

Business Directory

MEDICAL

DR. J. A. McNIVEN
Physician and Surgeon
Office and Residence—Corner Bowe
Avenue and Eight Street.

DR. E. J. NELSON
Physician and Surgeon
Electro Therapy Phone 88

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Quality — Accuracy — Service

TO THOSE WHO
REALLY CARE
Memories are Sacred
Whether Life has been rich with
experience or confined within nar-
row limits, there are always mem-
ories held sacred beyond the reach
of commonplace things.
To those memories and to the
finer things which they have in-
spired, one owes full reverence and
respect.
The beautiful custom of erecting
a monument—dignified, lasting,
beautiful—springs from this natu-
ral urge.
Choosing such a memorial is
often somewhat involved with
doubt, and we respectfully offer
our services in the capacity of
counsel.

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"MARK EVERY GRAVE"



The Door
of Opportunity!

These Small Ads will Open the
Door to Whatever You
Are Seeking

FAITH
A lovelier thing I do not know
Than this joy dying in the snow.
Junco, with your silver breast
Whistling, with your steady crest.
Little friendly chickadees,
Crying in the cedar trees;
Crows, that never seem so black
As upon a winter track;
Did you see them going by,
Like small bits of the blue sky,
Hidden, now behind something
Dusky gray like a bird's wing?
Now my faith is strong again
In dogwood and in cypripedium,
And I believe in iris now,
And flowers on the applebough,
And under the great drifts of snow
I see the pale anemone grow.
Although the wind is loud and bold
And all the trees look hard and old.

Menu Hints

Recipes for New and Novel
Dishes; Household Ideas and
Suggestions

By Betty Barclay

REMEMBER THE "BULK" FOODS

In no respect is the otherwise sound-
ly planned diet more frequently lacking
than in the foods that supply the bulk
or fiber necessary to assure proper elim-
ination. Most of us pare our fruits, eat
our potatoes without their jackets, and
eat prepared foods out of which the bulk
has been refined. Time and again the
penalty is irregular or incomplete elim-
ination, leading straight to loss of vital-
ity, headaches and a generally depressed
outlook on life.

You are wise if you adopt as one of
the most important health command-
ments for yourself and your family the
regular inclusion on the menu of the
foods that provide the bulk of the system,
needs—lettuce, cabbage, carrots, chard,
whole wheat bread and cereals, and bran.
Bran is particularly convenient and help-
ful. It can be combined with refined
foods and served in all sorts of other
appetizing ways, and besides bulk it
supplies iron needed for the making of
good red blood, together with Vitamin
B of value in toning the intestines.

THREE IN ONE RECIPES

(Bran Muffins, Waffles and Griddle
Cakes)

- 1/2 cup shortening
1/4 cup sugar
3 eggs (well beaten)
1 1/2 cup sour milk
1 1/4 cups bran
2 cups flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt

Cream shortening and sugar. Add
eggs, sour milk and bran and let soak
until most of moisture is taken up. Sift
flour with baking powder, soda and salt
and add the first mixture—stirring only
until flour disappears. Bake in greased
muffin tins in a moderate oven (400 de-
grees F.) for 20 to 25 minutes or in a
hot waffle iron. Some of the mixture
may be thinned with water or milk
and used for griddle cakes.
Yield: 16 small muffins, 3 waffles or
8 griddle-cakes.

HONEY BRAN PUDDING

- 1/2 cup butter
1/2 cup honey
1 egg (well beaten)
1/2 cup milk
1 cup seedless raisins
1/2 cup bran
1 cup flour
1/2 teaspoon soda
1/2 teaspoon salt

Cream butter and honey together. Add
egg, milk and bran. Sift dry ingredients
and mix with the raisins. Add to first
mixture. Combine thoroughly and put
into greased mold; cover tightly, and
steam for two hours. Serve with hard
sauce.
Yield: 6 large servings.

BREAKFAST COCKTAIL

- 1 egg yolk
2 oranges, juice of
1 teaspoon honey or sugar to taste
Pinch of salt

VANILLA JUNKET ICE CREAM

1/2 pint milk
1/2 pint heavy cream
1 package powder for vanilla junket
(Small pinch of salt (if desired))
Warm milk to lukewarm (about 110
degrees F.). NOT HOT. Remove from
stove. Add powder for junket and small
pinch salt, if desired—stir not more than
one minute. Pour immediately into re-
frigerator tray. Let stand undisturbed in
room until firm and cool—about ten min-
utes. Whip cream and stir into junket.
Place in freezing compartment in the
refrigerator at as cold a temperature
as possible. When partly frozen (it will
be thick around the edges), scrape from
the sides and bottom of the pan and
then beat the contents up in the refrig-
erator tray quickly with a fork or large
spoon, and place back in refrigerator to
finish freezing.

