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D. Stauffer Tells Of Co-ops' Value

Blue Springs, the new farm forum in Nassagaweya, has just completed its first month of discussions. Meetings in the different homes in the community have been well attended and opinions freely aired. Some recreation, cards and a song or two, have added to the enjoyment and plans are going forward for a good winter's work.

The month's activities reached a peak Monday evening when Dan Stauffer, president of the United Co-operatives of Ontario, addressed a joint meeting of five neighboring forums, Ligny, Town Line, No. 7, Limestone and Blue Springs, in Brookville Hall, Nassagaweya. Commenting upon the country's youth and strength, Mr. Stauffer held that Communism in the world was gaining because time is on its side. We are not exercising our brains nor our faculties enough, he said, and the people are the real units of strength and vigor. The stigma which attaches itself to the Co-operatives vanishes when it is known that this movement is a \$60,000,000 business, operating in 156 different places on full time, he said.

MR., MRS. T. LESLIE MARK 60 YEARS WED

Mr. and Mrs. Thomas L. Leslie observed their diamond wedding anniversary on Saturday, December 5th. Mr. Leslie was a member of the Esqueving council for ten years and was warden of the county in 1929. He was a director of Farmers' Mutual Fire Insurance for many years, was president of Esqueving Agricultural Society and so is well known in the county.

A turkey dinner was served to over 50 guests in St. John's Memorial Hall, Georgetown, by the Woman's Association of the church to mark the event.

He retired from farming 13 years ago to Georgetown, where he and Mrs. Leslie were active in church and community activities.

Much Can Be Done To Ease Hay Fever

Since hay fever, unless it is treated by injections, is apt to last 10 or 20 years and even longer, with asthma always prone to appear, early medical treatment of the condition is worthwhile, notes Dr. C. Collins-Williams.

"During the first season of hay fever, a child is usually thought to be suffering from a cold," the Toronto paediatrician explains. "However, the symptoms do not respond to the usual treatment for a cold and when this same type of 'cold' develops at the same season of the next year the true diagnosis usually becomes apparent."

If hay fever is treated only by drugs capable of giving temporary relief, the patient has about a 50 per cent. chance of developing asthma later. To give permanent help he must be skin-tested to determine the substances which are responsible for his symptoms and then must receive injections of minute amounts of these substances in order to build up immunity to them.

Tells How To Guard From Pickpockets

The pickpocket is likely to be present wherever there is a crowd. How they ply their trade and how to guard against them are told in a Reader's Digest article.

Pickpockets possess not only a remarkable dexterity but an unerring ability to know what the victim will do next. Choosing his prey in a crowd, the skilled pickpocket learns two vital facts at once: the exact position of the wallet he is after and whether his intended victim has any suspicions.

On a cafeteria line, a man will hesitate to drop a tray full of food to grab for his pocketbook. Among crowds at sporting events, particularly in a ninth-inning rally or the finish of a horse race, men momentarily forget their wallets in the excitement of the moment. In such places, cautions Reader's Digest, it is well to be more than usually alert.

Drinkers' Accident Hazard Calculated

Statistical studies of the possibility of having an accident after one or more drinks, were carried out by University of Toronto personnel, and reported on at the recent International Conference of Alcohol and Road Traffic. A summary of their findings reads:

"The practical viewpoint obtained from this survey is that small amounts of alcohol—a cocktail, a bottle of beer—taken by the average person in an hour, gives an alcohol level which did not appear to impair driving ability in most persons. If, however, several cocktails or bottles of beer are consumed in about an hour's time, the alcohol content of the blood is in the range of 0.10 to 0.15 per cent. In this range the statistician has calculated the hazard of accident is about 3 to 1 for any driver operating under identical driving conditions, as compared with the hazard when sober.

"If sufficient alcohol is consumed—6 drinks of whiskey, 6 cocktails or bottles of beer—in a relatively short time, an hour or so, then the range of blood concentration will be above 0.15 per cent, and the hazard of accident is ten-fold."

