

A CREED

I would be true. For there are those who trust me. I would be pure. For there are those who care; I would be strong. For there is much to suffer; I would be brave. For there is much to dare; I would be friend to all. For the foe—the friendless; I would be giving. And forget the gift; I would be humble. For I know my weakness; I would look up. And laugh—and love—and lift. —Howard A. Wheeler.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

GRAPE IN THE MENU

Barbara B. Brooks

Few of Nature's gifts are so lovely to look at and few have earned so much praise by song and story as the grape. Poets have taken pains to tell of the beauties of the loaded vine and the purple fruit, dripping and sweet with juice. Anyone who lives in a grape country and can see the arbors, covered with luscious jewels, will really appreciate the poet's words, and anyone who does not live in the vineyard country can still appreciate the flavor of the fruit.

There are many varieties of grapes which the homemaker can use in her kitchen. Hothouse grapes are available all the year around, but there is something about the outdoor blending of sun and wind which gives added sweetness with a little of the Druid in his make-up, no grapes ever taste quite so good as that bunch which is plucked off the heavily laden vines and eaten with the dew of the vineyard emphasizing the violet or purple glory of its coloring. The children, who are truly Druid in their tastes, think that wild grapes are the perfect fruit, and come home after a straggle trip through the autumn countryside, covered with juicy clusters. Many women have found that no other variety of grapes can quite compare in flavor and tartness to wild grapes, and use them for jellies to serve with meats. If they are able to get wild grapes from the vines, they are fortunate, for many of us live where wild grapes would seem as strange and rare as wild animals.

Grapes are highly perishable and delicate. Moisture on the fruit will cause deterioration, and since they are apt to collect moisture while standing, place them where there is a free circulation of air. Look the bunches over frequently and remove spoiled grapes. However, do not handle the fruit unnecessarily.

When you have made your jelly, serve it for breakfast, with hot all bran muffins, in jelly roll, to accompany a crown rib roast of lamb, on sandwiches, in tartlets, and of course you have other favorite ways of using it, too. Here we give you the recipe for a new pastry that goes with jelly in tartlets to perfection, and a recipe for muffins to eat with grape jelly at breakfast. This grape pie is good with the bran pastry, too.

GRAPE PIE

- 4 cups Concord grapes
3 tablespoons flour
1 tablespoon cornstarch
1/2 teaspoon salt
1/2 teaspoon grated lemon rind
1 recipe bran pastry

Wash and stem grapes; cut in half; remove seeds. Mix sugar, flour, cornstarch, salt and grated lemon rind together thoroughly; combine with grapes. Cook slowly until thick and clear. Stir occasionally being careful not to crush grapes. Cool. Line a pie pan with pastry. Fill pastry with cooled filling. Cut a few gashes in centre of top crust. Moisten edges of under crust with water; place top crust on lightly. Press edges of top and bottom crusts together and trim one-half inch beyond pan, using scissors. Mute by placing forefinger and thumb of left hand against outside edge and pressing pastry against forefinger of right hand. Bake in hot oven (450 degrees F.) about 30 minutes.

ALL BRAN PASTRY

- 1/2 cup all bran
1 1/2 cups flour
1/2 teaspoon salt
1/2 cup shortening
5 tablespoons cold water (more or less)
Roll all bran and combine with flour and salt. Cut in shortening. Mix until the consistency of cornmeal. Add enough water to form dough. Roll out on flour-dusted board to 1/4 inch in thickness. Yield: 1 2-crust pie or 2 8 inch pastries, shells.

ALL BRAN MUFFINS

- 4 tablespoons shortening
1 cup sugar
1 egg
1 cup all bran
1 cup milk
1 cup flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder
Cream shortening and sugar thoroughly; add egg and beat until creamy. Add all bran and milk; let soak until the moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderate oven (400 degrees F.) about 30 minutes. Note: When sour milk or buttermilk is used instead of sweet milk, use 1/2 teaspoon soda and only 1 teaspoon baking powder.

THE OLD MAN OF THE BIG CLOCK-TOWER



THE ONLY STANDARD

Who shall judge a man from manner? Who shall know him by his dress? Paupers may be fit for princes. Princes may be fit for something less; Crumpled shirt and dirty jacket May belittle the golden ore Of the deepest thought and feeling— Satan veils could do no more.

There are springs of crystal nectar Ever welling out of stone; There are purple buds and golden hidden, crushed, and overgrown; God, who counts by souls, not dresses, Loves and prospers you and me, While he values thrones, the highest, But as pebbles in the sea.

Man, upbraided above his fellows, Oft forgets his fellows then; Masters, rulers, lords, remember This your moment, kind are men— Men by honor, men by feeling, Men by thought, and men by fame, Claiming equal rights to sunshine, In a man's ennobling name.

There are foam-embroidered oceans, There are hills, snow-capped and high; There are feeble, inch-high saplings, There are cedars on the hills; God, who counts by souls not stations, Loves and prospers you and me, For to Him all famed distinctions Are as pebbles in the sea.

