CANADIANS RAT WELL TRAVELLING AT CHRISTMAS AND NEW YEAR'S

"That Canadians eat well when travelling during the Christmas and New Year's holidays is shown by the large quantities of seasonable foods prepared by chefs in dining cars of the Canadian National Railways' stated W. W. Swinden, head of the Dining Car Department of the system. Turkey, of course, is the most popular item but there are also many other dishes which are considered necessary to complete a wellrounded festive meal. Mr. Swinden has compiled some interesting information about the quantity of Yuletide foods consumed by the travelling public aboard those little botels on wheels attached to the modern railway train.

About eight thousand trukey dinners will be served on trains of the Canadian National System during the festive season, which is more than the largest hotel in the world will serve in its dining room during this period. Preparation for sizeable job takes place in a dining car kitchen 16 feet long and 6 23 feet wide. In serving the above number of meals, Mr. Swinden states the travelling public will consume about slow-others 5.000 pounds of fresh turkeys with cranberry sauce; and to dress these turkeys approximately 300 loaves of

stale bread will be used. English plum pudding, with hard a very popular dish and sufficient quantity has been prepared to meet all individual requests. Mince ple, too, will not be forgotten, 2,000 pounds of this filling will go into ples inst like mother used to make. . A few passengers who do not care for plum pudding or mince pie, these will be very much in minority. will probably order ice cream Cadadian cheese with biscults

cap the meal. "To enable the housewife to try her luck in preparing some of these tasty dishes in her own home. may secure from our dining car-department a recipe of any dish that takes her fancy" stated Mr. Swinden.

Read it or not:-Prost does not cause the leaves of trees to turn yellow and red in the autumn.

Play fair even with the Devil. Don't yell "get behind me Satan," and then continue to hang onto him with both

White and Pink

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examination and glasses of quality; consult

Engraved Frames

Georgetown Sport Clubs Have Successful Year During 1937

Juniors Show Way in Hockey Circles Winning Championship of Group-Midget N.H.L. Won Morenz Trophy-Crichton High-lights Track Meets-Other Sports Gain

In the realm of sport, Georgetown enjoyed another banner year in 1937. championship of group No. 8 were: Success was two-fold. First, an interesting season was provided by the different clubs, and secondly, accomplishments included several champion-

1937 is now "gone with the wind, with many paragraphs having been written regarding hockey, baseball, track and field meets and other sports during the past twelve month-span into the volume compiled by Father

While no outstanding honors have come to local sports circles-no international championships won-yet all that; they enjoyed a good deal success. Progress with some bounced ahead think of Midget hockey in this nection. The feeling is general though, that we are headed for bigger

and better things in 1938. Georgetown athletes took part eleven different branches of sport in 1937, namely: hockey, baseball, softball, golf, tennis, bowling, curling, bedminton, skiing, swimming and

Beginning with hockey, we might say that our hockey teams fared not too badly. The Juniors won honor for themselves and the town when they won their group championship. There were only three teams in the group-Acton, Orangeville and Georgetown. Orangeville were forced to the cellar position with Acton and Georgetown fighting it out for the honors. the play-offs, if you will try to remember, the local team took the Tanners in two straight games, the scores being 7 - 2 and 3 - 2. Then the first step out of the group with Waterloo is a memorable one to many. The first game was staged at the arena here and Georgetown could do nothing wrong-winning the game 4 - 2. But a two-goal- lead was not sufficient to take to Kitchener and the local team's aspirations were cut short when they were defeated 7 to 3 or 9 to 7 on the round. The players of

the Georgetown team who won the goal Burrows: defence, Ganderson, Wright; centre, Regan; wings; Hillmer Archibald; alternates, Stockford, G. Riddall, Soloski, Kemshead.

The Intermediate team also provide ed sport fans with some interesting entertainment last season. they did not win any championships. they were a hard team to beat, and sent a scare into the mighty Acton Tanners, who decided libest to playoff with Guelph instead of the local

son was the formation of the Midgel N.H.L. under the presidency of Gordon Alcott, who is at present organizing a league in Haileybury. Night after night hundreds of fans enjoyed the games of the young 'pro' players. The league comprised six teams— Maple Leafs, Americans, Canadiens. Black Hawks, Maroons, Bruins-and was the first of its kind to be formed; in Ontario. Since that time midget clubs have sprung up all over the country. It was a whirlwind finish last spring, when the Maple Leafs, and Les Canadiens went five games in the play-offs before the winner could be declared. The Stanley Cup went to the Maple Leafs, and they in turn played-off with Stratford for the Ontario championship and the Morenz Trophy. This two-game series was won by the Georgetown midgets 3 - 0 and 3 - 2. Here is the line-up: goal; Billy Clark; defence, Bob Goldham, Jack Morrow; centre, Bud James; wings, Doug. Sargent, Bus. Hale; subs. Don. Early, Norm. Barber, Bob Early. Willie Murphy, Bob Wylie, Walker Cleave and Albert Kemshead, sub-