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Malaria Control Work of Agency

The malaria control work of the World Health Organization in Thailand is estimated to have prevented some 50,000 cases of malaria in a single year," Dr. Bates, general director of the Health League of Canada, reports. "The prevention of these cases means that in one area alone, which has a population of approximately 280,000, this program saved more than 25,000 work weeks, or 175,000 man-days of productive labor.

"W.H.O. investment in malaria control in Thailand and elsewhere in Asia is being returned many times over with the opening up of land for farming, lumbering and mining, by raising the average income through the prevention of sickness, hospitalization and premature death and in the removal of obstacles to new roads, dams, power and communication lines.

"By going in at the request of national governments to demonstrate the use of modern techniques in disease control, this specialized agency of the United Nations provides tactical proof that we of the Western nations are actively concerned over the plight of our neighbors elsewhere in this very small world."

It was a little more than one year ago that the Health League of Canada, a 34-year-old health educational organization, was asked to assume the duties of a Canadian citizens' committee for W.H.O. Since that time it has been helping to make some of the work of this U.N. agency better known within Canada.

Stretch Small Space With Room Illusion

If you have a small amount of space, but want it to create the illusion of a larger room, stretch it by these simple methods.

For an unbroken line between dining and living areas, use low bookcases or shelves for storage. Scatter rugs give way to neutral-tone rugs and wall-to-wall carpeting for a more spacious look.

Color, too, helps create a larger feeling to your room. Blues and greens are wonderful for walls, but be sure your woodwork and mouldings match the walls for a more spacious effect.

In the purchase of furniture for down to the room size.

New furniture serves a dual purpose and is ideally suited to small homes. Sofas become beds at night, desks turn into dining room tables and servers, breakfasts are tables, etc. Coffee tables, by assuming added inches in height, make handy dining tables.

The proper furniture turns the den into a guest room, a dressing room into a perfect sewing room that bare corner of the kitchen into a compact breakfast nook.

Look around you—there's probably room to spare in your home. Make every corner work, utilize every inch—and you'll have a larger, more spacious home.

St. Francis Made First Crib in Cave

St. Francis of Assisi is believed to have originated the custom of displaying the Christ Child in a crib at Christmas time.

He is reported once to have said to one of his followers: "I wish to celebrate holy Christmas night with you. In the woods near the cloister you will find a cave where we shall arrange a manger filled with hay. We shall have an ox and an ass just as at Bethlehem. I wish to see how poor and miserable the Infant Saviour became for us."

So at midnight, in the small Italian village of Greccio, in the year 1200, St. Francis and his followers celebrated mass at the cave and sang hymns in honor of the Christ Child.

An age-old story re-told... "She brought forth her first-born Son and wrapped him in swaddling clothes and laid Him in a manger."

Dripping Faucet Costs You Money

Housing officials figure that if all the leaky hot-water faucets in the country were made undripping, we could save 65,000 tons of coal a year on public-housing projects alone.

This came out during a practical demonstration of efficiencies and economies in the operation of housing in connection with the National Association of Housing Officials meeting.

Soot, they say, wastes BTU by insulating boiler tubes. Clean tubes make steam and save heat. Keep the boilers clean.

Good combustion gets you more heat for less. Heavy smoke kills the little BTUs and costs money. Keep your equipment in good shape.

If that leaking faucet drives you nuts, you can add this to your misery—it also can cost you money.

Here are a few rules on the subject the housing officials, government and private, recommended to help you save money:

Distribute the heat by turning off the radiator in the right place at the right time, depending on sun and shade in the house. A leaky radiator trap allows steam to escape. Get it fixed.

A heavy draft pulls heat up the chimney. Is your boiler operating properly? Heat is lost through the walls and roof. Are you insulated?

ESCAPED

A jobber was out with the boys one evening and before he realized it the morning of the next day dawned. He hesitated to call home but finally hit on an idea.

He rang his house and when his wife answered the phone he shouted: "Don't pay the ransom honey—I escaped."

Christmas Greens Brighten Home

A few well placed Christmas greens can do much to brighten a house at Christmas time. Properly clipped, the branches will never be missed and might improve the looks of the tree from which they are cut.

Hemlock, red cedar, juniper, yew, pitch pine, white pine, will make suitable material for a spray to decorate a mantle door or a spray for a newel post.