Truth and Justice are eternal, Born with loveliness and light; Secret wrongs shall never prosper While there is a sunny right; God, whose world-heard voice is singing Boundless love to you and me, Sinks oppression, with its titles, As the pebbles in the sea.

The Old Man

The first precursor I can recall in the old church was Charles Milne, the father of the late Mrs. Anthony Stephenson, and the late Mrs. James McLain. He was a born musician, and the way he led the old Scotch Presbyterian who assembled in the old Knox Church in his day was great. How the old psalms of David and the paraphrases and occasionally a hymn would ring out after his tuning fork gave the pitch he wanted. How the psalms were loved in those days. The paraphrases had their linings occasionally but it was a rare thing to sing a hymn. Among these few "Oh God of Bethel" was the favorite, and it did impress the verities of God's almighty power and omniscience.

I forgot last week to record that in the earlier days it was a requirement of the minister who was being called that he should be conversant with the Gaelic language, and agree to preach at least one sermon each Sabbath in Gaelic. Rev. John McLachlin, Rev. Lachlan Cameron, Rev. D. B. Cameron were all eloquent—not to say long-winded—Gaelic preachers. And how the McDonalds and the McNabbs and the McGregors and the McCerrachers, and the McEagans, and the McHains, and the McDougalls and the McDougalls and the Burns, and the Waddies and Warrens and Scotts and Kennedys, and Camerons, and Manns, and Rozes and others of the old settlers who had come from the bonnie banks and braes of Scotland, did enjoy the words of the Lord in the mother language. As the years progressed the demand for the Gaelic grew less insistent. The young folks learned English only, and rarely "spoke the Gaelic". For years Mr. Cameron satisfied the congregation with one Gaelic sermon a month, and that usually after the sermon in English.

How times have changed! I'll warrant that not a member of the Session, or even of the congregation ever, interrupted Rev. H. L. Bennie, M. A. the present minister, before he was inducted, whether he could speak Gaelic or not, or whether he had ever heard there was such a classic language once in use here in the Presbyterian pulpit in Acton.

When Mr. Milne laid down the tuning fork, I think Jimmie Shaw, of the fifth line, essayed to succeed him, after much persuasion. Mr. Shaw had a good ear for music, but his voice was weak. His successor was Will Gordon, one of our own boys, son of the courtly John

Gordon, of Gordon Hall, the home where Mr. A. O. Clarridge and family have lived happily for many years. William filled the honored position well. He was a good musician with a rich baritone voice and he loved the job. He filled it with utmost satisfaction until he fell in love with Miss Christie sister of late Mr. D. D. Christie and of Mrs. D. Henderson.



REV. LACHLAN CAMERON The Second Minister of Knox Church

who came from Milton to Acton over sixty years ago. Mr. Gordon and Miss Christie were married and shortly thereafter moved from Acton to Glenora. Then we had Robert Hayes, who was fresh from the Old Land. He was preacher for some time and then decided to move farther west to try his fortunes. He went to Manitoba. But a young man of great promise had been in training for some time. Archie Mann was called

to the place of honor. Archie was a success and the congregation followed him loyally. By this time the Presbyterian Book of Prayer had gotten a strong footing in the musical part of divine worship and the hymns were used as freely as the psalms, while the revered old paraphrases were seldom heard. The "kit of whistles" also began to have a place in every Protestant home, and people began to realize that they could praise God just as reverently by the aid of the music of the organ in leadership, as by the human voice of the presenter.

When Rev. J. W. Rae was the minister Archie organized a choir. In the meantime the Sunday School had put in an organ for that service. Out of deference to the strong feelings of some of the old folks it was religiously conveyed from the church to a place of its own during the hours of public worship. This lasted for several years, but finally it was decided to use the organ with the choir, and Archie was happy. The improved musical service was soon generally admitted and the organ recognized as a consecrated part of the divine worship of the sanctuary.

Well, here I am again, far past my allotted space. I'll have to leave the Sunday School Superintendents and the young preachers who went out from the congregation, and the old cemetery, and the cottage roofed school house on the church-lawn-for-next-time.

SEEK CANADIAN TREES FOR CHRISTMAS-TIDE

In addition to supplying her own needs, Canada is an important source of Christmas trees for the United States, and as usual at this time of the year representatives of established Christmas tree dealers from south of the international boundary have visited Canada, particularly Eastern Canada, to contract for supplies to be delivered shortly before Christmas. Notwithstanding the increased sale of potted trees and rather costly artificial plants in the Eastern United States, the regular seasonal demand for trees cut in the provinces of Nova Scotia, New Brunswick and Quebec has shown a decided increase during the past two seasons over former years. In 1935, shipments totalled 3,573,642 trees, valued at \$364,135; in 1932 the figures were 1,920,443 trees, with a value of \$175,089.

Christmas trees from Eastern Canada find a market in most of the large cities of the Eastern United States that may be reached without prohibitive freight charges. The trees in demand range in height down from 12 feet, the most common sizes being from 6 to 10 feet. One New York chain store has listed its requirements as being for trees from 7 to 9 feet in height, picked in bundles of three, and 6 to 7 feet in height, packed in bundles of four, the trees to be fully branched double-needle balsam.

