

Variety Life Spice Even in Lunch Pail

The workingman's lunch box should always contain some form of body building and body repairing food stresses Margaret E. Smith, Health League of Canada nutritionist. That is, it should contain protein—found in meat of all kinds, fish, eggs and cheese. Some proteins also occur in fruits and vegetables, but these vegetable proteins do not contain all the essentials needed by the body.

"Sandwiches are, of course, the basic lunch box food," notes Miss Smith, "but these must be made with a variety of fillings bearing in mind both nutritional values and taste appeal. Whole grain bread should always be used—wheat, rye or oatmeal; and one day old bread stands up better in sandwiches without becoming soggy."

For sandwich fillings, the Health League nutritionist recommends sliced cold meats, liver or heart, or meat loaves. Sometimes lettuce over roast meat can be ground and mixed with dressings, or with vegetables, cooked or raw.

Raw vegetables in handy form,

such as carrot sticks, turnip strips, radishes, onions, tomatoes, green pepper, or parsley add both interest and vitamins to the lunch, and dessert provides further opportunity for adding food values in the form of fresh or dried fruits, and baked custard, custard and rice, or tapioca puddings, which can be conveniently carried in sealed containers.

Besides carrying the usual hot or cold beverage, it should also be remembered that thermos bottles can add a valuable hot soup or cold fruit or tomato juice to vary and improve the menu.

"Wives should take a little extra trouble with the lunch-box menu," concludes Miss Smith. "After all food must sometimes be eaten in surroundings which are none too appetizing. Remember, variety is the spice of life—even in a tin pail."

SELECTED

"Our baby has started reciting nursery rhymes. To-day he chose 'Baa, baa, black sheep, have you any wool?'"

"At eight months! Incredible!" "Well, he didn't say quite all of it. But the 'baa' was as plain as day."

TALES ON TINTYPES



—Photo by A. T. Brown

Just to show that there have been many wars and welcomes home from wars we think this old picture is particularly appropriate this week, when the war in Korea has come to an end.

This one goes back to January 7th, 1901, and the arches and banners and welcome signs along Mill Street were in welcome home Gunner W. J. Gould from the War in South Africa. Acton sent two of its sons to that war, Stanley Moore and Billy Gould. Stanley Moore was buried in South Africa and Billy came home and lived to serve again in the first World War.

He is still enjoying shuffle board and fair health at his home on Bower Avenue. To him the above picture will bring many recollections. Little things like winter weather didn't deter the Acton folk from putting out welcome signs and making arches of evergreens for the welcome parade through the town.

We don't need to call attention to the snow filled roadway. The streets were never plowed or cleared of snow fifty year ago. The only vehicles on the road were horses and sleighs and the spring did the clearing of winter's snow accumulation.

The location of this arch is just about where Cooper's and Baxter's Drug stores are located in the business section. The brick block belonging to Mr. Pallant can be seen in the picture and the old building that was then Henderson's Store and now belongs to Elliot Bros. The Talbot Hardware store had a verandah with balcony over the front.

We recall the day when Gunner Gould came home, but Gunner will remember it better. The station platform at the old Grand Trunk was crowded and we were held high on dad's shoulder to get a glimpse of the returning hero. We've referred to the Free Press files of January 17th 1901 and find that over 2,000 people assembled to welcome

Gunner Gould. The Free Press carried a two column story of the event.

Company 6 carried Gunner Gould on their shoulders from the 221 afternoon train to his sleigh and Acton Cornet Band struck up "Home Sweet Home." The parade had Grand Marshall Warren (mounted), Acton Cornet Band—Company 6—Halter-Lorne Rifles, the town clergy, the reception committee in sleigh accompanied by Col. Davidson, Guelph, and D. Henderson, M.P. the Reeve and Council, School Board, Chief Gamble and ex-Chief Harvey, (mounted), Acton Fire Brigade, in uniform, Crescent Lacrosse Club, Citizens and visitors (mounted in sleighs and on foot).

The parade came down Mill Street to the town hall and the picture above is of the "triumphal arch." It's recorded that not one-fourth the crowd could get in the town hall so the presentation and civic welcome was held on Willow St in front of the hall.

A gold watch was presented to Gunner Gould and Rev. H. A. Macpherson read the presentation address. It was a great day. We'd like to give the whole two columns as it's recorded in the Free Press, but you'll have to have your own recollections recalled by the picture above. It was one of the great days in Acton's history and we are very pleased to be able to record the picture taken by A. T. Brown in 1901.

It may not be generally known, but Acton now has two

other residents who are also veterans of the Boer War. They are Chas. Withers and Wilfred Coles. Both these men, however, enlisted in England and returned to their homes there after the war before coming to Acton.

