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EVERYBODY'S BUSINESS

by *Don Graham*

Do you think you're too old to achieve success? Have you resigned yourself to a life of mediocre achievement?
Henry Ford was more than forty before he became established on the road to fame and fortune. Yet he was but one of a host of great leaders in all fields of endeavor who marked their mark until they reached middle age.
This is not surprising. For there is plenty of evidence to prove that, in almost every kind of work, peak efficiency is only attained after many years of experience. An efficiency test of factory workers showed that top producers averaged forty-seven years of age!
"Ah," says someone, "but you can't teach an old dog new tricks."
Nonsense! Modern psychology has exploded this idea sky high. The middle-aged can learn just as well as youth—if they want to. So if you feel that lack of education or technical knowledge is holding you back, don't jump to conclusions—the last-start a planned program of study. It's worth the effort!
Practical men of middle-age make definite preparations for their retirement. Millions of people have saved for their old age through life insurance and enjoy basic comforts—and often such "extras" as new homes or travel—which bring happiness in "sunset years."



THE MIXING BOWL
by *Ann Allan*
HYDRO HOME ECONOMIST

Hello Homemakers! Delicate in flavour, tender in texture, attractive in colour and shape and altogether delicious is the way all vegetables should be served. But too often common cooking methods leave vegetables soggy and colourless. So we review the do's and don'ts to encourage you to keep the true colour and goodness of fresh garden produce.
1. Never use soda in cooking vegetables. It destroys some of the vitamins and flavour.
2. Recommended cooking methods are baking, steaming, and steaming-baking. This latter method is cooking in as small a quantity of water as possible, such as half an inch. It is recommended for the young, fresh garden vegetables.
3. Over-cooking and too much water cause loss of minerals and vitamins and destruction of true colour and flavour.
4. The liquid in which a vegetable has been cooked or canned should be used for soups, cream sauces, gravies or vegetable juice drinks.
5. Fresh or dried herbs, leaves from celery tops often add flavor and variety to vegetables or other dishes.
6. Serve a raw vegetable once a day.
7. Scrub tender young vegetables. Trim wisely. When you peel, peel thin. When you cut, cut even pieces. When prepared, do not allow them to stand in a warm room. Keep in a small amount of water in the refrigerator. Better still, prepare vegetables in time to dash them onto the stove to cook.
8. Add 1 teaspoon of salt to each pint of water and then it is not necessary to add salt when they are eaten.
9. No matter what some people say a tight fitting cover maintains an even constant boiling point and prevents too much steam escaping, therefore reducing the danger of burning dry.
10. When the pot of vegetables begins to boil reduce the heat to keep boiling but never allow a "trashing" boil.
11. Do not cook to death. Keep track of the time. When a fork can be gently pushed into a piece, drain the liquid into an enamel or heat resistant glass jar.
12. To serve as a buttered vegetable shake the fresh cooked food over a warm stove, then add 1 tbsps. of butter for each cup of vegetables. Fold a piece of cheesecloth over the food if it is not being served immediately.
SPINACH RING
6 cups spinach
1/2 cup butter
1/2 tsp salt
2 cups buttered beets

