

Personals

Miss Dawn Wood spent the week-end at Stratford. Miss Nellie E. Hall of Toronto spent New Year's at her home here. LAC. Erwin McKinnon of Guelph was home on leave over New Year's. Sgt. Harry Beate of Toronto spent New Year's with Acton friends. Mr. W. W. Gurney of Wingham, called on Mrs. Geo. Murray last week. Miss Helen McEwen of Markstay, spent the holidays at her home here. Miss Joan Wiggins of Toronto spent the holiday with Mr. and Mrs. L. O. Johnston. Mr. Geo. Murray was home from Toronto for the Christmas and New Year holidays. Mrs. W. McBurney of Walkerton visited during the week with Mr. and Mrs. John Wood. Miss Pearl Hamilton, Rockwood, spent the week-end at the home of Mr. and Mrs. Earl Lampert. Col. Henry Blackmore of Camp Borden visited at the home of Mr. and Mrs. Arthur Swackhamer. Miss Grace Scott of Brantford visited with Mr. and Mrs. Arthur Swackhamer and family on Sunday. Sgt. C. Byrne returned on Sunday to Camp Borden after spending the New Year holiday at his home here. Mr. and Mrs. James Moore attended the funeral of the late Miss Joan Morrow of Preston on Monday of last week. Misses Margaret and Ethel Watts of Burlington spent the week-end at the home of Mr. and Mrs. E. E. Perryman and family. Misses Jane and Wilma Given have returned to their home in Toronto after spending a week's holiday with Miss Janice Given. Pte. Elwood Perryman of Orillia spent his New Year's leave at the home of his parents, Mr. and Mrs. E. E. Perryman and family. Pte. Allan Perryman of Orillia spent his New Year's leave at the home of his parents, Mr. and Mrs. E. E. Perryman and family. Mr. and Mrs. G. A. Duff, Miss Frances Duff, David and James, spent the New Year week-end visiting relatives and friends in Toronto. Mrs. G. G. Robertson, Everton, is visiting at the home of her son and daughter-in-law, Mr. and Mrs. Norman Robertson, Young Street. Mr. and Mrs. Smith Griffin, Mr. and Mrs. Harold Griffin and Smith Griffin Jr., of Erie, visited with Mrs. H. H. Wainwright on Tuesday. Mr. and Mrs. Harold Swackhamer of Hamilton, Mr. and Mrs. Chris Swackhamer and Jimmie of Acton, visited at the parental home at Churchill on Sunday. Mr. and Mrs. Robert Hall of Wingham spent New Year's with his mother, Mrs. Wm. Hall, Mr. and Mrs. W. H. Hall of Toronto, spent New Year's with his mother. L.A.W. Margaret Stokes, formerly of Vancouver, B.C., now stationed at Rockcliffe, Ottawa, spent her New Year's leave at the home of Mr. and Mrs. Cameron Leishman. Misses Patricia Haysan, E.N., and Marjorie Neer, E.N., of the North-western Branch, Canada Hospitals, Detroit, spent the New Year holiday at their respective homes here. L.A.W. Kathleen Ferris of Jarvis and Pte. H. M. Swackhamer of Debert Camp, New Brunswick, spent their New Year's leave at the home of his parents, Mr. and Mrs. Arthur Swackhamer. Mr. and Mrs. M. C. Overholt and Merle of Toronto, Mrs. H. Dyer and Miss Doris Dyer of Rockwood attended the New Year's family gathering at the home of Mr. and Mrs. Roy Johnston. Mrs. Angus McDonald and Russell of Dolly Varden and Mrs. Wilfred Dower of Ferguson and Miss Doris McDonald of Georgetown, called on Mrs. Robert Currie and Mrs. Edwin Currie and Bobby at Milton Heights on Saturday. CARD OF THANKS Mr. and Mrs. Brownlow and family wish to express appreciation for the many acts of kindness and expressions of sympathy extended by friends and neighbors during the long illness and death of their beloved son and brother. CARD OF THANKS Mr. and Mrs. Bradshaw and Peggy wish to thank their many friends, relatives and neighbors for their kind expressions of sympathy and for their beautiful floral offerings during their recent bereavement. "SOUVENIR" COSTS LONDON, (CP) — It costs London Transport about \$26,000 a year to place cutlery knives in canteens. In the last year 53,000 knives, forks and spoons disappeared.

