Business Directory

DR. J. A. McNIVEN

Physician and Surgoon

Office and Residence-Corner Box

DR. E. J. NELSON

Physician and Surgeon

DR. WM. G. CULLEN, L. M. C. C

Physician and Surgoon

Office Hours-I-s and 7-9 p. m.

Corner Prederick and Mill Streets

Telephone 128

LEGAL

HAROLD NASH FARMER, M. A.

Barrister, Solicitor, Notary Public,

Hours-9.30 a. m. to 12.00 noon

1.00 p. m. to 5.00 p. m.

Saturdays-12.00 o'clock

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Barrister, Solicitor, Notary Public

MILL STREET -

Cenveyancer, Etc.

P. O. Box 13

ACTON, ONT

Avenue and Rigin Street.

Electro Therapy

SIMPLICITY

The dear simplicity of homely things.

That make of daily life a quiet song:
The gallant, friendly, lovely lifting things. That snug within the walls of home,

And O, the sweet simplicity of faith That keeps the courage high when days That lifts the heart above the mane of

And draws the sympathy of Heaven

Menu Hints

Section for New and Nevel Dishes: Household Ideas and Suggestions

PLAIN BROWN BAUCE Melt four tablespoons butter in saucepan; brown well. Add five and a half tablespoonfuls flour and continue browning, stirring constantly. Add two cups hot brown stock gradually while beating briskly. Add one-half teaspoon salt; one-third teaspoon pepper; bring to boiling point.

MUSHROOM SAUCE

Melt together two tablespoons butter, two tablespoons dripping, and blend with four tablespoons flour. When flour is brown, add one teaspoon Worcestershire sauce, one-half teaspoon salt, and two cups beef stock, or equal amount of water to which two tenspoons beef extract has been added; boil, utirring constantly for five minutes. Add one can, or one-half pound fresh mushrooms sufficiently in advance of serving to heat through.

BECHAMEL SAUCE

Melt a quarter cup butter in saucepan, add one-quarter cup flour, stir until smooth. Add gradually one and a half cups of highly seasoned chicken stock while stirring constantly. Add one-half and glossy. Season with salt, pepper, and fine grating of nutmeg. If a yellow sauce is desired, remove sauce from range and add the beaten yolks of two eggs And the woman's feet were aged and diluted with one-quarter cup warm adding egg yolks.

SAUCE PIQUANT Make a plain brown tauce. Simmer Of human beings that passed her by, one tablespoon each of finely chopped chives, olives, mild red pepper, pickles for five minutes. Add to brown sauce and simmer 15 minutes.

THICK WITTE SAUCE Melt two and a half tablespoons of Past the woman, so old and gray, butter in saucepan. Add five and a half Hastened the children on their way. tablespoons flour mixed with one-third Nor offered a helping hand to her. So meek, so timid, afraid to stir. teaspoon salt and few grains pepper. Add one cup scalded milk, stirring constantly Bring to boiling point and best until Last the carriage wheels or the horse amooth and glossy.

SURPRISE SALADS

Bo many foods will blend in so many ways for salads that there is no excuso out new combinations until you have found at least a dozen that really appea -then vary those. Incidentally, here are two very delicious winter salads:

PRIDAY BALAD

1 small tin sardines 14 cup colery, finely cut

1 tomato, chopped 14 cup dill pickle, chopped

1/2 cup mayonnalse Out sardines in quarters and mix with celery, tomato, dill bickle and mayon naise. Serve on crisp lettuce, garnished

with allced tomato. Serves 4. PRUTTED OFFESE SALAD

6 dates, cut fine 3 figs cut fine

lettuce.

