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Notice of Births, Marriages and Deaths... Additional for poetry.

DEED McDOWELL—At the home, Main Street, Acton, Ontario, on Saturday, February 9th, 1935, Mary Emily Harding, beloved wife of Bert G. McDowell.

AULT—At his residence, Runnymede Road, 117 Runnymede Road, Toronto, on Tuesday, February 12th, 1935, Edwin D'Arcy Ault, M.D., in his 89th year, formerly of Acton, Ontario, father of Percy E. Ault, and eldest son of the late Samuel Ault, M.P., of Stormont County.

IN MEMORIAM SNYDER—In loving memory of a dear husband and father, James E. Snyder, who passed away February 13th, 1928. The years may wipe out many things, but this they wipe out never. The memory of those happy days when we were all together. Sadly missed by WIFE and DAUGHTERS.

This and that

—Valentine Day—to-day. —Hearts and darts are quite in vogue. —Small town life isn't so dull, after all. —They used to talk about the long winter months. —Half of February is gone. Spring is just around the corner. —The ice storm this morning made travelling rather precarious. —The Post Office is delivering a lot of bright and pretty messages to-day. —Soon be time for the marbles and skipping ropes to make an appearance. —Excavations have commenced for the new Post Office to be erected in Guelph. —The side lines are not ideal for motor travel. We speak from experience. —Ski-walks are very slippery at this time of year, and roadways not much better. —The prompt mending of roadways and sidewalks this morning was appreciated by all. —Advertisements are invitations to shop. The best values are told about in these sales messages. —Some of the Valentines were so cumbersome that they only got as far as the Post Office door. —The way to better business is to seek the newspaper advertising reaches the most people for the least money. —A sea gull was noted flying over Acton on Sunday afternoon. This is rather unusual for so far inland at this time of year. —Items of news are always welcome for The Free Press columns. We cannot secure all the items without the assistance of our friends. —Just in case you've overlooked it. How does the label on this Free Press read? We'll be glad to alter it for you for the usual consideration. —Wellington County pupils are to be permitted to attend Guelph Collegiate without payment of the tuition fee, which has been charged previously. —D. D. G. M. Thompson, of Brampton, paid an official visit to Acton J. O. O. P. Lodge on Tuesday evening. Following the lodge work a social time was spent by the brethren of the three links. —Fred B. Pense, who has been the business manager of the Post Credit News for the past 8 years, has gone back to Kingston, and will represent the Whig-Standard, with his office at Gananoque. —Knox Sunday School held an enjoyable skating party at the Arena yesterday afternoon. Supper was served at the church following the skating. Games for younger classes were provided in the school room. —In the list of officers of the Duke of Devonshire Chapter of the I. O. O. F., published last week, a couple of inadvertent errors appeared. Mrs. G. W. Masales was elected Standard Bearer, and Mrs. J. C. Matthews, Assistant Standard Bearer, and Mrs. P. A. Smith, Counsellor. We regret the errors.

VERY PUZZLING

A man somewhat under the influence of good-fellowship attempted to pass through the revolving door of a restaurant. Each time he entered he made the complete round and found himself in the street again. After several unsuccessful attempts he sat down on the pavement to wait the thing out. A moment later a young man walked rapidly up the street and went in. The door went round and a young woman came out. The innkeeper was puzzled. "What gets me," he remarked, "is what he did with his clothes."

TRAVELLING EXPENSES

"I've about decided to get married. Won't it increase your expenses too much?" "No; I figure it will double the life of my first and cut my gasoline bill in half."

EGG ECONOMY

By Barbara B. Brooks

Eggs as eggs have been eaten from time immemorial. It is also an old, old usage to add something for seasoning or flavor, or to make them go further. But the use of eggs for thickening liquids or making cakes, breads and sauces light and fluffy is comparatively modern. This usage in our history marks the beginning of fine cookery. In fact, the French tell us that all good cooking rests upon an egg.