(Copyrighted)

FITTING

A woman went to a dentist for the fifth time to ask him to grind down her false teeth because "they don't fit." "Well," said the dentist, "I'll do it again this time but no more. By every test, these should fit your mouth easily." "Who said anything about my mouth?" the woman replied testily, "they don't fit in the glass!"

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OTHER TIMES BY APPOINTMENT (Just drop a note to Box 575, Acton, or phone 95 on above days)

If you have car insurance with us and you change cars, your new car is automatically covered for 14 days. Just let us know the year and make, body type, serial number, engine number and model (if any).

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Ontario's Lakeland beaches are ideal summer playgrounds for family groups. The youngsters are safe near the shallow water and the whole family benefits from the invigorating air and healthful summer sunshine. You'll enjoy going by bus. ASK YOUR LOCAL AGENT ABOUT "HIGHWAY TOURS" TO ALL PARTS OF THE U.S.A.

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HAROLD WILES
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How You Can Buy Coal at Off-Season Cost if Low in Cash

Canadians from coast to coast find it economical and convenient to buy winter coal now—months ahead of the time they will need it in earnest. That way, they say, you avoid being caught off-base by an unseasonable drop in temperature, and you can take advantage of off-season prices. Furthermore, you can get it all at once and bone-dry to boot.

Of course, the good old summer-time leaves many people short of funds. If that is your problem, call on Gordon Oder, manager of the Acton Bank of Montreal, and discuss a B of M Coal Loan. Its cost is very low. It's convenient, too, because you repay by easy instalments that can stretch as far ahead as next April.

It's the B of M's business to lend you money if it is good business for you to borrow. Remember when you ask for a loan at the B of M, you do not ask a favor. If you are in a position to repay out of income without strain on your budget, the bank is glad to lend you money for any useful purpose.

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

Get New Pop, Too, Be Thrilled With Results - or Pay Nothing

What a thrill! Every man, legs fill out, ugly hollows fill up; back no longer scrawny, body lines half-shaved, nicely look. Thousands, who never could gain before, are now proud of shapely, healthy-looking bodies. They thank the special Vigor-building and flesh-building tonic, Otrera. Its tonics, stimulants, invigorators, iron, vitamins B₁, calcium, enrich blood, improve appetite and digestion so food gives you more strength and nourishment, put flesh on bare bones. Mrs. L. Savard, Millstream Heights, Ont., writes, "I gained 16 lbs. tired feeling, nervousness gone, too." Another user, Miss Mary Gibson, Cap Chat, P.Q., writes, "I gained 15 lbs. Health fine. My rundown husband gained 15 lbs. New pop."

Don't lose getting ready fat. Stop when you've gained the 5, 10, 15 or 20 lbs. you wish. Money back if you're not delighted. Costs little. New "get-acquainted" size only 60¢. Refuse substitutes Otrera has given results where other tonics failed. Try famous Otrera Tonic Tablets for new vigor and added pounds, this very day. At all drugists.

DO YOU REALIZE

Over \$2,000,000 comes back to Halton County each year in Family Allowances and Old Age Pensions without any form of means test.

VOTE MURRAY McPHAIL

Halton County Liberal Association

"I'd like to say this to all Canadians..."

UNDER a Liberal government, Canadians have added every year to the national strength and national unity of Canada;

We have had the greatest expansion of social welfare in our history;

We have increased our employment, our production and our national income every year;

We have had the greatest expansion of our primary and secondary industries—truly an industrial revolution;

Because of the outstanding contribution of the members of our Navy, Army and Air Force, we have been able to do our full share to prevent and to stop Communist aggression;

We have reduced the national debt every year, and, in the last two years, raised the reward in lower tax rates.

Do we want all that to be continued?

Do you really think it's time for a change?

For a change to a Parliament of regional groups—a handful of Social Crediters from the Far West, a few Socialists from the Prairies, a few more Conservatives from Ontario or the Maritimes and some so-called Independents from Quebec?

In such a Parliament without the leadership and responsibility of a united national party, how could the government help being weak and insecure?

Do we want a weak and divided government to deal with the formidable problems of the next few years? I ask you, IS it really time for a change?

We believe most Canadians want a government which encourages enterprise, promotes trade and fosters the exploration and development of our resources; and you know it as well as we do, that requires balanced budgets, paying off debts in prosperous times and a tax structure which, while fair to all, is adequate to meet these demands.

Robert McPhail

For a Greater Canada— VOTE LIBERAL!

NATIONAL LIBERAL FEDERATION OF CANADA