

Notices of Births, Marriages and Deaths are inserted in this column without charge. Memoranda, Notices, etc. and per line additional for poetry.

DEED
TOVELL—At his late residence, Ossington, Ontario, on Friday, May 8th, 1941, Stanley Tovell, beloved husband of Bertha Stewart, in his 52nd year.

MACPHERSON—At Washington, D.C., on Thursday, May 8th, 1941, Edgar R. Macpherson, beloved husband of Isabelle Macpherson, formerly of Galt.

Odds and Ends

The long summer vacation for school pupils and teachers is gradually drawing closer.

Excavations are being made for a new house on Young Street by Mr. Gordon Hansen.

Victoria Day a week from Saturday. It's still marked on the calendar as a public holiday.

With Victoria Day coming on Saturday this year shoppers will require to lay in a two-day supply. Arrange this, early so merchants can enjoy the holiday.

Invitations are out for a gathering of former pupils of Dublin school to be held in the school house at seven o'clock on May 24th when a banquet will be served.

Copies of the Auditors' Report for Acton are now available on application to the Clerk's office or at The Free Press Office. Get your copy while the supply is available.

Please send in copy for THE FREE PRESS early in the week. Last week several items were held over because other type matter had been prepared that filled all the available space.

Boardmore Employees Association are making plans for a monster Bingo to be held in the Arena the first or second week of June. Proceeds are to be devoted to the British War Victims' Fund.

The list of Acton and district men in Active Service with the Canadian Forces will be re-published next week with the corrections we have received to date. If you have neglected, send in any changes before Monday to get in this new list.

Lorne Scouts are now recruiting for the second battalion, for the reserve force. It will require twelve men from Acton to fill in the local platoon. Drill is held one night each week. Further information may be secured from Second Lieutenant Jas. Ross, Acton.

DRIVE FOR RECRUITS FOR ACTIVE ARMY TO BE STAGED THROUGHOUT CANADA

A recruiting drive during May and June to raise between 20,000 and 25,000 men to fill all active units in Canada to full strength and to provide for replacements and wastage overseas was forecast by Honorable J. L. Ralston, Minister of Defence, at the week-end.

The number sought, the Minister explained, is based on discharges for various reasons from the forces overseas plus an allowance for battle casualties. So far battle casualties have not occurred, and a large reserve of reinforcements has been built up overseas, but part of this reserve has been used in the formation of new units. Others are required to bring active service units in Canada up to strength.

The policy of bringing overseas personnel back to Canada, and sending overseas men from units here, overseas abroad of their formations to gain experience is being continued.

Plywood Boats And Canoes

Boats and canoes, light enough to be carried on top of a car, and strong enough to meet all demands, are now being built of water-proof, resin-bonded plywood, reports the Forest Products Laboratories of the Department of Mines and Resources. Recent development in the use of hot-pressed resin glue provides waterproof plywood, and the method of cross-banding used in manufacture ensures strength far greater in proportion to weight than can be obtained with other materials. For surf-board, paddle-boat, kayak, canoe or dinghy, plywood is about one-quarter-inch thickness are used.

These sturdy craft greatly widen the attractive playground that Canada offers to tourists and lovers of water sports. Motor cars and highways provide access to a wealth of lakes, streams and coastal waters unsurpassed anywhere in the world, and now motorists can easily carry with them their own means of water transport.

COVENT GARDEN CONTROL

LONDON, (CP)—Retail fruit and vegetable prices will be controlled by the National Vegetable Marketing Company, set up by the Ministry of Food and at Covent Garden imported tomatoes are 1s. 6d (33 cents) a pound.

Obituary

EDGAR R. MACPHERSON
 Washington D.C.

The funeral of the late Edgar R. Macpherson, who died last Thursday in Washington, D.C., was held on Saturday afternoon from the Johnstone and Rumley Funeral Home here with interment at Strabane Cemetery. The funeral service was conducted by Rev. G. G. Gifford.

The late Mr. Macpherson was a native of Galt but nearly forty years ago removed to Chicago. He became an executive with the National Electric Co., and was in charge of plants in several American cities before his retirement from business some fifteen years ago. He made his home in Washington, D.C., but spent summers usually in Galt or Toronto, of late years. He is survived by his widow and one daughter, Willis, of Guelph; and a sister Miss Annie Macpherson, Hamilton. Mrs. G. A. Dilla, Acton, is a niece.

