## SOCIAL AND PERSONAL ITEMS '

Little Items of Social Interest Concerning Actonians and Their Visitors During the Week

Mrs. Huard visited over the week end in Toronto.

Miss Myttle Soper spent the holiday visiting in Toronto.

Miss Audrey McLeod, of Toronto, visited Miss Mona Smith.

Miss Gladys Huffman, of Toronto, was home for Thanksgiving. Mr. George Soper, Jr., was home from

Galt for the week-end.

Mrs. Jas. R. Anderson spent the weekend visiting in Toronto.

Mr. Stanley Mackie, of Toronto, was home for Thanksgiving.

Miss Mary Gibbons spent the week-end him a speedy recovery. with friends in Goderich.

- Mr. George Mason was home from Stratford for the-holiday.

Miss Annie Akins visited Toronto friends over the holiday.

Mr. William Babcock, of Galt, spent 2 few days with his mother.

Mrs. G. MacKay, of Toronto, visited her sister in Acton this week.

Thanksgiving at her home here. Mr. and Mrs. William Duval spent the holiday with friends in Kitchener.

Mr. and Mrs. S. Perry and Miss Lillian visited in Toronto over the holiday.

Mr. and Mrs. Wm. Robertson visited with friends in Wingham last week.

Mr. Elmer Dron, of Toronto, spent Thanksgiving with his parents here.

Miss Doris McDonald was home from Toronto University for Thanksgiving.

Mr. Cecil Gibbons, who has been holidaying at Goderich, returned home this week.

Miss Smith, of the High School staff, spent the holiday at her home in Ux-

Mr. and Mrs. Wm. McNabb. of Toronto, spent Thanksgiving with Acton friends.

Miss M. Garvin spent the holiday visiting at the homes of her sisters in

E. Coles.

Miss Helen Ostrander, of Toronto University, spent the week-end at her home here.

from an operation for the removal of land, Jugo-Slavia, the Union of South ible change in the level of the lake. her tonsils.

spent the week-end and holiday visiting in Toronto.

Miss Cecile Jupp, Orillia, spent Thanksgiving, the guest of Mr. and Mrs E. E. Barr.

visited on the holiday with Mr. and Mrs. of Agriculture. All of these will par-

Mr. George Jiggins, of Aurora, spent the week-end with his parents, Mr. and Mrs. Fred Jiggins.

Mr. C. H. Harrison is on a business trip to the Western Provinces an British Columbia.

Mrs.: C. E. Akins and Miss Maimie, Toronto, spent the holiday with Mr. and Mrs. George Soper: Miss Alma Conway, of Toronto, spen

Thanksgiving holiday with her father Mr. C. A. Conway. Mrs. W. Delaney and daughter, Lillian ordinary amount. Says Good Health: spent Sunday with Mrs. R. Bennett and

Miss M. Z. Bennett. Mr. and Mrs L. D. Forbes and babe,

of Detroit, Mich., visited Acton relatives and friends this week.

Mr. Fred Carter, of Toronto, spent the Thanksgiving holiday at the home of Mr and Mrs. A. T. Brown.

Mr. and Mrs. Melvin Soper and family of Guelph, 'spent Thanksgiving at th home of his parents here.

Mr. and Mrs. G. Hayward, of Toronto spent the-holiday with Miss Helen and Mr. Gordon and Herbie Cook.

Mrs. S. C. Edmunds, of Toronto, has been visiting her daughter, Mrs. W. E

Smith, for the past two weeks. Miss Lorna McComb, nurse-in-training at the Toronto General Hospital,

visited Acton friends last week. Miss Gladys Scarrow, who recently underwent an operation for appendicitis

is convalescing at her home here. Mr. and Mrs. Leslie Martin, of Toronto, spent, the week-end with Mrs

Martin's parents, Mr. and Mrs. Elliott. Mr. and Mrs. A. T. Mann spent the

weekend and holiday with Mr. and Mrs John Moffat and family at Richmond merely by adding a few inexpensive

Mrs. Entwistle, of Norwich, and Mr. and Mrs. Henry Leslie, of Eden Mills,

Mr. and Mrs. J. Sword and babe, and Mr. J. Lyle, of Hamilton, spent Thanksgiving at the home of Mr. and Mrs. J. Mackie, Church Street.

Mr. and Mrs. W. E. Hamlin, Mr. Lorne Hamlin and Miss Lillian Mundy, of Toronto, visited at the home of Mr. and Mrs. R. L. Johnston on Sunday.

