

The Community's Social Side of Life

Visitors to and From Town During the Past Week, as Gleaned by The Free Press

Mr. Stanley Mackie, of Toronto, is visiting at his home here. Mr. Ted Gray, of Hamilton, visited Mr. A. E. Nicklin on Sunday. Mr. Brandon Crewson, of Wingham, visited Acton friends this week. Mr. Ray Gordon, of Toronto, visited Acton friends over the week-end. Miss Rose King is spending a few days in Toronto at the Royal Winter Fair. Miss Helen McDonald, of Kitchener, spent the week-end at her home here. Mr. J. Elvin Gamble, of Toronto University, was home for the week-end. Mr. Isaac Atkins, of Winnipeg, Man., is visiting his sister and other friends here. Mrs. Gertrude Ramshaw, of Toronto, is visiting with relatives in Acton and vicinity. Miss Doris McDonald, of Toronto University, spent the week-end at her home here. Mr. Gordon Babcock, who has been ill for the past month or more, is able to be about again. Mr. Charles Selwood, of Toronto University, made a short visit to his grandmother, Mrs. A. E. Nicklin, on Sunday. Miss Stephenson, of the High School staff, was ill for a few days last week and unable to assume her duties on the staff. Mrs. John Leshman, who has been in the hospital in Guelph for the past month or so, was able to return home this week. Friends wish her a speedy recovery to good health. Mr. J. L. Kenney and family, of Toronto; Mr. Lloyd H. Kenney, of Montreal; and Mr. T. V. Kenney, of Hamilton, spent the week-end with their parents, Mr. and Mrs. John Kenney, Bower Avenue.

SOUND SENSE

A man in an eastern city died not long ago, leaving an estate of nearly \$5,000,000. The disposition of his money made no sensation. But he wrote a paragraph to his children in his will which contains more sound sense and is more important to those who will read it and think about it than the mere details of how and where he left his money. He said: "Be frugal and generous; charitable according to your means. Always love, respect and assist one another. Remember, your best friend is your purse—and when it is empty, friendship is but a name. As a result of my knowledge, I admonish you that your mother is the heart string of the family. Continue to cherish and love her. She shares your every joy and sorrow."

HOLIDAY FRUIT CUPS

From now on until New Year's we have a series of holidays. For the big meal of each day a fruit cup is in order. A very delightful holiday fruit cup may be made from six oranges, two small grapefruit, one can white cherries, stoned, six tablespoons lemon juice, two cups powdered sugar and some ruybettes and emeralletes. Segment oranges and grapefruit by taking the pulp from the dividing membrane segment by segment. Combine fruits and sprinkle with lemon juice and sugar. Chill well and add the ruybettes and emeralletes. The color note of the red and green garnishes may be further developed by serving fruit in double cocktail glasses with finely chopped red or green tinted ice in outer glass. This colored ice is made in iceless refrigerator from water to which vegetable coloring has been added. Of course, colored ice may be frozen outside when the weather is sufficiently cold.

CANADIAN SILVER PRODUCTION

The Canadian silver production in 1931 was approximately 20 1/2 million ounces, or 10.5 per cent of the world's computed production of 196 million ounces. Canada has for many years ranked third amongst the silver-producing countries of the world, being exceeded by Mexico and the United States, the former contributing about 42 per cent and the latter about 22 per cent annually to the world's total production. The silver mines of Cobalt and adjoining areas in Northern Ontario were for many years the principal sources of the Canadian production, but their output in recent years has shown a gradual decline. Important contributions to Canada's silver production are now being made by mines in the Noranda district of the Province of Quebec and in the Flin Flin district of the Province of Manitoba. The Yukon Territory has for several years been producing annually about four million ounces of silver, derived from the argentiferous lead ores of the Mayo district. British Columbia is now the leading silver producing province in the Empire, having contributed about 39 per cent of the total production in 1931. The silver is obtained mainly as a by-product in the treatment of the lead-sulfide ores from the well-known mine at Kimberley.