Among those attending the funeral service in Acton from a distance were Mrs. E. R. Macpherson of Washington, D.C.; Miss Willis Macpherson of Guelph; Miss Annie Macpherson of Hamilton; Mrs. A. B. Lyon, Ulster Pa.; Mr. and Mrs. Harry Corbett, Toronto; Mr. and Mrs. Anderson of Galt; Mr. Herbert Willard, of Galt.

MRS. R. H. WANSBROUGH
 Toronto

Acton relatives and friends and many in a wide circle were grieved to learn of the death of her home in Toronto, on Monday, May 5th, of Mrs. R. H. Wansbrough. She had patiently borne the suffering of a lengthy illness.

Born in Nassagaweya Township in 1886, Isabelle Williamson was the daughter of the late Mr. and Mrs. David Williamson. She spent her girlhood and early womanhood in Nassagaweya and Acton. In 1910 she married Roy H. Wansbrough and for a few years the young couple resided on the farm near Crewson's Corners. In 1916 she and Mr. Wansbrough removed to Toronto where they have resided since.

Mrs. Wansbrough was an active woman, who besides her duties of the home, took time and energy in promoting the better things of life. She was active in church work, at North Parkdale United Church, in the Sunday School and Women's Christian Temperance Union. Her life was full of good deeds and her kindly disposition won for her the true friendship of many. To the bereaved husband and two children Betty and Donald and the brothers John and Fred and sisters Mrs. Wm. Murray and Mrs. Albert Young, sympathy of many friends in this home community goes out at this time.

Notice to Creditors

By Virtue of Execution issued out of the 4th Division Court for the County of Halton, and to me directed against the Goods and Chattels of Frank Langmuir at the Suit of Norton Motors, I have Seized and Taken in Execution One 1935 Ford Coupe, all of which Property will be Sold at Public Auction at the Court House, 21st Street, Acton, on Wednesday, the 21st day of May 1941 at the Hour of 2 o'clock in the Afternoon. Dated 12th day of May, 1941. Auctioneer E. T. THETFORD, Bailiff.

ROYAL

Guelph's Comfortable Theatre

THURSDAY, FRIDAY AND SATURDAY

In Technicolor, all the thrilling beauty of modern Virginia as background of a beautiful love story!

Madeleine MacMURRAY
 CARROLL

"VIRGINIA"
 Continuous Saturday.

MONDAY, TUESDAY, WEDNESDAY

His hands were made for a plow, not a tommy gun—yet he was hunted by the law—Why?

HIGH SIERRA
 With Humphrey Bogart and Ida Lupino

Lord Barnby Appreciates The Co-operation Given

(Continued from Page One)

A letter from the Duke of Devonshire, Chapter I.O.D.E., thanked the council for the use of the hall for the concert, which was in aid of war charities.

An inquiry was received from the I.O.D.E. as to whether the council contemplated supervising the assembling in the park this year. The council felt they would continue this service as in former years.

Another letter from the Duke of Devonshire Chapter I.O.D.E. request permission to hold a tag day, in Acton on Fall Fair days. This permission was granted.

A letter from the Acton Public Utilities Commission stated that if the Corporation wish J. Lamborn to work for the town, they would not stand in his way.

A letter from the Bell Telephone Co. stated that the guy wire support on Mill Street near the C.N.R. had been removed as requested by council.

A letter from Premier M. F. Hegburn, honorary chairman for Ontario of the new loan to be launched in June for war purposes, requested that all the citizens co-operate in and helping to their utmost. Chief Harrow was instructed to secure six crates for the drains from J. Gilmour, the same as the sample.

The clerk was instructed to have the tax arrears list presented at the next meeting so that the list could be checked.

HAVE MEDAL WEEK ABOUT

LONDON, (CP)—Awarded the M. B. E. medal for saving a woman and two children, Martin Saville, A.R.P. worker, is sharing it with his workmates, saying they earned it as much as he did.

W. T. PATTERSON R.O.
 Specialist in Eye Examination—Orthoptist
 103 WYNDHAM ST., GUELPH
 Phone 2169
 Completely Equipped Offices Below Maher Shoe Store

See **JACK KINGSHOTT** FOR **RAWLEIGH PRODUCTS AND FULLER BRUSHES** Authorized Dealer
 MAIN ST. At School Lane

NOTICE OF SALE

By Virtue of Execution issued out of the 4th Division Court for the County of Halton, and to me directed against the Goods and Chattels of Frank Langmuir at the Suit of Norton Motors, I have Seized and Taken in Execution One 1935 Ford Coupe, all of which Property will be Sold at Public Auction at the Court House, 21st Street, Acton, on Wednesday, the 21st day of May 1941 at the Hour of 2 o'clock in the Afternoon. Dated 12th day of May, 1941. Auctioneer E. T. THETFORD, Bailiff.