Mr. and Mrs. J. F. E. Terry and daughters, of Brantford, and Miss Norean Bennett, of Georgetown, were the guests of Mrs. R. Bennett and Miss M. Z. Ben-

Mr. Earl Cooper underwent an operation this week at the General Hospital in Toronto. He is reported as making favorable progress and friends will wish

Messrs, Charles Hill, of Munroe, Mich., and James and Chester Hill, of Cleveland, Ohio, were in Guelph attending the funeral of their sister, on Monday, and also called on Acton friends briefly on Tuesday.

Mr. and Mrs. Thos. Mochrie and children, of Brampton: Mr. and Mrs. Jardine, the Misses Dorls and Mabel-Jardine and Mr. Archie Mochrie, of Toronto, spent the week-end at the home of Mr. Miss Nellie Hall, of Toronto, spent and Mrs. Jno. Bruce.

> Mr. and Mrs. E. H. Near, Ernest and Master. Robert, of Toronto, spent the holiday with friends in Acton and vicinity. They were accompanied by Miss Dorothy Bridges, of Cranbrook, B. O. who is attending McMaster University in Hamil-

Messrs. Donald Graham and Robert Thomson of Toronto, visited Mr. and Mrs. Angus McDonald over the holiday Mr. Graham, who won the silver cup at the C. N. E. for playing the bagpipes, gave a number of selections during the afternoon, which were much enjoyed.

THINK IN TIME

Most of our overwork is due to our failure to start in time. The reason we do not start in time is that we do not think in time. It is this looking ahead, facing the crisis in thought before we meet it in actuality, which obviates the necessity for most of our desperate overworking.

THIRTY-NINE COUNTRIES ENTERED case.

Mr. and Mrs. L Simmons, of Aurora, Thirty-nine countries, provinces and spent the holiday with Mr. and Mrs. states are listed at the present time as officially participating in the World's Mrs. Peter Smith, of Toronto, visited Grain Exhibition and Conference, to be find small ponds and lakes where there with Mr. and Mrs. A. T. Brown over the held at Regina, July 24 to August 5, are unexplained changes in the water Mrs. A. G. C. Smith is recovering the Netherlands, Poland, Spain, Switzer- there does not seem to be any percept-Mr. and Mrs. G. A. Dills and family South Wales, Siam, the Jewish Coloniza- practically stands still. This phenom-Guatemala, Mexico, the Norfolk Islands, Burma, the nine provinces of Canada ticipate either by way of sending official delegates or by entries in the competitive classes or by national exhibits.

MAKING CHILDREN GROW

Growth may be remarkably stimulated by diet, according to reports of recent experiments by Dr. Summerfeldt, described in Good Health (Battle Creek,

By feeding eleven children on a diet in which were large quantities of vitamin B and extra supplies of other vitamins and minerals, he succeeded in securing a rate of gain nearly five times the

"The dietary by which this extraordin ary rate of growth was secured consisted chiefly of farina, oatmeal, corn-meal and wheat germ. One per cent. each of brewer's yeast and alfalfa leaf-meal were included. Besides the above plant foods, 2 per cent. of bone-meal was given, probably to supply lime, but an abundance of this element should have been found in the alfalfa meal, the wheat germ and catmeal: or, if more was needed, another portion of the alfalfa meal would easily have supplied it. Bone-meal may be suitable for lions, tigers, and other carnivorous beasts, but it is not a -proper constituent for a human bill of

"This experiment clearly demonstrates" the tremendous important of diet regulation, especially during the growing period. It is certainly not a pleasant thought that many thousands of children are stunted in their development by wrong feeding, and yet there seems to be no escaping this conclusion. Children while dependent upon their parents are in the position of interned prisoners. They must eat what is given them. If they are inadequately fed, their parents or guardians are respon-

sible for the consequences. I "With this new and rather startling information concerning the possibility of securing a notable increase in stature items to the bill of fare, it is easy to believe in the possibility of realizing the late Mr. Burbank's forecast of a new human race within six generations by on the holiday with Mr. and the thoroughgoing application of scientific methods of race improvement."



SHOW PICTURES HERE OF THE HOLY LAND

Native Galilean and Wife Come Under Auspices Acton United Church-Will Show Rare Views of the Beligious East on Thursday, November 10, at 8 p. m.

Palestine has changed very little in the past 20 centuries. It is the same Hens, over 5 lbs. now as it was then-when the Master lived and walked among men. The pastoral life of the people is the same, their Spring Ducklingscustoms are the same, and they are the same, asserted Stephen A. Haboush, born in Galilee, Palestine, where he tended herds of sheep among the hills of Galilee the same hills that were hallowed by the

This native Galilean comes to Acton under the auspices of Acton United Church for one appearance, during which he will bring inspiring messages from the Holy Lands with exclusive motion pictures of the land of Immortals who lived and worked with the Master.

