The Acton Free Press

THURSDAY, JANUARY 18, 1917

TO THE TREUST OF PALS—MY MOTHER

May the Lord watch hoover 'atweeh me and thee,
When we are absent from one another;
Are the word that I sent with heart full of glee,
To the best of the dearest pals—my mother.

For King, Queen and Country we're fighting,
Honor and right is our watch-word true;
Though might at first seems to hold sway,
Nought shall seve the Red, White and Blue.

God bless you! says she God bless you! say I,
For a mother no man had a better,
And while traiving or when I go to the front,
She knows I will never forget her.

So cheer up, mother, my treust of pals,
Tho' at the parting your heart is sore;
We will look forward with heart full of love,
To true happiness when peace comes once more.

—Son Harry.

A HANDSOME PAIR.

Lady Pole-Carew: Most Distinguished-Looking Woman in England.

That the distinction of being society's most beautiful woman belongs to Lady Pole Carew, whose husband has retired from politics, is the opinion of many people in England. Furthermore, General Sir Reginald Pole Carew has been declared the handsomest man in the British army. And "Polly Carey," as he is often referred to, is as popular as he is handsome, while he has a splendid record for service behind him.

He is one of Robert's men, accompanying "Bobs" on his march to Kandahar. In the Boer War Sir Reginald earned distinction.

He is rather fond, by the way, of telling the following story illustrating the energy of the British soldier. A German attache in the South Africa war was amazed at the spectacle of the British soldiers, after a fight, staggering into camp, but rushing instantly after a football which was thrown on the veldt. Said the attache to Sir Reginald:

"Well, you are the most extraordinary people in the whole civilized world. I have been with your men all day. I know what they have done. I know they have had scarcely anything to eat or drink, and I know of no other troops in the world that would not have been lying down asleep."

Lady Pole Carew is the eldest daughter of the famous yachtsman and sportsman, the Marquis of Ormonde, and shares her father's love and enthusiasm for the sea. She is also a great lover of foreign travel, and some time ago made a tour of the world. It is fifteen years ago since she married Sir Reginald. Caring little for society life, she divides her time between Antony House, her Cornish home, the gardens of which she has made famous, and her beautiful estate in Tipperary.

He Didn't Know.

"John," said Mrs. Atwood, thoughtfully, "everybody in society appears to think an awful lot of genealogy these days."

"Jennie what?" exclaimed John, as he looked up from his evening paper.

"Genealogy," repeated Mrs. Atwood.

"What's that?"

"I don't exactly know," replied Mrs. Atwood, "but I think it's a tree of some kind. At least, I heard some ladies refer to it as a family tree."

"Well, what of it?" he asked.

"Why, it seems to be a sort of fad, you know, and every one who is any one has to have one, I suppose."

"Buy one, then," he said, irritably. "Buy the best one in town and have the bill sent to me, but don't bother me with the details of that affair. Get one and stick it up in the conservatory, if you want one, and if it isn't too large."

"But I don't know anything about them."

"Find out, and if it's too large for the conservatory, stick it up on the lawn, and if that ain't big enough, I'll buy the next garden in order to make room. There can't be any of them fly any higher than we can, and if it comes to a question of trees, I'll buy a whole orchard for you."

Still she hesitated.

"The fact is, John," she confessed at last, "I don't just know where to go for anything in that line. Where do they keep the family trees, and all such things?"

"What do you suppose I know about it?" he exclaimed. "You're running the fashion end of this establishment, and I don't want to be bothered with it. If the florist can't tell you anything about it hunt up a first-class nurseryman and place your order with him."

A Sporting Offer.

Melbourne Inman, the famous billiard player, who has recently joined the Volunteers, was touring in the Antipodes a little while back, and found himself stranded at Perth, Western Australia, with two days to wait for a boat.

Strolling up to the principal hotel in the place, and making first, as was his wont, for the billiard-room, he found it deserted save for the marker, a likely-looking youth of seventeen or thereabouts, who promptly invited him to have a game.

"No, thanks!" replied Inman.

"Oh, come now, be a sport! I'll give you fifty in a hundred."

"No, thanks!" came the answer once more, repeated this time with considerable emphasis. "I'm Inman, the champion!"

"Oh, well, sir, if that's so I can only give you thirty in a hundred!" was the quite unexpected reply of the juvenile marker.

The Reason.

At the Caledonian banquet in London a Scotsman who had settled in the metropolis made a speech in which Scotland and all things Scottish were so fulsomely praised that an Englishman who sat next him said when he had finished:

"If Scotland is all that you Scotsmen say it is why don't you stay there instead of coming here?"

