THE EASTERTIDE VISITORS

Those Who Visited in the Home Town Again and Actonians Who Spent Easter in Other Communities

Dr. H. F. Mowat of Toronto was home for Easter.

Mr. Stanley Mackie was home from Toronto.

Miss Mary Locker was home from Burlington.

Miss Deleine Gibbons, R. N., was home from Toronto.

Mr. Eugene McPherson was home from Toronto for Easter.

Mr. Heber Williams was home from Toronto for Easter.

Mr. S. Coy, Galt, visited Acton friends at the Easter season.

Miss Mona McGeachie is holidaying with friends in Toronto.

Miss Ruth Gibson spent Good Friday with friends in Guelph.

Mr. Thos. Kilty, of Toronto, spent Easter at his home here.

Mr. and Mrs. J. P. Benham, Everton, were here during Easter.

Miss Vera Hurst, of Toronto, is holidaying at her home here.

Mr. W. Cripps, of Kitchener, spent Sunday with Acton friends.

Mr. David Smith, Toronto, spent the holiday with his brothers here.

Mr. Chas. Goldham was home from Detroit for the Easter vacation.

Mr. Ross Allan, of Toronto, was a week-end visitor at his home here.

Mrs. M. R. Moore attended the O. E. A. Convention in Toronto this week.

Mr. Melvin Dron, of Hamilton, spent the Easter holidays at his home here.

Mr. Stewart Malcolm, of Hamilton, spent Easter holidays at his home here.

Mr. Clarence Anderson, of Guelph, spent Sunday at the parental home here.

Miss Olive Cooper, of Stratford Normal School, is holidaying at her home here.

Mr. Ivan Kirkness, of Port Sidney, is spending the holiday at his home here.

Miss Margaret Macdonald, B. A., is home from Toronto for the Easter vacation.

Miss Mildred Hollinger is home from Normal School in Toronto for the holidays.

Mr. J. Elvin Gamble, of Toronto University, spent the week-end at his home here.

Mrs. G. A. Dills and Frances and David visited friends in Toronto this week.

Mr. and Mrs. W. J. VanNorman and Donald, Guelph, spent Easter with Acton relatives.

Mr. George Jiggins and Miss Nellie Peterson, of Aurora, where here for the holidays.

Miss Grace Skilling, of Toronto, is spending the Easter holidays at her home here.

Miss Gladys Scarrow, of Lancaster, is spending the Easter vacation at her home here.

Mr. and Mrs. C. H. Harrison and Misses Beth and Margaret spent Easter visiting in Toronto.

Mr. and Mrs. Alfred Bishop, of Toronto, spent Easter at the home of his parents here.

Mrs. C. W. McDonald of Toronto, spent the holiday with her father, Mr. R. W. Lowrie.

Miss Helen McDonald, B. A., of Kitchener, is spending the Easter vacation at her home here.

Mr. and Mrs. W. H. Gurney, of Wingham, visited Mr. and Mrs. George Murray on Sunday.

Mr. and Mrs. Earle Brown, of Kitchener, spent the Easter holidays at the parental home.

City Engineer H. S. Nicklin, Mrs. Nicklin and Mary, of Guelph, were home on Easter Sunday.

Miss Nellie Barber, of Stratford Normal School, is spending the Easter holidays at her home here.

Mr. and Mrs. L. H. Baxter and son, Donald, of Toronto, visited at Mr. J. A. Mowat's at Easter.

Mrs. Helen Loyns, of Toronto, spent the holiday with her parents, Mr. and Mrs. August Anderson.

Miss Jessie Mowat, of Dundas, and Miss Marie Mowat, of Toronto are home for the Easter holidays.

Miss Alma Conway, of Toronto, is spending the holiday week with her father, Mr. C. A. Conway.

Mr. Ward Schiefle, of Victoria College, Toronto, visited at the home of Mr. J. P. Scarrow on Monday.

Mr. Charles Selwood, of Victoria College, Toronto, spent Easter with his grandmother, Mrs. A. E. Nicklin.

