

TO-BAY!

Let me not lose throughout this day A sense of Thee. Be Thou more real than earthly things That I can see.

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

BUYING BEEF BY GRADE

Buying beef by grade takes the hazard out of marketing because the quality of the two grades of branded beef is guaranteed by Government inspectors.

SHORT RIBS AND VEGETABLES

Brown desired quantity of short ribs on all sides in hot frying pan. Place in covered casserole with a few slices of onion salt and pepper and cook slowly for about 3 hours.

PAN BROILED PLANK STEAK

Trim a flank steak and wipe with a piece of cheese cloth wrung from cold water. Score diagonally in opposite directions on both sides with a sharp knife.

SCORPED STEAK A LA HOLLANDAISE

Prepare a Hollandaise sauce as follows: Put 4 egg yolks in the top of a double boiler and add 1/2 cup butter and 1/2 cup cold water.

HOW TO USE FROZEN FRUITS, VEGETABLES

To those who are fortunate enough to be able to purchase the new quick frozen fruits and vegetables some hints regarding the proper handling of them may be helpful.

Chronicles of Ginger Farm

Written Regularly for The Acton Free Press Gwendoline F. Clarke

When the European powers are facing what is probably the most serious crisis since 1914, it is perhaps selfish to think or write of more personal and less serious matters.

I just mention this in passing so that when I go babbling on about inconsequential things you will not think I am entirely ignorant or callous to that which threatens the peace of Europe.

Last Friday something lovely happened—just one of those delightful, heart-warming things that make one feel that the friendly sympathy of the human race is a very fine thing indeed.

I went down for the mail—the very minute it was there, of course—I never can bear to wait very long for it—one never knows what may be waiting in that prosaic looking box on top of the post.

On this particular Friday I found our daily and weekly newspapers a magazine, a letter and a cheque—not a very big one—and a small parcel.

I say understanding because the name of the book was "A Lantern in Her Hand" by Bea Street Aldrich—a book whose story is calm to a mother's heart.

The story is that of an ambitious country girl who longed to do so many things. But she married and there was always the work of the farm house to do.

It is the best story I have read in years and I know there will be many many times that I shall turn the pages of this book for encouragement and comfort.

So that they might know how to give that something extra that makes visitors anxious to return hotel and tourist resort proprietors and managers of Nova Scotia have been going to a sort of charm school.

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SAPS RUNNING IN MILLIONS MAPLE TREES; BIG YIELD EXPECTED

In Eastern Canada the most positive evidence that Spring is near is the fact that the sap is now running in the millions of maple trees and the maple syrup and maple sugar which will be made from the estimated 24,000,000 trees that will be tapped is expected to yield this year a total revenue of more than \$4,000,000.

Most of the maple syrup and maple sugar produced in Canada comes from the Province of Quebec, which accounted last year for 90.2 per cent of the sugar and 61 per cent of the syrup of the total production.

The maple trees from which the sap is down when it runs as Spring is approaching each year, usually in March, are owned by farmers in comparatively small bushes.

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"Our" Column

Items of Particular Interest to Women in Which Women Readers of The Free Press May Discover Cash Worth

A MORNING GLORY FOR EACH DAY OF THE WEEK

Thursday, March 17th It is often much easier to make money than to take care of it.

Friday, March 18th The congenial soul finds other congenial souls wherever he may chance to be.

Saturday, March 19th It is unwise and unbrotherly to try to lift oneself up by pulling others down.

Sunday, March 20th The Lord shall guide thee continually. Isa. 58:11

Monday, March 21st Even the most bewitching beauty can never take the place of brains.

Tuesday, March 22nd Liberty is hard to save when freedom of speech is lost.

Wednesday, March 23rd The man who knows God, fears no man.

HOME HINTS When the glue thickens in bottle, madden it with vinegar instead of water. Glue spots may also be dissolved in this way.

Badly discolored aluminum pans may be brightened by boiling apple parings in them for a short time.

To improve the flavor of old potatoes, add a little pinch of sugar to the water in which they are boiled.

DID YOU KNOW? Canada's gold mines produced 323,337 ounces of gold in the month of May, 1937. It was worth \$34.94 per ounce.

In 1937 tourists entering Canada at ocean points spent a little over \$10,000,000 in Canada, while tourists from the United States spent around \$159,000,000.

WELCOME CHEERFULNESS If cheerfulness knocks at our door we should throw it wide open for it never comes inopportunistly, and that we make scruples about letting it in. Cheerfulness is a direct and immediate gain.

RUINED "Do you think autos are ruining the younger generation?" "No I think the younger generation is ruining the autos."

HEALTHY CHILDREN Happy CHILDREN CHILDREN of all ages thrive on "CROWN BRAND" CORN SYRUP. They never tire of its delicious flavor and it really is so good for them—so give the children "CROWN BRAND" every day.

Leading physicians pronounce "CROWN BRAND" CORN SYRUP a most satisfactory carbohydrate to use as a milk modifier in the feeding of tiny infants and as an energy producing food for growing children.

THE FAMOUS ENERGY FOOD EDWARD'S BURG CROWN BRAND CORN SYRUP The CANADA STARCH COMPANY Limited

HOTEL MEN LEARN HOW TO BE PERFECT HOSTS So that they might know how to give that something extra that makes visitors anxious to return hotel and tourist resort proprietors and managers of Nova Scotia have been going to a sort of charm school.