"Weel," answered the Scotsman, "Ah'll tell ye hoo it wis wi' me. When Ah wis in business in Fife Ah fand a' the fowk wis just as clever as mesel'; an' Ah cudna gar the two on's meet. Sae Ah came awa' sooth, an' sin' syne, noo, Ah've been dealin'ralo wool."

Tainted Meat.

If meat gets just slightly tainted in hot weather before it is cooked, cut off the tainted part, and wash the remainder of the joint in strong vinegar and water, sponging it all over with it. Such a joint should always be roasted. Boiling or stewing accentuates the tainted flavor.

An Indiscreet Hungarian.

A young Hungarian recruit who told a little gathering of Serbians at Steubenville, Ohio, a few days ago, that they would have to kneel to the Kaiser after the war, was taken to the local hospital with three knife wounds and a perforated lung.

HOLY PLACES ARE OPEN.

Pilgrimages to Mecca Can Now Be Safely Undertaken.

In 1915 the Entente governments declared themselves unable to authorize the pilgrimage to Mecca of Muhammadans, from their possessions in view of the treatment meted out to Algerian pilgrims in 1914, despite the previous assurances of the Turkish Government. Now, however, that the Grand Sherref of Mecca, has freed the holy places of Islam, the French Government has decided that it could not give better proof of its solicitude for the pilgrims, and its recognition of the difficulties of the journey, the government has chartered a packet-boat belonging to one of the great French lines to convey a contingent of pilgrims from Port Said to Jeddah, and is making arrangements for the continuation of its journey on land. The shortage of shipping and other difficulties have not made it possible for the government to extend this hospitality to a larger number of travelers, but the contingent will number more than 650 pilgrims, representing all classes of Muhammadan society, especially that of the notables, and made up of equal groups from the three great French colonies in northern Africa, Algeria, Tunis, and Morocco.

At the same time, the French Government is sending a mission to the Grand Sherref for the purpose of expressing to him its satisfaction with the way in which he has broken the Turkish yoke, and freed the holy places. The delegates, which comprise representatives of Algeria, Tunis, Morocco, and French West Africa, and who are all Muhammadans, are also to offer presents to the Grand Sherref in the name of the French Government.

Musical Energy in Tons.

A simple air played on the violoncello calls for a total expenditure of energy equal to two and three-quarter pounds per note or more than four tons of energy for the single selection, notes The Popular Science Monthly for October. This statement is vouched for by Professor Poffenberger of Columbia University, who made some experiments in his laboratory with the aid of the Dutch cellist, Michael Penha.

A special apparatus is necessary to conduct the tests. Against the surface of a revolving carbon cylinder is suspended a chalked point which is actuated by a slender wire attached to the musician's finger. At each pressure the tension vibrates along the communicating connection and records the energy expended.

At a recent test Michael Penha at times raised the point to a distance equaling three pounds in weight, that being the record of the forefinger. The pressure alone required to produce the characteristically luscious tones of a simple Bach aria averaged two and three-quarter pounds per note. The total energy expended amounted to 9,414 pounds, or more than four tons.

This same amount of energy would be sufficient to carry a laborer through his entire day's work. Yet it took but five minutes for the artist to exert the same amount of force.

Trial Marriages Proper.

Trial marriages are quite the thing in the Far North, according to George H. Wilkins, of London, member of the Canadian Government Arctic expedition, who has reached Chicago laden with films and trophies of all sorts from the little known land about Coronation Gulf.

"The blond Eskimos, as they are called, are very interesting people," he says. "They have no regular marriage ceremony; polygamy is prevalent, and trial marriages everywhere are recognized as legitimate.

"The girls are a bit chunky for our ideals, but by no means without fascination. Once one grows accustomed to their physical type he learns to admire them, particularly for their kindness and loyalty. Most of the girls get married between the ages of 15 and 16. They pick a man they want, and if he does not ask them they ask him to marry. If there is trouble she returns to her parents, or she need not do so.

"The man may take a second wife, or several if he wishes, and all the women live together in harmony."

Control Coal Industry.

The Government is proposing to take over control of the coal industry of Great Britain in the near future, the main purpose of the scheme of nationalization being to give a certain power of control over the neutral shipping which coals at British ports. Coal owners will be allowed to take their present profits if the scheme goes through, but the Government will control the distribution of coal for home consumption, for export, and for shipping.

The plan is that if the Government owns the coal it will be in a position to stipulate the use the customer shall make of it, and to require him to call for his return cargo at specified ports. In that way it is believed the whole of the shipping in British ports may be organized and directed.

Cushions in the Churches.