Misses Willa and Mary VanNorman, Guelph, are spending the holidays with their cousin, Miss Grace Lants.

Miss Frances Hurst, of Richard's Landing, St. Joseph's Island, is spending the Easter holidays at her home here.

Misses Grace Gibson and Mae Chisholm spent the week-end with Mr. and Mrs. S. V. King, in Georgetown.

Mr. and Mrs. R. A. McKinney and Mrs. Massers, of Toronto, visited with Mr. and Mrs. George Murray on Sunday.

Mr. and Mrs. Frank J. Browning and Miss Ettie Dills, of Toronto, spent Easter at the homes of their sister and brother here.

Mr. and Mrs. Clarence Babcock and Billy, and Mr. William Babcock, of Toronto, were Easter visitors at the home of their mother.

Misses Margaret Grindell, of Stratford Normal School, and Muriel Grindell, of Toronto Normal School, are holidaying at their home here.

Mr. Alex. C. Salmon is reported as doing fine in the General Hospital, Toronto. He expects to be home or at Acton in a couple of weeks. — Bracebridge Gazette.

ADVICE FOR MEN WHO WOULD BE NOURISHED, THOUGH SINGLE

By Barbara B. Brooks

Once in a while it seems necessary to write a food article for men. They are so helpless about food problems. An S. O. S. from a bachelor doctor prompted this one. He claims his life is being made absolutely miserable by a cook who does not have a mite of imagination and who threatens the rest of his days with roast beef and mashed potatoes. So, we dedicate these few words to all single, eat-meals-prepared-by-cook men.

The first bit of advice to such men is, to start looking for a wife. There must be some girl, somewhere, who was meant to sit by your fireside, sew buttons on your shirts, preside at your table and burn herself on your stoves. Most men are single by preference and consequently, perhaps, they should suffer from menu monotony (a disease which is best diagnosed by symptoms of lack of appetite and indigestion). But, withal, if you still do not choose to marry, we can offer a few further suggestions.

Avail yourself of all literature possible concerning food. It is so easy for you to dictate a letter from the office asking the various food companies for their literature and recipes. And you may be sure that all information thus obtained is good because each company is anxious that all recipes in which its products are used are accurate. Some of these booklets or pamphlets also contain menu suggestions.

Present this material tactfully to the cook. (Watch her reaction!) Also give her a list of foods and dishes which you like and which you don't like. If you like tomatoes very well and would like to have them in various ways two or three times a week, indicate it on the list. If you like spinach very little and prefer it as seldom as possible, indicate it. Only try to like it better! Surely you have learned, in the business world, the value of written instructions versus spoken ones.

In general there are three classifications of foods: regulating, building and fuel foods. Among the regulating foods are cereals, vegetables, fruits and milk. The building foods are cheese, eggs, fish, meats, milk and some vegetables like beans, peas and lentils. Fuel foods are the starchy, sweet and fat foods, like cereals, fats, sugar and vegetables such as potatoes, corn and beets.

Fortified with the above knowledge, you can insist that your meals are planned according to the following specifications.

The rules for meal planning are:

1. Select at least one food from each classification group for every meal.
2. Use freely of foods which are laxative, such as bran and whole cereals.
3. Serve two, or more, vegetables (other than potatoes) every day. Serve as many fresh vegetables and salad plants as possible.
4. Serve fruit at least once a day.
5. Include plenty of milk for both drinking and cooking purposes.
6. Plan for the day, or for several days, rather than for each separate meal.
7. As you plan the meals, think how they will look and taste when ready to serve.

It might be wise to find out if it is possible for the cook to obtain foods which you like. Is there a good grocery store near? Does she have time to do her marketing the way she should? Is your kitchen equipment adequate? Perhaps, after all, your difficulty is just a lack of understanding and co-operation which reflects itself in your meals.

PIGS INSTEAD OF CASH

A young lady of Denmark walked into a hairdresser's shop with a little pig under her arm.