Chronicles of .. Ginger Farm

Written Specially for
The Acton Free Press
GWENDOLINE P. CLARKE

Have you been enjoying the cooler days? I think the weather has been just about perfect the last few days. A little chilly night and morning perhaps, but doesn't that give one a grand opportunity to burn up rubbish in the cookstove, creating a little warmth in the house which is by no means unwellcome.
Rubbish, but what is rubbish? This last little while I have been driven to thinking that question out quite seriously. You see, Daughter has been on the rampage around the house since she came. "Mother, she says, 'whatever do you keep all this junk around for?' Mother do you want this?" How about throwing this thing out?" And that's the way it goes. Unfortunately some of the things Daughter regards as "junk" I would not part with for anything. Scraps of paper some of them of no value to anyone but myself. Looking through some of this so-called rubbish yesterday I came across a page torn from a school scribbler, filled both sides with verses written on it. "What's that?" asked Daughter curiously as she noticed I was reading very intently and I would not wonder with a smile on my face.
"Just some verses I wrote about you and your very first Christmas," I answered. And it was I had forgotten I ever wrote them, yet I remember every detail that was mentioned.
"Rubbish," perhaps so, and of no literary value whatever, but I discovered with some of the other "junk" that we threw away that day. It brought back so many memories, some happy some sad, but all of them belonging to our life on the prairie.
Rubbish, as the kind of rubbish odds and ends of print and silk. And yet what is useful paper scraps have been made from just such little bits of material that might otherwise have been thrown out. Take the Dresden plate for instance, such wee scraps of gaily colored print make up the pattern and how lovely when it is finished. And other things made from scraps in our house we have two lovely warm and practically knitted wool blankets made entirely from old socks and sweaters, unravelled and knitted into squares. In some cases I have used three strands of wool because it was so thin and worn.
Rubbish, apples lying on the ground to rot because we can't use them up. Let enough or find enough people who would like them. Daughter has been taking apples to her friends in the city every few days and they have been glad enough to get them. And of course I have been giving them away by the basketful. Too bad such good food should spoil until it is no more than rubbish.
Well, we have one little creature around here who doesn't intend to let anything go to waste if she can help although she isn't too keen on apples. And that is our Honey. When she is hungry she does her best to prove it. The two dogs have their supper served up to them outside the back door in separate dishes. Tippy's—a brown earthenware bowl, Honey's a deep narrow, oblong tin. The reason for this odd shaped dish is to make Honey keep her ears out of her supper. Recently she showed signs of picking up her dish and carrying it around. So we kept her at it and now she will pick it up with her teeth, carry it through the woodshed and into the kitchen. But she never touches it until she knows it is just about supper time. But tonight she must have forgotten to look at the clock or something. Anyway Honey followed me out when I went to pick out for supper. At least, that was my intention, but it wasn't Honey's. Oh no, Honey went straight to her dish, picked it up, and walked into the house with it. Even though it wasn't supper time I had to reward her with a little milk. She looks so funny because she will often grip the dish by the lower end so that the rest of the tin covers her nose and eyes. She can't possibly see where she is going yet she navigates the steps and gets into the house and hardly ever bangs into anything at all. I have been hoping that some day I would turn around and see her stepping in with my glasses in just that same way. But so far, no luck. Now I have given up hope of finding them and plan to get a new pair tomorrow. I'm tired of having a headache all day and every day.
Since 1938, the amount of cheques cashed by Canadians has risen steadily every year. Overall advance has been from \$30.9 billion in 1938 to the all-time record of \$87.7 billion in 1948, a gain of more than 180 per cent.

BURLINGTON

Installations of the new dial telephones under the direction of W.T. Davidson and his gang of men, is going on at a fast pace in the town and is well up to schedule. Arrangements have practically been completed for a junior boys and girls band and drill team, which are to appear at the Toronto Exhibition to arrive in Burlington on Friday, August 26th, and spend one week here as guests of the boys and girls of the local Junior band. The band is coming from Warren, Ohio, and Mr. Elgin Corlett, leader of the local band, is now in the States completing arrangements for what will be an inter-band visit.
On Thursday evening last Olsen and Johnson, famed vaudeville stars, who are now in Toronto preparing for their performance in front of the grand stand at the Canadian National Exhibition, were guests at the Grand Inn to hear a friend of the stage of long standing, Sophie Tucker. Gazette.

OAKVILLE

Hown from choice cedar logs by skilled axemen of a more hard bitten, yet quite as ingenious era, one of Trafalgar Township's earliest water systems was unearthed last week by workmen busy constructing a large pond to provide pure spring water for the swank pool which will be the main feature of the ultra-modern Trafalgar swimming club.
Evidently designed to supply water for household and stock barn requirements, the old cedar pipeline has already been traced more than 100 yards from the newly excavated miniature lake.
Better street lighting is in prospect for a number of Oakville streets on the east and west sides. The Oakville Public Utilities Commission is starting work on the installation of 75 100-watt lights on the west side, and 38 on the east side.
Approval of the draft plan of a new housing subdivision on the property of A. Morden, just west of Oakville and north of the Lake Shore highway, was given by Trafalgar Township Council at its meeting Tuesday. Trafalgar Journal.

HAIT FOR MICE

A new bait for mice is produced by a New York company, reports The Financial Post. It contains zinc phosphide plus a food bait. Product is a complete bait ready for immediate use. Can be placed on paper or on floor. Packaged in one pound containers and 8-oz. tubes for industrial and institutional use, and 4-oz. tubes for household purposes.

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Cutworms May Be Bad in 1950

Next year is likely to be a bad one for cutworm damage in parts of Alberta and Saskatchewan according to a forecast of the Dominion Field Crops Insect Laboratory, Lethbridge, Alta.
The best way to reduce the incursions of the cutworm is to leave summer-fallowed fields undisturbed during August and the first half of September when the moths are laying eggs. Cutworms will not lay eggs in fields that are free of weeds and crusted from rain. Disturbance of the crust by allowing livestock to pasture or run on the fields can be as serious as if the fields had not been worked.
The area involved in Saskatchewan is enclosed by a line passing through Chauvin on the Alberta side of the border, North Battleford, Rathson and Saskatoon on the north and through Davidson, Moose Jaw, Bengough and south to the international boundary on the east. In Alberta the line continues west and south from Chauvin through Alliance, Stettler, Hesseker, Queens town, Taber, Krentham and Coulters.
A final check of the areas will be made in August and September to determine where the cutworm moth is most abundant and detailed information for spring control will then be made.