"There are few greater obstacles in the way of the National Church in this land than the becushioned seats in our churches," says the Bishop of Birmingham, but in a letter on the abolition of pew rents. "The Church," he adds, "can never be the Church of the nation while a considerable portion of the lay people will only pay for the services of the clergy in return for special seats."

Carl Strakosch Dead.

Carl Strakosch, husband of the late Clara Louise Kellogg, the opera singer, who died at her home in New Hartford on May 13, was found dead in his room at the Hotel Heublein, Hartford, Conn.

WAS WEAK and RUN DOWN

SUFFERED WITH "NERVES."

Many women become run down and worn out by their household cares and duties never ending, and sooner or later find themselves with shattered nerves and weak hearts.

When the heart becomes weak and the nerves unstrung it is impossible for a woman to look after her household or social duties.

On the first sign of any weakness of either the heart or nerves, take Milburn's Heart and Nerve Pills, and you will find that in a very short time you will become strong and well again.

Mrs. J. A. Williams, Tillsonburg, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered greatly with my nerves. I was so weak and run down, I could not stand the least excitement of any kind. I believe your Heart and Nerve Pills to be a valuable remedy for all sufferers from nervous trouble."

Milburn's Heart and Nerve Pills are 50c. per box, 3 boxes for $1.25, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

HOW TO KEEP WELL

BY JOHN W. S. McCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

DISINFECTION.

DISINFECTION means the destruction of infective agents. It includes the various measures employed during the course of a communicable disease or after the patient has recovered or died. Examples of disinfection used in the course of an infectious or communicable disease are those employed in disinfecting sputum from open tuberculous cases, stools of typhoid, or cholera-patients, or the secretions from the mouth and nose of a patient ill of diphtheria. It is especially important that the family be made familiar with the means of carrying on this form of disinfection. The tuberculous sputum and secretions from mouth and nose of diphtheria cases should be burned, the stools are held in vessels to which milk or lime has been added, and then buried a foot or two under ground, away from any source of water supply. Most important it is that the hands of nurses and attendants should be washed after each contact with the patient. Other members of the family should avoid kissing the sick person and the patient's food utensils should be boiled after each use.

On the recovery or death of the patient the room occupied by him should be thoroughly renovated and disinfected. Many people think that such disinfection means fumigation by the gases of sulphur or formaldehyde. Of much greater importance are removal of curtains, and carpets, their exposure for a few days to outside air and sunlight; the scrubbing of floors and woodwork with hot water and soap, and the wiping of walls and ceiling with cloths wet in 1 in 20 carbolic acid solution or 1 in 1000 bichloride of mercury solution. Fumigation would be of value in destroying infection in rooms if it were thoroughly carried out. In many cases it is so badly done that it is a useless expense, and is not advised by the Health Department unless carried out under the direct supervision of the M. O. H. In most cases it is not required. Many municipalities such as New York, Brooklyn, and Toronto have abandoned fumigation as a routine measure.

Other means such as those outlined are quite as effective and are comparatively inexpensive.

The Provincial Board issues a pamphlet giving full directions regarding disinfection. It is sent free to anyone who asks for it.

PNEUMONIA AND THE BABY.

Many mothers are afraid to let their babies out of the house after the first spell of cold weather. We know of children in our schools who are "sewed up" in their clothes when the first snow falls and remain sewed until the spring comes; but we know, too, that a considerable number of Ontario mothers keep their babies indoors all winter. Fresh air and sunlight are two important needs of the baby—and he needs them in the cold as well as in the warm weather.

The baby must have some fresh air every day. He may sleep outdoors in the dry days of winter and summer, if dressed warmly and sheltered from the wind. If necessary, a hot water bottle or a heated brick may be placed in the carriage. If the weather is bad or severely cold, dress the baby as for going out and place him in his carriage or crib in his room. Open the window, preferably one with the sun shining in and on the side of the house sheltered from the wind, and let the baby have his afternoon sleep in the fresh air.

The window in the baby's room should be left open at night—if only a little, even on the coldest nights. A baby who has plenty of fresh air is not liable to catch a cold when the slightest draft blows on him.

Do you know that during last year (1915) nine hundred and twenty-one (921) Ontario babies, one year and under, died from pneumonia and broncho-pneumonia? Pneumonia in the baby usually begins with a cold. Try to prevent your baby catching cold:

Do not let the baby near people who have colds, because colds are spread by contact with those suffering from them.

Never allow the baby to be kissed on the mouth.

Keep the baby out of drafts.

Do not let the baby play on the floor in winter. Remember the floor is the coldest (and usually the dirtiest) part of the room. The baby will be safer in his crib or in a large box or clothes-basket because the sides will protect him from drafts.

