

**HOW GRANDPA PROPOSED**

He always smiled and winked one eye any time he happened by.  
He joined the village choir and said he liked the way I baked my bread.  
Sometimes he squeezed my hand a mile.  
A-sitting in the candle-light.  
He often helped me find a cow that strayed off from the place somehow.  
And once when I fell on the ice.  
He picked me up and kissed me twice.  
And that's how Grandpa paved the way for me to set the wedding day.  
—James A. Sanaker.

**Menu Hints**

Recipes for New and Novel Dishes: Household Ideas and Suggestions

**EAT FISH FOR HEALTH**

Swift once wrote: "Fish should swim three feet first. It should swim in the sea (do you mind me?) then it should swim in butter, and at last, sirrah, it should swim in good claret." Dispense with the claret. For this would not be in keeping with our effort to help the housewives of Canada stretch their food dollar to the limit. It has been our aim, however, to keep you in touch with seasonal foods... foods that will give you the biggest return for your dollar in health.

From an economic as well as from a health standpoint, it is desirable that fish should have an important place on our bill-of-fare. It cannot be too strongly emphasized that for working people of all classes, those who work with their heads as well as those who work with their hands, fish is an economical source of energy necessary to enable them to carry on their work; and for children and young people it furnishes the very materials that are needed to enable them to grow healthy and strong.

Fish, as you know, is one of the important protein foods. It makes a pleasing variation of the daily diet and should be included at least twice a week in your menu. There is a wide variety to choose from: Fresh or frozen, filleted, boned, dried, canned, pickled, cured and smoked. Fish are very easy to digest—a fact of particular importance in these days when so many people are of sedentary habits.

Large fish are, as a rule, better when steamed or boiled; medium sized ones should be baked; or split open and broiled; and small ones should be fried. Whitefish, trout, mackerel, and small cod should be split down the back and broiled whole. If preferred, cut off the head and tail. Halibut and salmon should be cut into thick slices and turned often while broiling.

To clean fish: Wipe with a cloth wet in salt water and dry on a fish towel. Season: Oily fish need only salt and pepper, but dry meat fish should be spread with oil before broiling. Use a double wire broiler, greased well with salt pork rind. Put thickest edge of fish next to the middle of broiler and turn often. With split fish, sear the fish side first and then turn.

The fire should be hot and clear. The time of cooking will vary with the thickness of fish. When ready to serve, loosen the fish from broiler on each side. Open broiler, slide fish on platter, fish side uppermost. Spread with butter, salt and pepper. Garnish with butter cream and border of potato balls. There are any number of sauces to be served too, with scalloped fish, creamed, also baked fish, but these shall be dealt with in another article.

Start-to-day planning to serve fish in your weekly menu. Here is a nice recipe for Halibut Steaks, Spanish Style... Very timely, don't you think? I am sure many of those Spanish mothers would like to go back to the quiet, peaceful days before the revolution and prepare such a dish for their family.

Choose a steak two inches thick, and weighing from two to four pounds, according to the size of your family. Sprinkle with salt on both sides, and let stand for one-half an hour, then drain and pat dry with absorbent paper. Put into a pan of suitable size, one-fourth of a cup of bacon fat, the juice of a large lemon. Let all heat together, then lay in the fish steaks, cover closely and allow barely to simmer, for twenty to thirty minutes, or until done. The moment a fork can be inserted between fish and bone, the fish is cooked. Serve with shoestring parsnips and paprika garnish.

**QUICK SUPPER DISH**

1 lb. can of salmon  
1 1/2 cups crackers, crushed  
1 cup milk  
1 teaspoon salt  
1-8 teaspoon pepper  
1 tablespoon butter

Heat milk, add crackers, salt, pepper and then stir in flaked salmon. The addition of one well beaten egg improves this dish. Serve on toast with a slice of lemon or sprinkle finely chopped parsley over the top as a garnish.

**KNIFE CLEANER**

They were having a busy day making and boiling plum puddings.  
"Mary," said the mistress, "just go and see if that large pudding is cooked. Stick a knife in it and see if it comes out clean."  
In a few minutes Mary returned. "The knife came out wonderfully clean, ma'am," she said, smiling. "So O'live stuck all the other knives in it."

**THE OLD MAN OF THE BIG CLOCK TOWER**



**NEVER DESPAIR**  
Though fortune frowns upon you,  
And life seems full of care,  
All trials are but fleeting.  
So friend, do not despair.

Remember that 'tis always  
The darkest ere 'tis day,  
And when thy lot looks blackest,  
The clouds will roll away.

Then brood not o'er thy troubles,  
But cast all gloom aside,  
Be wiser to be cheerful  
Whatever may betide.

God sends these little sorrows,  
To make us firm and true,  
And He will make them easy  
If we keep His grace in view.

—From the Old Scrap Book.