14 cup sweet pickle relish 1 package (3 ounces) cream cheese

Mayonnaise Mash cream cheese and add to it prepared fruit and sweet pickle relish. Add sufficient mayonnaise to moisten. May be formed into balk and served on crisp

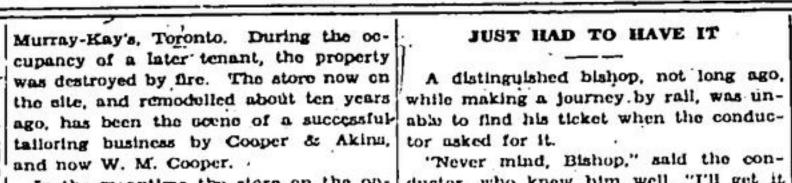
Miller's Worm Powders are par excellence the medicine for children who are found suffering from the ravages worms. They immediately after the stomachic conditions under which the worms subsist and drive them from the system, and, at the same time, they are tonical in their effect upon the digestive organs, restoring them to healthful operation and ensuring immunity from further disorders from such a cause

WHY DOES SALMON RISE TO TO FLYT

Does a salmon rise to a fly in fresh water because it is hungry or just for fun? This question has arisen with renewed force by the finding, by Guide Jack Russell, of Ludlow, N.B., and ardent angler of Huntingdon, N.Y., F. Edsall, of freshly caught flies in stomache of Atlantic silver salmon caugh on the Southwest Miramichi River, in New Brunswick. It has long been an opinion that salmon never feed in fresh water, states the Pish and Game Department of the Canadian National Railways. Although there have, been two well authenticated cases where salmon took insects in fresh water one case being in Canada and the other in Scotland. And so experts are again debating the subject pro and con.

A CHUCKLE OR TWO

Life should be all mirth and fun. And no regrets when it is done. Don't take life too seriously, Even those who work and strive And-silently thun all galety Never get out of it alive.



In the meantime the atore on the opposite corner was rebuilt on a larger scale, and for years was occupied by Secord Bros. as a departmental store. A large business was done until their retirement. Successive businesses followed such as Hughes & Griffin, dry goods and general store, W. M. Griffin; Donald Perguson, of Stratford, ran a branch store here for some time. Symon & Campbell had a hardware store, succeeded by Wm. White. His stock was finally dispersed and Woodhall & McKay, bakers and grocers, were tenants. Then, when the Secord estate was sold, Mr. L. Starkman bought the block and remodelled it completely, and W. D. Talbot now occupies the corner store.

The section occupied by the Brookdale Parms and Morton's barber shop, was the home of J. D. McKee's drug store. prior to his removal to Guelph. Then followed E. B. Swackhamer's clothing store, Henry Sherman and then George Wallace made the start for his nourishing business, which he removed to Guelph and conducted there for so many years, and is now conducting on Yonge Street in Toronto:

The small store in the block anw number of businesses located there. John Arthure, John Ritchie, and others had small stores, and for a time it was barber shop, and now is occupied by George Edwards as a harness shop.

What is now Frank Mooney's shop was for many years occupied by George Havill as a tin and stove shop; and later as a laundry, before the building at the rear was erected for a laundry.

Robt. Creech built the store occupied by Edward's bakery and grocery, for a harness shop. Later Alex. Secord had a procery and crockery store and was followed by George Charles, William Cornfield and others. Mr. C. C. Speight had a hardware store there for years. Mr. Williams finally bought the The street was wet with a recent snow premises and still owns these stores. He conducted a shoe store there until his | retirement, about fifteen years or more ago. Prank Toth conducts a shoe repair business there .-

The adjoining property has a noted history. Dr. McGarvin built his resid-None heeded the glance of her anxious ence there when he came to Acton about eighty years ago. 'He also built the store now occupied by Harold Wiles as a confectionery, for a drug store. Here for years he conducted a drug store and had a consulting room. Dr. Morrow followed in the same profession, and Dr. Forster, of Stratford, was later an occupant. John Secord had a hardware store there and for some years it was also a barber | shop. Thos. Agnew and George Stovel, who later removed to Guelph, conducted boot and shoe businesses there.

The small ctore between that and Brown's fruit store was first used as shoe repair shop. Later A. J. McKinnon conducted his legal business there. Mr. P. L. Wright now occupies this office

with his insurance business. George Hynds conducted a jewellery Her aged arm on his strong young arm store for over thirty-five years there. She placed, and so, without hurt or Then it was sold to H. W. Hinton, after Mr. Hvnds' death. Here M. Pallant started his clothing store, and it is owned Proud that his own were firm and by Mr. Brown, who conducts a fruit and procery store there. This store was

built for a bakery by David Galloway. I guess this is enough concerning this block for this week. My old eyes are getting tired and my readers may not For all she's aged, and poor, and slow; relich a surfeit of this ancient local history if I get in too much. I've enough more stuff still on tap in my thick of head concerning the remainder of this block to make a good fat column.