But eggs have not always been plentiful and frugal cooks have been lavish with them only upon special occasions. Until very recently, there was no real justification in economical cookery for the extravagance of using plenty of eggs just to make food more delicious. But now science comes to the rescue with the reasons why we need them in our diet.

Knowing that each child may well have an egg a day and each adult three or four a week and that a few more might be even better, the frugal cook can use eggs generously and with a clear conscience. It is real economy to supply in food the essentials for building and maintaining a strong, healthy body. Eggs are rich in minerals, especially iron, vitamins A, B and G, at least; protein of high grade and some fat. The yolk contains most of the minerals, vitamins and fat, while the white is nearly pure protein.

In the trust sense of the phrase, eggs are a precious food. They supply dietary essentials, make food more delicious and fine cookery possible. Store and cook them with much care. Follow recipes carefully, keeping in mind these facts:

When used for thickening, in sauces, custards, puddings, meat loaves, and the like, beat eggs but slightly. To make a mixture light by incorporating air, beat eggs thoroughly—until thick and a light lemon color for the yolk or whole egg and, for the whites, until they will form peaks.

For meringues, souffles and other light mixtures, stop beating while the whites are moist and shiny. Do not beat until dry. Eggs are delicate in flavor. Salt in moderation develops the flavor; spices and most condiments cover it.

Eggs should be cooked at low temperatures. This rule includes meringues and frying, as well as omelets. Slow cooking with low heat gives firm, tender texture.

PUMPKIN CUSTARD

1 cup pumpkin (cooked and sieved) 2 eggs, slightly beaten 1/4 teaspoon salt 1/4 cup sugar 2 tablespoons molasses 1/2 teaspoon cloves 1/2 teaspoon cinnamon 1/4 teaspoon ginger 2 cups milk, scalded Combine pumpkin, eggs, salt, sugar, molasses and spices. Mix thoroughly. Add milk slowly, stirring constantly. Pour into buttered baking dish. Set in pan of warm water. Bake in moderate oven (350 degrees F.) until an inserted knife comes out clean.

VEGETABLE SOUPPLE

1 tablespoon butter or fat (melted) 3 tablespoons flour 1/2 teaspoon salt 1/2 cup milk 3 eggs (separated) 3 cups mixed vegetables (cooked, seasoned and sliced) Combine fat, flour and salt. Add milk and cook, stirring constantly until mixture thickens. Remove from heat and add the egg yolks, slightly beaten. Add vegetables and cool. Fold in stiffly beaten egg whites. Pour into a buttered baking dish. Set into a pan of warm water and bake in a moderate oven (350 degrees F.) until an inserted knife comes out clean.

RICE KRISPIE MACAROONS

3 egg whites 1 cup sugar 3 cups rice krispies 1/2 cup nut meats 1 cup coconut 1/2 teaspoon vanilla extract Beat egg whites until they are stiff enough to hold their shape but not until they lose their shiny appearance. Fold in sugar carefully. Fold in rice krispies, nut meats and coconut. Add vanilla. Drop on a well-greased baking sheet. Bake in a moderate oven (350 degrees F.) about 15 to 20 minutes. Remove pans from oven, place on damp towel and remove macaroons immediately with a spatula or sharp knife. If macaroons become hardened to pan, they may be put in the oven for a few minutes to soften. Yield: 1 1/2 dozen.

BAKED EGGS IN TOMATO CUPS

Scop out the centres of large, firm, ripe tomatoes. Sprinkle slightly on the inside with salt. Break an egg into each tomato, sprinkle with salt, pepper, and the corn flake crumbs, and dot with butter. Bake in a moderate oven (350 degrees F.) until the tomato skins are slightly wrinkled.

HOG PRODUCTION IN CANADA

The geographical trend of hog production in Canada is interesting. In 1923, 63.8 per cent. of the total production was marketed in Ontario, and only 30.8 per cent. in the three prairie provinces. In 1933, 42.8 per cent. of the hogs was produced in Ontario and 55.6 per cent. originated in Western Canada. The plentiful supply of suitable hog feed in the form of coarse grains would suggest, says the annual report of the Dominion Minister of Agriculture, that Western Canada will continue to be the dominating factor in hog production.