Last year Georgetown also boasted Juvenile League, with Streetsville winning the group and the cup. It was a great hockey season during 1937. Baseball Had Good Year

The Georgetown baseball season opened on May 15th and had a good year despite many setbacks, and even though they did not win an intermediate championship. In the group were Georgetown, Acton, Milton, Burlington, Brampton and Hillsburg, with Milton winning the group. George-. town played-off with Acton for second place, but were easily put out. Midget baseball also made its debut and success crowned the efforts of those who tried to get this sport under way. The crowds were small but the baseball learned by the boys was

On Track and Field

Dave Crichton high-lighted the track and field events by doing some outstanding running against run.iers of high merit. He defeated Milt Wallace, one of Canada's best, in the mile and half event in a meet at Varsity stadium last July adn qualified to run against the Oxford-Cambridge runners from England. In this meet he was ied to the tape by Wallace, but only by 4 seconds, and there were two Oxford-Cambridge runners in the race

Bill Collier made a fine showing in the two-mile event, placing second. Crienton won many races during 1937, which was climaxed in October when he set a new record in the mile and exceeded his own time in the Inter-collegiate meet the following week. In the Montreal harrier races he scored first in the five mile event Georgetown was proud to have a runner like Dave Crichton in the

time" races. Honors came to Bob Goldham who won the C.O.S.S. shot put at Catharines and gained for himself three weeks holiday at Lake Conchich-

ing boys' camp. At this point Norval village comes in for honorable mention, when Harvey Nurse and R. W. Hall of Norval Rifle Club were successful in winning first and second places in the shoot sponsored by the Dominion Marksmen of Montreal. The nearest competitors to these two men were Sergt. K. Waugh of the Calgary Rifle Club and G. S. Beckett of Moncton. N.B. Nurse also qualified for 5th place in the Dewar Trophy shoot at Otlawa in August. In October he received a beautifully mounted silver shield, emblematic of the Ontario championship. This is indeed an honor to have been brought to our district, considering the number who take part in these

Softball Proves Entertaining

During the summer and fall seasons, softball-had its place with the sport fans." The Outdoor League nad its large quota of spectators, especially in the play-offs, when the Pirates won the Tip-Top Tailor Trophy when they put the Glen team out by a 13 - 9 score in the final game.

The Halton-Peel Softball league proved almost more interesting when the games were played in the arena: Teams from Brampton: Norval, Glen Williams, Stewarttown, Liméhouse and Georgetown made up the group, with Norval winning the championship. Brampton were the runners up.

Golf Had It's Place mecca for golfers last summer many fine scores were made on beautiful nine-hole course. In final round-up 28. competitors took put up in bottles and boxes-mixtures part for the Willoughby Trophy and that are not only useless but in some Ry Douglas came through with the instances harmful. low net score. He also won the Foulis Cup for the lowest gross score. In ploitation of the public offers greater the match-play Roy Foulis was suc- opportunity for the quack and the cessful in winning the Club Shield.

Another Championship

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brings us to the topic of lacrosse and label. the Cheltenham-Ingelwood Combines who won the Ontario Intermediate gullible public love to be fooled, and Lacrosse Championship.

Nothing But Success Georgetown marked the year 1937 by building a wading pool for the younger boys and girls, which was needed in the worst way . . . The On-

tatio Championship Bicycle Ruces race of 4 min., 31 seconds in the were brought to Georgetown in July Inter-Faculty track meet at Varsity. . . . The High School rugby team won the Ross Trophy when they defeated the Milton team . . . Vivian Clark of Norval Station won the Lady Drivers' Race and a gold wrist watch at Dufferin Park, Toronto, in the Test harness meet for lady drivers . . . In De-

cember E. McKinney of the Norval Rifle Club turned in ten perfect score cards to win' a gold button from the Dominion Marksmen, Montreal . Badminton, tennis, bowling, swimming skiing and curling all had their place during the year.