AN OUNCE OF PREVENTION

By Barbara E. Brooks

Many years ago someone eagerly remarked that an ounce of prevention was worth a pound of cure. How often when attacked by a bad cold or indigestion we search our minds to find how we have erred and wherein we neglected the ounce which would have outweighed the pound. Colds and indigestion have no real season. They may strike in the best of weather so it behooves us to take care of ourselves, all through the year. Fortunately, more is known about health protection to-day than formerly. Scientific research has shown definitely that there is a relation between health and sunshine. Certain "sunshine" foods and drugs have appeared on the market and are used during the winter when the amount of sky sunshine is limited. This is only one of the ways which are available for cheating Old Man Winter out of his accustomed number of victims. Another common cause of illness is improper elimination. This can usually be controlled by careful food selection. A diet rich in minerals, vitamins and fibre regulates the digestive processes naturally, and insures complete elimination. Bran has been recognized for years as a laxative food because of its fibre. Now science tells us that it is also a good source of vitamin B which helps to tone up the intestinal tract and keep it in excellent working order. Whole grain cereals are valuable for the same reasons in proportion to their percentage of fibre and vitamin content. Both bran and whole wheat furnish iron, the mineral essential in preventing secondary anemia. A simple rule to follow in planning meals which will provide the ounce of prevention is to include in every day's menu bran or whole wheat, at least one fruit, and at least two vegetables. The bran need not always be eaten as a cereal. It can be baked into muffins, breads, cookies or desserts. BRAN-DATE BARS 1 1/2 cups brown sugar 3 eggs 3/4 cup flour 1/2 teaspoon baking powder 1/2 cup all-bran 1 cup nut meats (chopped) 1/2 cup dates (cut fine) Beat the eggs until light, add the sugar and beat well. Add the flour sifted with the baking powder. Add bran, nuts and dates. Spread the mixture in a layer one-half inch thick in a greased shallow pan. Bake in a moderate oven (375 degrees F.) for about 20-30 minutes. Remove from the oven and while warm, cut into squares or bars. Roll the pieces in powdered sugar or serve as a pudding with whipped cream. Yield: 24 bars—1 inch by 3 inches. BRAN CORN BREAD WITH BACON 2 eggs (beaten slightly) 1/2 cup sugar 1/2 cup bran 1 cup corn meal 1 cup milk 3/4 cup flour 1/2 teaspoon salt 2 teaspoons baking powder 1/2 lb. bacon (diced) Combine eggs and sugar thoroughly; add all-bran, corn meal and milk. Sift dry ingredients together, add to first mixture and pour into greased baking dish (9x12 inches is a suitable size to use). Sprinkle bacon over top. Bake at 400 degrees F. for twenty minutes, then top dish under broiler for about three minutes to brown the crust and to crisp the bacon. Yield: 16 servings. RESPECTING THE PERSONAL LIBERTIES OF OTHERS (By Arthur B. Rhinow) A certain cider-stube (mongrel name) within the confines of Greater New York is said to be making a nuisance of itself. The carousing is kept up throughout the night until the wee, small hours, so that landlords in the neighborhood are losing their tenants. Now, the habitues of the "stube" are no doubt loud in claiming their personal liberty, but they seem to utterly disregard the rights of the neighbors, one of which certainly is a good night's rest. Such a perversion of liberty borders dangerously on anarchy. It is outrageous selfishness, and the most charitable interpretation must attribute the disturbance to more than just ignorance and narrowness. In any community, the personal liberty of one group must be restricted to afford others similar rights, especially in a large city where we live so close to one another. The man who wants to do just as he pleases, regardless of others, does not belong in civilized society. He and his pals ought to go out into the wide open spaces, where they forego contact with the rest of the world. And even there, intual consideration would have to be observed, unless the individual wants to live entirely alone. Then, of course, he can do as he pleases, unless in the silences of the starlit wilderness the conviction dawns upon him that he is not alone after all; that he is alone with God. It is a sad commentary on human nature that they who are most clamorous for their own personal liberty are so often the most inconsiderate of the rights of their fellowmen. WHAT THE LAW DID The learned counsel glared at the witness. "Are you positive, sir," he demanded, "that the prisoner is the man who stole your car?" "Well," answered the witness, "I was until you cross-examined me. Now I'm not sure whether I ever had a car at all."

