

SEND IT IN

If you have a bit of news, send it in. Or a joke that will amuse, send it in. A story that is true, an incident that is new...

Menu Hints

Recipes for Hot and Cold Dishes, Seasonal Meals and Suggestions

THE FOOD PRIMER

Honey is not a complete food but it contains vitamins and small portions of practically every element used by the human body.

HONEY DATE STRIPS

3 eggs, well beaten; 1 cup honey; 1 1/2 cups flour; 1 teaspoon baking powder; 1 teaspoon vanilla; 1 cup chopped nuts; 1 pound chopped dates.

HONEY, APPLE, CHEESE AND NUT SALAD

4 cups of apples, diced; 2 cups cottage cheese; 1/2 cup chopped walnuts; 1/2 cup honey; 1/2 cup mayonnaise.

A POPULAR RADIO BROADCAST

It was announced to-day that the radio series "Canada 1937," which scored such success last season, is to be renewed, starting November 6th.

Outstanding commentators, under the guidance of Vernon Bartlett, will again speak from Europe—an interviewer in Canada probing for answers to the questions of the "man in the street."

Lionel Shapiro, Canadian correspondent in New York, will speak from N.B.C. Studios, relating such latest happenings of the Gray White Way as are of interest to Canadian listeners.

A new technique will be introduced in the talks on Canada to make the very pulse of the nation audible to listeners throughout the country.

In sponsoring these broadcasts—to be again produced by Victor George—Imperial Tobacco Company of Canada, Limited, is bringing a new experience to Canadian listeners.

THE SAFE, SENSIBLE WAY TO RELIEVE CONSTIPATION

Every one knows the dangers of constipation. Pills and drugs usually bring only temporary relief. That's because common constipation is due to meals low in "bulk."

Chronicles of Ginger Farm

Written Specially For The Acton Free Press GWENDOLINE P. CLARKE

Is it ever possible, I wonder, for a farmer's wife to leave home with any degree of comfort—that is, if there is no other woman to leave in charge?

Last week I planned to go away for a couple of days, and then did not make it. This week I tried again—a now or never attempt—and managed to get away on Monday on the six o'clock train.

The place where I was going was a long way out of the town, and the bus left the station five minutes before my train got in.

I looked longingly at the taxi, but, having lost the use of my legs, to take a taxi appeared to me as sheer extravagance. On and on I walked, through the main streets, out of the city lights.

Of course I finally finished my walk, otherwise I wouldn't be writing this now. Later I discovered, to my dismay, it would be impossible for me to get home as soon as I expected.

Next week I hope to attend the Book Fair in Toronto—and then I shall have something to tell you again!

"My successor has yet to be born!"—Bento Mussolini.

TITLED ENGLISH HORSEWOMAN FOR ROYAL HORSE SHOW

Lady Wright, M.P.H., of Burbage, Wiltshire, England, who is coming to the Royal Winter Fair Horse Show, Toronto, November 18th to 24th, has achieved outstanding repute in the world of horse-manship where she has specialised in high jumping of remarkable daring and skill.

There may be bigger pictures, possibly better ones professionally, but nothing I am likely to see in a theatre will give me the thrill that I got from the doctor's Kodak film.

The Curzon procession itself was marvellous, as also were later pictures of a trip which the doctor took through Germany and Switzerland.

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THE ACTON FREE PRESS

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Lady Wright is bringing four of her best horses to Toronto, including "Jim-mie Brown," the horse with which her record was established. She is one of three English ladies who act as Master of Fox Hounds, having been joint "Master" of the Todworth Hunt in the south of England since 1935.

She is the wife of Baron Wright of Dudley, a prominent member of the British judiciary and now one of the Lords of Appeal in the High Court of Great Britain.

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Business Directory

DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Cornar House Avenue and Main Street.

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

DR. WM. G. CULLEN, L. M. C. C. Physician and Surgeon Office Hours—1-4 and 7-9 p. m. Sundays by Appointment

C. F. LEATHERLAND, B. A. Barrister, Solicitor, Notary Public ACTON Estates speedily wound up. Etc work attended to promptly.

KENNETH M. LANC DON Barrister, Solicitor, Notary Public Office: Georgetown Over T. Baynuck's Cafe 14th Street & For Appointments Phone Acton 68-8

A. J. BUCHANAN, D. D. S. Dental Surgeon Office: In Leblanc Block Hours: 9 a. m. until 6 p. m. Evenings by Appointment

P. W. PEAREN, D. D. S., L. D. S. Dental Surgeon Moved to our New Quarters in the Symon Block Phone 20 Mill Street, Acton

B. D. YOUNG, V.S., B.V.Sc. Veterinary Surgeon Office: Brookville, Ontario Phone—Milton 1464

Working as usual on our 120th Birthday. Acton Branch: W. H. CLAYTON, Manager. BANK OF MONTREAL. A bank where small accounts are welcome.

PLAIDS, TWEEDS, WARM AND CHIC



Double-breasted square box coat in plaid wool

For Walk Wear Wool Coat, Suit for Convention

Warm coats for school, business or club are the particular interest of every woman since the cooler weather has been with us.

For a walk in Central Park, New York, or any jolly park on any happy morning, the new double-breasted square box coats in plaid wool in rust, brown and beige, is good.

Off for the club convention might well be the young woman wearing the smartly tailored suit. It is a tweed with the new hairy surface.

Two-piece tweed suits with contrasting jackets continue to be favorites with well dressed women at smart outdoor events.

Brightly colored woollens in rough finish are an indispensable part of the wardrobe, and as women feel they can have dress clothes, and everyday garments since the days of the depression when we had to make one set do, it is more practical and economical to buy some colorful rough woollen garments to wear for motoring, in the country, for business shopping and general wear.

These need not be expensive. A smart little two-piece, short jacketed suit with a rough-and-ready type of topcoat will make out too much of a dent in your budget, if you choose them carefully.

NEST BUILT OF STEEL

Built of steel from watch springs and other metallic oddments, a nest has just been presented to the National History Museum of Soleure, Switzerland.

The donor, a watchmaker, had thrown fragments of steel springs and other metal out of his window as he worked. Watch-tails carried away the pieces one by one and built the nest entirely of metal and a family of birds was reared in it.



Two-piece tweed suit in brown, green or rust, with gold wolf collar or raven collar top coat

GENERAL INSURANCE. WE SPECIALIZE IN Life - Fire - Health and Accident - Automobile - Windstorm - Plate Glass - Boiler - Fidelity Bonds - Farm Insurance - Annuities and All General Lines of Insurance.

TIME TABLES. AT ACTON. Going East: Daily, except Sunday 7:00 a.m.; Daily, except Sunday 9:54 a.m.; Daily, except Sunday 6:20 p.m.; Sunday only 7:19 p.m.

GRAY COACH LINES. COACHES LEAVE ACTON. EASTBOUND: a 6:51 a.m. 3:47 p.m.; 9:11 a.m. 6:32 p.m.; 12:11 p.m. 8:57 p.m. WESTBOUND (To Kitchener): x 9:55 a.m. o 2:15 p.m. xb 9:08 p.m.; 11:38 a.m. a 5:15 p.m. d 11:46 p.m.; x 2:15 p.m. x 7:08 p.m. o 12:46 a.m.