She explained that she was going to a party and wanted her hair waved, and having no money could she pay in pigs?

The hairdresser took the little pig and waved the young lady's hair.

A few days later she walked in again. The wave had come out and she wanted something better. How many pigs for a permanent wave? She thought three were enough, but the hairdresser did not like threes, he liked fours. In the end he got his four pigs and gave the young lady a really permanent wave.

UNSHAKEN FAITH IN INSURANCE COMPANIES

A statement of deep interest to the hundreds of thousands of policyholders of the Sun Life Assurance and North American Companies was made by the Prime Minister of Canada, Rt. Hon. R. B. Bennett when, speaking in the House of Commons on March 14, he characterized as "malicious and malignant" attacks made upon the company and expressed his complete belief in the solvency of the institution.

His knowledge of the position of the companies was founded, he said, upon his personal inquiries, upon the investigations of the Dominion Insurance Department and upon the audits of the insurance departments of 38 States of the United States, as well as those of other countries in which the Sun Life does business.

"I need hardly say to the House," said Mr. Bennett, "that no matter with which I have had to deal in my official position gave me more concern than this. Why? Because it touched the lives of hundreds of thousands—yea, almost millions—of people, as well as many yet unborn, and my duty was not to hazard anything to a mere guess, but to endeavor by every means in my power to see to it that our officials should make a report which would enable me to say to the people of Canada and elsewhere, who were dependent upon the solvency of this great enterprise that it was solvent. On that report I make my statement. I believe it is true. I believe the Sun Life Company is as solvent as any company transacting the business of life insurance need be."

Such direct and forceful support of any individual corporation by a Prime Minister speaking on the floor of the House is almost without precedent and climaxed four years of sniping and innuendo which has been made use of in Canada and other countries to the detriment of insurance companies and to the peace of mind of many policyholders.

Mr. Bennett's direct declaration deplored the fact that the "malicious and malignant" attacks had been graced by repetition in parliament and in one part of his speech said:

"As far as it is possible for one to satisfy himself, having no interest as a policyholder or otherwise, these enterprises are solvent. That is my profound conviction, my fixed and certain conviction, and I believe that nothing but injury can be done by any endeavor to send to the committee on banking and commerce an investigation of the character suggested."

The matter came before the house by way of a resolution introduced by Michael Luchkovich (Progressive, Vegreville) asking that inquiry be made into rumors and allegations with which members of the house had been deluged.

Mr. Bennett's reply was: "I believe it is wrong — it is wrong, I say, to the Canadian people and to the insured men and women in this and other countries that in this parliament a malign and malicious attack should find credence by being read by any member."

Mr. Bennett's unequivocal assertion of the solvency of the company and of the absence of any necessity for an investigation was warmly supported by Hon. J. L. Ralston, Minister of Militia in the former King Government, and by Hon. C. H. Cahan, Secretary of State in the Bennett ministry. Both these members, as policyholders in the Sun Life, had made careful inquiry in their own behalf, and not only declared their fullest confidence in the security of their policies, but joined with Mr. Bennett in paying tribute to the integrity and capacity of the directors and officers of what Mr. Bennett called "Canada's greatest financial institution," the Sun Life of Canada.

J. Earl Lawson (Conservative, West York), G. B. Nicholson (Conservative, Algoma East) and other members of the house added emphatic endorsation to the speeches of Messrs. Bennett, Ralston and Cahan, all stressing the point that every investment of the company was strictly within the Canadian law and that not only had no funds properly belonging to policyholders ever been diverted to shareholders, but that actually 50 per cent. of the participating policy profits rightfully belonging to shareholders had for many years been voluntarily distributed to policyholders.

The discussion of affairs of the company should effectively counteract what Mr. Bennett regarded as malicious attacks and fully restore any confidence in the position of the company that might have been shaken by them.

HIDDEN TREASURE

One of the biggest gold bullion firms in London estimates that £1,000,000,000 of gold has been gathered together during the last few weeks since London's "gold rush" began from the offerings of citizens which have included many noted and ancient art works of the goldsmiths of the old days.