ACTON AND DISTRICT LEGION POPPY FUND

The Acton Legion gratefully acknowledges the following contributions to its Poppy Fund from the recent Poppy campaign: Previously acknowledged \$70.65 Township of Bramosa 15.00 Acton Chautauque Committee 10.00 Col. Jas. Ballantine, D. S. O. 10.00 Mrs. P. Smith 5.00 Mrs. A. Mason 1.00 Mr. J. C. Matthews 1.00 Poppy Day Receipts 48.79 \$161.44

New International Highway Crossing

Another highway crossing between Canada and the United States will shortly be provided with the completion of the planing of the spans of the Ottawa division of the New York Central Railway bridge over the St. Lawrence River between Cornwall, Ontario, and Massena, N. Y. Work on this project is to be begun at once and it is expected it will be finished not later than June 1, 1933. The cost of planing and the construction of the approaches at each end, including the building of a road on Cornwall Island, will be about \$160,000. This new highway crossing will prove of great convenience to motorists crossing the St. Lawrence and vice versa as it will be the only bridge over the great river west of Montreal. At present the connecting links are by ferries at different points, such as Aultsville and Louisville, Morrisburg and Waddington, Prescott and Ogdensburg, Brockville and Alexandria Bay.

CASTE IN HOLLYWOOD

The boys who drive for the motion picture studios resent being called chauffeurs. They want to be called drivers. Most of the actors call their drivers by name and chat with them. Recently a woman star, to whom a special car and driver were assigned, let a week go by without bothering to learn his name, and always addressed him as "Chauffeur." He thought that was long enough, so he swung around in his seat, grinning yet determined. "Miss," he said, "I'm no chauffeur. I'm a driver." "Why," she asked, "what's the difference?" The answer was instantaneous and positive. "One hundred dollars a month and no dogs to mash!"

GREGORY THEATRE

FRIDAY, NOVEMBER 25 Double Feature Presentation "STREET OF WOMEN" With alluring Kay Francis, in her most captivating role. "PARADISE ISLAND" South Sea drama, with Marcelina Day and Kenneth Harlan. SATURDAY, NOVEMBER 26 "The Last Man" Mystery on the high seas, starring Charles Bickford. Comedy, "For the Love of Fanny." Mickey Mouse Cartoon. Fox News. Use your Guest Tickets on Saturday. MONDAY, NOVEMBER 28 "Undesirable Lady" Stern drama, with Elisa Landi, Paul Lukas and Warner Oland. Comedy, "Mall Bride." Chapter 5 of "The Mystery Trooper." Dinnerware Night.

