

Personals

Mrs. C. H. Harrison of Toronto visited in Acton yesterday.
Pte. Charles Goldham of Vancouver, is visiting with his mother.
Miss Pearl Buck of Owen Sound is visiting with her sister, Mrs. A. K. Mann.

Friends regret to learn that Mr. Alex. Macdonald, Church Street, is ill; and all hope that he may soon be recovered.

Sgt. Gordon Seward and Sgt. Bob Tulloh of the R.A.A.F., visited last week at the home of Mr. and Mrs. C. H. Lantz.

Mrs. Leventon of St. Thomas, Mr. and Mrs. Donald Kay of Hamilton, visited on Sunday with Mr. and Mrs. G. W. Murray.

Corp. Martin Buck of the R.C.A.F. visited his sisters here. Mr. A. K. Mann and Miss Pearl Buck and has now rejoined his unit.

Dr. A. A. B. Kenney who has been spending a few weeks visiting his mother, sisters and brother here, returned yesterday to his home at Maple Creek, Sask.

The engagement is announced of Lulu Marion, elder daughter of Mr. and Mrs. George Watson, to George Leonard, youngest son of Mr. and Mrs. James Tubman, the marriage to take place quietly on March 28, 1942.

Mr. and Mrs. Robert Elgie, Toronto, announce the engagement of their daughter, Dorothy Beatrice, to Russell James Harrington, B.A., son of Mr. and Mrs. Lewis Harrington, the marriage to take place on April 4th, at 4.30 p.m., in Kimbourne Park United Church.

CARD OF THANKS
Mrs. C. Holmes and family wish to express their thanks to all their friends for their kindness and sympathy in their bereavement.

CARD OF THANKS
The family of the late Mrs. Thos. Dearing, Orton, wish to express their appreciation for the many kindnesses shown her during her stay in our home and for the many expressions of sympathy and the beautiful floral tributes extended since her death. WILLIAM and MARY BALLENTINE

CARD OF THANKS
Mr. and Mrs. Wm. Butler, Miss Edna Russell, Miss Canning and the Sisters of the Late Mrs. John Russell, appreciate the kindness that was shown, the sympathy expressed and the floral tributes at the time of the passing of Mrs. Russell. The neighborly and helpful spirit is gratefully remembered.

Misunderstanding Of the Term "Unemployed"
Since the Unemployment Insurance Commission commenced the payment of benefit to unemployed insured persons early in February, it has been discovered that there is some misunderstanding as to the meaning of the term "unemployed."

The general rule, Mr. Suffield stated, is that a worker is not considered to be unemployed on any day on which he is following an occupation from which he derives any remuneration or profit. To this general rule there is one exception, but that exception only applies when all the following three requirements are satisfied:

(1) The occupation from which remuneration or profit is derived must be one which could ordinarily have been followed by the worker in addition to his usual employment.

(2) It must be one which could ordinarily have been followed by the worker outside the ordinary hours of his usual employment.

(3) The remuneration or profit must not exceed one dollar (\$1.00) on the day in question, or where it is earned or payable in respect of a period longer than a day, it must not exceed one dollar on the daily average.

Even if the worker thinks that these three conditions have been complied with, he must give particulars of any work he is doing to the local Employment and Claims officer and enquire whether his insurance book should be stamped. A worker must not declare himself unemployed on any day on which he is working, but must inform the local officer regarding work done.

Moreover, if a worker, after his employment has terminated, continues to receive wages or holiday payments from his employer, payable under his contract of service, he is not considered to be unemployed for benefit purposes. An applicant for benefit, whether man or woman, who is maintaining a dependent husband, wife or child under 16 years of age, can qualify for benefit at a higher rate. Full details should be reported to the Employment and Claims officer who will assist an applicant regarding a benefit claim in any way he can.

