

Notices of Births, Marriages and Deaths are inserted in this column without charge. In Memoriam Notices are charged per line additional for poetry. Cards of Thanks are free.

BORN

ROBINSON—To Mr. and Mrs. Harry Robinson on Wednesday Sept. 1st, at Guelph General Hospital, a son Gerald Rodney.

GORDON—Mr. and Mrs. Wallace Gordon wish to announce the birth of their daughter Judith May at Guelph General Hospital on September 6th. Mother and daughter fine.

SWACKHAMER—At the General Hospital, Guelph, on Tuesday August 24 to Mr. and Mrs. Wallace Swackhamer, the gift of a daughter Carol Elizabeth, a sister for Donald and Linda.

MCDONALD—Mr. and Mrs. Archie McDonald, Georgetown, wish to announce the safe arrival of their daughter at the Guelph General Hospital on Wednesday morning, Sept. 1, 1948. A sister for Norman.

FABIAN—Mr. and Mrs. H. Fabian are very happy to announce the arrival of their daughter, Patricia M. at the Nursing Home, Guelph Street on Friday, September 3rd, 1948. A sister for John, Mother and baby fine.

HOLMES—Mr. and Mrs. F. Holmes, McDonald Blvd., Acton, are happy to announce the birth of their daughter, Margaret Jane Ann at the Nursing Home, Guelph Street, on Friday, September 3rd, 1948. A sister for Peter and Bob. Mother and baby just fine.

MARRIED

CREWSON-FETTERLY—In Acton Baptist Church on Saturday August 28, Norma Irene, second eldest daughter of Mr. and Mrs. P. J. Fetterly, Acton, to Joseph Frederick Crewson of Toronto, son of Mr. and Mrs. Crewson, West Flamboro, Ont.

BRAIDA-DUVAL—In St. Joseph's Church, Acton, on Saturday morning, September 4th, 1948, Rev. V. J. Morgan, Shirley Marcella daughter of Mr. and Mrs. Wilfred Duval, to Rino Joseph Braida, son of Mr. and Mrs. S. Braida, all of Acton.

IN MEMORIAM

NIGHTINGALE—In fond and loving memory of my dear husband, Arthur Nightingale, who departed this life on Sept. 11, 1946.

There is a link Death cannot sever, Love and remembrance Last forever. Lovingly remembered by his wife always.

This and that

Keeps hot and dry.

Schools re-opened on Tuesday with large enrolment.

Dust is blowing on the fields that farmers are endeavoring to prepare now.

Daylight Saving Time ends this month and then the days will really shorten.

Labor Day was an away-from-home day with many from here attending the C.N.E.

School days are here again. Motorists should use care and courtesy while the children are on their way to school as well as returning to their homes.

Rev. Geo. Kitching, who preached in the United Church here on Sunday morning received his authority to preach from the Acton Methodist Church in 1895. This is the first time Rev. Mr. Kitching has visited the church since 1895. He is a brother of Mrs. Caldwell and Mrs. Moffat.

It is 70 degrees below zero 10 miles above the earth, but 40 miles higher up the heat would boil water at sea level.

BURLINGTON

Despite the heat, a goodly crowd braved the blazing sunshine to cheer the contestants, and give hearty endorsement to the B.Y.C. Red Cross swim regatta—an event which bids fair to become an established local tradition. The fine natural amphitheatre formed by the high shores of Burlington's little harbor, the bright skies and blue water made a perfect setting for a scene filled with action and interest.

Mr. E. R. Leather, chairman of the Inter-Urban Water Area Board announced this Wednesday morning that the ban on watering lawns and gardens had been lifted.

The Burlington fire department had a hot time answering fire calls, especially over the week-end when they answered six alarms on Sunday.

Mr. and Mrs. E. A. Harris have received an invitation from the Lieutenant Governor of Ontario and Mrs. Ray Lawson to attend a reception at Queen's Park on Wednesday afternoon September 15th at 4 o'clock, to meet the Honorable John A. Costello, S.C.T.D., Prime Minister of Ireland, and Mrs. Costello-Cassette.