THE LISTLESS WORKER

Listlessness is the fault the average employer finds it hardest to forgive. You may have a reason for that indifferent attitude. You may not be very well. You may be anxious about some friend. You may have some big idea in mind compared with which your present job

seems vastly uninteresting. Whatever your excuse, however, try to rouse yourself into something like animation as you go through your day's work. Remember that your employer believes that a stupid worker may betrustworthy, that a blundering worker may be taught, that a lazy worker may wake up and amount to something, but the listless worker is nearly a hopeless

A RIVER STANDING STILL It is not an uncommon occurrence to 1933. Countries, provinces and states level, but seldom does one find a river participating as at the present time are: that stands still. Such a river, how-Belgium, Czecho-Slovakia, Esthonia, ever, may be seen in Sweden. This is France, Germany, England, Scotland, the Motala River where it issues from Northern Island, Wales, Holland, Italy, the Wetter Lake. At irregular intervals Africa, Algeria, Tunis, India, Japan, the but for some reason the water ceases to Phillipines, Australia, New Zealand, New flow from it into the river and the river tion Association of Palestine, the Argen- enon has been known for several centine. Peru, Chili, several states of the turies and with this there was always a American Union, the United States superstitious fear that the people had Federal Department of Agriculture, done something for which they were to be punished.

On very rare occasions there comes a Mr. and Mrs. John Damper, of Guelph, and the Canadian Federal Department sudden frost that causes the stream to literally freeze to the bottom near the lake, before surface ice has a chance to form. At the same time, the east wind blows the water of the lake away from the outlet into the river. This causes a stoppage of water but it is only when conditions are just right that this happens and the average is no oftener

than once in ten years. About seventy years ago, a similar phenomenon occurred at Niagara Falis when a powerful hurricane swept back the waters from the falls and not a drop flowed over for nearly fifteen minutes. The silence caused people to wonder what was the matter and around the falls everybody was frightened. This is the only time on record when the water ceased to flow over Niagara Falls.

## **GREGORY THEATRE**

FRIDAY, OCTOBER 14

'Hollywood Speaks'

A close-up of the glamorous life of the movie colony, starring Pat O'Brien and Genevieve Tobin. Comedy, "Absent Minded Abner." Novelty, "Whippet Racing."

SATURDAY, OCTOBER 15

"High Speed"

An outdoor action romance. scarring Buck Jones. "Torchy Turns the Trick." Mickey Mouse Cartoon, "Barnyard Broadcast." Fox News. Guest Tickets to be used by adults only.

MONDAY, OCTOBER 17

"Tons of Money" British picture. Chapter 11 of "The Shadow of the Eagle." Comedy, "Running Hollywood."

## MARKET REPORTS

DAIRY PRODUCTS Quetations to Shippers

These are Toronto quotations: Butter Creamery, No. 1 pasteurized 2114 to 2114 do second ...... 2014 to 2014

Above prices for goods delivered Tor- lady. Quotations to Retail Trade

Creamery, prints, No. 1 ..... 25 Churning cream, f.o.b. country points-POULTRY AND EGGS

Quotations to country shippers deliv-Fresh extras ......

Quotations to Retail Trade Carton fresh extras ...... 34 to 00 Fresh extras, loose ...... 32 to 00 do firsts, loose ...... 27 to 28 do seconds ....... Quotations to Shippers Poultry-Alive Dressed Spring Chickens-Over 4 lbs. each .....

Over 4 to 5 lbs. each .... Colored ducks, 2 cents less. Quotations above indicate the general market range in value to eggs poultry on delivery basis DRESSED MEATS

do 4 to 5 lbs. ..... 10 do . 31/4 to 4 lbs. .....

Wholesale dealers in dressed meat quote the following prices to the trade-Carcasses, choice ..... HIDES AND WOOL

Toronto dealers in hide and wood moting the following prices to shippers: City hides, green, 4c; bulls and brands 24c; country hides, green, 34c; do cur-3%; calf, green, 4c; country calf cured, 4%c; city veal kip, 4c; country kip, 3c; do cured, 414c; country grasser kip, 1%c; horse hides, No. \$1.30; No. 2, \$1.00; tallow, solid barrels, No. 1, 1%c to 2c; cakes, 2%c pound.

HAY AND STRAW Extra No. 2 Timothy, in car No. 3 Timothy, new crop.... 9.00 to 00:00 6.00 to 00.00 All straw must be good length.

**POTATOES** Ontario, new, 45c for 90 lbs. Prices on car lot, delivered on track, and via truck, respectively, Toronto. **GRAIN QUOTATIONS** Grain dealers on the Toronto Board

of Trade are making the following quotations, c.i.f bay ports-No. 1 Northern, 52%c. No. 2 Northern, 50%c. Ontario Grain, approximate prices, track shipping point—Wheat, 44c to 45c; oats, 23c to 25c; barley, 38c to 41c; rye

33c to 35c; buckwheat, 35c to 37c. WHOLESALE FRUIT PRICES Fruit on sale at Toronto wholesale houses are quoted as follows: Apples. Duchess, bus. Canteloupes, 20 quarts ...... 1,30 to Peaches, 6 quarts ..... .35 to · CURRENT LIVE STOCK PRICES Steers up to 1.050 lbs .-Good and choice .....

