

## Personal Notes . . .

Of Actionians Visiting Out-of-Town Friends and of Visitors to Action Homes

Mr. and Mrs. Fred Anderson visited in the Boud Head district on Saturday.

Mrs. C. W. Mason is visiting Administrator L. K. and Mrs. Mc Gill of Owen Sound.

Mr. and Mrs. Harold Smart of Islington visited with Mr. and Mrs. Fred West, Monday.

Principal E. A. Hansen of the Action District High School attended the spring meeting of Niagara District Headmasters at Vineland Tuesday.

Norman Smith has completed his first year at the University of Guelph and is working in the lab at the tannery for the summer.

Tom McKeown, awarded the Rotary Club trip to Ottawa this year, leaves Sunday on his "Adventure in Citizenship". He will be writing an account of the event for the Free Press.

Mrs. Ernest Ingles has been a patient in the Georgetown and District hospital for the past three weeks. Everyone hopes for a speedy recovery for her.

Mr. and Mrs. Norman McDowell, Brandon, Man., Mr. Harvey McDowell and Mrs. Charlotte Osborne, Limehouse, were recent visitors at the home of Mr. and Mrs. Edgar McDowell.

Laurence Duby has completed his first year at Trinity College, University of Toronto, where he's studying theology. He's working at the Rumley-Shoemaker Tinner al home.

Mr. and Mrs. A. W. Norton, Limehouse, entertained their family and a few close friends from Limehouse and Hamilton at a buffet supper Sunday on the occasion of their 39th wedding anniversary.

Attending the annual Spring Rally of Region 6 Lions Club in Milton Saturday from the Action club were Murray Harrison, Dave Hunter, Neil Miller, George Lockridge, Hartley Coles and newly elected zone chairman Al Lauder.

Mr. Ron Arnott has accepted a position with the Trilligar Golf and Country Club for the summer months. Due to health reasons he is unable to continue with the parks board of Action. He will be missed at the park, where he had become so well known.

A dozen members of the Fair Ladies' Board of Action Agricultural Society toured the Free Press plant Tuesday afternoon, just as part of the Milton paper was going to press. They held their meeting afterwards at the home of Mrs. Mel McCullough.

The oil painting group is meeting together Tuesday nights now to continue their hobby without an instructor. They may have a display in the fall.

—Y's Men won't be sponsoring a hydroplane regatta this spring.—Some Action women have jobs at Mohawk racetrack for several weeks.

The sudden warm weather brought out the frogs at last—and the flies and ants, too.

The United Church will be holding a vacation Bible school the first two weeks in July.

—Guides and Brownies are taking orders for Cookie Day.

—High school girl's essays on mental retardation are now in the hands of judges. This contest is an innovation.

Cubs and Scouts cleared \$46 from their Easter sale of Hot Cross buns.

The Free Press always publishes graduation pictures from universities or hospitals. Please let us know.

—High school students have received their tetanus booster shots.

—Warm weather has turned the ice at the arena to a small puddle.

**"SLOW HEART"**

Ever hear of a "slow heart"? Ingemar Johansson, ex-heavyweight champion of the world has one. Medically it's known as "exceptional cardiac reserve". The average healthy heart beats 70 to 80 times a minute; Johansson's 48 times a minute. That's normal for him. Whether your heart beats fast or slow is nothing to worry about as long as it's healthy. And one way to help keep it that way is to support your heart fund and its all-out program of research, education and service.



—Staff Photo  
NO MAGIC HERE! Vice principal Doug Copeland of the Robert Little school is no Hindu performing the rope trick. It's just Margaret Bennett climbing a rope on the new equipment at the school.

### Y's Men's Birthday...

(Continued from Page One)  
idents' plaque, to display the names of chief officers prominently.

A skit given by Elmer Smith, Jock Calder, Bill Wilson and Lorrie Doberthien delighted the audience.

### Draw Prizes

It draws. Miss M. Hill of Etobicoke won the flowers from the headtable, courtesy of the Bank of Montreal. Ernie West won a smoked ham donated by Ben Rachlin. Mrs. Wes Beatty won a bowling bag donated by Ben's Shoes. George Williams won chocolates donated by Hill Robertson Mtg Co Ltd, to live in Toronto.

Ross Morton, co-owner of Reliable Taxi, and part-time driver Andy Williams attended the running of the Kentucky Derby Saturday. The men really got their money's worth and good fortune beamed on them. Not only did they strike it lucky wagering on the naps, they sat a safe distance from the fire which broke out in the stands. Like most of the crowd in attendance they didn't expect to see several fire trucks roll into the grounds and firemen douse a blaze in one section of the stands as well as watching the race later.

### Out-of-Town Guests

Guests of the club at the dinner included Mr. and Mrs. Jim Kendrick, Mr. and Mrs. Wilt Roberts, Mr. and Mrs. George Madison, Jim Ross, Guelph; Mr. and Mrs. Don Wiggins, Oakville; Mr. and Mrs. Ron Smith, Peterborough; Mr. and Mrs. Bob Young, Kitchener; Wes Wolfe, Newmarket; Mr. and Mrs. William M. Kay, Toronto; Mr. and Mrs. Paul Lawson, Newmarket; Mr. and Mrs. Frank Gossland, Mr. and Mrs. Norman Marlow, Toronto; Mr. and Mrs. Jock Calder, Georgetown; Mr. and Mrs. W. Hill, Etobicoke; Bob Duby, Port Credit; Mr. and Mrs. Ralph McKeown, Glen Williams, Mississauga; Mrs. Erin West, Kitchener, as well as former members and present members still in town. Wilt Roberts is president of Guelph Y's Men's Club and Matt Hill is head of the Ontario Region.