News of Acton and the District

No Back Door to Secure Beer Licenses

Persons who seek to gain beverage room authorities through influential friends in the Liberal party and through lawyers are wasting time and money, Premier Hepburn declared yesterday. The Premier was visibly annoyed over the numerous attempts by individuals to secure authorities in other than a straightforward manner. "It is wholly unnecessary," said Mr. Hepburn. "There are too many cases of this kind. If people think they stand a better chance of securing authorities by engaging lawyers to use influence they are laboring under a misapprehension. They are prejudicing their case."

Shooting on Highway

Provincial police of Rockwood and Guelph were endeavoring on Friday to locate a "square-backed sedan" whose six occupants are alleged to have directed rifle fire on two other vehicles and to have attempted to force a third car into the ditch on No. 7 Highway, early that afternoon. George Watson, Rockwood, claimed to have heard the sound of his truck shot through with a bullet of about .45 calibre. Fred Hill, another Rockwood man, charges that he was also fired upon, but that the bullet missed his machine. Captain Bishop, Guelph school director of music, is the driver who almost had to "pile-up" on the road to avoid the reported gun-toting auto. An investigation, conducted by Provincial Constable Howell, revealed that neither Watson, Hill nor Bishop saw any evidence of firearms. They were all travelling toward Rockwood when they met the "square-backed sedan" which was being driven by Watson and Hill. Both Watson and Hill heard loud reports, Hill stopping because he thought his machine had blown a tire. Constable Howell, who came along the highway while Watson was still examining his truck, gave chase immediately, but was unable to overtake the mystery sedan. Guelph officers were notified, and kept a sharp lookout but to no avail.

SUN LIFE ISSUE ANNUAL STATEMENT

The annual financial statements of life insurance companies are among the best barometers of general business confidence on this continent. Hence, during the past five years when the decline in individual incomes resulted in the purchase of fewer and smaller life insurance policies, the statements in question faithfully reflected that fact. As the depression continued there was a more extensive termination of existing insurance and, at its most acute stages, there was an exceptional increase of surrenders and of cash surrenders. Plainly, this was an impairment, in many instances, by the insured, under the stress of immediate necessity, of prudent provision for the future of himself and his dependents.

The report of the Sun Life Assurance Company of Canada, published in another column, and the remarks of its President, Mr. Arthur B. Wood, at its annual meeting, are gratifying evidence of an improvement of conditions. The report reflects a return of confidence and a marked trend toward recovery in business. Because of the huge investments of the life assurance companies in business enterprises covering a wide diversification of interests, the healthier conditions in trade indicated in the report make encouraging reading. Increases in new assurances and in repayments of policy loans, decreases in policy terminations and reduced demands for new loans—all these demonstrate that life insurance, which proved such a bulwark of strength during prolonged and trying conditions, is, in turn, keeping full pace with the forces of economic recovery.

For life insurance executives, the problems of rehabilitation are little less challenging than those of the depression. The preparation of people everywhere to obtain investments at remunerative rates of interest and the record of dependability established by life insurance organizations under stress, have, of late, greatly increased the demands for investment insurance and annuities. At the same time insurance companies, themselves, are faced with the very conditions, on a big scale, that are making the individual investor increasingly amply minded. Here they can be called upon to meet the situation in the same competent way as in the past.

A striking fact mentioned by President Wood, in his address, is that of the \$88,000,000 which the Sun Life Company paid out to policy holders last year, 85% was in amounts of less than \$5,000, with an average of less than \$2,000. That fact vividly indicates the invaluable place life insurance holds as a source of first aid to those of modest circumstances. It is, indeed, a rather significant evidence that some of the problems with which governments to-day are grappling, growing out of concern for these in humble station, have long since been anticipated and provided for on a sound, scientific basis by our insurance companies.