ON THE HILLS

more pep Alex. Brunton's GARAGE EXPERT REPAIRS TO ALL MAKES OF CARS

MARKET REPORTS

DAIRY PRODUCTS Quotations to Shippers These are Toronto quotations: Butter— Creamery, No. 1 pasteurized 20% to 20% do second 19% to 19% Above prices for goods delivered Toronto. Quotations to Retail Trade Butter, prints, No. 1 24 to 00 do second 23 to 00 Churning cream, f.o.b. country points Special 00 to 21 No. 1 00 to 20 No. 2 00 to 17 POULTRY AND EGGS Quotations to country shippers delivered. Eggs— Fresh extras 42 to 00 do seconds 22 to 00 Under 4 lbs. each 6 to 11 Fatted hens— Over 6 lbs. each 10 to 16 Over 5 lbs. each 6 to 9 Over 4 1/2 to 5 lbs. 7 to 13 Under 4 1/2 lbs. each 6 to 11 Young turkeys— Over 8 lbs. each 10 to 14 Over 6 to 8 lbs. 9 to 13 Over 3 to 4 lbs. 5 to 9 Young turkeys— Over 8 lbs. each 00 to 16 Young geese, cwt. 8.00 to 8.50 8 to 12 lbs. each 00 to 10 Old roosters, over 5 lbs. 5 to 9 "White ducklings— Over 4 to 5 lbs. 6 to 10 Colored ducks, 2 cents less. Quotations above indicate the general market range, value to eggs and poultry on delivery basis. DRESSED MEATS Wholesale dealers in dressed meats quote the following prices to the trade: Beef, forequarters 7.00 to 8.00 Carcasses choice 10.00 to 11.00 do medium 9.50 to 10.00 Calves, choice veal 10.00 to 12.00 Heavy hogs, cwt. 4.50 to 5.00 Light hogs, cwt. 7.00 to 7.50 Abattoir hogs 8.00 to 8.50 Lambs, cwt. 8.00 to 8.50 Mutton 4.00 to 00.00 HIDES AND WOOL Toronto dealers in hides and wool quote the following prices to shippers: City hides, green, 3c; bulls and brands, 1 1/2c; country hides, green, 2 1/2c; cured, 3c; calf, green, 3c; country calf, cured, 2 1/2c; city veal kip, 2 1/2c; country veal kip, 2 1/2c; country grasser kip, 1c; horse hides, No. 1, \$1.25; No. 2, \$1.00; tallow, solid barrels, No. 1, 1 1/2c to 2c; cakes, 2 1/2c pound. HAY AND STRAW No. 2 Timothy in baled ton 10.00 to 00.00 No. 3 Timothy, new crop... 8.00 to 9.00 Straw, wheat 6.00 to 6.50 do oats 6.00 to 6.50 All straw must be good length. POTATOES Ontario, new, 62c bag—Prince Edward and St. Mary's 90c to \$1.00 per bag. Prices on car lots, 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. day port: Manitoba wheat, No. 1 hard, 52% c. No. 1 Northern, 51% c. No. 2 Northern, 50% c. Ontario grain— approximate prices, truck shipping port: oats, 40c to 42c; oats, 20c to 22c; barley, 30c to 41c; rye, 30c to 32c; buckwheat, 30c to 32c. WHOLESALE FRUIT PRICES Fruit on sale at Toronto wholesale houses are quoted as follows: Apples, bushel .75 to 1.50 do B. C. McIntosh box 2.00 to 2.50 Grapes, bushel .75 to 1.00 Pears, bushel 1.00 to 2.50 CURRENT LIVE STOCK PRICES Steers up to 1,050 lbs.— Good and choice 4.00 4.50 Medium 3.25 3.75 Common 1.25 2.75 Steers, over 1,050 lbs.— Good and choice 4.00 4.50 Medium 3.25 3.75 Common 2.50 3.00 Heifers— Good and choice 4.00 4.50 Medium 3.25 3.75 Common 1.50 2.75 Fed Calves— Good 6.00 6.75 Medium 5.00 5.75 Cows— Good 2.00 2.25 Medium 1.75 2.00 Common 1.50 1.75 Cannons and cutters 1.00 1.25 Bulls— Good 2.00 2.25 Common 1.50 1.60 Stocker and feeder steers— Good 3.00 3.25 Common 2.00 2.75 Milkers and springers 30.00 50.00 Veal Calves— Good and choice 5.00 6.00 Medium and common 2.50 4.50 Grassers 1.50 1.75 Hogs—No quotations. Pigs and wether lambs— Good 4.75 Medium 4.00 4.50 Culls 3.50 Bucks Sheep— Light Sheep 2.00 2.50 Heavies 1.50 2.00 Culls 1.00

TALKING FAILURE

There is no excuse for talking failure. If you are speaking about yourself, it is extremely short-sighted to put this obstacle in your path. If you are talking of some one else, talking failure is even less excusable. It may be your privilege to handicap yourself, if you are so silly as to wish to do so, but you have no excuse for handicapping another. Many a promising life has fallen short of its possibilities because somebody doubted, somebody laughed, somebody threw cold water. If you cannot believe that your neighbor will succeed, at least say nothing. Give him his chance. Do not encourage failure by talking of it.

AT SCRATCH

Mrs. Renwick and her husband were ardent golf enthusiasts; they spent all their spare time at the club, and all their time at home talking about what they did at the club. On Sundays, not being devoid of religion, they stopped on their way to the links to leave their little daughter, Jean, at Sunday school. "Remember your Golden Text, dear," Mrs. Renwick said, kissing the child good-by. "The heavens declare the glory of God and the firmament showeth his handiwork." It was no wonder that, when Jean rose proudly to recite the verse, she should have announced: "The heavens declare the glory of God, and the firmament showeth his handicap."