Many owners of these ancient pieces have brought them to dealers to be turned into cash without being aware that they are worth far more as works of art. Among them are exquisite gold ornaments of India and jewelled camoeos set in the most delicate filigree, all offered for their metal value. Many pieces included some of the products of the greatest skill of smiths of the 15th and 16th century. A gold wash basin and ewer worth thousands of pounds were among the treasures offered. The selling "fever" was not confined to London and in every large city and many small towns, vendors sought out dealers, revealing an astonishing amount of jewellery held in remote parts of the country.

The announcement that the price of gold sovereign would be 27 shillings instead of 27 shillings sixpence, coupled with the fact that the price of fine gold dropped slightly was expected to decrease the "gold rush."

SLATS' DIARY

BY ROSS FARQUHAR

Friday—well we had beans and Corn bread tonite for supper and I like to of killed myself eating Beans and corn Bread and ma sed if I eat like that all my life I will end up by filling a poppers grave. well enny ways if I dont eat enuff I wont fill a poppers grave very full. so why shud I use enny ½ way measures a speshully with beans and corn bread.

[redacted]

Sunday — Ant Emmy is xercising a fad of bying furnicher now. she says she is trying to find a Chest made out of Hope wood. like so menny of the girls has got nowdays.

Munday—They went and a rested Ike Battys wife this afternoon becuz she tryed to shute him this afternoon. she pulled the triger but the gun was loaded with blanks and she suspecks her husbend and she says that is carrying his joaks a little to fur.

Teusday—Melissy Blunt come in today and wanted to no if enny of are famly had a cold and when she found out we diddent she sed she was very sorry becuz she had just found a wanderful remedy for a bad cold. she was about ½ sore I gess.

Weisday—Joe Hix has been out of wirk for 7 weaks and now he is getting worryed. he is afrade he wont have a job to lay aff frum on the first of July.

Thirsday—Amos Fitch just cum home frum Germany and he bot a Vialin for several thousend $ and Ant Emmy says he got skint becuz she herd the Vialin was morn a 1000 years old.

JUST THE USUAL WAY

"How shall I mend this run in my stocking?"

"By following the usual rule of success."

"What do you mean?"

"Begin at the bottom of the ladder."

INSURANCE

FIRE, CAR, CASUALTY, Etc.

E. HARROP

Representative

GORE DISTRICT MUTUAL

NORWICH UNION

CANADIAN FIRE INSURANCE COMPANIES

Successor to the late Mr. J. R. Kennedy

Men's Suits

In Neat Blues and Grey With Two Pairs Trousers

$18.50

W. M. Cooper

MILL AND MAIN STREETS

GREGORY THEATRE

FRIDAY, APRIL 1

"PRIVATE LIVES"

Smart comedy drama co-starring Norma Shearer and Robert Montgomery. Comedy, "Taxi Trouble." Curiosity No. 10.

SATURDAY, APRIL 2

Matinee at 3 p. m.

"THE DECEIVER"

Mystery melodrama, starring Lloyd Hughes. Charlie Chase Comedy, "The Panic Is On." Fox Movietone News. Scrappy Cartoon. Silverware Night.

MONDAY, APRIL 4

"TAXI"

Story of a curbstone cavalier, starring Loretta Young and James Cagney. Comedy, "All American Kick Back." Chapter 7 of "The Galloping Ghost." Dinnerware Night every Monday.

MARKET REPORTS

DAIRY PRODUCTS

Quotations to Shippers

These are Toronto quotations:

Butter—		
Creamery, No. 1 pasteurized	27¼	to 27½
do second	26¼	to 26½

Above prices for goods delivered Toronto.

Quotations to Retail Trade

Butter—		
Creamery, No. 1 pasteurized	29	to 00
do second	28	to 00
Churning cream, f.o.b. country points—		
Special	24	to 00
No. 1	23	to 00
No. 2	20	to 00

POULTRY AND EGGS

Eggs—

Quotations to country shippers delivered.