The general character of the report is not only satisfactory to the policyholders of the Company but encouraging to the business community at large.

TALK OF THE TOWN—Empty Jar

Princes Cross or Bunton Salves. Recommended by Brown's Drug Store.

Entered Into Rest

DR. E. D. AULT

Dr. Edwin D'Arcy Ault, 117 Runnymede Road, Toronto, retired physician and one of the oldest Masons in Ontario, died on Tuesday, in his 89th year. Son of the late Samuel Ault, M.P. for Stormont County, he was born at Aultsville, Ontario, in 1846, educated at Upper Canada College and McGill University, graduating in medicine in the 60's. For several years he practiced in Chicago, and on returning to Canada resumed his practice at Aultsville and district, where he built up a reputation as a county doctor. He succeeded Mr. McKeague in Acton, and for a number of years practiced here. He had been a member of the Masonic Order for more than 60 years, having first seen light in a Stormont lodge at Parran's Point, in 1874. He was an active member and former Elder of the Presbyterian Church. Since retiring 15 years ago, he had made his home in Toronto. He is survived by his wife, Mary S. Macintosh Ault, and an only son, Percy E. Ault, barrister, Weston.

MRS. BERT G. McDOWELL

A little home was deeply saddened when death removed a beloved wife and mother, Mrs. Bert G. McDowell, on Saturday last. Mrs. McDowell had been in ill health for some time, and about three weeks ago returned from the hospital, where she had gone for treatment. Before her marriage she was Mary Emily Harding, a daughter of John and the late Mrs. Harding, of Esqueville Township. Mrs. McDowell, in spite of her ill health, was always bright and cheery; a neighbor whom all admired, and a wife and mother whose home and care of loved ones received her every attention. Besides her sorrowing husband she leaves one daughter, Frances. Her father and three brothers also remain: Fred, of the sixth line, Esqueville Township; Victor, in Erin Township; and Wilfred, on the homestead. To all of these, who have been so sadly bereft, the sympathy of many friends goes out at this time. The funeral service, on Monday, was private, and was conducted by her pastor, Rev. H. L. Bennis, of Knox Church. Interment was made at Fairview Cemetery, Acton. The pallbearers were Messrs. James Mann, Alex. Mann, Wm. Moffat, Herbert Cook, John Lawson and Harry Price. The flower bearers were John Williamson, George Currie, Gordon Price and Edgar McDowell. Relatives and friends from Erin, Toronto, Hornby, Brampton, Georgetown, Campbellville and Shroveton attended the funeral. Among the floral tributes were the following: "Wreath, Husband and daughter; sprays Mrs. David Ross, Toronto; Mr. and Mrs. Fred Harding; Mr. and Mrs. Wilfred Harding; Mr. and Mrs. Victor Harding; Mother, Charlotte and Harvey; Roy and Jack; Uncle Robert's Family; Mr. and Mrs. J. Ramshaw and Vida; Mr. and Mrs. V. Terry; Mr. and Mrs. J. W. Jones and Jimmy; Acton Continuation School; Mrs. Polster and Daisy.

A MAN'S STRENGTH

You can't measure all men by the same standard. You call one man wise because he invests his savings in real estate, and the other foolish because he spends all that he has for an etching, but they are both equally foolish. Each invests in the thing that will bring him the largest measure of satisfaction. Each buys the thing that to him is bread. Collecting bottle flies is another man's gold; a rose garden is another's gold mine. If you prefer staying at home with a dog and a book while another man takes his lady to a dance, don't claim to be wiser, or better than he. You may need to dance as much as he needs to read. In any case, each is feeding his appetite and doing the thing he enjoys most. You don't measure a man's strength by the thing he indulges in, but in the degree of his self-indulgence.

JUST AN APPRENTICE

The quack was selling elixir which he declared would make men live to a great age. "Look at me," he shouted. "Halo and hearty. I'm over 300 years old."

