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THE MIXING BOWL
BY Anne Allan
HYGIENE ECONOMIST

Hello Homemakers! Macaroni spaghetti and noodles are triplets; they all belong to the "pasta" family. There are more members of each group but ask your Italian friends to name them. Macaroni and spaghetti differ mostly in form while noodles have eggs added to the mix.
Pasta is always cooked in a large amount of brackly boiling water in a deep saucepan. It should be stirred occasionally with a long-handled fork to prevent it from sticking. Try to break with a fork—the pasta should be tender in about 20 minutes. Now drain in a colander and rinse quickly with a little cold water then it's ready for the sauce.
The Italian folk who are masters in the preparation of this kind of dish, never serve a white glazy sauce. Tomatoes are the base of many dressings for spaghetti and a real expert uses a sliver of garlic. Cheese is almost a necessity, especially nippy cheese, coarsely grated. Chopped cooked meat or clams may be added along with some seasoning such as parsley, chives, mushrooms, onion tops and tomato paste. To some folk, however, there is nothing better than macaroni or spaghetti drowned in butter and cheese. We suggest one thing more—bits of olives. For quantities, see recipes.

MACARONI WITH CHEESE
1 lb macaroni
1/2 cup minced chives
1/2 cup butter or margarine
1/2 cup old cheese
Add macaroni slowly to brackly boiling salted water and cook about 20 minutes, or until tender. Drain. Add remaining ingredients and toss lightly over low heat. Serve very hot. Makes 6 servings.

SPAGHETTI WITH MEAT BALLS
1 cup diced salt pork
1 lb minced beef
2 cups canned tomatoes
2 tbsps. chopped parsley
4 tbsps tomato paste
1 clove garlic
1 tsp salt
1/2 tsp pepper
1 lb spaghetti
1/2 cup grated cheese
Try out pork. Shape minced meat with pork into balls. Add tomatoes, parsley, garlic, salt and pepper to saucepan. Cover and simmer with meat balls for 45 minutes. Cook spaghetti. Drain, then pour meat sauce over hot spaghetti and cheese.

NOODLES, PEAS AND BACON
1 cup uncooked noodles
1 cup green peas
2 tbsps. chopped pimiento
1/2 cup cooked chopped bacon
2 tablespoons chopped almonds
1/2 cup cream sauce
1/2 cup bread crumbs
1/2 cup grated cheese
Cook noodles in salted boiling water. Drain and rinse with cold water. Arrange noodles, peas, pimiento, almonds and bacon in layers. Pour on part of cream sauce.

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Add remaining noodles, etc., until dish is filled and ingredients are all used. Combine grated cheese and crumbs. Place in electric oven at 400 degrees until dish is hot and crumbs are browned. Serves 4 to 6.

CELERY AND SPAGHETTI AU GRATIN
1 cup grated cheese
1 1/4 cups medium cream sauce
1/2 cup diced cooked celery
1/2 cup cooked corn
1 cup cooked spaghetti
1/2 cup dried pimiento
1 cup buttered crumbs
Add cheese to sauce. Now add corn, celery, spaghetti, and pimiento. Turn into a buttered casserole and heat through at 400 degrees and sprinkle with crumbs. Brown for 15 to 18 minutes in electric oven. Serves 6.

MILTON
Opening of the new sewage disposal plant was the main item at Milton Council last week. All equipment is on hand and is being installed at the present time. Mr. Argo estimated that the plant could be ready for operation within three weeks. He stated that there should be no odor from the treatment plant.
Mr. Hanna, president of the Ont. Division of the Canadian Red Cross has advised that Mrs. Helen M. Dewar of Milton has been unannouncedly appointed Honorary Vice President of the Ontario Division in recognition of her untiring efforts and inspiring leadership of the Milton Branch.
Widely known in the fall fair circuit as a Mason, an Orangeman and clerk of the township of Mulmur since 1915, George E. Foster died Saturday, March 18th in his 73rd year.
Mr. Foster leaves his wife, formerly Elizabeth Wilder, and a son, Edgar, principal of Milton Public School, Canadian Champion.