Fresh extras	14	to 00
do first	12	to 00
do seconds	10	to 00

Quotations to Retail Trade

Carton, fresh extras	21	to 00
do firsts	19	to 20

Quotations to Shippers

Poultry—	Alive	Dressed
Chickens—		
Over 5 lbs.	12	to 16
Under 5 lbs.	10	to 14
Hens, over 5 lbs.	12	to 14
do 4 to 5 lbs.	11	to 13
do 3½ to 4 lbs.	10	to 12
do 3 to 3½ lbs.	11	to 16
Roosters, over 4 lbs.	06	to 10
Guinea fowl, over 2 lbs.	16	to 00
Ducklings, over 4 lbs.	12	to 17

Quotations above indicate the general market range in value to eggs and poultry on delivery basis

WHOLESALE VEGETABLES

Vegetables at wholesale houses are quoted—

Domestic—		
Potatoes, per bag	30	to 35

DRESSED MEATS

Wholesale dealers in dressed meats quote the following prices to the trade—

Beef, forequarters	7.00 to 9.00
Carcasses, choice	11.00 to 12.00
do medium	9.50 to 10.50
Calves, choice veal	11.00 to 14.00
Heavy hogs, cwt.	4.00 to 5.00
Light hogs, cwt.	7.00 to 7.50
Abattoir hogs	7.00 to 8.00
Lambs	15.00 to 16.00
Mutton, cwt.	5.00 to 8.00

HIDES AND WOOL

Toronto dealers in hide and wool quoting the following prices to shippers: City hides, green, 3½c; bulls and brands, 2c; country hides, green, 2½c; do cured, 3 to 3½c; calf, green, 5c; country calf, cured, 4c; city veal kip, 3c; country veal kip, 2c; do cured 2½ to 3c; country grasser kip, 3c to 4c; horsehide No. 1, $1.35; No. 2, 85c; No. 3, 50c; horsehair, 20c pound; wool, flat, free of rejects, 7c pound; rejects, 5c; tallow, solid barrels, No. 1, 1¼ to 1¾c; cakes, 1 3-4 to 2c pound.

GRAIN QUOTATIONS

Grain dealers on the Toronto Board of Trade are making the following quotations c.i.f. Bayport—

No. 1 Northern, 66½c.
No. 2 Northern, 60½c.
No. 3 Northern, 58c.

HAY AND STRAW

Extra No. 2 Timothy, in car loads	12.00 to 00.00
No. 3 Timothy	10.00 to 11.00
Oat Straw	6.50 to 7.50
Wheat Straw	6.50 to 0.00

All straw must be good length.

POTATOES

Ontario potatoes, in bags, 23c to 25c Prices are carlot delivered on track and via truck, respectively, Toronto.

CURRENT LIVE STOCK PRICES

Heavy beef steers	4.50	5.50
Butcher steers, choice	5.25	5.25
do fair to good	4.50	5.00
do common	3.75	4.00
Heifers, choice	5.00	.....
do fair to good	4.50	5.00
Butcher cows, good	3.25	3.75
do medium	2.00	3.00
Canners and cutters	.50	1.50
Baby beef	6.00	7.00
Bulls, good	3.00	3.75
do bolognas	2.25	2.50
Feeders, good	4.00	4.50
Stockers,	3.00	4.00
Springers	30.00	60.00
Calves, good and choice	7.50	8.50
do medium	5.00	7.00
do grassers	3.00	3.50
Sheep	1.50	3.50
Lambs, choice	7.00	7.00
do culls	5.00	.....
Spring lambs, choice	6.00	10.00
Western lambs, choice	7.00	.....
Hogs, f.o.b.	4.25	.....

DON'T SIT CROSS-LEGGED

The habit common to most of us, of sitting cross-legged, appears harmless enough, but it is beset with dangers, nevertheless.