Notice to Creditors

In the Matter of The Estate of Thomas Bartlett Mullin, late of the Village of Acton, in the County of Halton, Civil Engineer, deceased.

Notice is hereby given that all persons having any claims or demands against the late Thomas Bartlett Mullin, who died on or about the thirtieth day of April, 1941, at the City of Guelph, in the County of Wellington and Province of Ontario, are required to send by post prepaid or deliver to the undersigned solicitors herein for Lorne L. Mullin and Frankie Florence Cornell, the Executors of the last Will and Testament of Thomas Bartlett Mullin, Civil Engineer, Deceased, their names and addresses and full particulars in writing of their claims and statements of their accounts and of the nature of the securities, if any, held by them.

And take notice that after the fourteenth day of June, 1941, the said Lorne L. Mullin and Frankie Florence Cornell will proceed to distribute the assets of the said deceased among the persons entitled thereto, having regard only to the claims of which they shall then have had notice and that the said Lorne L. Mullin and Frankie Florence Cornell will not be liable for the said assets or any part thereof to any person of whose claim they shall not then have received notice.

Dated at Georgetown, Ontario, this thirteenth day of May, A.D., 1941.
 DALE AND BENNETT,
 Solicitors for the said Lorne L. Mullin and Frankie Florence Cornell.
 46-3

The Column Y

The one piece of big news that we have for the column this week is that the Second Acton Y.M.C.A. Camp will be held on Hounsell Island from July 7th to 14th. Arrangements have been made with the Cincinnati Y.M.C.A. to use their property. This property consists of a beautiful screened-in pavilion and fireplace with a completely equipped kitchen attached. Tent will be pitched and specially constructed floors and mats and mattresses are available for each tent. There is an ideal shore line and bathing beach which is rubbered on, tried it out himself. He rubbed his hand and arm with it and then thrust his arm into a cage filled with mosquitoes. They refused to touch him. Then he thrust in his other arm which had not been touched by the ointment. They attacked his arm at once.

Dr. B. De Meillon, who experimented with the new preparation which is rubbed on, tried it out himself. He rubbed his hand and arm with it and then thrust his arm into a cage filled with mosquitoes. They refused to touch him. Then he thrust in his other arm which had not been touched by the ointment. They attacked his arm at once.

The other news of the week is the announcement of the annual Penny Carnival this coming Saturday beginning with a parade at 12:00 noon. Refreshment booth, fortune teller, roulette wheel, bingo and balls and pony ride are just a few of the many interesting side-shows etc. There will also be a lucky draw and beam guessing contest besides, so come along and enjoy yourself and help the boys in their camp project.

On Tuesday evening at 7:00 the Y's club are taking on the Young Men's Club in a game of softball at the park. There will be plenty of thrills in this game and it should reveal plenty of big league talent or something. There will be no charge or collection that we know of.

BALANCING YOUR DIET

(By Betty Barclay)

"Balancing your budget" is an old phrase. We have heard the expression since we were children even the oldest of us. There was a time when we actually could balance our budget—but today, well, let's forget it! "Balancing your diet" is comparatively new. It's a popular riddle. As it usually means a saving rather than an expense, its popularity should keep it in vogue for a long, long time—perhaps until balanced diets become the rule rather than the exception.

Really, the balancing of your diet is more important than you may suppose. Our grandparents did not need to worry half as much about it as we do. They drank milk, ate apples from the orchard, nibbled greens from the garden, picked berries from the fields and nuts from the trees and balanced their heavy, acid-reaction foods without knowing a thing about the reaction of any food in the body.

You see, meats, breads, fish and eggs are acid-reaction foods. Milk, vegetables, fruits and berries with very few exceptions, have an alkaline-reaction when taken into the body. But meat and bread are very essential to supply proteins and carbohydrates, and must be eaten, acid-reaction or no acid-reaction. The necessary balance merely means that we must secure enough of the alkaline-reaction foods to balance our diet and that's where far too many of us fall down.

Among the excellent alkaline-reaction foods are lima beans, raisins, apples, oranges, potatoes, lemons, milk and garden greens of all types. Use these frequently. Use milk in your puddings and scalloped potatoes. Use your fruit juices in the morning and your fruit in salads. Put raisins in your rice puddings.