ARGUMENT OF ABSURDITY
By Joseph Lister Rutledge
In the recent annual convention of the Ontario Federation of Labor, there were many demands for social betterment. About the only question that could be raised against some of them is that discouraging one, "Can we afford it?"
That is a question that seems to be steadily losing in favor in these days. We are living in an era of boundless optimism and credulous arguments. Mr. Sam Lepedes of the United Garment Workers presented one of the favorites among such arguments. It is one whose plausibility serves to cloak its utter lack of common sense. But Mr. Lepedes is not the first one to use it, nor will he be the last. He urged, "If we could spend billions to win the war, money can now be found to provide jobs for everyone."
How pleasant if every crucial expenditure did build up a bank of callable resources. But it is rather like arguing, "as we have spent all our money sending mother to hospital, we should certainly be able to buy sister a sable coat."
It is very true that we did spend billions for war, something very close to fifteen or sixteen billion. We borrowed much of it and obligated ourselves to pay it back, and in due date we have paid back very little. Instead we have built up this debt till it now stands somewhere in the neighborhood of \$21 billion. There is a little item of \$400,000,000 that comes up annually, not for liquidating this debt, but just to keep it sweet. There is another item, just about twice as much, for the social developments that have grown up very largely since the beginning of the last war. These are standing between us and our liquidation of our incurred debt.
This is a land of great resources and of ever-broadening opportunity, but if we are to use these resources and profit by the opportunities we must somehow come to realize that only production can create the wealth out of which our hoped-for benefits are to come. Spending money does not set up reserves and the fact that we have spent hugely in the past does not mean that we can go on spending years do not, by any reasonable manner of thinking, suggest that we can still spend what we haven't produced. The best way to assure jobs is not to look hopefully towards government deficit spending but to produce more goods at lower cost so that we can retain and improve the foreign markets upon which our industrial security rests.

BUSINESS SUIT
A woman may put on a riding habit and never go riding. She may put on a bathing suit and never go swimming. But when a woman puts on a wedding gown—she means business.

Chronicles of . . . Ginger Farm
Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

Fog . . . rain . . . mud! Once again the miracle of early spring has brought about a change that seems almost incredible. A week ago so much snow—and now big patches of bare ground, although there are still plenty of snowbanks in evidence. For a few days it was such a nice, slow thaw that flood conditions were not really serious. Ditches rose higher than the culverts and flats became a miniature lake as the warm sun melted the snow, but with the going down of the sun the water level dropped; ditches became normal and the creek a pleasant, frothing little stream. But the mud . . . oh dear! Now it is raining so what happens today remains to be seen.
Generally we think of mud as belonging to the country, and clean, dry roads as belonging to the town—but not in this district. Our nearby town is still busy with its sewerage system—and so help me, I never saw so much mud in all my life. I go to town as little as I can. The main streets, that were ripped up last fall to lay storm sewers, are so full of pot holes you wonder how many springs and bolts you will lose from your car before you get home, and also if any part of your own anatomy will break loose. Part of the trouble these days lies in the fact that we don't expect to contend with mud any more. Most roads in well populated districts are now either gravelled or paved, and most farmers have long since made a practice of having their lanes gravelled too, so that mud, such as we know it in town, seems much worse than it would have been twenty years ago. I remember when we had our first car—a Model T—we always went back to the horse and buggy in early spring because the lane wasn't gravelled and the car couldn't get through the mud, although I do remember a few occasions when Partner pulled me down to the road with the team. We didn't want to take a chance on breaking another axle since we had already had that happen once. Side roads were also good places to keep away from some of them are now for that matter. So now, however, rough the main roads may be, in comparison with twenty years ago we have little to grumble about—only somehow we still have a way of grumbling.

Maybe I wouldn't be thinking about the roads so much if it wasn't for the June Bug. Yes, I'm going to tell you about it—or perhaps this will explain things. The other day a friend of mine said to me—"And what have you been doing this week?"
"Oh, nothing much," I answered, "except that I've made three pairs of pyjamas and bought a car!"
Actually the June Bug and the new car are one and the same thing. You see it is a little English car with a short stumpy appearance that Partner said reminded him of some kind of bug. "Yes," I agreed, "June Bug—that would be a good name for it." Bob suggested Firefly but we thought that was a little too fancy—and somehow June Bug seems so much more expressive.
But I ask you—what's the good of a nice, new car in this weather? A few trips to town and it looks like hibernating all winter and just pushed its way up through the dark, sticky mud. Another thing I have to contend with is the steering column, gearshift—something entirely new for me—also the extra creeper gear which most of these English cars are blessed with.
Before we got the car I was seriously thinking of getting an electric sewing machine. Varicose veins and treadle machines don't go too well together, and I do use a sewing machine so much. So, when we were dickering over the car, undecided just what kind to get, Partner said—"For the love of Pete, why don't you settle for a sewing machine and save yourself this worry?" Maybe he has something there—the trouble is you can't go very far with a sewing machine. Now that we expect to do much travelling but it will be nice to have something that's really dependable—or should be—so that we can go out without worrying about tires or whether a bearing will burn out and leave us stranded an uncomfortable distance from a garage. And in getting a small car we are also thinking of the money we shall save on gas.