THERE IS NO SUBSTITUTE FOR NATURAL "BULK"

Needed to Correct Constipation*

Most people recognize the serlousness of constination. But too often they dose themselves with strong cathartics that often actually lead to chronic constipution.

The natural way to check common constipation is to correct the condition which causes it-usually, insufficient "bulk" in meals....

How can you get "bulk"? Fruits and vegetables have some. Bran has more. The most popular product of this kind is Kellogg's ALL-BRAN.

The "bulk" in ALL-BRAN is gentle n action. ALL-BRAN also supplies vitamin B and iron. This delicious cereal is a whole-

ome food. Serve ALL-BRAN regularly for regularity, with milk or cream-or use in cooking. Two tablespoonfuls of ALL-BRAN

daily will usually correct constination due to insufficient "bulk." If not relieved, see your doctor. ALL-BRAN gives you gentle in-

ternal exercise. Sold by all grocers. Made by Kellogg in London, Ont.

Constipution dus to insufficient "bull"

JUST HAD TO HAVE IT

A distinguished bishop, not long ago.

tor asked for it. 'Never mind, Bishop," said the conductor, who knew him well, "I'll get it However, when the conductor passed

"Oh, well, Bishop, it will be all right wilderment. Put says: if you never find it," the conductor

"No, "It won't," contradicted the blahop. "I've got to find that ticket, I Where were you Monday and Tuesday?" want to know where I'm going,"

JUST AN EXPERT

An old gentleman smiled as he watched a rural-looking man sitting on fencepost gaping at the telegraph wires. "Walting to uce a message go along

The other grinned and replied, "Yes." The old gentleman sat down and for the next ten minutes tried hard to dispel the other's Ignorance. "Now," he said at last, "as you know

something about the matter I hope you

will spread your knowledge among the other farmers." "But I don't work on a farm."

"You don't, ch?" "No. I'm foreman of this line crew

AHEM!

Two . Irishmen roomed in an eightstorey apartment, on the top floor, and could not sleep on Sunday morning as the uun would shine in the windows and wake them up. They bought some black of 257,643 pounds, or 36.1 per cent, over paint and painted the windows and lay down to sleep. When they woke up they realized they would be late for work, as through the car again the ticket was still it was 7.15. They rushed to their jobs, and the foreman looked at them in be-

> "Faith, and what's the matter, boss? than's million pounds. We're only 20 minutes late."

Says the foreman: "Twenty minutes?

SHINET

Did You Ever Stop

to Think?

By Edsot. R. Waite, Shawnee, Oklahoma

ager of "The Scotsman," (Edinburgh,

optimism plays a bigger part than in ad-

vertising. The whole structure of the

business is built on an optimistic outlook

and a sense of success. Enterprises,

more particularly those of marketing, re-

quire fearlessness and the gift of being

able to divert thoughts of failure and turn

them to good account. Negative thinking

is harmful, and I have no doubt that inter-

national problems would be more easily

settled if those responsible were more op-

- "Advertising men take a good deal of

"With things even at their blackest

and markets apparently dead, I have

heard Advertising Agents and Manufac-

turers discussing new campaigns, includ-

ing luxury articles, too, with an absolute

disregard for tradition or even the laws

never bow to any state of mind or condi-

tion which tends to retard the forward

"Advertising, if in right hands, need

beating when it comes to 'carrying on' in

face of all the material evidence which

normally would put a man 'out of step.'

timistic in their outlook.

of economics.

movement.

Scotland) says:

Rex Fieldhouse, Advertisement Man-

"I do not know of a business where

Bill: "What would you do if you were

in my whoes?" Tom: "Olean them."

SASKATCHEWAN BUTTER OUTPUT

Creamery butter production in Saskatchawan during November last amounted to 970,465 pounds an increase the corresponding month of 1934. The output up to the end of November, amounting to 21,925,963 pounds, shows an increase of 8.3 per cent, over the same period of 1934, and exceeds the record production of the year 1934 by more

"Justice always rests firmly on freedom, and especially on free will."-G. K. Chesterton.