Apricots --- A Rich Source Vitamin A

Vitamin assays on fruits at the Dominion Experimental Station, Summerland, B. C., says A. W. Moyle have shown apricots to be an exceptionally good source of Vitamin A. Vitamin A in apricots, like other fruits and vegetables, is present in a form that is not exactly the vitamin itself and is called provitamin A or carotene. This yellow plant substance is converted in the human or animal body into vitamin A that is nutritional-ly active.

In everyday human nutrition, provitamin A or carotene is the chief source of dietary vitamin A either directly in the form of fruits or edible greens, or indirectly through dairy products and eggs from the feed eaten by the cows and hens. Even the high vitamin A content of fish liver oils comes originally from the carotene present in the marine plant life.

The vitamin A content of apricot was found to range from 1,100 to 7,000 International Units per 3 1/2 ounces of fruit, which makes apricots equal to egg yolk, the best summer butter, broccoli, leaf lettuce, young carrots, and superior to most vegetables, except the green leafy ones such as spinach, chard, kale and mustard greens. Apricots are about twice as rich in vitamin A as either peaches or Italian prunes, both of which are considered good sources of this vitamin.

While the carotene content of apricots varies considerably with variety, all varieties are a good source. On the basis of accepted nutritional standards, approximately 4 ounces of fresh apricot will supply the average adult's vitamin A requirements for one day.

Vitamin A is well retained in canned apricots. Some loss occurs, however, in preparing apricot puree, this being partially due to the removal of the skin which is very rich in this vitamin.

OUR WAY OF PLANNING

By Joseph Lieber, Rutledge
A lot of people seem to be taken with the idea that some sort of change will produce sudden miracles that they sometimes overlook the fact that just going about our own business of working for ourselves hasn't done badly for us. As a matter of fact, no planner of a quarter century ago would have dared to promise anything like what we have to show at the moment. To take just a few items out of our slightly better than two and a half million homes 57 per cent are owned by the people who live in them. Beyond the cities, where apartments aren't so numerous, 81 1/2 of all the homes are owner occupied. Almost every second home, whether owned or rented also has a car. Better than three-quarters of them have radios 40 per cent of them have tele-phones, half have refrigeration and a quarter have a vacuum cleaner. You might search about the world without finding many places that have as much. In fact, move off this continent and try to find such a place.

But the interesting point is that we have done it by ourselves, by wanting things and going after them and getting them, and by being free to do just that. It took planning of course, but it was our own planning with out persuasion and without compulsion.

Do Not Crowd A New Hedge

Soil should always be carefully prepared for a new hedge by digging out a trench about eighteen inches deep and at least twice as wide as the spread of the roots of the young plants, says R. W. Oliver, Assistant Ornamental Horticulturist, Central Experimental Farm, Ottawa. A liberal dressing of well rotted manure should be dug into the bottom of this trench and covered with a few inches of well pulverized sandy or clay loam top soil. When the plants are put in place more of this good top soil should be put around the roots and firmly tramped down before being watered liberally.

The plants should be placed in a single row, rather than in a double row with the plants staggered. This latter method uses more plants and more space, is harder to trim into a good shape and always leaves a poor end at a gate or path where any unevenness is. The distance apart at which the plants should be placed will vary with the material used and the height to which it is desired to have the hedge grow. Erect growing shrubs like privet and the true hedge columberry used in a low hedge should be placed nine inches to one foot apart. More bushy plants which make a taller hedge, should be placed about eighteen inches apart.

Deciduous hedges should be planted in the autumn as the leaves are about to fall, or in the early spring before the leaf buds burst. Evergreens are planted in September or just before new growth starts in the spring.

