

The Arion Free Press

FRIDAY, APRIL 23, 1917

What does it mean when the little bird sings?
Over the hills, singing sweet and clear?
When winter comes, when berries are ripe?
When butterflies flutter about the flowers?
When the leaves are falling, and nuts are brown?
When the snows are melting, and the days are bright?
When the leaves are green, and the birds are singing?
When the leaves are yellow, and the birds are singing?
When the leaves are red, and the birds are singing?
When the leaves are white, and the birds are singing?
When the leaves are black, and the birds are singing?
When the leaves are blue, and the birds are singing?
When the leaves are purple, and the birds are singing?
When the leaves are pink, and the birds are singing?
When the leaves are brown, and the birds are singing?
When the leaves are gray, and the birds are singing?
When the leaves are green, and the birds are singing?
When the leaves are yellow, and the birds are singing?
When the leaves are red, and the birds are singing?
When the leaves are white, and the birds are singing?
When the leaves are black, and the birds are singing?
When the leaves are blue, and the birds are singing?
When the leaves are purple, and the birds are singing?
When the leaves are pink, and the birds are singing?
When the leaves are brown, and the birds are singing?
When the leaves are gray, and the birds are singing?

MAGIC BAKING POWDER

CONTAINS NO ALUM
MADE IN CANADA

NEWS TOPICS OF THE WEEK

WEDNESDAY.

Colors were presented at Niagara Falls to the 17th Infantry. Five fishermen lost their lives in a gale on the Nova Scotia coast. British troops were ordered to the coast of Newfoundland. The American liner New York struck a mine but reached Liverpool safely. Don Jankovich was elected President of the Ontario Educational Association. It was stated that the British were destroying on the average one submarine a day. Owing to German agents' activity, martial law has been proclaimed in Guatemala. Dr. Thomas Sparks, a prominent physician at St. Mary's, died after a lingering illness. North Bay ministers unanimously resolved to send the Dominion Parliament for prohibition. The body of Mrs. Ellen Disher, 75 years old, was found in a cistern at her home at Hildway, Ont. The fourth Canadian and International Goods Roads Congress was opened at Ottawa by the Duke of Devonshire. Oliver J. Wilcox, M.P. for North Essex, has announced that he will soon return from political life, on account of his health. J. S. Brown, a native of Woodstock, Ont., for 30 years Deputy Registrar-General of the Winnipeg Land Titles Office. Workmen's compensation for the year amounted to almost \$2,500,000, an increase over the previous year. Accidents numbered over 16,000. The Hydro electric at Clinton, announced a reduction of five per cent in domestic and commercial lighting and a slight reduction to power users. Alberta Cattle Breeders' Association adopted a resolution appealing for wider markets through the lifting of the British embargo against Canadian cattle.

THURSDAY.

British capture Monchy in greatest turning movement, giving them command of high ground. The evaporating plant of I. J. Graham, Bellevue, a native of Woodstock, Ont., for 30 years Deputy Registrar-General of the Winnipeg Land Titles Office. Workmen's compensation for the year amounted to almost \$2,500,000, an increase over the previous year. Accidents numbered over 16,000. The Hydro electric at Clinton, announced a reduction of five per cent in domestic and commercial lighting and a slight reduction to power users. Alberta Cattle Breeders' Association adopted a resolution appealing for wider markets through the lifting of the British embargo against Canadian cattle.

FRIDAY.

The Canadian have taken part in a second submersible engagement inside of a week, driving the Germans from a dominating height. Chairman Webb, of the House Judiciary Committee, will introduce a bill at Washington to allow the allied governments to recruit their citizens in the United States. J. H. Hird, a former church warden in a Toronto church, was sent to jail for stealing church funds. Both his sons are knaves, so that Mrs. Hird and her daughters are left without support. These facts were urged by members of the congregation seeking leniency, but Judge Goddard imposed a heavy sentence.

CASTORIA
For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Watson*

A poplar, driven by the air as a carrying, has been granted a license away from the windward side of an automobile.

HOW TO KEEP WELL

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

RECIPIES FOR BABY FOOD, ETC.

Limbo Water.
Take in a large bottle such as a jam jar and let stand for twenty-four hours. The clear fluid standing on top may then be run off. This is limbo water.

Two-level teaspoonfuls of Robinson's or Brock's barley-flour. Mix with water to make a paste. Add water to one pint. Boil for twenty minutes. Strain through two thicknesses of cheesecloth. Add boiled water to make up to one quart. This is limbo water.

Barley Water.
Two-level teaspoonfuls of Robinson's or Brock's barley-flour. Mix with water to make a paste. Add water to one pint. Boil for twenty minutes. Strain through two thicknesses of cheesecloth. Add boiled water to make up to one quart. This is limbo water.