NUITS

A very preoccupied lady sat next to a bald-headed man at a large dinner. In the course of the meal she dropped her napkin without noticing it. Her companion stopped to pick it up and in doing so brushed his head against her arm. Feeling the touch, she turned quickly to glance in his direction. "Thank you, no melon," she murmured.

M. J. KERE'S LIST OF SALES

Thursday, February 14—P. E. Holmes, Acton, horses, cattle and 150 feeding hogs. Tuesday, February 26th—Joe Evans, Oronoco Corners, farm stock, etc. Friday, March 1st—Wm. Daley Farm, Freeman, R. R. No. 1.

Concealing Color Helps Animals Protect Selves

Concealing coloration in animals plays an important part in protecting them from their predatory enemies. In the manner of concealing coloration in the predators themselves materially assists them in their successful forage for food, observes a writer in the Detroit News.

It is not often that this "landscape blending" quality asserts itself in dogs, but in the Chesapeake bay retriever we have an animal difficult to see when it ranges its hunting habitat, the marshes and sedge lands where wildfowl congregate.

In fact the dead grass color, accepted as the standard for this breed, blends so well with the reeds, cattails, marsh grass and canebrakes that much of its success in hunting and retrieving wildfowl can be held to this source.

Among duck hunters the Chesapeake bay retriever is their favorite breed for all round purposes. It stands unequalled as a retriever and seldom loses a crippled bird. It is willing to work under all weather conditions, taking to the water on instant command. There is no other working dog that can stand up under cold winds and icy water as well as this. Its deep, woolly undercoat is as waterproof as a duck's breast and, like the latter, it is built to revel in a water environment that would turn other dogs back.

Like most hunting dogs, the Chesapeake is seldom considered in the pet or household dog class. Yet it would adapt itself to such conditions, although, it is far happier out in the open.

Knocking on Wood Wards Off Evil, an Old Belief

Knocking on wood to ward off punishment for boasting is one of the most prevalent of all superstitions, says the Indianapolis News. It is not uncommon to meet persons who knock on wood after bragging about their success or good health. Many persons carry wooden charms convenient for this purpose. How wood acquired this supposed protective power is not definitely known. Many theories have been offered to account for the superstition. Some attribute it to the old game known as "touching wood" or "wood tag" in which a player who succeeds in touching wood is safe from capture. Others believe this game and "knocking on wood" had a common origin in primitive tree worship, when trees were believed to harbor protective spirits. To rap on a tree, the dwelling place of a friendly spirit, was to call up the spirit to protect one against impending misfortune. Later, people placed the hand on a wooden statue of a deity for the same purpose. It is said that some European peasants knock loudly on wood to keep away evil spirits. It is believed by some people that the superstition is of Christian origin, and that it is in some way associated with the wooden cross upon which Jesus was crucified, or that it arose from the ancient rite of touching the heads of a rosary in prayer.

The Useful Swallow

There are seven common species of swallows found in the United States, four of which have abandoned to some extent their primitive nesting habits and have attached themselves to the abodes of man, according to the Bureau of Biological Survey. The barn swallow builds exclusively under roofs, mostly in barns and under bridges, having abandoned entirely its former home under cliffs and overhanging rocks. The cliff swallow has also abandoned its nesting site in cliffs and taken up its abode under the eaves of barns, while the martin prefers a more modern home provided for it by farmers and farm children in back yards and around the farmstead. The diet of these birds is composed exclusively of insects. Their food is taken exclusively while on the wing, where they skim from the air or from the tops of tall grass and weeds such flying insects as flies, beetles, flying ants, gnats and many other insects.

Origin of Shintoism

The origin of Shintoism, the oldest and the basic religion of Japan, is unknown. Its traditions and legends are said to show a Chinese influence. Shintoism rose in prehistoric times and existed until after the beginning of our era without a name, dogmas or writings. There was room in this primitive religion for the worship of whatever aroused the admiration or awe. About the sixth century A. D. it entered a new period, with definite forms and organization. Then, upon the introduction of Buddhism into Japan it combined with and was to a large extent superseded by that religion. But shintoism has undergone a very successful revival in comparatively recent times, with the development of Japanese patriotism and national pride.