TRIED AND TRUSTED

"I'm giving yer a week's notice," said
the maid.
"Why, Jane," replied the mistress, "you
have only been here a fortnight, and
I'm quite pleased with you; whatever
do you want to leave for?"
"Well, you see," said Jane, "I find as
'ow you don't trust me."
"Why, my dear girl," replied the lady.
"I gave you the keys of the master's
desk, the sideboard and my jewel-cases."
"Yes," snapped Jane, "but they don't
fit."

Another Short Story
The Loving Cup
IDA ALEXANDER

THE little old doctor lay awaiting
the return of the big new doctor.
There had been many of those
visits at first—three—four—five a day.
Now they had dwindled down to one.
There had been no others in the long
three weeks, yet he had never before been
alone since his illness began. The trained
nurse had always been at hand, firm,
capable, noiseless.

He did not exactly like her. He had
sent her for a walk, noting with quick
professional eye the girl's pale cheeks.
He knew the case had been a trying
one. At any moment she might come
back; there was no chance of her for-
getting one dose of the nauseous medi-
cine. He turned to look at the clock.
No, there were yet thirty minutes, and
it was not likely she would return before
that time.

He gave himself up to thought and the
thoughts were not pleasant. How easily
he had dropped out of the lives of his
people. How little it would have mat-
tered if he had left them forever! He
had been such a careful shepherd that
he had begun to look on the sheep as
his own. The hastily summoned stranger
with his cheery voice and pleasant merry
ways, had taken up the old doctor's
practice, and fallen into the ways and
graces of the old doctor's people, as if
he had been the one who had loved and
worked over them for thirty odd years.

The doctor moved restlessly. Why,
even his present illness had been caused
by working for others. Five hours he
had fought for the life of a little half-
drowned baby. When the fight was won
and the thanks of the mother still echoed
in his ears, he had met Mrs. Davis hur-
rying in search of him.

It was not such a long walk to the
little cottage where wee Pinksy Davis lay
struggling for his breath, but the night
had been cold, bitterly cold. And then—
well, even to himself he had never quite
acknowledged that the chill which un-
dered in pneumonia had been caused by
making Mrs. Davis put on his heavy
overcoat. Whatever the cause, the effect
was only too apparent. It had taken
but three weeks to undo the work of
thirty years.

Something very like a tear was trying
to find its way from the little doctor's
trembling eyelid, but he forced it back,
and the voice which answered the nurse's
gentle tap was steady. She came in
flushed and animated. "I've had the
best walk," she said, "thanks to you!
Do you know, there are very few patients
who would have thought of it? In fact
in my first professional capacity I have
come to look on the word 'patient' as a
misnomer. Most of them could more
truthfully be called 'impatients.'"

The doctor laughed, just as she meant
he should, when her observant eyes took
note of his wistful gaze.
"Ah, I've brought you a basket of
daffodils—the darlings! May I bring
them in?"
"Thank you, if you will be so good,"
answered the doctor. "Why do you ask
for permission?"

"Well at first you made me take some
flowers away. I suppose I ought not to
have bothered you with them, but nearly
every one is so pleased to have them.
Don't you like flowers?"
"Why, yes," said the doctor. "I am very
fond of flowers."

But somehow he could not bring him-
self to explain to this matter-of-fact
young woman that he had sent them
away because none of his people had
cared enough for him to bring him any.
"Medicine first, then daffodils," said the
nurse, smilingly.
When she came back with her basket
of flowers the big new doctor sat by the
bedside.

"Another present for the popular
patient?" he asked. "Why, that reminds
me I have a package and a letter. I'll
get them. I've left them down-stairs
with my coat."
The little old doctor broke the seal with
an apology. He could hardly wait to
read the letter, Miss Lydia Dolliver had
traced it in her stiff penmanship, of a
fashion gone by. He read:
Dear Friend, This loving-cup is sent
to you by all of us who love you. Every
one gave something, from Pinksy Davis,
who gave his candy penny, to Malachi
Boone, who gave fifty dollars. Now that
the danger is past, I'll tell you how we
came to get it. We thought you were
going to die. I put my apron over my
head and I cried—cried as I haven't
cried since—well, no matter. Every one
was doing the same. By ones and twos
they kept coming over, until it was like
a party for numbers, and a funeral for
faces. Then I told them about flowers.
In that way we could show you what we
have never showed you, knowing all the
time in my heart that then it would be
too late. But when the news came that
you were going to live—then I can't tell
you. But I think we cried as much as
at first. So God bless you. I suppose
you knew there were many who honored
you. But I believe in telling before it is
too late.