As for your lima beans, you can get cooked dried limas in cans all the year round and with these you can prepare anything from soup to a main course dish. Incidentally, the dried lima bean is high in protein, carbohydrate and energy value. It is a valued source of phosphorus, potassium, iron and calcium salts. It is one of the highest foods in potential alkalinity. Thus, the following recipe should be of particular interest to those interested in balancing their diet:

Vegetable Hash
 1 cup cooked, dried limas
 2 cups cooked potatoes
 1 cup cooked carrots, sliced
 4 tablespoons fat
 2 onions, chopped fine
 1 teaspoon pepper
 1 teaspoon salt
 Mix all ingredients. Heat fat in a heavy frying pan, add vegetable and spread evenly. Cover and cook over a low heat until thoroughly hot. Fold like an omelet and serve at once.

Creamed Limas and Asparagus Tips
 2 cups cooked, dried limas
 2 cups creamed asparagus tips
 1/2 cup medium white sauce
 1/2 cup grated cheese
 Prepare white sauce in a double boiler. When cooked, add limas, asparagus tips and cheese. Cook until thoroughly heated, about 15 minutes. Then serve over toast points or in ramekins or patty shells.

Limas in Cream
 2 cups cooked, dried limas
 1 cup cream or rich milk
 1 tablespoon butter
 1/2 teaspoon salt
 1/2 teaspoon pepper
 Place all ingredients in a double-boiler and cook over hot water until thoroughly heated.

"Skeeters" Wary Of New Ointment

JOHANNESBURG, (CP)—The South African Institute of Medical Research here a preparation to protect people against malarial infection from mosquitoes has been discovered. It is being prepared in quantities for use by the armies in Africa.

Dr. B. De Meillon, who experimented with the new preparation which is rubbed on, tried it out himself. He rubbed his hand and arm with it and then thrust his arm into a cage filled with mosquitoes. They refused to touch him. Then he thrust in his other arm which had not been touched by the ointment. They attacked his arm at once.

On Tuesday evening at 7:00 the Y's club are taking on the Young Men's Club in a game of softball at the park. There will be plenty of thrills in this game and it should reveal plenty of big league talent or something. There will be no charge or collection that we know of.

Men of 30, 40, 50

PEP, VIM, VIGOR, Subnormal? Want normal pep, vim, vigor, vitality? Try Cortex Tonic Tablets. Contains vitamins, stimulants, ester elements—adds to normal pep, vim, vigor, vitality. 10¢ per box. Special introductory price for only 5¢. Try this and to normal pep and vim to go. For sale at all good drug stores.

E. P. HEAD
 Eyesight Specialist and Manufacturing Optician
 58 ST. GEORGE'S SQ.
 Phone 1529 — GUELPH

Enjoy Sightseeing All the Way by Motor Coach

ATTRACTIVE RETURN FARES

TORONTO	\$ 1.70
OTTAWA	\$11.15*
NORTH BAY	\$11.15*

(* 5-Day Excursion)