Here is Daughter's latest experience. One of her tenants, smoking in bed, set fire to his mattress! I wonder how many disastrous fires have been started in just that way. Anyone who is too sleepy to keep awake long enough to finish smoking a cigarette surely doesn't need a smoke very badly in the first place. And of course the same thing happens in private houses just as easily as in a rooming house.

Fashion Hint



The bolero d suit-dress promises to be all the rage this spring. The bolero with a tiny march of buttons on either side, elbow length cuffed sleeves over a spring print blouse. The skirt excitingly pleated. A must for this spring's wardrobe.

Fake "Cures" Victimize Millions

Hundreds of medical charlatans are victimizing millions of people, declares Norma Lee Browning in *The Reader's Digest* for April. Capitalizing on public faith in modern scientific developments, today's quacks offer an amazing assortment of cure-alls including "radar", "atomic pills", "electronic ray machines." Gullible persons pay heavily for these "cures", but more serious is the fact that grave conditions which might respond to medical care often progress beyond hope of a cure while the quack applies his course of fake treatments.
Miss Browning, after a physical examination at Northwestern University had found her "disgustingly healthy", submitted herself as a prospective patient to a Dr. Myrtle Farnsworth of Chicago. Dr. Farnsworth, instructed the patient to stand in her stocking feet on two silver plates wired to a "many-dialled gadget resembling an old-fashioned radio." After recording "pulsations" for more than an hour, the gadget found 14 "frightening conditions," including "possible diabetes." The fee for diagnosis was \$35.
This device is the "Drown machine", named for the late Dr. Ruth Drown, a Los Angeles chiropractor. In Chicago the demand for Drown treatments is so heavy that patients may wait months for an appointment. The machine, it is claimed, not only diagnoses but cures any disease it detects, and even "short-waves" treatment to distant patients.

The U.S. Food and Drug Administration has denounced the apparatus as a "fake and a fraud" and the American government has filed suit against the Drown business.
The "Magic Spike", a metal cylinder the size of a cigarette, is alleged to affect cures when attached to one's clothing. The cylinder holds a tiny glass vial filled with what its maker calls "Vrilium Catalytic Barium Chloride" and is said to emit healing rays for the relief of burns, sprains, blood disturbances and other ailments. So convincing has been Magic Spikes promotion that prominent Chicagoites, including former Mayor Kelly, are among the many who have paid \$300 and up for its mythical benefits. It has no curative value, whatever says the U.S. Food and Drug Administration.
The notorious "Koch Cure" is a "chemical treatment" for cancer, invented by Dr. W. F. Koch of Detroit. American government agents, who have tried to suppress this "cure" for years, call Koch "the smartest quack in the United States." One Koch practitioner quoted the author a fee of \$325 for a treatment. The American Medical Ass'n. has long denounced Koch's Cure, yet thousands of cancer victims continue to be deluded by its promoters.
Clever quacks are difficult to combat, Miss Browning says, for they know how to avoid acts of malpractice which could bring them foul of the law. Patients are urged to check physicians who propose to treat them, through local medical societies or accredited hospitals, and to avoid all who claim to possess a "secret" treatment. No reputable doctor would withhold a valid treatment from his profession nor deny its benefits to humanity.

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SAFE WINDOW CLEANING
New "Turn-A-Window" kit alters any double-hung windows using sash weights so both sides may be cleaned safely from inside building, reports The Financial Post. Bottom section of inside stop and parting strip on each side of window are cut away, joined by metal conversion strip, and screwed back in place. When joined section taken away, either sash can lower, swing inside the room.

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