In pruning, however, keep in mind the natural appearance of the tree from which you clip branches.

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Relaxation is Key To a Happier Life

"Most of us, in practically all our everyday activities, are driving with the brake on and that brake is unconscious tension," says Joseph A. Kennedy in the Reader's Digest. The author claims that to overcome tension is to find the key to a happier living. He has taught his methods of relaxation to over-wrought executives, pilots and midshipmen.

To relax, first locate the tension in your muscles. The muscles of the brow need special attention for they are closely associated with anxiety. With the brow relaxed, it is practically impossible to feel worried. Similarly, tensed jaw muscles signal some difficulty or problem to the brain; a relaxed jaw gives a sense of ease and confidence.

The hands, "main executive instrument of the body," are involved in almost everything we do. Learning to relax the hands, when irritated or in a tight spot, takes the pressure off.

The muscles generally should be relaxed at midmorning, again just before lunch and again in mid-afternoon. Sit down and "jelly" yourself into the most comfortable position. Or lie on your back with arms at your sides. Then check key points for tension: brow, abdomen, jaw hands. Tighten each, then let go, allowing the muscle to relax itself.

Breathing furnishes a valuable control for regulating the degree of tension. When a crisis is past, we say we can "breathe easier." But learning to breathe easier in the first place prevents tension from forming.

Hurry is one of the major causes of tension. Whenever you feel a sense of hurry—and you can feel it even while sitting still—you should deliberately slow down. And concentrate on the specific job at hand instead of an ultimate goal which you may be trying too hard to win.

HEARTIEST CHRISTMAS GREETINGS AND A MOST SINCERE THANK YOU

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On This Our 22nd Anniversary

AS WE BUILD FOR TOMORROW ON THE STRENGTH OF YOUR GOOD WILL OF TODAY WE WILL TRY TO SERVE YOU WITH THE SAME HIGH QUALITY MERCHANDISE AS IN THE YEAR'S GONE BY

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Suggestions for Easy Shopping

McVitie & Price ENGLISH BISCUITS	45c to 1.75
Peck-Fran ENGLISH BISCUITS	25c to 89c
Gray Dunn SCOTTISH BISCUITS	29c to 1.85
Keiller's Famous SHORTBREAD	tin 85c
C. & B. Special FRUIT CAKE	tin 1.50
Weston's Macaroon SNOW CREAMS	tin 89c
Tavener English FRUIT DROPS	tin 39c
ENGLISH TOFFEE	Little Folk 35c, Blue Bonnet 75c
Red Boy ENGLISH TOFFEE	tin 1.25

Tuna Fish Salmon Sardines Shrimp Chicken Mushrooms (canned Meat)	Olives Pickles Dills Gherkins Relish Sauces Chili Sauce	F. D. Tea M.B. Coffee Ginger Ale Soda Water Grape Juice Coca Cola Am't. Pop	Cranberry Jams Marmalade Fruits Fruit Salad Fruit Juices	Mince-meat Raisins Currants Peels Dates Figs Prunes	Honey Syrup Peanut Butter Cake Mixes Shelled Nuts Tobacco Cigarettes
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Suggestions for Easy Shopping

CLUSTER RAISINS, Special Pack	box 39c
STUFFED DATES are Delicious	box 35c
Candied FRUIT TRAYS from Holland	1.00
XMAS CAKES	50c, 55c, 1.00, 1.60, 2.15, 2.75, 3.50
XMAS PUDDINGS	50c, 55c, 75c Try One
LOWNEY'S CRACKERS (4 choc. bars)	for 39c
Cadbury's CHOCOLATE BISCUITS	39c, 43c
LONDON CHEESE SANDWICH	tin 35c
CHRISTMAS SERVIETTES Santa or Poinsettia	pkg 20c

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NOTICE TO THE CITIZENS OF ACTON

Your attention is drawn to paragraph No. 18 of by-law No. 945 which reads as follows:

"It is unlawful to park on any street for an unreasonable time, having regard for the traffic requirements of such roadway, and in no case for a longer period than three hours between twelve o'clock midnight and seven o'clock in the forenoon.

Kindly govern yourself accordingly.
 J. McGEACHIE, Clerk