OAKVILLE

A well-known Oakville couple, Rev. W. B. Caswell and Mrs. Caswell, will celebrate their golden wedding anniversary next Tuesday, September 7th, in their home on Balsam Drive formerly Centre Avenue.

Until further notice, the people of Oakville are advised by the health authorities to boil their drinking water. The reason for this precaution is a breakage in the Water and Light Commission's intake pipe, which draws water from the lake on the west side of the town.

The James R. Kendall Leather Mfg. Co., whose plant at the corner of Colborne and Navy Street was burned several weeks ago, has purchased the plant of Inter-City Concrete Ltd., Cross Avenue, and will resume operations there some time this fall.

Two year old Robert O'Leary had a narrow escape from drowning on Friday, August 27th, when he stepped off the pier where he and another small child were playing unattended by an adult. Meredith McKim, who is employed by the MacNamara Construction Co. saw the child topple into the water and in a matter of seconds had him safely on shore, little the worse except for a bad fright. Record-Star.

Farnworth Memorials

Monuments at Moderate Prices
CEMETERY LETTERING
Elora Rd., at Cemetery
GUELPH, ONT.

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(Next to Y.M.C.A.)
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on all your Dry Cleaning For Prompt Weekly Service
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PHONE 105, ACTON
(Cards may be secured at Cooper's Clothing Store or from driver.)
Master Dry Cleaners
JOE WOODS

FALL FAIR DATES FOR 1948

Table listing Fall Fair dates for 1948 in various districts. Columns include District, Date, and Location.

NEARLY ALL

In wartime, one of the excuses for heavy taxes, was that taxes paid subsidies on necessities and thus kept consumer prices down. Nearly all subsidies have been wiped out. Nearly all taxes stay the same.

Wanted! 500 BABY SITTERS FOR "Sitting Pretty" COMING TO THE ROXY THEATRE SOON! Folks!—Apply for your Baby Sitters

"Don't Forget" Orangeville Fair Tuesday & Wednesday September 21 & 22 See the Finest Live Stock Competing for \$3500.00 in Prizes A BIG AFTERNOON OF RACING 2:28—Free-for-all and Buggy Races for Purposes of \$500.00 SWINGS, ROLLERS, WHEELS, MIDWAY, BANDS — EVENING PREMIERE — DANCING WEDNESDAY EVENING in the Main Pavilion to Modern and Old-Time Music W. H. HUNTER President JOS. E. COONEY Secretary

LOVELL BROS. MEAT MARKET FRIDAY - SATURDAY SPECIALS Maple Leaf Brand BACON - Breakfast 65c lb. Smoked Back 75c lb. Peameal Back 69c lb. Schneider's Crispycrust LARD 1 lb. Print 30c lb. Barrie Brand BUTTER 1st GRADE CREAMERY 71c lb. Fresh SAUSAGE 45c lb. Maple Leaf Smoked Cottage Rolls 68c lb. Fresh Pork Shoulders 50c lb. Lean Shoulder Roast Beef 48c lb.

The Classified Section Buy - Sell - Exchange - Wanted Etc.

Advertisements under this heading 35c. cash with order, up to 25 words. Additional words 1c per word. If cash does not accompany the advertisement, minimum charge 50c and 1c per word additional for each word over 25. Subsequent insertions 25c.

FOR SALE: Piano, reasonable. A. J. Melsman, Phone 47th, Acton. FOR SALE: Sussex pullers... FOR SALE: Coleman oil heater... FOR SALE: 1928 Model A Ford... FOR SALE: 1 Blue Box coat... FOR SALE: 1 Brown Fur Trimmed Coat... FOR SALE: Mount Maple Holstein... FOR SALE: Walnut buffet, ivory kitchen cupboard... FOR SALE: New Skyline Grinder... FOR SALE: New Skyline Forage Harvester... FOR SALE: Small Glove Shop... FOR SALE: New Skyline Grinder... FOR SALE: New Skyline Forage Harvester...