Fed Calves-Good and choice ..... Stocker and feeder steers-Milkers and springers ...... 20.00 45.00 leal Calves-Good and choice Common and medium .... 3.50 Bacon, off cars ... Ewe and wether lambs-Light sheep, good .....

ASSET OR LIABILITY

Some distinguished people are eccentric as far as their appearance is concerned. There are rich men who go shabby and famous men who are so careless about their apearance that they attract attention wherever they go. Money enough or talent enough enables such people to "get' by" with it, People forgive a genius the peculiarities of his apperance. A millionaire can afford to wear shabby clothes much better than a young bookkeeper in his em-

Even with such people, however, the peculiarities of their appearance are semething to be overcome. If a man is a great musician, the-world may forgive him his neglected finger nails, but those nails are a disadvantage, nevertheless. Why not plan to make your liability, to be overcome by an outlay of effort or by some especial gift?

WITH THE K. P. DEGREE

Lady-If you were a naval officer, what rank did you hold? Tramp Ship's optition, lady.

Tady-Never heard of it. What were your duties? Tramp-Scraping the eyes of potatoes,

FORMING AN OPINION

Some of you young people are never quite sure of what you think until you asked somebody, perhaps a teacher, possibly a companion. Having learned what opinion you are supposed to hold, you express it with an earnestness all but convincing. Of course, any opinion that is your own, the result of your hard thinking and putting two and two together, is worth more, even if it is mistaken, than the opinion you repeat as a parrot might do. The important part is not to be correct but to think and to reason. A student who is working out an algebraic problem, makes a mistake in addition and gets the wrong answer, though his principle is right, is a thousand times better off than a classmate who copies a correct solution and hands

Do not accept your opinions ready made, for they will be worthless to you Think for yourself. Do you own reasoning. Arrive at your own conclusions.

## SPECIAL

Friday Saturday

Paradise Cup and Saucer 49c 10 lbs. Redpath Granu- E2 IU lated Sugar for ....... 33C New "Special" Maple Buds 99 1 lb. for .... ONIONS Thistle Brand Baking Powder, 1 lb. for .... PALMOLIVE SOAP 21c Cakes for BAKER'S COCOA 1 Tin for .

4 lbs. for

Monday SPANISH ONTONS 1 Package for 9 SULTANA RAISINS New Valencia Raisins L Ib. for ...... "SUPERIOR" BREAD-1 Loaf for .. Harry Horne's Custard 1 Tin for ..... FLOSAN SURE KILL 1 Bottle for HEAVY BARN BROOM

NELSON & CO. MILL STREET, ACTON

THERE ARE 5 Good Reasons

You Should Read Your Local Newspaper

BECAUSE you owe it to yourself and your family to be thoroughly familiar with the news of your town or district and the conditions which exist as reflected in the happenings week by week in THE\_FREE PRESS. THE FREE PRESS gives you the correct account---fairly, impartially---of many local events of which you frequently hear many different versions.

BECAUSE as a citizen you should follow carefully the activities of your Council, Boards of Education, County Council; and other governing bodies of public institutions, which are your representatives and are spending your money. Their meetings and programmes of expenditures and work are reported fully in the columns of your paper. In order that you may criticize justly and vote intelligently these account's should be carefully read by you.

BECAUSE your friends, acquaintrances and relations and their participation in the industrial, or social affairs; your societies, your churches, your schools, their itineraries, innovations and reports are fully chronicled in the weekly budget of intimate neighborhood news that makes up the greater portion of each week's FREE FRESS.

BECAUSE Acton merchants and business houses list in THE FREE Press columns each week their most attractive buys and merchan-

dise, for your selection and perusal in your own home where you can compare them with your needs. Advertised goods must be honest, or they defeat, like other forms of dishonesty, their own object. And finally

BECAUSE THE FREE PRESS IS & community institution. While privately owned and financed its columns and services belong to the public which it serves. THE FREE Press is the mirror in which the world sees reflected Acton and district. A token to other communities of Acton's success, progress and general condition. Without the sincere interest of those whom it endeavors to serve, no newspaper can properly represent its district. Your interest is evidenced by the manner in which you read-your paper each week; by watching your subscription closely and keeping it paid up-for only newspapers with paid up subscription lists are successful-and by offering constructive criticism-Don't tell somebody else-write and tell us.

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