HAROLD WILES — Phone 58

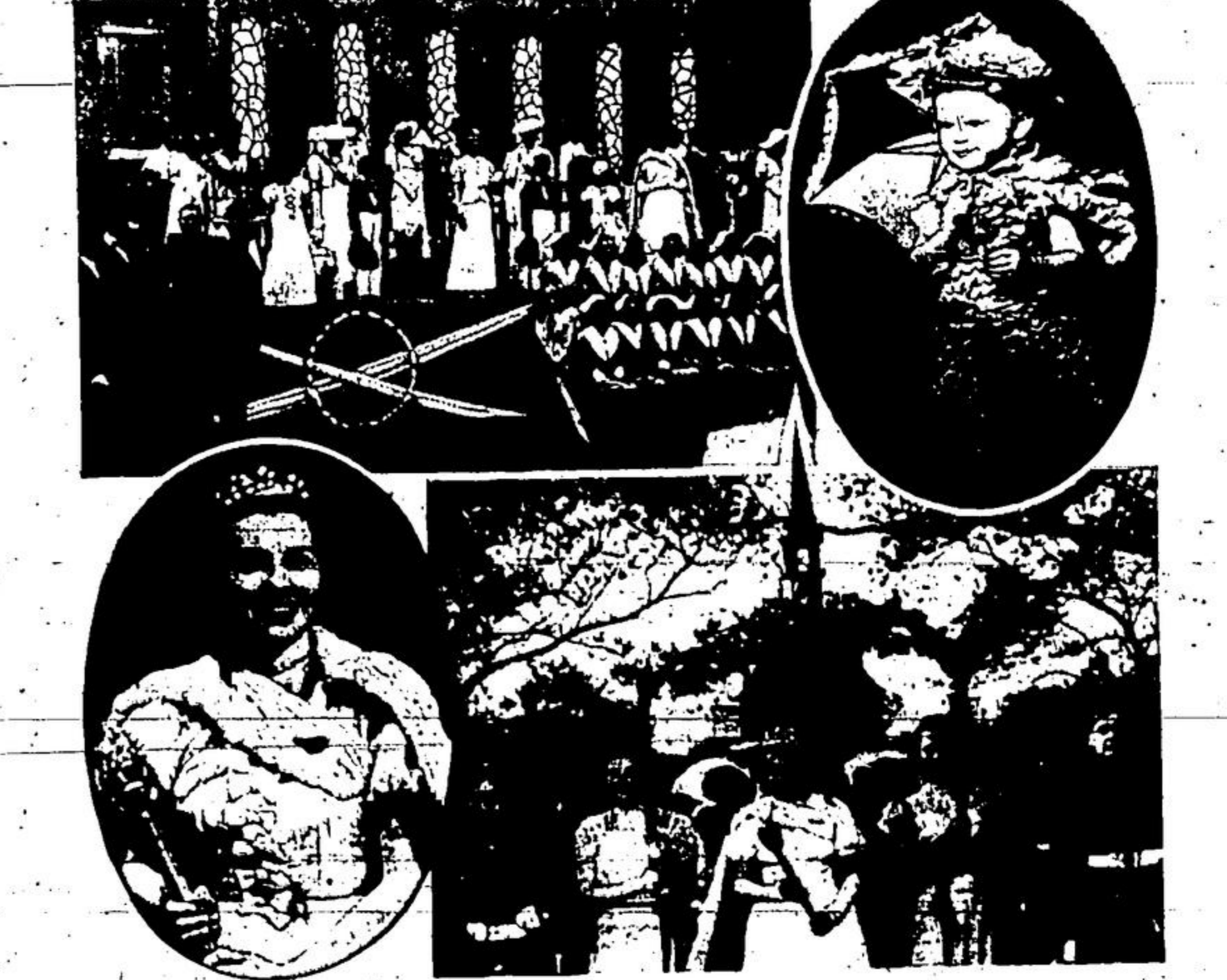
GRAY COACH LINES

OPENING DANCE
 EDGEWOOD PARK, Eden Mills
FRIDAY, MAY 23rd, 1941

ALSO
REGULAR SATURDAY NIGHT DANCE
 COMMENCING SATURDAY, MAY 24th
 NORM WILKINSON'S 8-PIECE BAND

Dance Held On Standard Time for Season Regular Admission

Annapolis Valley Apple Blossom Festival



There will be a decidedly military atmosphere at this year's Apple Blossom Festival in Nova Scotia's Annapolis Valley and all proceeds will be turned over to the Queen's Fund for the relief of bomb victims in England. June 6 to 9 are the dates set for this year for the colorful festival which annually serves as the opening of the tourist season in Nova Scotia. There will be splendid gay and floral displays and a parade of floats. Flowers and music and gay costumes are always the highlights of the celebration of the return of the blossoms to the Annapolis Valley, which extends all the way from Digby on Annapolis Basin to Minas Basin, blanketing the valleys of the Annapolis and Cornwallis and many lesser streams. Composed of thousands of orchards, it is, as a unit, the greatest and most famous orchard in the British Empire as well as the oldest and well and the church described in Lancelotti's epic, "The Annapolis Valley." It is always of interest to many visitors who come from Eastern Canada and the United States.

Apple Blossom Week in Annapolis Valley is a sure sign that vacation time is here again. Shortly afterwards the Canadian Pacific Railway's summer hotels in the Maritime start their summer season, opening dates this year being: The Pine at Digby, N.S., and Lakeside Inn at Yarmouth, N.S., on June 22; and the Algonquin Hotel at St. Andrews-by-the-Sea, N.B., on June 24.

The pictures above show: Top left, scene at the crowning of the Blossom Queen; top right, a pretty Annapolis Valley lassie in her Blossom Parade costume; a close-up of last year's Queen, lower left, and the Queen and her court leaving Evangeline Park at Grand Pre, lower right.