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General Insurance! Now is the time to review your insurance. Are you fully covered to meet present day needs? Do you know about Supplemental Contract - added to your policies to cover loss against windstorm, earthquake, falling aircraft, etc. Let us help you. Our many years' training in building construction, financial and insurance, makes us qualified to serve you. Sound Insurance - Sound Protection - Sound Companies F. L. WRIGHT Office, Caspar Bldg - ACTON

GREGORY THEATRE FRIDAY, MARCH 27 "THE LADY FROM CHEYENNE" Frontier comedy with Loretta Young, Robert Preston Comedy "X Marks the Spot" Cartoon, "The Little Theatre" Chapter 7 "Adventures of Captain Marvel" SATURDAY, MARCH 28 Matinee at 3.00 "WASHINGTON MELODRAMA" Frank Morgan, Ann Rutherford, Kent Taylor. "MEXICAN SPITFIRE'S BABY" Lupu Velez, Leon Errol "Fox News" MONDAY, MARCH 30 "BLOSSOMS IN THE DUST" Technician with Greer Garson, Walter Pidgeon "Comedy "How to Take a Vacation" Novelty "In the Zoo"

The LETTER BOX Canadian Army Overseas

Hello Mr. Bill:

It is quite awhile since I wrote home to you thanking you for the paper but I got it quite regular. I was in the hospital here with gastric ulcers which is not a nice feeling to have but the hospital service is wonderful here. They give the boys of the service the best of care. I have been on a diet of 6 oz. of milk every two hours for about 10 days now but I have no appetite for eating anyway, so I don't mind.

How are things back home. I bet everybody is wondering if the Japanese will be ramping at their door someday. It looks pretty serious but it will depend on Russia this year, whether she can beat the Germans or not. How is my friend Herb Dron? I wrote him three or four times but I guess the letters must have gone below the water somewhere, but I expect to be here a couple of months at the least anyway. The army food gets me once in a while as there is a lot of grease attached to it but I feel not too bad, but I am confined to the bed all the time. Most of the Sisters here are from Montreal and all first class nurses and the Red Cross ones come to see us every week to see what we need in blades, soap or cigarettes.

I want to thank the I.O.D.E. very much for their steady carton of cigarettes. Well Mr. Dills, there is not much to say because I don't know what to make of the war right now, but this year will tell whether we will survive or not, which we all pray to God we will for the next generation to follow us.

I suppose they will have a hockey team this year - I hope so. I like reading The Free Press when I am lying in bed, nothing to do and read about the town and then think of home once in awhile. But keep the home fires burning and thumbs-up Arlof and anybody you see with a big face on him in the town, tell him to cheer-up and work for victory because it is getting time now for our Canadian boys over here to show our fighting quality this spring or never, and it will be a terrific battle when she goes, but it is now or never for us and our freedom and we depend on the people back home to keep us supplied as we are all in it together and together we must fight it to a finish.

So-long Arlof. EDDIE JAMIESON.

ERIN Rev. Mr. Brand was the victim of a painful accident when he slipped on the ice in his yard and fell, injuring his back. His many friends wish him a speedy recovery. Following an illness of several weeks William Robert Bingham passed away at his home in Erin Village, on Wednesday, March 11, 1942, in his 89th year. Much favorable comment was heard at the entertainment held in the town hall on Tuesday evening on the decided improvement in the lighting effect and appearance of the electric fixtures. The heavy rain storm during Monday afternoon and night flooded the streets for the second time within a week and overflowed the banks of the Credit River, doing considerable damage. The mill race overflowed and the basements of Week's Pool Room, Hamilton's Superior Store, Gear's Drug Store, Elgie's Grocery were flooded with considerable damage to merchandise in all four cases. Advocate.

Rival To Aluminium Among Products of Britain's Czech Exiles In a historic London Hall, built from timber of Trafalgar men of war, Czechoslovakia has just shown how she has harnessed her experience to the war service of British industry. One manufacturer was forced to leave his leather factory in Czechoslovakia within two hours, leaving all his equipment behind him. "I brought only what was in my own head," he says. To-day, he is producing boots and shoes for the Army, Navy, A.T.S. and W.A.A.F. Another leather manufacturer is working at full pressure on flying helmets for the Royal Air Force. A compass is turning out buttons for the Navy, Army and Air Force. A second had a chocolate factory with branches in Austria and Poland, is supplying N.A.A.F.I. and Service canteens in Britain. Others are making textiles, infra-red ray apparatus and furniture. Processes new to Britain have come in with the exiles. An engineering firm has a new alloy, light as aluminium. The formula is a secret, for it is being used on war work. By another process non-conductive materials, such as wood, plastics and fibre, can now be electro-plated, thus saving much metal. Forty-six Czechoslovak firms, now settled in Britain took part in the London display opened by Dr. Edward Outratt, Czechoslovak Minister of Industry and Commerce. They are only a few of the many now at work in Britain.