If the baby does catch cold, the best treatment is to give him a dose of castor oil. Put vaseline or lanoline in the nostrils, and rub it on the outside of the nose freely. Wrap him up warmly and give him plenty of fresh air and sunshine. Cold weather cannot hurt a baby if he is warmly dressed.

WAS TROUBLED WITH HER LIVER FOR FIVE YEARS.

When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the violent sick headaches, the sourness of the stomach, belching of wind, heartburn, water brash, biliousness, etc.

Keep your bowels regular by using Milburn's Laxa-Liver Pills. They will clear away all the effete matter which collects in the system and thus do away with constipation and all its allied troubles.

Mrs. John Fitzgerald, Brittania Bay, Ont., writes: "I have been troubled with my stomach and liver for the past five years, and have had constipation causing headache, backache and dizzy spells, and sometimes I would almost fall down. I tried all kinds of remedies without obtaining any relief.

I commenced using Milburn's Laxa-Liver Pills, and they have cured me. I have recommended them to many of my friends, and they are all very much pleased with the results they have obtained from their use."

Milburn's Laxa-Liver Pills, 25c. a vial, 5 vials for $1.00, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

A Prime Dressing for Wounds—In some factories and work-shops carbolic acid is kept for use in cauterizing wounds, and cuts sustained by the workmen. Far better to keep on hand a bottle of Dr. Thomas' Eclectric Oil. It is just as quick in action and does not scar the skin or burn the flesh. There is no other Oil that has its curative qualities.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

Children Cry
FOR FLETCHER'S
CASTORIA

It is easier for a millionaire to be generous than to be honest. It also costs him less.

The actress might have a hard time making both ends meet if she didn't marry a millionaire occasionally.

A rounder is never on the square with his family.

UNSIGHTLY PIMPLES

COVERED HIS FACE.

B. B. B. Cured Him.

All diseases and blemishes of the skin are caused by the blood being in an impure condition.

The best blood cleansing medicine on the market to-day is Burdock Blood Bitters, a medicine that has been in use for over 40 years, so you do not experiment when you buy it.

Mr. Lennox D. Cooke, Indian Path, N.S., writes: "I am writing you a few lines to tell you what Burdock Blood Bitters has done for me. My face was covered with pimples. I tried different kinds of medicine, and all seemed to fail. I was one day to a friend's house, and there they advised me to use B. B. B. so I purchased two bottles, and before I had them taken I found I was getting better. I got two more, and when they were finished I was completely cured. I find it is a great blood purifier, and I recommend it to all."

B. B. B. is manufactured only by THE T. MILBURN CO., LIMITED, Toronto, Ont.

Children Cry
FOR FLETCHER'S
CASTORIA

CHURCH UNION AT THE FRONT

A Baptist chaplain says: "Communion at the front is a pathetically simple thing. I wish you could have been at my last one. A lad asked me to hear his confession, and when we commenced several devoutly crossed themselves as they took bread and wine. Life out here is too big for fine distinctions, and men never ask if the Communion is according to the order of their Lord. I wonder if we shall learn the lesson and prepare a welcome worthy of the lads who are teaching us things. We are one out here. What God hath joined together let no man put asunder."

Children Cry
FOR FLETCHER'S
CASTORIA

There is no more effective vermifuge on the market than Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

WHOOPING COUGH

The Infant's Most Dangerous Disease.

Whooping Cough, although specially a disease of childhood, is by no means confined to that period but may occur at any time of life. It is one of the most dangerous diseases of infancy, and yearly causes more deaths than scarlet fever, typhoid or diphtheria, and is more common in female than in male children.

Whooping Cough starts with sneezing, watering of the eyes, irritation of the throat, feverishness and cough. The coughing attacks occur frequently but are generally more severe at night.

On the first sign of a "whoop," Dr. Wood's Norway Pine Syrup should be administered, and weeks of suffering prevented, as it helps to clear the bronchial tubes of the collected mucous and phlegm.

Mrs. Nellie Barley, Amherst, N.S., writes: "I have much pleasure in saying that there is no cough syrup like Dr. Wood's Norway Pine Syrup. My little girl took whooping cough from a little girl who has since died with it. I tried lots of things but found 'Dr. Wood's' to give the greatest relief. It helped her to raise the phlegm, and she is now better.

My young brother is also taking the cough, and I am getting 'Dr. Wood's' to work again."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; 3 pine trees the trade-mark; price 25c. and 50c. Refuse substitutes.

Manufactured only by THE T. MILBURN CO., LIMITED, Toronto, Ont.