Highway widening is becoming a step closer daily as workmen are rushing installation of manholes for storm sewers along Queen, Young and Mill Streets.

The Bruce Trail locally is still quite muddy. But save the map on page B4 for pleasant walks this spring, summer and fall.

Hattie Roe now has several applications for the position of playground leaders for the summer program.

Wednesday afternoon, fire fighters were called to Equestrian camp to extinguish a fire burning out of control.

SPEEDY CAR WASH  
MAY 8th -- 11 A.M. - 4 P.M.  
99¢  
ACTON MOTORS  
SPONSORED BY ANGLICAN YOUNG ADULTS  
REFRESHMENTS

Georgetown  
ONE DAY ONLY  
TUES., MAY 11th

Ball Park  
AUSPICES  
LIONS CLUB

GENE KIPLING  
& COODY BROSS  
COMBINED  
CIRCUS

All Proceeds Go Our Professional Program in The Guelph  
Portable Pavilion And All To Be Sold For The Price Of One  
Single Admission Ticket.

BIGGEST AND BEST CIRCUS THAT WILL VISIT THIS VILLAGE.

BRING YOUR CAMERA

FOR YOURSELF  
30 Circus Acts  
8 Animals - ALL NEW

GOLDEN PEACOCKS  
McGraw-Hill  
LIBRARY HORSES

A Special Invitation  
is extended to all to come to  
the Show on May 11th.  
The animals being fed and watered.  
FREE! The Big Top  
performed 4 and 8 p.m.

ADMISSIONS \$1.00

2% HOMO

3 QT. JUGS

55¢ 59¢

### Photo Hints

## Mothers Make Ideal Family Photographers

Any mother who keeps a camera handy won't find herself telling a neighbour, "I wish I had a picture". She can have the pleasure, a story-telling picture, to share with friends and relatives now and in later years, to recall happy moments.

Mother is the ideal family photographer because she spends more time with the children than anyone else. She's at home with the children when father's at work. She's around when picture-taking situations just naturally happen, when junior makes mud pies, when daughter primpes in front of a mirror, when boy scouts is played on the front sidewalk.

Are you and daughter heading for the neighborhood park this afternoon? Take your camera and capture, on film, a day in the life of your child. Get a shot as you leave the house and then record the games and the fun that follows. With a camera especially a movie camera, mother is all set to film the action as it happens.

Movies or snapshots can provide a colorful record of your family life. By telling an interesting story, and shooting with care, you'll have pictures that your family and friends can enjoy for years to come.

Hardening of the arteries and high blood pressure cause about ninety per cent of all heart and circulatory disease, according to the Canadian Heart Fund.

### SAFETY FIRST

Hands, feet and eyes are involved in about 50 per cent of industrial accidents. Of these injuries, many could be prevented by the use of safety devices designed for protection of the worker. Hard helmets for construction workers, and goggles and face masks for welders and machine operators will help to protect heads, face and eyes and should be worn wherever there is danger on the job.



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COME IN OR CALL US FOR THE  
BETTER  
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### Entertain yourself!

## Mother

Weekend  
Mother's Day

"SWIFT'S SPECIALS!"  
MIX 'EM OR MATCH 'EM

Swift's 24-oz. Tin  
SPAGHETTI &  
MEAT BALLS 279c

Swift's 24-oz. Tin  
BEEF OR IRISH STEW

Swift's Prem 12-oz. tin  
LUNCHEON MEAT

Kadana TEA BAGS - - 59c

Celebration - 3 Varieties  
19-oz. pkgs. 2 for 79c

CAKE MIX - 2 for 79c

Jelly - All Flavors Reg. Site

JELL-O - - 10 for 99c

Monarch 1-lb. pkgs.

MARGARINE - 2 for 59c

Lady Beth Assorted CHOCOLATES

1-lb. Box 79c 2-lb. Box \$1.55

IGR PORTERHOUSE  
SIRLOIN OR WING

79c 85c LB. LB.

JUICE SUNKIST VALENCIA

ORANGES 49c

DOZ. SIZE 113's

CARROTS - - 29c

Prod. of USA - Can. No. 1 Grade 3-lb. bag

CUCUMBERS - 2 for 29c

Prod. of USA - Can. No. 1  
Celery Hearts - Each

Highliner Frozen Haddock & Batter - 14-oz.

Freshly Ground Minced Beef - Pkg.

Prices Effective May 5, 6, 7, and 8  
We Reserve the Right to Limit Quantities

Awake Frozen  
ORANGE DRINK 39c  
Beef or Beef Gravy 15-oz. Tins 8 for 89c  
PARD DOG FOOD 16-oz. Bottles 2 for 59c  
Monarch - Twin Pack TABLE SYRUP Kraft Jet Puffed - White/Fruit 16-oz. pkgs. 2 for 45c  
MARSHMALLOWS Assorted 20-oz. Tins 2 for 37c  
Assorted Jaffa ORANGE JUICE 12-oz. Tins 2 for 37c

"IDEAL FOR MOM!"

MIDI NYLONS 2 pr. 77c

with a free \$2 bonus tape

Swift's Premium Rindless 1-lb. SIDE BACON 69c

Swift's Premium 16-oz. pkg. SLICED BOLOGNA 39c

Premium 1-lb. Cello Pkg. SWIFT'S WIENERS 49c

Hospitality APPLE PIE each 43c

Hospitality ASSORTMENT 35c

Hospitality Marshmallow Blossoms 29c

SPECIAL COMBINATION OFFER

One 20-oz. Tin Staffords

Strawberry Rhubarb PIE FILLER AND

18-oz. Pkg. Monarch

PIE CRUST MIX 69c

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SAUSAGE 39c

3 QT. JUGS 2%

HOMO MILK 55c 59c