George Wallace CLOTHES SHOP 112 Yonge St. (2nd Floor) Toronto Take the Elevator and Save Money

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GREGORY THEATRE FRIDAY, JANUARY 2 "A GREAT MAN'S LADY" - Jed McCrea, Barbara Stanwyck, Comedy "Some More of Samson" - Disney "Chief Donald" - Chapter 3 "Spy Smasher"

SATURDAY, JANUARY 3 "NAZI AGENT" - Ann Ayars and Conrad Veidt in a dual role.

"MEXICAN SPIRIT" SEES A GHOST - Lupe Velez, Leon Errol. "Fox News"

SUNDAY, JANUARY 3 "HOW GREEN WAS MY VALLEY" Adapted from Richard Llewellyn's famous novel with Walter Pidgeon, Maureen O'Hara. Miniature "Soaring Stars"

Situation in 1943 On Farm Machinery

Because it was necessary to conserve the limited supply of new machines so that they would be available to meet the most essential needs, farm machinery rationing had been found necessary, said H. H. Bloom, Administrator for Farm and Construction Machinery and Municipal Equipment, at the Dominion Provincial Agricultural Conference recently held in Ottawa. Even with rationing it might not be possible to take care of every essential need but it would insure the best possible form of equitable distribution. Care had been taken to insure allocation of available supplies for Western and Eastern Canada so that all parts of the Dominion would secure a fair share of tonnage. The Canadian farmer, therefore, is assured of equal treatment with farmers in the United States. Rationing, co-operative use of implements, and maintaining machines in operation were the answers to the 1943 situation. Features of the rationing system are (a) each manufacturer and importer is required to make an equitable allocation of available supply to each Province. (b) A farm machinery rationing officer thoroughly conversant with farm conditions and agricultural implement business is attached to a designated office of the Wartime Prices and Trade Board within each Province. He deals with each application to purchase and determines the essentiality of the application in relation to supply. (c) In addition to the rationing officer, two consultants are appointed, an outstanding agricultural authority and an outstanding farmer, who, being fully conversant with the territory concerned, will deal chiefly in reviewing appeals, giving decisions relating to the transfer of quotas, and such like matters. If a farmer is in need of an essential piece of equipment and cannot obtain it without purchase, he places his order with the implement dealer and fills in the essentiality form. The dealer, if he can supply the goods, completes the form, forwards it to his principal who, in turn, submits it to the farm machinery rationing officer. If this officer determines that the need is essential in relation to the short supply, he will issue a "permit to sell," enabling the supplier to make delivery. If the application is rejected, which will be considered by the rationing officer and the agricultural consultant.

Solar Energy May Serve Mankind As Does Water Power

One of the scientific dreams which modern research is bringing steadily closer to realization is the capturing of energy directly from the sun's rays. The tapping of even a small part of the tremendous quantities of solar energy which flood the earth every day and its harnessing to man's industrial and domestic needs would effect a complete transformation in the life of every nation. No country would be more profusely affected than Canada. With its highly developed industrial activities and with its huge reserves of both developed and undeveloped water power, the Dominion has a vital interest in such new sources of energy. Our rivers and waterfalls rank second only to those of the United States in the amount of energy which they generate, and our utilization of hydro-electric energy is a per capita basis is the third highest in the world. Our tremendous national investment in dams and power stations and transmission lines might be rendered valueless. Scientists have already built, on an experimental basis, solar engines which effectively utilize the power in the rays of the sun, though so far they have been unable to solve the practical problem of making this power available at the low cost which would make it a source of daily life. When and if that day comes, it will see a revolutionary change in our present method of releasing stored up solar energy through the burning coal and oil. These fuels are formed as a result of a natural process which, through millions of years, transforms the sunlight, originally stored up through the chlorophyll of plants, into leaves and vegetation. Science is attacking the mysteries of chlorophyll in the hope that some day man may be able to duplicate nature's action and thus produce fuel synthetically from chemicals. Also going on is research based on the application of the so-called "thermionic" principle in converting the sun's rays into electricity. Photocells, already used in many practical uses by means of the "magic eye"—is also the subject of hopeful research. Finally, the basic principles involved in releasing the atomic energy potentially available in matter itself are also known, and science is engaged in the search for means of putting this limitless source of energy to work in the service of mankind. It may be that future generations will have at their disposal a wealth of power which will dwarf our present output from waterpower, oil and coal, just as these multiply a thousandfold the energy which earlier civilizations had at their command in the form of human and animal labor.