WANTED: Girl or young woman for restaurant work. Apply Watson's Dairy Bar, Acton. LOST: Remson lighter at mid-night dance, Acton Park. Reward, P. O. Box 383. LOST: Small child's kiddy car, red wheels, no pedals. Return to Mrs. D. C. Maplesden, Church St. MISCELLANEOUS: Slender Tablets are effective 2 weeks' supply \$1; 12 weeks \$5. COLLINGS SAW MILL: Custom sawing given prompt service at all times. Lot 7, 5th Line, Erin Twp. CORN CUTTING: by the acre with self-propelled corn binder. Hazel Tarzwell c/o Mrs. J. Vickery Yonge St. DRESSMAKING: for your dressmaking requirements, coats, suits, alterations quickly—contact Hazel Tarzwell c/o Mrs. J. Vickery Yonge St. Indigestion, Headaches, Nervous? Try proven FRUIT-A-TIVES, famous herbal medicine used successfully for 45 years. Brings relief quickly—tonic up liver keeps bowels active—restores good health, RELIABLE. AGENTS: door to door Salesmen wanted to establish a business of their own with our 250 guaranteed Household Necessities. Splendid territories vacant in your district unlimited possibilities—for the ambitious person never a dull season. Experience not essential but a car is if you seek a rural territory. Very little capital needed—BEST opportunity of starting a business of your own. Write for FREE details and CATALOGUE to FAMILIEX, 1600 Delorainier, Montreal.

MORTGAGE SALE UNDER AND BY VIRTUE OF the Powers of Sale contained in a certain mortgage which will be produced at the time of sale, there will be offered for sale by FRANK PETCH, Auctioneer at PUBLIC AUCTION on WEDNESDAY, the 22nd day of SEPTEMBER, 1948, at the hour of one-thirty o'clock in the afternoon at the farm of THOMAS MEYER, Milton, Ontario the following property, namely: ALL AND SINGULAR that certain parcel or tract of land and premises situate, lying and being in the Township of Esquesing, in the County of Halton, and being composed of the West Half of Lots 1 and 2 in the Second Concession of the said Township of Esquesing, containing by admeasurement, One Hundred Acres, be the same more or less, which land is described in Mortgage Number 14688 to The Agricultural Development Board. On the said farm there is said to be erected a dwelling house suitable with farm buildings. The lands will be sold, subject to a Reserve Bid. TERMS OF SALE: Fifty per cent of the purchase money to be paid down at the time of the sale, the balance to be secured by a mortgage with interest at four per cent per annum. For further particulars and conditions of sale apply to THE COMMISSIONER OF AGRICULTURAL LOANS, East Block, Parliament Buildings, Toronto, Ontario. DATED at Toronto this 26th day of August, 1948

Mackenzie News Weary and reluctant feet are treading up Willow Street again with the beginning of school. The summer is gone but could be some of the Mothers will be happy with the children back at school. The previous prediction of this column regarding the scarcity of anthracite is already proving true. We have been able to keep up with the demand for stove coal but hope our customers requiring nut coal will continue to be patient. We shall be making deliveries as fast as we can receive the coal. See the school kids riding in the classy bus we viewed with envy at the Exhibition. J. B. MACKENZIE & SON

Make Your Selection of New Wallpaper FROM THE LARGEST STOCK IN WESTERN ONTARIO Priced to suit everyone You'll find it at CHAPPLE'S BOOKSTORE 125 Wyndham St., Guelph ANGUO KENNEDY, Proprietor When you choose glasses be sure to inquire about Tone-Lite Lenses. They are scientifically-made and give THREE big advantages: Tone-Lite cuts off the dangerous ultra-violet rays that otherwise reach your eyes. Tone-Lite admits all other rays useful to vision. Tone-Lite adds to your appearance because its delicate tint blends with your complexion. We recommend and fit TONE-LITE Lenses. CECIL A. CARR, Savage Optical, 8 Douglas St., Guelph, Ont. Tel. 1001