Remove all callouses and enlargements from your stock with Douglas' Egyptian Liniment, a wonderful remedy.

Grove's does the four things necessary to kill a cold quickly; opens the bowels, combats the cold germs and fever in the system, relieves the headache and "grippy" feeling, tones up the entire system. At all Druggists. Ask for Grove's. They're in a white box.

Over T. Seynuck's Cafe Main Street A. Por Appointments Phone Acton 65 -Georgetown 88

Office Hours - Acton, Tuesday Thursday, 1.15 p. m. to 4.30 p. m. Even-

DENTAL

A: J. BUCHANAN, D. D. S.

Denial Surgeon Office: In Leishman Block

by Appointment Gas for Extractions

P. W. PEAREN, D. D. S., L. D. S

Dental Surgeon Moved to our New Quarters in the

Closed Wednesday Afternoon Phone 148

Symon Mock Mill Street, Acton

VETERINARY

DR. A. G. M. BRUYNS Veterinary Surgeon ACTON, ONTARIO Office-Mill Street

MISCELLANEOUS

. FRANCIS NUNAN Bookbinder

Account books of all kinds made to rder. Periodicals of every description carefully bound. Ruling heatly and promptly done. Wyndham Street

GENERAL INSURANCE WE SPECIALIEE IN

Life - Fire - Health and Accident - Automobile-Windstorm - Plate Glass -Boiler — Fidelity Bonds — Annuities and All General Lines of Insurance

-ALBO-Ocean Steamship Tickets LEADING COMPANIES -EXCELLENT FACILITIES Representative Protective Amocia-

Hon of Canada (for Masons Only Fred L. Wright

ACTON

count to-day, and sales gollen by printed matter

The Free



"Let optimism and the intelligent application of common sense prevail"

ALES? ALES are all the

are lawest in Acton

Press

PHONE 174



THE OLD MAN

cream. Do not allow sauce to boil after She stood at the crossing and walter Alone, uncared for, amid the throne

and capers in two tablespoons vinegar Down the street with laughter and shout, Came the boys, like a flock of sheep, Halling the snow, plied white and deep.

Should crowd her down in the slippery

At last came one of the merry troop— The gayest laddle of all the group; for serving one saind day after day. Try He paused beside her and whispered "I'll help you across if you wish to go.

He guided the trembling feet along,

Then back again to his friends he went, His young heart happy and well content. "She's somebody's mother, boys, you And I hope some fellow will lend a hand To help my mother, you understand:

If ever she's poor, and old, and gray, when her own dear boy is far away." And "somebody's motiver" bowed low her In her home that night, and the prayer

Was "God, be kind to the noble boy, Who is somebody's son, and pride, a

As I look down Mill Street from its intersection at Main, where the "slient policeman" now stands, or leans, on guard day and night, numberless memorles of long ago days crowd upon me. My first recollection of the two corners are when Mrs. Sarah Augusta Secord came to Acton with her three-young sons, John, Pred and Percy, nearly seventy-five years ago. Mrs. Secord was a woman of many excellencies. She had the advantage of a good education and a remarkable ability for business. This esteemed family settled in a large store

and residence on the corner where Tulbot's hardware store is now situated, and was formerly occupied by Woodhall & McKay. A few years later this property was destroyed by fire. Nothing daunted, this energetic lady proceeded at once with the erection of a better store and residence on the opposite side of Mill Street, where Billy Cooper's fine gents' furnishing store now stands. This was, at that time; a commodious frame building, neatly constructed and painted

Adjoining, on the lot where Jack Leishman's block and the Gregory Theatro now stand, Mrs. Secord had one of the finest flower and fruit gardens in town. She had the faculty of securing rare plants and shrubs. Many a home was benefitted by the bouquets generously bestowed from this attractive plot. I remember fifty or more years ago passing THE PREE PRESS office in early spring and observing the first bouquet of the season of crocuses, anowdrops, etc., grac-

ing the editorial desk. After Mrk. Secord's retirement from business, over forty years ago, this store was occupied for a time by Ward How- Il. who came here from Jerseyville. He was for years head of the silk department in