ad is the quickest, cheapest way to find a buyer!

ONLY A CENT A WORD!