If one be troubled with corns and warts, he will find in Holloway's Corn Cure an application that will entirely relieve suffering.

One reason why women's hats are so large is because the prices are so enormous that there must be some concession made to appropriateness.

Don't expect the superintendent to raise your salary because you have shown him that you know more than he does.

There is always something to be done at home when you stay around in the hope of enjoying a little leisure.

The politician finds as much trouble in coming back as the pugilist does.

If you want to know all the mean things a man has done just ask the man he has beaten for an office in the church.

Disappointments should be taken as a stimulant, and never viewed as a discouragement.—C. B. Newcomb.

There is no happiness in having and getting, but only in giving; half the world is on the wrong scent in the pursuit of happiness.—Henry Drummond.

Honor Jutland Heroes.

Many stories of inspiring courage, wonderful coolness, and unfailing resource are related by Sir John Jellicoe and his commanders in despatches, recommending officers and men participating in the Jutland naval battle for promotion and honors. The following are examples:

A petty officer whose leg was shot away insisted on remaining at his post, and tried to get his gun into action again.

A chaplain, aged fifty-six, although himself severely burned, carried wounded men from the battery deck to the distributing station.

One surgeon amputated a limb single-handed in the dark; another, severely wounded, had to be compulsorily placed on the sick list; another worked on a deck flooded with a foot of water; another worked for forty hours without rest.

Several officers and men performed gallant deeds in scalding steam and suffocating fumes. One officer remained at work until swelling from burns closed his eyes and his hands were useless.

A stoker rendered valuable service by closing valves in a compartment in which there was five feet of water.

Warding Off Trouble.

He had reformed and was full of zeal in the cause of temperance. He was holding a lecture in a workman's hall and, fearing that the audience might interrupt, he had hired a former prize fighter to preserve order. In glowing terms the orator contrasted home life with drunkenness.

"What is it we want when we return home after a hard day's work? What do we want to ease our burden, to gladden our hearts, to bring the smile of happiness to our faces and joyous songs to our lips?"

He paused for effect, and in the silence could be heard the voice of the keeper of the peace:

"Mind, the first bloke that says 'beer,' out he goes with a bang."—Country Gentleman.

To Preserve Parsley.

To preserve parsley, wash it and place in boiling, slightly salted water for two or three minutes, then take out, drain, and place on a sieve in front of the fire. Dry as quickly as possible. Then place in bottles, and store in a very dry place. When required, pour a little warm water over the parsley, and allow it to stand for five minutes.

Has Learned His Lesson.

Discussing the relation of the United States to the European War, President Wilson recently declared that "this is the last war that involves the world that the United States can keep out of." He gave as his reason his belief that "the business of neutrality is over," and that "war now has such a scale that the position of neutrals sooner or later becomes intolerable." He added that the nations of the world must get together and say, "nobody can hereafter be neutral as respects the disturbance of the world's peace for an object which the world's opinion cannot sanction."

Financial.

A teller's story. Compound interest is a powerful thing. Bill and Jim, both in khaki, breasted the counter the other day, and one—the financial member of the party—asked: "Does this bank give compound interest?" On being told that it did, he placed 3d. on the mahogany and said, "Bill and me want to know how long it will take this traybit to double itself, so as we can both have a drink." It took only two minutes.—London Opinion.

Lists of Prisoners.

German prisoners held by the British are: Military officers, 739; other ranks, 36,165; naval officers, 150; other ranks, 1,976; total, 39,030. British prisoners of war held in Germany are: Military officers, 923; other ranks, 37,770; naval officers, 47; other ranks, 361; total, 39,101.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhœa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of Chas. H. Fletcher.

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SOUND legs pull big loads. No horse with a Spavin, Splint, Curb, Ringbone, Bony Growth or Sprain, can do itself justice. Thousands of horsemen have been keeping their horses sound by using Kendall's Spavin Cure—the old reliable, safe remedy. Mr. Maurice Wayville, Amherstburg, Ont., wrote on April 20th last—"I cured a back spavin with two bottles of your Spavin Cure. I am just taking off a bog spavin. It is the best liniment for sprains you can get for man or beast. I would like to have a copy of your "Treatise on the Horse".

KENDALL'S SPAVIN CURE

acts quickly, leaves no scars or blemishes, and costs little—$1. a bottle—6 for $5. Get our valuable book—"Treatise on the horse"—free at your druggist's, or write us 111

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FRED COOK Agent GEORGETOWN

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Fresh and Salt Meats.
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Coal Heaters, Box Stoves.
All Kinds Second-hand Furniture
For Sale in the red block house

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Comfortable rigs supplied at reasonable rates.

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