WASTING TIME To learn never to waste our time is perhaps one of the most difficult virtues to acquire. A well-spent day is a source of pleasure. To be constantly employed and never asking, "What shall I do?" is the secret of much goodness and happiness. Begin, then, with promptitude, act decisively, persevere; if interrupted, be untroubled, finish it carefully—these will be the signs of a virtuous soul.

START THEM RIGHT! on a Tried and Proven STARTER! PIONEER Chick Mash PIONEER Weaning Pig Ration PIONEER Turkey Starter See Your Local Dealer

"Come on Over"

Illustration of a woman sitting in a motor coach. Text: Frequent and convenient motor coach service brings you within easy distance of your friends. The shops and markets are also nearby. All Coach Travel Information at HAROLD WILES Phone 58

Winnipeg to Get Trackless Trolley



C. H. Dahl, Vice-President of the Winnipeg Electric Company recently announced that trackless trolley cars would be run in Winnipeg next summer. It is planned to use six cars, similar to the one above, which is now being tried out in London, England, to see how the public reacts to the new method of transportation.

HINTS ON FASHIONS BY LISBETH

Lovely Materials But Simple Styles Favored for Party Frocks For Young Girls



Birthday parties, Easter parties and school parties call for "formal" dresses for the young daughter of the house. In the United States and Canada we follow the good old English custom of sponsoring simple clothes for children. Nice materials rather than elaborate styles are preferred. A charming little dress for little girls is shown here—in silk. What small girl doesn't like the feel and the thought of a silken gown? A silk georgette street length party frock is worn by the girl kneeling on the chair. It is best pleased its entire length from a straight shalloy yoke. The shoulders are pleated, and Chantilly type of lace is set in the yoke and puff sleeves. A sash in contrasting or deeper shade is tied at the side front. Little French girls are rather apt to be contented in flow length dresses for party or formal affair. It is a sweet and quaint custom, but not very practical for the healthy, active youngsters on this side of the water. A party is a grand time to romp in a nice way of course and even mother is a little hampered in doing anything but very polite dancing and card-playing in a long, flowing dress. Party dresses in fine cottons and in rayon fabrics are nice for the little lady, cottons especially being washable and so less worrisome to the young wearer in case things get spilt, which is always a possibility at a youthful party. White is the choice of the older girls—of high school age—for party wear, a New York shop discovered by means of a questionnaire.

Business Directory

DR. J. A. McNIVEN Physician and Surgeon Office at Residence—Corner Howe Avenue and Elgin Street. DR. E. J. NELSON Physician and Surgeon Electro Therapy Phone 60. DR. WM. G. CULLEN, L. M. C. C. Physician and Surgeon Office Hours—1-4 and 7-9 p. m. Sundays by Appointment. Wilbur Street—Just North of Mill Street Telephone 128. DR. A. J. McINTOSH, B.A., M.D. Physician and Surgeon CAMPBELLVILLE, ONTARIO Office and Residence in the late Thos. Moore's home Phone, 232-41, Millen, Ontario.

LEGAL

C. P. LEATHERLAND, B. A. Barrister, Solicitor, Notary Public ACTON Estates speedily wound up. Court work attended to promptly. Office 22 Phone Residence 181 Successor to H. N. Farmer.

KENNETH M. LANCDON

Barrister, Solicitor, Notary Public ACTON Office: Georgetown Over T. Bayne's Cafe Main Street E. For Appointments Phone Acton 68-9. Georgetown Office Hours—Acton, Tuesday and Thursday, 1:15 p. m. to 4:30 p. m. Evenings on request.

DENTAL

A. J. BUCHANAN, D. D. S. Dental Surgeon Office in Leithman Block Hours 9 a. m. until 6 p. m. Evenings by Appointment. Gas for Extractions X-Ray Closed Wednesday Afternoon Phone 148.

P. W. PEAREN, D. D. S., L. D. S.

Dental Surgeon Moved to our New Quarters in the Symus Block Phone 29 Mill Street, Acton.

VETERINARY

B. D. YOUNG, V.S., B.V.Sc. Veterinary Surgeon Office: Brookville, Ontario Phone—Millen 146-4. F. G. OAKES, V.S., B.V.Sc. Veterinary Surgeon Office and Residence—Knox Avenue Acton—Phone 130.

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. Also—Ocean Steamship Tickets LEADING COMPANIES—EXCELLENT FACILITIES. Representative Protective Association of Canada (for Ontario Only). Fred L. Wright Office—Cooper Block Phone 95—Phone—Resid. 1082.

TIME TABLES

CANADIAN NATIONAL RAILWAYS AT ACTON

Table with columns for 'Going East' and 'Going West' and rows for 'Daily, except Sunday', 'Daily, except Sunday', 'Daily, except Sunday', 'Sunday only'.

GRAY COACH LINES

Table with columns for 'COACHES LEAVE ACTON EASTBOUND' and 'WESTBOUND' and rows for departure times like '8:31 a.m.', '9:11 a.m.', '12:11 p.m.', '8:53 a.m.', '9:33 a.m.', '11:38 a.m.', '1:13 p.m.', '2:13 p.m.'.

Want to Sell?—Then Advertise!