The "Y" Column

With the sap running and the ground hogs scurrying over the brown earth, we hail the first signs of the spring. But the robin is certainly not to be outdone on his arrival for his note is the sweetest we have heard when compared, especially with the hard harsh growl of the H. C. A. F. plane, which has been our song all winter long. In times like this, little consideration is given to the tone of things. In terms of music, the countries' war effort in the production of Guns, Ammunition, Planes, Ships and other weapons of war is the type of tone the Leaders want to hear. The heavier the symbols of the workers in factories, busy night and day in the production of materials of war. Up to the present time, the people of the British Isles are the only people to give a very good account of the type of life the ground hog experiences, living underground. Fortunately for the ground hog, this is his lot unfortunately for the British. It is not, but no one can say, they have not adjusted themselves to this condition successfully. We have lots of earth surface here in our country, but let's hope we don't have to live in it like our little brown friends.

Ping-Pong, better known as table tennis, is fast becoming a very popular and highly scientific game. It is a game played by everyone, young and old. It provides excellent exercise and plenty of fun. Many of the Y.M.C.A. members are beginning to appreciate the real exercise qualities derived from this game and the many exciting moments created during the play. A new table has been purchased and has been set up in the new East Room, now one of the busiest rooms in the building. JOHNNY GRAY.

CHAPEL-PIG-STY-CHURCH TRITHIEVAY, Eng. (CP) Originally a chapel of a 15th century monastery in this Cornwall village, then used for years by farmers as a pigsty, the building has been restored and is used as a church for a congregation of 50.

CLEARING AUCTION SALE At Mt. Terra Farm, Guelph HOLSTEIN COWS, HORSES, IMPLEMENTS, HAY, GRAIN, ETC. The undersigned auctioneer has received instructions from C. H. ENTWISTLE to sell by public auction at his farm, situated on the Victoria Road, Appleton City of Guelph, known as Mt. Terra Farm, on MONDAY, MARCH 30th, commencing at 12 o'clock (D.S.T.), the following: COWS - 20 GRADE HOLSTEINS: 1 Cow, 8 yrs., due April 18; 1 Cow, 3 yrs., due May 6; 1 Cow, 4 yrs., due May 19; 1 Cow, 3 yrs., due June 7; 1 Cow, 5 yrs., due June 17; 1 Cow, 8 yrs., due June 23; 1 Heifer, due June 17th; 1 Jersey, 5 yrs., due July 22; 1 Cow, 4 yrs., due July 26; 1 Cow, 3 yrs., due Sept. 12; 1 Cow, 8 yrs., due Oct. 8; 1 Cow, 3 yrs., bred March 10; 1 Cow, 4 yrs., bred Feb. 20th; 1 Heifer, fresh in January; 1 Heifer, fresh in February; 1 Heifer, fresh March 8th; 4 Heifers, due in the summer; 4 Holstein Bull, "Woodhill Reg. Apple Bud," No. 136375, Born Dec. 25th, 1939, bred by R. & R. Hannam, Guelph. These cattle are T.B. Tested, Pure-Bred, but not registered. Good pure bred sires have been used for years in this herd. HORSES - Black Percheron Gelding, 5 years old, about 1600 lbs.; Grey Percheron Gelding, 10 years old; Belgian Gelding, 1 year old. POULTRY - 20 Hampshire Red Hens. TRACTOR-OUTFIT - Case Tractor, Model C, 17-21 H.P., in good condition; Cockshutt 3-furrow Plow, 12" bottom; Double Disc, 32-plate; Gasoline Engine, etc. IMPLEMENTS, ETC. - Frost 3-Wood Binder; McCormick Mower, 6 ft. cut; M.H. Drum Hay Loader; M.H. S. John Rake; John Deere Seed Drill, 14-Disc; 5-Section Harrow; Corn Cultivator; Dump Rake; Litch Field Manure Spreader; Farm Wagon; Sleigh, nearly new; 1-Horse Sleigh; Fanning Mill; 2,000-lb. Weigh Scales; Vessot Out Roller, 10-in.; 2-Wheeled Trailer; Sawing Outfit with Chev. Engine; Woods Grain Roller with 3-horse motor; Ensigne Truck, Forks, Hoes, Etc.; Set of Team Harness; Set Plow; Harness; Single Set of Wagon Harness. GRAIN - 100 Bus Mixed Grain; 50 Bus Barley; 25 Bus Fall Wheat. DAIRY - New Surge Milking Machine 2 Units, with piping complete (not previously sold); New 750 lbs. Cream Separator; Eight 8-gal Milk Cans; Four 5-gal Milk Cans. MISCELLANEOUS - New 7-inch Timing Table Bench Saw; 1-Horse Power Electric Motor; New Bench Grinder; 3 New Grease Guns; New Rigid Pipe Dies, 2 and 1-inch; New Rigid Pipe Cutter, 100 feet; New 1-in. Galvanized Water Pipe; 2 new 1-in. Gate Valves; new Pipe Fittings. HOUSEHOLD EFFECTS - McClary White Enamel Range with Warming Closet and Reservoir; Oak Dining Room Extension Table; Wisconsin 140-Egg Incubator; Chair, Etc.