ANTELOPES SAVED FROM EXTINCTION

Eighteen years ago, the Canadian Government established a sanctuary for the preservation of the prong-horned antelope in its native habitat in Western Canada. An area, 54 square miles in Southern Alberta, about 75 miles east of Lethbridge, was given the name of Wawaskey Park. In 1915 another area known as Nemiskam Park, was set aside for the same purpose. This park, with an area of eight and a half square miles, fenced and a definite record of the progress of the work can be kept. The present herd of approximately 425 antelope in this park represents the results of an interesting experiment. Previous to 1915 efforts at raising antelope in captivity had been unsuccessful, owing to the effects of the shock of capture. Consequently officers of the Canadian Government National Park hit upon the scheme of corralling a herd of 42 antelope on a suitable grazing area which were observed feeding north of Medicine Hat and the work of fencing the animals in without disturbing them was successfully carried out. Since then they have thrived evidently unconscious of their captivity and these graceful native animals are rapidly being restored in numbers. At Wawaskey National Park, as far as observations of officials in charge of the park show, the antelope, which frequent this unfenced reserve, are increasing. Concentrations of these animals are noticeably greater throughout the area than previous to the establishment of the park and their future in this part of the province appears assured. The prong-horned antelope, like the buffalo, was threatened with extinction by the march of settlement.

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SPECIALS! For Friday and Saturday BEEF CUTS Sirloin Roasts, per lb. 17c Porterhouse Roasts per lb. 17c Wing Roasts, per lb. 15c Choice Rib Roasts, per lb. 16c Thick Rib Roasts, per lb. 14c Round Shoulder Roasts, lb. 13c Thick Shoulder Roasts, lb. 12c Rib Roll, per lb. 10c SMOKED MEATS Smoked Cottage Roll, by the piece, per lb. 15c Pickled Cottage Roll, by the piece, per lb. 13c Side Bacon, by the piece, lb. 15c EXTRA SPECIAL 2 LARD 20c 2 lbs. for 20c 2 HOMEMADE SAUSAGE 20c 2 lbs. for 20c PATTERSON'S MEAT SHOP WE DELIVER PROMPTLY PHONE 178

The One Thing You Can Afford The great national pastime this weather is squeezing the expenditure column so that it will remain in proportion to the revenue. The first step in this, of course, is making a decision as to what items are absolutely necessary to the well-being of our minds and bodies and consigning the balance to the limbo of "things we will have when times improve." You cannot do without your local newspaper, for several reasons, the first of which is that as an intelligent citizen of the community it is necessary that you keep informed about what is taking place in that community. Whether your interests are being cared for in the governing of municipal affairs; what is transpiring at the schools, the churches; if grants are being made from public funds, or cut off, and why; what your community proposes doing about relief measures; where foodstuffs, meat, wearing apparel, wood, coal may be bought to best advantage; where you may sell or trade some used article, or buy such an article to advantage. All the intimate personal news; the deaths, births, and marriages, and the thousand and one other occurrences that go to make up the life of a community. That is the function of the weekly newspaper. Its news columns each week carry the story of the activities of the community and in addition the effective news of the world at large. Its advertising columns bring into your home the best offerings of the stores and shops with prices and description. The small advertising column is a meeting place for buyers and sellers in every conceivable line. THE FREE PRESS costs you but four cents a week. If you will read it thoroughly, intelligently, you will receive many, many times over a return in value. And THE FREE PRESS is a good paper for the family to read. There are many things children may learn from its columns, but nothing they should shun. Its columns are clean, carefully edited and contain all the NEWS. If you are not already a subscriber to THE FREE PRESS take advantage of the three months' trial offer below. Do it to-day—NOW—while you think of it. THE ACTON FREE PRESS, Acton, Ontario. Enclosed please find 50 cents in payment for THE FREE PRESS for three months. At the end of that time I will notify you if I wish to discontinue. NAME Street, P. O. Box, or R. R. No. P. O.