The blood that circulates in the foot and leg below the knee is returned to the heart by veins that unite. Joined together they make a vein as large as an ordinary pocket book pencil, which crosses the joint behind the knee.

When the legs are crossed, as they are often when women sew or knit, this vein is so pressed upon that it is stopped, and the impure blood is retained in the leg. After a while the veins become so full, and press so upon the nerves that the leg "goes to sleep." Then it is removed, and the other one, "for a rest," is put up instead.

This habit, along with others that degenerate the blood vessels, tends, when persisted in, to produce varicose veins and, in extreme cases, abscesses in the ankles. The practice, and the consequent harmful effects, show themselves most among the class who are obliged to sit on a chair or stool, such as dressmakers.

GETTING HIM LOCATED

Jones picked up the daily paper and was astonished to see an announcement that he had been killed in an accident. He called a friend.

"Bill," said he, "have you seen the notice of my death in this morning's paper?"

"Yes," replied Bill. "Where are you speaking from?"

Savings on Provisions!

CHOICE QUALITY POTATOES, per bag	40c
CHOICE DAIRY BUTTER, 2 lbs. for	55c
CHOICE PEA-MEALED BACON, pr lb.	22c
PORK CHOPS, per lb.	14c
1 lb. BACON and 1 lb. LIVER for	20c
2 lbs. LARD (with every order of 50c or over) for	15c

REGULAR MEAT CUTS AT THE USUAL MONEY SAVING PRICES

Wardlaw & McCaig

MILL AND MAIN STREETS PHONE 2 THE NEW SHOP

SPECIALS FOR THE WEEK

SIDE BACON, sliced per lb.	15c	10 P. & G. SOAP	39c
2 PICKLES 8 oz. for	25c	4 AMMONIA Packets for	25c
Orange Marmalade 40 oz. for	23c	SODA WAFERS for	9c
JAM 40 oz. for	33c	6 Delux Jelly Powders for	25c
Pineapple Marmalade for	33c	Chocolate Cakes per lb.	19c
FRESH PINEAPPLES for	25c	LEMONS per dozen	25c
PURITY FLOUR 24s for	83c	O'Keefe's Stone Ginger for	10c

SATURDAY SPECIAL

EGGS, FRESH FIRSTS per dozen 15c

Chain RED & WHITE Stores

J. W. JONES Phone 26 ACTON, ONT.

Wallpaper and Paint Values

That Challenge Comparison!

QUANTITY PURCHASES BRING TO US MAXIMUM DISCOUNTS!

THOUSANDS OF ROLLS AT FRACTIONS OF FORMER PRICES!

2,200 Rolls — New semi-trimmed patterns for bedrooms—dainty colorings. OUR PRICE Per Roll 5c

1,750 Rolls — Brand new semi-trimmed wallpapers in new tapestry designs and colorings. Our Price Per Roll 12½c

1,400 Rolls — Semi-trimmed wallpapers in floral and tapestry designs for upstairs and downstairs rooms. OUR PRICE Per Roll 8c

2,450 Rolls — Sunworthy wallpapers — compare these with any regular 35c papers. OUR PRICE Per Roll 19c

1,400 Rolls — High grade Sunworth wallpapers—in metallic blendings overprinted with open foliage designs. OUR PRICE Per Roll 21c

1,200 Rolls — Sunworthy fabric & plaster blends—in grey, tan, taupe, buff and putty shades. Compare these with similar papers at 50c roll. OUR PRICE Per Roll 27c

Paint Special — A quantity clean-up of "manufacturer's mill ends" brings this sensational value. Two colors only, brown and shutter green. $1.39

Flo-Glaze Velvet — A semi-gloss finish for walls, ceilings and woodwork. Dries with a beautiful eggshell finish. New economy price Quart $1.25 Gallon $4.50

DEMONSTRATION

Flo-Glaze Paints, Enamels and Varnishes

ALL THIS WEEK

Come In! See — Ask — Learn!

It's Free— Macdonald's New Spring Catalogue of Wallpaper and Paint. Send for it!

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