In the course of time the members of the Kennedy family one by one left the old roof tree. Kate married Charlie Dean and was the wife and mother of a happy home here. Donald went West. Tom went to Parry Sound and shortly became the head of a home with a dear little wife, who reared him two sons and a daughter to be proud of. She pre-deceased him there—and the light went out of the home. Lizzie married Bob Craine. Theirs was a real love match and their home knew much of the joys of happy wedded life. They moved to Kitchener and later to Toronto, and after a number of years of successful business activity the head of this home slept with his fathers. Collins married Jim Prentice, a telegraph operator. In a few years this youngest daughter died. The father and mother both reached ripe old age. The father passed away first and was mourned by the affectionate family. Only the mother and Maggie were left in the old home, and when mother was called Maggie was desolate. She lived on in the old home, faithfully performed her duties as forewoman of the Canada Glove Works, which position she held for many years to the great satisfaction of Mr. Storey; and thirty or thirty-five years ago laid down the responsibilities of life and fell on sleep.

It is somewhat remarkable that the Kennedy home was afterward the place where two members of early settlers' families departed this life. It was here that Thomas C. Moore, who came to Acton with his parents, Mr. and Mrs. Thomas Moore, in 1845, and who was himself born in County Antrim, Ireland, in 1831, passed away. Here also Christopher Masala, whose father also settled here in the forties, bade adieu to earthly things.

For more than half of his twenty or twenty-one years spent in Acton, Mr. William Stark, accountant for Messrs. W. H. Storey & Son, had rooms here. His well-known love for art and nature were manifested in his much-loved den, where works of art, rare photographs of live animals and birds, a rack of guns, fishing rods, etc., bore mute but eloquent evidence of the sincere love this talented man had for nature and nature's productions. Mr. Stark removed to Vancouver more than twenty-five years ago, where he died ten or twelve years ago.

Here Mr. and Mrs. Thos. O'Brien and family, natives of dear old Ireland, resided for many years, but about ten years ago it was acquired by Mrs. Noble, who resides in Toronto, and has had many tenants, but is at present unoccupied.

The adjoining property also has a history. The dwelling, which is now thought of as "The wee house of the street," was erected about eighty years ago by John Holt, who built and operated a large woollen mill which occupied the site of Mr. James H. B. Ed's residence and the Main Street end of what is now River Street. Mr. and Mrs. John Holt were esteemed residents of Acton for quite a number of years in those early days. This mill was also a flour mill, which was operated by Arthur Piewee, and at one time it was a saw mill with John Ross and Dan Ghock as proprietors.

It was here that Dan Ghock and Jimmie Switzer operated their famous turning lathes and turned out almost everything then known as products of the lathe. They turned table legs and pumps, potato mashers and neckyokes, banister spindles and zap bucket handles and spiles, as well as the novelties they turned to present to their girl friends.

Reverting to the little house... After Mr. and Mrs. Holt and their daughter Louisa left Acton, Mr. Sidney Smith, Sr., purchased the house. He was engaged in the lumbering business, on an extensive scale at Smith's Mills, in the first concession of Esqueping, on the check line. Millions of feet of the finest clear yellow pine lumber was cut there, lamed to Acton and shipped to outside points. Mr. and Mrs. Smith and their son, Charles Sidney, lived there until Mr. Smith built his cut saw mansion on the four-acre site which now the Acton High School and grounds.

I think there was a brief interregnum between the time Mr. Smith moved from the little house to Fairview Place, and the date when the late David Henderson and family moved there when they came to Acton from Milton. They came in 1873. Jack, the first born, was a little toddler, and I think Alice, now Mrs. (Dr.) McKague, of Winnipeg, were the only children. If my old memory serves me right, Charlie was born in this house and perhaps one or two others. Old residents will remember that Mr. D. D. Heltie, who had been in the mercantile business in Milton, and Mr. D. Henderson, his brother-in-law, who was some time Deputy-Registrar in the old Registry Office at Milton, formed a partnership, under the style of Christie & Henderson, and purchased the old established general business here of the late Charles Symon, father of the late James Symon, of the hardware store. Mr. Symon was going to Parry Sound as manager of the newly-formed Guelph Lumber Company.

After living in this house for some time Mr. Henderson and family removed to Bowyer Avenue, to the house now owned and occupied by Mr. and Mrs. E. Harrop. I remember being in Christie & Henderson's store one morning when Mr. Henderson came in late. Some one knew there had been a "baby matinee" at the Bower Avenue residence the night before and propounded the question: "Well, Dave, what is it this time?" "Oh, she boy again," replied the coming member of Parliament for his native County, who was by this time the father of some four or five lusty sons and heirs. Then the somewhat loquacious David explained his somewhat paradoxical answer to his friend's question: "You know," he said, "when the peninsula of Michigan was being settled, the settlers were often at a loss for names for their new homelands. Up in the north a settlement had grown up without a name. Numbers of Indians were still sojourning there. One morning a chief came into the little store, and laid the crown of a wig on the counter, and when they turned to see to what the chief was, they found the wig on the counter. The chief, with a grin, said 'In his pidgeon English, 'Oh, she boy again.' And that," said my late friend, "is how the city of Cheboygan, Michigan, got its name."