The above review of the year's ac tivities of Georgebown and district sport clubs and athletes, show that the old year, which sung its swan song at midnight on Friday last wasn't such a bad old duck after all But time marches on, and a new year is with us. May it be a happier one



THE USE AND ABUSE OF DRUGS doubt prehistoric man used drugs. The earliest pages of history reveal that great store was laid by the use of herbs and barks, infusions and If you have a clear conscience concoctions, to heal all manner age many of the old prescriptions are utterly ridiculous but blind faith surmounted upon ignorance has led many a person into accepting an Then you are one of life's millionaires imaginary cure, and the custom has by no means become a thing of the past. Perhaps there are not as many Cedar Crest Golf Club . was the absurd ideas abroad today about the and values of well-d mixtures as in the this olden days, but in a different guise the there, are still many so-called cures

There is no field in which the excharlatan than in the field of modication. The older generation will have vivid memories of the itinerant Georgetown could not get along peddler who, with the aid of a wagon without its neighboring villages, and and torch light, persuaded many a so we feel that they are at least a listener to part with a dollar for a tell me you never got tired." part of our district and should have bottle of something which often was Negro-'Dat's right, boss, ah altheir place in our 1937 review. This not worth the price of the ink on the lus stops an rests befo' ah gets_tired." whoel bed bot it did no good."

A great showman once said the

gullibility and the taking of unknown remedies seem to go hand in hand with a great many of us. This is perhaps not so strange on more careful examination when we stop to realize how readily useful some drugs

Take insulin, for example. It has saved the lives of thousands of Toxin-antitoxin and toxid have a most eliminated deaths from diph-

widely used among children. Many drugs stop and control pain. We could go on at great length about the value of drugs but the point we wish to stress is this: Scientists know that drugs have certain definite uses within, and reaction upon the human body. They do not prescribe insulin for tonsilitis or diphtheria toxiod for heart disease. The intelligent use of drugs is a great boon to humanity. One hesitates to think how sadly the world would fare with. out them. But the useless expenditure for unknown concections not only runs into millions of dollars of wasted money but may leave

sufferer worse off than before the alleged medicine was taken. When you want to employ a drug. for some specific purpose, be sure you know exactly what you are doing. Advice and intelligent guidance are available: and many a life has been saved by the proper use of drugs at of our living. They are a part of

the proper time. Questions concerning Heatlh, dressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personnally by letter.

AS 1937 CLOSES LET'S TAKE INVENTORY

Check carefully your real assets

good health,

and a happy home, If your heart has kept its youth and your soul its honesty-

A middle-aged man was giving a stag party to his middle-aged friends. Late in the evening, when the man's wife came in to serve the supper, a guest said to him: "Bill, if you had it to do over,

would you marry Ruth again?" Ruth was loading the table with good things. She was still pretty, but she looked pale and tired. "I certainly would," said the man. "You - certainly wouldn't,"

Boss-"Hi., there, you: didn't you

A MISUNDERSTANDING

Just the other day we overheard a remark that is worth pondering. A little group was talking about the practical help the Eastern Provinces had furnished the dried-out areas in Western Canada. Reference was made to the cars of fruit and vegetables and of clothing the East had sent out. Something was said, too, about the work done by the church in supporting Missions and the sums that had been contributed by Eastern ministers to support their suffering brothren in the dried-out areas. theria in communities where they are Western youth was present and commented somewhat as follows: "That's because you have these things. When I see your fine bank barns and your splendid roads and the fine houses you live in and the good things you enjoy. I cannot but wonder that you have not done a whole lot more for the west than you have done."

An old farmer replied: "Young man, you don't understand. buildings are not all paid for. Those of us who have paid for the things you mention are trying to get the money back we invested in them. know this community pretty well. If the truth were known, you would discover that a good many of us are pretty hard up. A man's not well off because he wears glasses of carries a wooden leg. These thing are evidences of his necessities. These bank barns are grim necessities. We simply must have them but they come out our overhead that is making farming so difficult to make profitable. You're jumping at conclusions—always a dangerous practice."

We commend this farmer's remarks to all Canadians. A farmer considers himself well off if he is making ands meet. If at the end of a ten-year period he can get back in open sale all he put into his farm premises he regards himself well off. If, in addition, to this he and his wife recelve each one dollar a day in cash he thinks of himself, as well off. If man's diseases. To this enlightened If you have half a dozen good friends in addition he has made five per cent on his investment he thinks of himself as having the world by the tail. The assistance given the West grew out of good will and sacrifice.-Exeter Times-Advocate.

> The House Fly There are six million germs

As it walks up and down on Smallpox and measles, and

diphtheria. Travel around with these bacteria.

Hired Hand-"Well, now. time do I have to get to work morn-Farmer-"Any time you like, jest

so's it ain't later than half-past four." Doctor: 'Did the sleeping powder do any good?" Patient: "I scatteerd it over the