TERMS CASH. No article to be removed until settled for. In case of rain stock can be sold under cover. Utko Institute will have a refreshment booth on the grounds Mt. Terra Farm has been sold and here is your opportunity to get some good stock or implements. ROY HINDLEY, Auctioneer, R. R. 3, Acton, Phone 1576, Erin

Four Simple Rules for Mental Health Are Given

Four simple rules determine mental health, says an expert on the subject, Dr. George T. Stevenson, superintendent of the Ontario Hospital. He defines a mentally healthy person as one who qualifies on the following counts:

- 1. An individual attempting to get satisfaction from the living of his or her life, not at the expense of someone else and not by trying to escape from life.
2. An individual reasonably efficient at his work.
3. One who gets along with his friends.
4. He does not go to pieces in time of stress.

Mental health, like physical health, is not necessarily a permanent condition. It must be safeguarded. Dr. Stevenson offers his four rules for that purpose.

The first rule of mental health is physical health. "The sound mind in the sound body is an old rule and it is quite true that if we feel well physically we are going to have a zest for life."

It is true that there are exceptions to this rule, when a powerful mentality may overcome physical defects, as in the case of President Franklin D. Roosevelt who recovered from infantile paralysis to head a mighty nation, or Helen Keller, blind, deaf and dumb, who struggled and conquered her difficulties to become a world symbol of the victory of mind over matter. However, Dr. Stevenson states that we may safely assume that "the sicker we are physically, the more regression there will be in our mental health." An annual medical check-up is a wise precaution. The second rule is the maintenance

of emotional control. "There is a tendency for the whole personality to break down under high emotional stress."

Dr. Stevenson would have us substitute good habits for bad. In place of worry, he recommends the relaxation of the body and mind. Security in self, the security of one's home and one's associates, and security in God, are essentials for this relaxation.

Third rule is the acquiring of good escape mechanisms. "We must run away from our responsibilities—when we need to." Sleep, reading, friends, radio, motion pictures, games and hobbies are all good methods.

Fourth rule in Dr. Stevenson's formula for mental health is the practice of the art of sublimation. Sublimation is the acknowledgement to ourselves that there are certain goals we cannot reach and are not ethical for us to reach and the changing of those goals to goals which we can ethically reach and which have some social value."

Week-End Service BUSES LEAVE FROM ACTON TO TORONTO 6:51 a.m., 9:01 a.m., 11:16 a.m., 2:00 p.m., 4:00 p.m., 6:11 a.m., 8:51 p.m. FROM ACTON TO LONDON 10:05 a.m., 2:35 p.m., 7:00 p.m. -Sundays and Holidays -Daily Except Sunday (Eastern Daylight Saving Time) Tickets and Information at HAROLD WILES-Phone 58 GRAY COACH LINES

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