There was something about the little
doctor's face as he finished the letter
which made the nurse retreat to the
window-seat with her basket of daffodils.
But the big new doctor cut the string of
the package, and passed it unopened to
the hands which released the letter.
"Come, come!" he said at last gruffly,
through the catch in his throat. "This

FOLLOW CORN-FED STEERS WITH
HOGS

Hogs should follow, corn-fed cattle.
They will not only utilize the waste grain
but will improve the manure produced.
Moreover, the profit from the winter-
feeding beef cattle on grain under pre-
sent conditions will depend very largely
on the hogs that utilize the undigested
feed from the cattle.

Winter feeding tests with steers and
hogs have been continued during the past
few years at the Dominion Experimental
Station at Harrow in an effort to de-
termine the advisability of marketing
home-grown roughage and grain through
steers and hogs during a period of falling
and low prices. In these tests the steers
and hogs had the run of a barn-yard
with an open barn as a shelter and had
access to water at all times.

Under present conditions it has been
very difficult to show a profit on feeding
steers alone when the grain, fodder and
hay were charged against the cattle at
market prices. However, considering the
steer and hog feeding experiment as one, a
fair profit has been realized, especially
if the manure produced was credited.
The manure is an important factor, be-
cause too little is being produced on the
average farm in Western Ontario at the
present time.

The number of hogs needed to clean up
after steers depends on the size of the
cattle and the kind and amount of grain
fed to them. More hogs per steer will
thrive if the cattle are fed corn on the
cob than if the corn is crushed or ground.
If hunked corn is fed to the cattle,
each steer will support from one to one-
and-a-half hogs. Of course, the heavier
steers are fed the faster the hogs will
gain. We have also found that young
pigs weighing about 100 pounds each are
best to follow cattle.

will not do—will not do! What are these
precious neighbors of yours about? Try-
ing to make you worse?"

"No," said the other, gently, "they
wouldn't do that—and they couldn't
this way. I shall be better for it. You'll
see." And the doctor, who had seen
much, guessed that it would indeed be
so.

He carried the picture with him, not
knowing that it was because this picture
was the best-beloved. He thought in his
cheerful heart that the picture
haunted him because it was such an un-
usual occurrence to see an old man sit-
ting up in bed with the tears running
down on the hands that lovingly held
a loving-cup.

10
BIG SHOWS
IN ONE

- ROYAL HORSE SHOW
Splendid Horses—all classes
brilliant riding and driving
International Army Officers
Teams, European, American and
Canadian, in thrilling jumping con-
tests. The presence of the Foreign
Legation is due to the presence of
JOSEPH E. SEAGRAM
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BEEF AND DAIRY CATTLE
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the pick of Canadian stock
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Pigeons, rabbits and canaries
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all fluffy champions
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every garden
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music and colour
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AND VEGETABLES
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Pitching Championships
REDUCED RAILWAY RATES



Bladder Troubles
Bother Many Past 40

Seven Out of Ten Are Victims But
Writer Tells How "Uratabs" Bring
Swift, Amazing Relief With
Renewed Vital Forces

"No one knows better than I, the hor-
ror of joyless days and sleepless nights.
There have been times when I felt hope-
less and helpless—and when my weak-
ness caused me the most intense humili-
ation. Only those who have gone through
such tortures can possibly realize my
great satisfaction when Dr. Southworth's
URATABS brought me quick relief.
URATABS are truly wonderful, and I
give them full praise." Such amazing
evidence serves as convincing proof of
the power of URATABS to relieve those
distressing ailments so often a handicap
to those in middle life.
Overworked, aching Kidneys, and
Bladder Weakness, bring on so many
distressing ailments which so often lead
to serious diseases that every sufferer
from Lamebacks, Pains in back and down
through groins, scanty but frequent
urination, "Getting-up-Nights," Nervous
Irritability and Lack of Force should
try the amazing value of Dr. South-
worth's URATABS at once! Any good
druggist will supply you on a guarantee
of satisfaction or money back.

WASTING

A country woman was walking along
a city street when she was amazed to
see a man take pigeons after pigeon out
of a hamper, look at his watch and then
project the birds into the air.
"Hey, mister," she cried, running up
to him, "you might give me one for my
little Johnny before you throw them all
away."—Weekly Telegraph.

JUST THE SAME

"Anything new in the paper to-day,
George?"
"No, my dear—just the same old things,
only happening to different people."—
London Answers.



What a Little
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Can Do!

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Fall or Winter trade. People are always
interested in knowing where they can ob-
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It can sell that slow-moving stock on
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your left-overs of seasonable goods—some
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on hand and add to your profits and bank
account.

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sales and profits. Garages, Laundries,
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Shops and the like which are wise enough
to advertise always get the cream in their
lines of business.

And a Big Advertisement
Will Work Even Harder Than This

An advertisement in THE ACTON
FREE PRESS will be read in nearly
every home in Acton's trading district.
Such an advertisement costs but little, but
it brings results. Try one when you have
something to sell.

The Acton Free Press
Specializing in Printed Publicity
in Acton Since 1875

If You Want to Sell You Must Advertise