Emotional Attitude Definite Effect Upon Nutrition

"Emotional attitudes have a definite effect on nutrition," declares a pamphlet recently distributed by the New York City Committee on Mental Hygiene. "Emotions," it says, "affect eating and digestion at every stage of the process. The angry person is not apt to be hungry; a quarrel at the table will kill an appetite with startling speed. Strong fear has a similar effect. Constant fearfulness or anxiety, does not force itself on the attention in the same way that a sudden fear does, but its interference with nutrition is more serious because it continues over long periods of time." The pamphlet goes on to say that loves or hates or worries may counteract the effects of the most carefully devised and regulated diet, pleasurable emotions may also increase the healthful benefits of whatever food is eaten. It emphasizes the fact that a proper understanding of the relation between emotion and nutrition may be used to further both physical and emotional health. A balanced diet alone, it says, will not make a balanced personality. Unpleasant emotional experiences can interfere with the digestion of whatever food is eaten because of the close connection between emotional feelings and the secretion and flow of digestive juices. Extreme nervous anger brings acute stomach upsets, while the chronic worrier often has chronic "stomach trouble." The relation between anxiety and stomach ulcers is well known. It is a matter of common observation that a food which is enjoyed is more easily digested than food which is not enjoyed. The publication states that a cheerful and relaxed atmosphere is essential to the proper enjoyment of meals. The table should not, it says, become a place for constant correction and admonition of children. Ideally, for adults as well as children, eating should always be a pleasure-giving experience, good in itself as well as good for one's health. Indeed it must appeal to us if it is to do the maximum good. He that well and rightly considereth his own works, will find little cause to judge harshly of another.—Thomas a Kempis.

More Than The Old Gray Mare

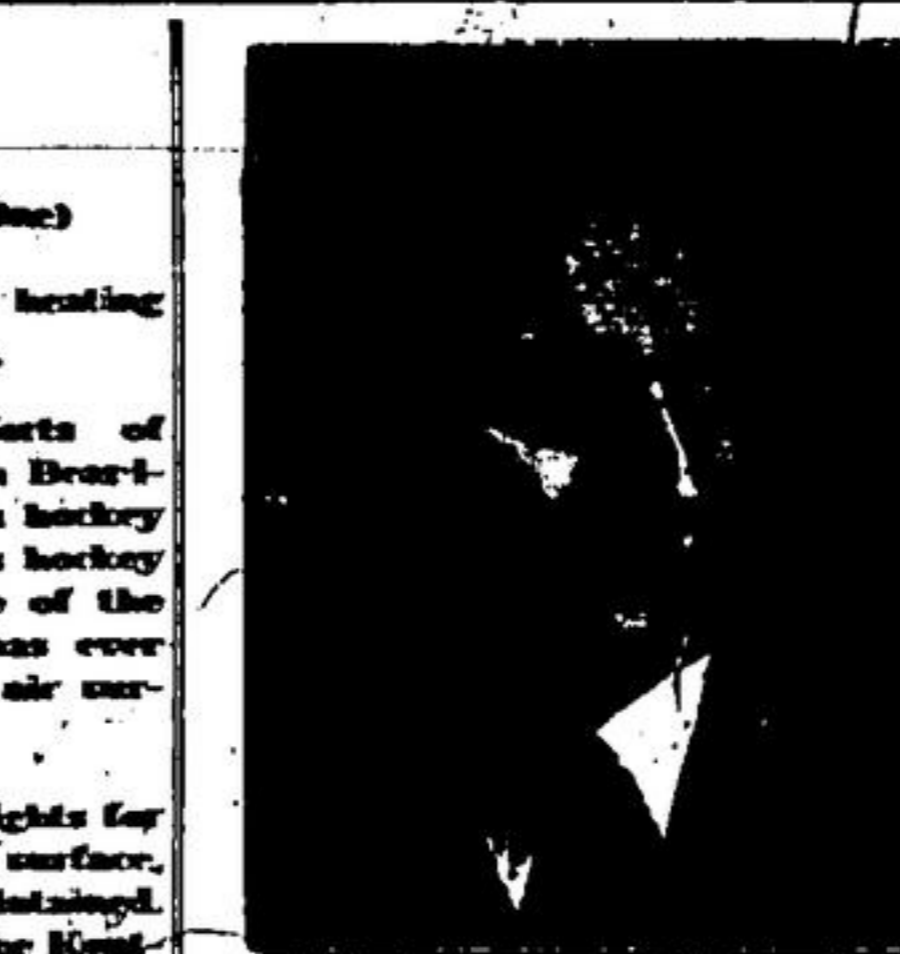
Here harked by the effects of blizzard, Tammie and Cassie Brest were who were prominent in hockey on Acton teams in those days hockey truly came along and some of the finest ice carnivals Acton has ever had were held on this open air surface. There were regular, hard fights for players and a splendid ice surface, well lighted and well maintained. Here such young players as the Kings, Steve Swank, Dick Brink, Laird McDonald, Farlow, Neil Gibson, Hank Kennedy and others we just can't name now, came on the scene as Acton's hockey team. That was the last open air rink in Acton. Twelve years ago the new covered arena went into operation and the old ice carnivals, variety of longways and final ice carnivals, Fall Fair performances and all sorts of events held here. Wartime brings another change and once again we return temporarily to the old door rink. There are no hockey teams now, but there will be. There is no need for carnivals, but there is still a need for good recreation by young Canadians and young folk in Acton. To those young folk the new rink over on the Bowry will be just as much, as it was to some of us who still don't glide about gracefully on an ice surface. We've been about in those forty years of skating rinks. We're not kidding ourselves we are here to stay. It's not some way or other I'd like to make a couple of rounds on skates and I can't help being interested again in the new open air rink. By G. A. D.