HABITS RETAINED

Tailor: "You have recently inherited a nice lump of money from your uncle. Why don't you pay me?" Customer: "I hate all outward show. I don't want it to be said that my newly-acquired wealth has caused a departure from my former simple habits."

THE BREEDING OF AUTUMN WHEAT

In recent years, the breeding of superior types of autumn wheat has occupied an important place among the activities of the Cereal Division of the Central Experimental Farm, Ottawa. While Ottawa is not located in what is regarded as an autumn wheat district, this district nevertheless happens to be a very satisfactory one in which to develop varieties of Canada in which autumn wheat occupies a prominent place. This is especially the case as regards the problem of developing winter hardy types since varieties which will survive the rigors of winter and early spring at Ottawa, year in and year out, are likely to prove hardy in the typical fall wheat growing areas.

The most popular autumn wheat in Ontario is Dawson's Golden Chaff. Unfortunately, this is not as hardy as it might be, and as a result, suffers severe damage during certain seasons. In 1924, the Cereal Division initiated a program designed to develop a variety combining the high yielding ability and desirable quality of Dawson's with the greater hardiness of our most winter hardy type, viz., Kharkov M. C. 22. Out of a large number of types resulting from crosses made between these two varieties, thirty winter hardy, white-grained types have been undergoing critical yield tests. The sowing of these selections for this autumn has just been completed at Ottawa.

Some of the above types are also included in a co-operative test being conducted at the Branch Experimental Station at Harrow, south-western Ontario, and at the Provincial Farm at Ridgeway, Ontario, the seed being supplied from the Central Farm. Out of this material it is hoped to be able very soon to decide upon one which may be useful for districts where Dawson's Golden Chaff can not always be depended upon to survive the winters, year in and year out.

Among the diseases which frequently exact a heavy toll both in yield and grade of autumn wheat is "bunt" or "stinking smut." Unfortunately, Dawson's Golden Chaff is highly susceptible to this disease, and so an attempt is being made to develop a variety of the Dawson type which will be capable of resisting bunt. To this end, crosses have been made between Dawson's and such varieties as Ridd, the latter being highly resistant. About ninety strains resulting from this particular work have just been seeded at the Central Farm in comparative test plots.

Rust in autumn wheat has not occasioned the degree of concern it has in the case of the spring types. This disease, nevertheless, periodically reduces the yield and grade appreciably, as it did in parts of Ontario in 1935. Attempts, therefore, are being made by the Cereal Division to combine rust resistance with the winter hardy qualities of one of the best of the hybrids referred to above. The Division has been fortunate in being able to secure from the United States, certain hybrid material which, it is hoped, may prove valuable in this particular program.

In breeding work with autumn wheat, as in the case of other cereal grains, the greenhouses with which the Division has been well provided, are of inestimable value, as these permit the work to proceed during the winter months, thereby saving a great deal of time.

A DEEP FIRM FAITH

No one is happy who has not a deep firm faith in some ideal far beyond this world, in some law of majesty, beauty, goodness, harmony, superior to the apparent meanness, ugliness, evil discord of the present dispensation. How difficult it is to live the life of the spirit thoroughly, to be permanently interested in the eternal things, the durable relations! That is why many of us are not happy. The soul needs a refuge from things that pass like a show, to some reality about them and beneath them. This I feel with all the force I have.—John Addington Symonds.

VERY BAD

Tourist (having looked over historic castle, to butler): "We've made a stupid mistake. I tipped his lordship instead of you." Butler: "That's awkward. I'll never get it now."



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AS NEW LIEUTENANT-GOVERNOR SWORN IN



The camera catches the scene as Saskatchewan's new lieutenant-governor Archie P. McNab is sworn in as representative of the King of the wheat province. He is shown in the LEFT, while Chief Justice Sir Frederick Haultain, of the Saskatchewan court of appeal, reads the proclamation making the one-time minister of public works successor to Hon. H. E. Munroe.

—Central Press Canadian Photo

Blind 9 Years, Boy Regains Sight



As a result of an operation performed in Buffalo, N.Y., nine-year-old Billy Brohman, of Kitchener, Ont., has had his sight restored. Billy saw his mother for the first time after the operation. The young lad is shown ABOVE with Trixie, the dog he used as a lead in the days of his blindness. —Central Press Canadian Photo

LOST FLIERS TAKE UP DUTIES AGAIN



A diet of squirrels would scarcely meet the gastronomic demands of an epicure, but to two fliers who have just come back to civilization, it's pretty good stuff, especially if it is the only food available when you are lost in the desolate barren lands of the sub-Arctic. Flight-Lieut. Sheldon W. Coleman and Aircraftsman Joseph Forthey, R.C.A.F., who were found at Point Lake, N.W.T., 1,150 miles north of Edmonton, after being lost for 30 days, are safe in Winnipeg and both appear to be in excellent physical condition. For three weeks after they were lost, they existed on short rations and then for another week their entire diet consisted of two squirrels which they snared, and a few wizen-ed berries. "How do you like squirrels?" Flight-Lieut. Coleman was asked. "They're O.K.," he said, "in fact they tasted pretty good to us."

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