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THE DOCTOR'S LAMENT
Last night when others were at rest I rode about and did my best...

Another Short Story
PROTECTING PEGGY
WINIFRED KIRKLAND

AFTER a flurry of packing the three trunks were off. After a flurry of farewells Eleanor was off, too...

Menu Hints
Recipes for New and Novel Dishes; Helpful Ideas and Suggestions

FOR RECESS TIME
Add a few pieces of candy to the school lunch. It will always be eaten at recess...

DIVINITY FUDGE
2 1/2 cups sugar
1/2 cup water
1/2 cup corn syrup
White of 2 eggs
1 cup chopped nuts

MINT FUDGE
3 cups sugar
1/2 teaspoon peppermint extract
1 cup milk
2 tablespoons butter
2 squares unsweetened chocolate
1 teaspoon vanilla

DRESS UP THE MEAT
Cold weather calls for more of the heavy foods, particularly meat. Our bodies need this additional fuel to stand the rigors of winter...

SAVORY BEEF LOAF
2 pounds ground beef
1 onion, grated
1 cup dry bread crumbs
1 to 2 cups canned tomato

SPANISH LAMB CHOPS
4 lamb chops, one and one-half inches thick
4 tablespoons soft bread crumbs
1 1/2 tablespoons melted butter
salt and pepper
3 tablespoons canned mushrooms

Asthma Overcome. The triumph over asthma is assuredly come. Dr. J. D. Kellogg's Asthma Remedy has proved the most positive blessing the victim of asthmatic attacks has ever known...

bar if I hadn't seen the way you liked her, granny. I hadn't realized until I saw how much you enjoyed being with her...

"Thank goodness it's over!" she said. "Six weeks of that!" "I am sure we are grateful to you, granny, for all you've done."

Granny caught Peggy's bowed shoulder and shook it firmly, as she shook forth her words, firmly, too. "Peggy Oliphant, listen! I do not want you to grow up! I do not like you and Jerry to go to Carlington!"

Nora smiled, tranquil in the freight. "If I had not interfered, if I had left the two girls alone, Peggy would have seen herself, without any need of my protecting her?"

Simple and Sure—Dr. Thomas' Electric Oil is so simple in application that a child can understand the instructions. Used as a liniment the only directions is to rub, and when used as a dressing to apply.

MINERAL MATTER FOR PIGS
If properly fed a young pig will increase its weight one hundred times in six months, or from about two pounds at birth, to about two hundred pounds at six months old.

Bladder Weakness Troublesome Nights Swiftly Relieved
If you are troubled with a burning sensation, Bladder Weakness, frequent daily annoyance, getting-up-nights, dull pains in back, lower abdomen and through the groin...

CANCEROUS AND NON-CANCEROUS TUMORS OF BONE AND HOW TO PREVENT CRIPPLING

This article has been written for the Canadian Social Hygiene Council by an eminent specialist, and in addition has received the endorsement of the Provincial Department of Health of Ontario.

The cure of cancer at the present time is not a drug nor a serum, nor a ray, nor a miracle, but simply the education of the people as to the signs of its beginning in local lesions and the importance of an immediate examination which will lead to recognition and treatment in the most favorable stage for a cure.

It seems so simple to recognize cancer of bone early and give the individual the best chance of a cure and so simple to prevent crippling by earlier recognition and better treatment of all non-cancerous conditions of bone...

We have evidence of this. In 1921 the cures of cancer of bone by irradiation resection or amputation, were less than four per cent. To-day, ten years later, with x-rays or radium, or by operation—they are more than thirty per cent.

In Detroit, during the meeting of the American Medical Association, with the advice and help of Mr. William W. Buffum, manager of the Chemical Foundation of New York, of which Mr. Francis P. Garvin is President, and representative members of the Radiological Society of North America, there was formed a non-profit organization which has since been incorporated in the State of Delaware under the name of the Radiological Research Institute, incorporated.

The x-ray is the searchlight which pictures normal bone and any abnormal bone formation or bone destruction. Every parent, teacher or nurse should know that when a child limps or complains of a pain in a bone or joint, the first thing to do is to take an x-ray.

Tremendous advances have been made in preventing non-cancerous diseases of bone—rickets by proper diet in young infants; tuberculosis by pasteurizing milk and better water supply, and the isolation of tubercular people; osteomyelitis by the better care of the teeth, tonsils and sinuses in children and in the case of the skin preventing boils and immediate protective treatment of all bites and stings.

JOHN GAVE ME THIS WONDERFUL NEW COLEMAN LAMP, AND JUST THINK HE WAS ALLOWED \$25 FOR OUR OLD ONE! I AM GOING RIGHT DOWN AND TRADING THIS OLD LAMP IN \$1.50 for Your Old LAMP or LANTERN on a NEW Coleman ... that's the big value you are offered for a limited time. Your old lamp or lantern (any kind or condition) is worth \$1.50 on the purchase of a new Coleman...any model you want.

Mr. Farmer! here's why you should read your newspaper In the first place of all, Mr. Farmer, you are interested in Acton because it is the logical market for the greater part of the produce you have to sell.

SATISFIED? On September 29th a Grand Valley Client wrote us, as follows: "This will notify you that Mr. A's account has just been paid to me. Accept my thanks for your prompt work. I will have a further list for you shortly."

Hundreds Have Taken Advantage Of Our Special 25th Anniversary Discount and Made It The Event of the Year On account of many requests from out-of-town patrons we are continuing same longer than at first intended and are glad to find so many of our old patrons taking advantage of this genuine dollar saving event.

NEW Customers NEW customers may be gotten by getting your story into new hands. Printed membership will win. The Acton Free Press

THE FREE PRESS, Acton, Ontario Enclosed please find 50 cents as subscription to THE FREE PRESS for 3 months. At the end of that time I will notify you if I wish it discontinued.

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