About the year the Christies and the Hendersons came to Acton; the year Acton was incorporated as a village, with W. H. Storey, as Reeve and Dr. McGurvin, Asa Hall, John Spielert, and Charles T. Hill as Councillors; of the year Acton Plow Company was organized; to wit the year 1873; the old woollen mill was torn down in order to carry out the big plans of the plow company. All the section from Main Street to the present power house dam was transformed. The big frame building, which had housed woollen mill, flour mill, saw mill, turning lathes, and had from year to year for some time been the rendezvous for old General Skiddeamardikharudleum and his grotesque band of calthumplian subjects, was torn down. Speaking of the calthumplians of those early days, they were characters of importance and worthy of note. Their

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parades were an important and striking feature in the preliminaries of the big Queen's Birthday celebrations of seventy years ago. They were not hurriedly improvised an hour or two before the time set for the parade, but took days and sometimes weeks in preparation and rehearsal. They represented Kings, Queens and potentates, the animals of the jungle, and the clowns of the circus, copied after the old original Van Amburg's aggregation of the early days. They had a reality about their make-up which amused the elders and nearly frightened the life out of the little folks. They were real calthumplians and they revered their doughty old General Skiddeamardikharudleum, who was selected in time for the honors of the day from year to year from among the big chaps of the town. And the old mill was always the headquarters for Acton's celebrated calthumplians.

The big plans of the new plow company, as I have said, changed the face of this part of the town, continued Willow Street and opened Hely Street, deviated the course of the trout stream from its original bed about where River Street is now, to the canal through the Smith property, and provided sites for factories and residences. Wm. Stephenson, who had conducted a successful blacksmithing business at Kitchinville, had invented what was known as the "Stephenson one-handed plow." It promised great things, was to revolutionize farm plowing, make the shareholders rich and build up Acton to city proportions. The chickens were counted before they were hatched. Acton Plow Company has not been heard of as going concern for about sixty years. The

credulous shareholders, viz: Sidney Smith, Dr. McCarvin, Eli Snyder and others, dropped tens of thousands of hard-earned surplus, and the queer-looking one-handed Stephenson plow could occasionally be seen in the fence corners of farms and junk heaps. Nevertheless, William Stephenson afterward proved himself a benefactor as an inventor, with the Stephenson steam plow, on the prairies of Manitoba, and in giving the production of farm machinery an impetus in the great West.

Say, when I get going about those old days, I don't know where to stop, at least that's what Mary says. Well, so long, I'll tell you something more about the Stephenson plow, perhaps, next week, and how I saw it at the big Centennial Exposition at Philadelphia, bearing red ribbons and medals and diplomas, it having taken first prize there for plows.

The Old Man



**WATCHING HEART AT WORK**

A method of watching the working of the living heart with the aid of X-rays has been discovered by Maria Ukolova, a young doctor at the Sverdlowk Institute of Experimental Medicine. Until now it has not been possible to see the inside of the living heart as the X-rays, passing through the heart, left on the screen nothing but a distorted shadow. The new discovery, it is claimed, will enable science to solve a number of hitherto baffling problems regarding the functioning of the heart.

**GOING RAPIDLY**

Two Negro boys were arguing about ghosts. One claimed to have seen a ghost as he passed the cemetery the night before.

"What was de ghine doin' when you las' seen him?" asked the doubtful one.

"Jes fallin' behind, fallin' behind, rapidly."

**KILL that Common Cold To night take GROVES' BROMO QUININE**

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**Free Press Annual Santa Claus Letters**

SAY, UNCLE JIM THIS IS THE LETTER AND LIST I'M GOING TO SEND SANTA CLAUS TO LIKE TO READ IT TO YOU!

Once again we announce the Annual Santa Claus Letter Writing Contest for the Boys and Girls of Acton and District. It has been such a success and we have received so many Letters in the past years from the Boys and Girls that we just couldn't do otherwise than continue the Contest again this year.

This Event is open to all the Public School Children in Acton and the Rural Schools within a radius of twelve miles of Acton. Just write the Dear Old Chap a letter in your own way, Boys and Girls, and drop it in at THE FREE PRESS Office. You don't even need to pay postage on the letter unless you want to send it through the mails. Just send it to Santa Claus, in care of THE FREE PRESS.

Put your name and address at the foot of the letter and have it reach THE FREE PRESS Office not later than Friday, December 4th.

**Prizes for a Boy and Girl**

For the Best Letter Written by a Boy THE FREE PRESS will give a Big Flashlight, the kind you have always wanted; and the Girl who sends the Best Letter to Santa Claus will receive a Beautiful Doll. The Letters adjudged the Best will be Published and the Winners announced in THE FREE PRESS Christmas issue of December 10th. Every Boy or Girl whose letter is published will also receive a Prize. The Prizes will be on Exhibition in THE FREE PRESS window.

**Just a Few Days**

Please remember, Little Folks, to have your letter reach THE FREE PRESS before noon on Friday, December 4th. Get suggestions from Teachers, Mothers, Dads, and Big Sisters or Brothers, but write the letter yourself and not from dictated copies. We want Children's Letters to their old friend, Santa Claus. Get your Letters in Early. Watch for the prizes in THE FREE PRESS Window. Some Boy and Girl will Win Them for just a little effort, at no cost.

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