Canada Organized In-Plane Spotting

Recent Tests Show System Works Well in Various Weather OTTAWA, (CP)—Efficiency of Canada's aircraft detection corps recently was illustrated during an Ottawa-North Bay flight when, between Penobscot and Mattawa, a distance of less than 100 miles, the plane was reported by 10 observers. The day the trip was made the weather was hazy and the plane flew at 2400 feet. The pilot avoided uncharted areas and did nothing to attract special attention. Only four towns were named during the trip. The 10 reports were sent to North Bay and by the time the plane, a Royal Canadian Air Force machine, arrived there, Flying Officer H. Melgund Bouchard of the Corps information centre was able to give the flier details of their flight. Eleven thousand observers have been recruited throughout the Dominion by the R.C.A.F. They report on every craft they see—friend or foe—from Cape Race on the Atlantic to the Queen Charlotte Islands in the Pacific, and all the way north to the Yukon. SWEDISH POSITION STOCKHOLM, (CP)—Called specially by Premier Per Albin Hansson for an "informative session" on matters of both foreign and economic policy the Swedish Riksdag met several days and discussed neutral Sweden's position in the war.

How Canada Tackled Export Egg Problem

Before the war, Canada's largest export of eggs to the United Kingdom in any one year was 1,000,000 dozen, said Dr. G. S. H. Barton, Dominion Deputy Minister of Agriculture in a recent address. Britain was not anxious for eggs after war was declared. Eggs were usually presented as a transportation problem and they were not included in the official list. The need for some eggs, however, and the desire of the poultry people in Canada to supply them resulted in the export of 10,000,000 dozen in 1940 and 15,000,000 dozen in 1941. In the 1942 season, the British Ministry of Food decided to give eggs a more important place and Canada was requested to state what she could supply. Encouraged by what they had done and being anxious to do more, Canadian poultrymen were advised that "increase in poultry production should be made by improved efficiency within the capacity of existing facilities, and an agreement was made for 45,000,000 dozen eggs for Britain in 1942. After shipments were started and eggs were rolling to sea-board, the volume, the Canadian Government was informed that all eggs would have to be dried. Canada's egg drying facilities at that time consisted of three small plants that had been producing about 100 tons of dried egg products a year. As the contract called for about 7,000 tons and eggs were coming forward in large volume, an emergency program was conceived. All plant facilities, including drying equipment, were pressed into service, eggs were transferred to storage, but sufficient storage was not available so arrangements were made for breaking the eggs and storing them in frozen form. The drying process had to be standardized, the whole undertaking supervised, the produce packaged to stand shipment, all arrangements for transportation and payment of eggs suddenly changed and plans developed immediately for adequate drying facilities where they could be operated most economically and take care of the different parts of Canada. All this was done, the hens kept on laying, many farmers hardly knew it was happening, and the contract, while not completed on time, could have not been completed if so many eggs had not been available to domestic consumers who were clamoring for them to replace meat. It is estimated that 1,000,000,000 extra pullets have been added to the poultry flocks this fall, and while the demand for eggs has recently been ahead of supply, it is expected that all demands will be adequately met in the near future, and negotiations are now nearing completion to supply 9,000 tons of dried product to the British Ministry of Food in the coming year. It is believed that quantity can be produced, perhaps more, after allowing for a substantial increase in market supplies to meet domestic requirements. WHERE MONEY'S SAFE LONDON, (CP) — "Yes but the money's safe" said Italian war prisoners explaining why they invested in British war savings certificates: the money they earned helping with the British harvest.