HURRY, HURRY

An Ohio farmer, asked if fertilizer would stimulate a certain plant's growth replied "Can't say for sure. I've been able to figure out whether the stuff actually stimulates the plants or whether it's just so downright repulsive that they try to grow away from it." The Reader's Digest

Skinny men, women gain 5, 10, 15 lbs.

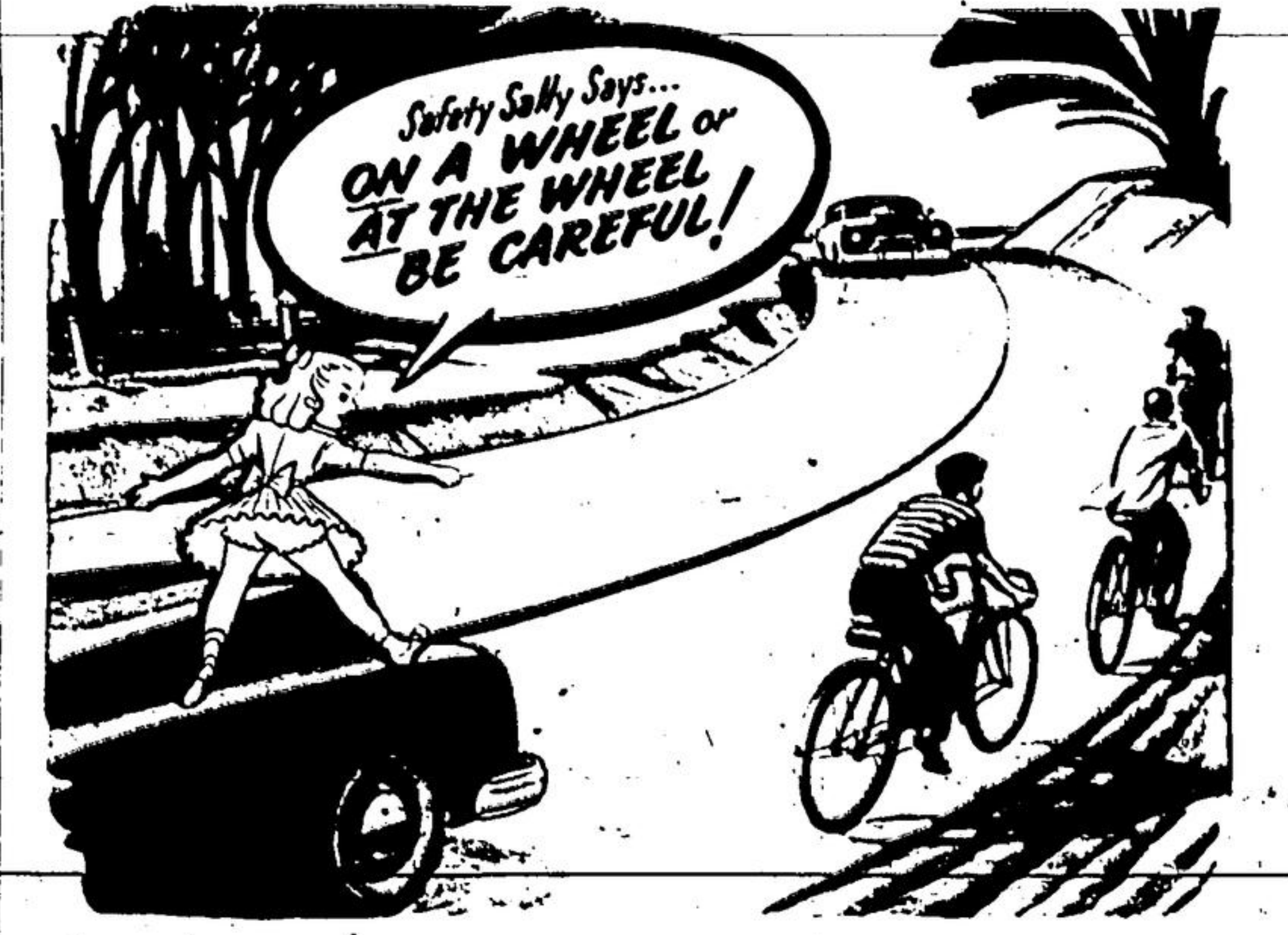
Get New Pap, Vim, Vigor
What a thrill! Some weeks ago, my husband and I were invited to a party. I had heard that the party was to be a "diet party" and I was sure to have a good time. I had heard that the party was to be a "diet party" and I was sure to have a good time. I had heard that the party was to be a "diet party" and I was sure to have a good time.

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Driving a car, or riding a bike — Don't expect care from both alike.
Motorists and bicyclists have an equal responsibility to prevent highway accidents. Bicyclists should keep well to the right and avoid weaving or swerving — motorists should slow down and exercise special caution when meeting or passing bicycles.
GEO. H. DUNCAN, Minister
ONTARIO DEPARTMENT OF HIGHWAYS