American Colonization Society

The constitution and rules for the government of the American Colonization Society, the organization which negotiated for the purchase of the strip of land in Africa, now known as Liberia, were prepared by Francis Shott Key, Bushrod Washington, E. B. Caldwell, James Bruce Kenning, Walter Jones, Richard Rush and W. G. L. Worthington. The constitution and rules were adopted at a meeting held in the hall of the house of representatives on December 28, 1810. The society was not definitely organized, however, until January 1, 1817, when it met at Davis' hotel in Washington.

POPULARIZING THE USE OF MILK

Year by year the Milk Utilization Service of the Dairy and Cold Storage Branch of the Dominion Department of Agriculture carries on its work of promoting the greater consumption of dairy products in every province of the Dominion. Through the co-operation of extensive departments of universities, provincial agricultural departments, provincial and civil health and educational officials, it has been possible to bring the attention of an appreciable percentage of the adult population the valuable food properties of milk and the manufactured dairy products, and to stimulate greater interest in these healthful foods among pupils in all the various schools.

At several conventions, including those of provincial dairy associations, home economic associations and Women's Institutes, and opportunity was given to speak on the milk utilization work and to call for the support of their members. In addition, many meetings of home school clubs and other organizations were attended and addresses given on the subject of dairy products. A number of radio talks were delivered during the past year and lecture demonstrations stressing the uses of milk and other dairy products in the home were conducted in various centres.

An ounce of contentment is worth a pound of sadness, to serve God with—Puller.

PROBABLY WAS TRADED IN

Little Helen heard her mother remark that a neighboring lady had a new baby. She ran to her mother and exclaimed: "Oh, mother, do you s'pose Mrs. Jenkins will let me have her old one now?"

Thank You!

The response to our invitation to visit our greenhouses has been very gratifying to us. We are pleased to show you around, in afternoon or evening. We are cutting freely now in Daffodils and Tulips. The Hyacinths are particularly choice at this time.

WE ARE FEATURING FOR THIS WEEK CINERARIA AT 25c and 35c

Lovely Plants, with a great variety of colors to choose from. Sprays Made Up of Roses, Lilies, Carnations or Daffodils—Also Any Type of Floral Design

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PATTERSON'S MEAT SHOP

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Sun Life Assurance Company of Canada

Sixty-fourth Annual Report — 1934

ASSURANCES IN FORCE, December 31, 1934 - \$2,748,725,403

This large amount, the accumulating estate of nearly a million Sun Life policyholders, will become payable to them or their dependents during this generation—a stabilizing factor of great social and economic value.

NEW ASSURANCES PAID FOR - 236,215,901

INCOME DISBURSEMENTS - 159,251,028 EXCESS OF INCOME OVER DISBURSEMENTS - 43,589,726

PAYMENTS TO POLICYHOLDERS AND BENEFICIARIES: During the year 1934 - 88,160,206 Since Organization - 888,330,239

ASSETS: Bonds; government, municipal, public utility and others; stocks, preferred and common; loans on mortgages; real estate; loans on Company policies; cash in banks, and other assets. 665,378,716

LIABILITIES: About nine-tenths of this sum represents the policy reserve—the amount set aside to guarantee all policy payments as they become due. 651,115,651

PAID-UP CAPITAL (\$2,000,000) and balance at credit of shareholders' account - \$3,299,728

RESERVE for depreciation in mortgages and real estate - 5,012,619 SURPLUS - 5,950,818

\$14,263,165

The valuation of bonds and stocks has been made in accordance with the basis authorized by the Insurance Department of the Dominion of Canada, and in conformity with the bases authorized by the Department of Insurance of the various Provinces of Canada, and the National Convention of Insurance Commissioners of the United States. Policy liabilities have been valued by the full net level premium method, a standard more exacting than is required under the provisions of the Dominion Insurance Act.

Sun Life Assurance Company of Canada