PERCY J. PHILLIP Born in Scotland, educated in England and a Parisian by professional adoption, until his arrival in Ottawa two years ago, assistant commander of the Oxford Dictionary, representative of important British newspapers during the First Great War and at the Peace Conference that followed, Percy James Phillip escaped by a tick of the clock from death by bombs in Great War II. He is a frequent speaker in the CBC Week-end Review, heard Sundays at 8:30 pm EDT, with Dr. James L. Stewart and Walton Thomson taking their turn every third week.

Churches Protest Jew-Baiting

BERNE, Switzerland, (CP) — The Temporary Church Leadership held a special quilling an "urgent protest" against the Jewish persecutions, and in all Norwegian churches prayers were said for the country's Jews. NO MORE BAIL-OUT PENS LONDON, (CP) — Because of a ban on manufacturing gold jewelry in Britain, no more "caterpillar" gold pins—unofficial badges given soldiers forced to bail out—are to be distributed. Membership cards are to be issued instead.

Skilled Polish Recruits in Canadian War Work

A party of sixty-seven Polish technicians, some accompanied by their families, arrived here by the Canadian National Railway from an Eastern Atlantic port, where they had been landed from what at the time of their departure was the unoccupied part of France. Officials of the Colonization Department of the National Railway and members of the local Polish colony welcomed the party. The National System has cooperated with the Canadian Government in the transportation of nearly five hundred of these skilled artisans who have been brought to Canada from England, Portugal, France, Czecho-slovakia, Northwest Africa, and South America.

NEW RAIL CAR FOR WAR CASUALTIES



The provide comfort in travel for casualties of all branches of the Canadian Active Services returned from the overseas war zones, officers of the Royal Canadian Army Medical Corps and engineers of the Canadian National Railway have developed a new model hospital car designed to accommodate twenty-eight beds. The all-steel car was constructed in the Montreal shops of the National Railway and sent to Ottawa for inspection by Hon. J. L. Ralston, Minister of Defence, and officers of the RCAMC and the Quartermaster-General's department. Col. E. L. Stone, of Ottawa, emarking the medical officer, designed the interior layout in co-operation with Canadian National Railway car experts. At the inspection, Col. Ralston highly praised the design and the railwaymen for their fine work. Below is a floor plan of the car. The conventional berths have been replaced by spring beds slung in steel frames, upper and lower, with safety working for the protection of patients. The ward section is clear, spacious and airy and well-lighted. At one end is a room to be used as dispensary and diet kitchen, its equipment including a refrigerator. At the other end is a wash room. The car has wide side doors so that stretchers can be conveniently lifted in or out. Left: Brig. Lett, recently returned from Overseas, tests the ward beds and pronounces them as being comfortable. Right: The interior of the car showing the "Ward". Standard railway bedding is used. Each bed has a small hammock for the patient's clothes with a holdall for his small possessions.

Name For This War

We have been needing a name for this war. The Christian Science Monitor has supplied it, and upholds its fitness in an able and challenging editorial. This name is the Monitor, in the War of Independence. America, the American, with the other United Nations, are fighting against the aggressors, not because they want to but because they are interdependent and did not recognize the fact in time to act upon it in such a way as to preserve peace.

It is true. Recognition of the fact of inter-dependence, that no nation can live by itself alone and survive, would have prevented the crucifixion of Woodrow Wilson, would have realized the United States in the high cause of maintaining peace in the world; would have prevented the rearmament of Germany, the Japanese conquest of Manchuria, the Italian invasion of Ethiopia. It would have made a powerful, unyielding League of Nations. There would be no Munich to bewail, history, no Pearl Harbor to redde it with infamy. We are reaping the whirlwind, and all the nations joined with us in this struggle of the ages. We shall outside it, God with us, but the combined strength of the many nations, one-purpose, will be required to win the victory. And the interdependence must hold after the war, or we shall face another whirlwind that will overwhelm and destroy us—Dallas (Texas) Morning News.

J. Cadeaky OPTOMETRIST WILL BE IN ACTON ON Monday, January 11

Anyone suffering from Eye-strain, Defective Vision or Head-ache should not miss the opportunity of consulting this eye-sight specialist. Appointments may be made with Mr. A. T. Brown, Druggist. Office Hours: 10:30 am. till 4:15 pm. (D.S.T.)