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AND NOW FOR SEEDING

Soil Should Be Allowed to Warm Up Before Planting.

SOME FIRST CROPS TO PUT IN

Beans are a splendid food product to grow this year—allow to be produced in general lines.

Having discussed the methods of preparing the garden soil to receive the seeds, we now turn to the sowing of the seed itself. There is no need to hurry the sowing of the seed. Better results will be obtained if the amateur gardener will wait until the soil is warm and moist. The vegetable garden should be arranged so that the sowing can be done as nearly as possible according to the time they should be planted.

LETTUCE. Lettuce is grown for its leaves, and is a short-season salad plant. It is a short-season plant, and is often grown to follow or precede another crop. It is quite hardy and may be planted early in the spring, or may be sown in the fall. The lettuce seed should be sown in a shallow furrow, two inches deep, and the soil should be tamped down with the foot. The lettuce seed should be sown in a shallow furrow, two inches deep, and the soil should be tamped down with the foot.

BRONCHITIS WAS SO BAD

Coughed Every Few Minutes.

DR. WOOD'S NORWAY PINE SYRUP CURED HER.

Bronchitis starts with a short, painful, dry cough, accompanied by a rapid widening and feeling of oppression of the chest. At first the expectoration is a light color, but as the trouble progresses the phlegm arising from the bronchial tubes becomes a yellowish or greenish color, and is very odorous. It is not a sign of recovery if it is so serious. Long trouble will undoubtedly follow.

CHILDREN CRY FOR FLETCHER'S CASTORIA

FOR FLETCHER'S CASTORIA

As an All-Weather Alcohol—Some oils and many medicines have alcohol as a prominent ingredient. A judicious mingling of castor oil with other oils, and the addition of a few drops of sweet almond oil, makes a most perfect and palatable laxative for children. It is not a sign of recovery if it is so serious. Long trouble will undoubtedly follow.

CONSTITIION THE COMMONEST ILL

Constipation is one of the commonest ills of mankind and one too often allowed to go unlooked after until some serious complication results. If the bowels are properly looked after there will be no constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, and many other ailments. Milburn's Laxative Pills will keep the bowels regular and cure all liver ills. It is a safe and reliable cure for all constipation, jaundice, sick or bilious headaches, heartburn, coated tongue, sour stomach, floating specks before the eyes, and many other ailments. Milburn's Laxative Pills will keep the bowels regular and cure all liver ills.

COULD NOT SWEEP BACK WAS SO SORE.

When a man is coming to understand that weak, lame and aching backs from which they suffer so much, excruciating pain and agony are due to wrong action of the kidneys.

CHILDREN CRY FOR FLETCHER'S CASTORIA

THE FARM HOME

A time will come when enlightened farmers will realize that the farm household is the source of all energy, enterprise and intelligence that makes a nation's success and life on the farm possible. It is the individual farmer's wife who makes the farm home a cheerful, bright and happy place. It is she who is the lifeblood of the farm. It is she who is the lifeblood of the farm. It is she who is the lifeblood of the farm.

THE BELL TELEPHONE CO. OF CANADA

EVERYONE responds to face-to-face courtesy. How pleasant it is to meet the cordial, genial man.

Get the smile into your voice. Practice cordiality, friendliness over the wire, and insist that all those who use your telephone do the same.

PALPITATION OF THE HEART

SHORTNESS OF BREATH

MILBURN'S HEART AND NERVE PILLS

Mr. S. Watters, Matapedia, Quebec, writes: "I wish to let you know how my heart and nerves are. I had been suffering from palpitation of the heart and shortness of breath for some time, but my heart was cured by your pills. I had tried all kinds of medicine, both patent and doctor's, but I found none would relieve me. I believe in your pills as I believe in my own health. I had tried all kinds of medicine, both patent and doctor's, but I found none would relieve me. I believe in your pills as I believe in my own health.

MAPLEHURST

Now on the Market

35 CENTRALLY LOCATED BUILDING LOTS

for prompt sale at very reasonable prices. Choose Yours TO-DAY

Robt. Wallace, Acton

GRAND TRUNK RAILWAY SYSTEM

Passenger Trains

The following is the time at which passenger trains now start from Acton:

Train No.	Destination	Starts
21	Montreal	8:00 a.m.
22	Acton	8:30 a.m.
23	Acton	9:00 a.m.
24	Acton	9:30 a.m.
25	Acton	10:00 a.m.
26	Acton	10:30 a.m.
27	Acton	11:00 a.m.
28	Acton	11:30 a.m.
29	Acton	12:00 p.m.
30	Acton	12:30 p.m.
31	Acton	1:00 p.m.
32	Acton	1:30 p.m.
33	Acton	2:00 p.m.
34	Acton	2:30 p.m.
35	Acton	3:00 p.m.
36	Acton	3:30 p.m.
37	Acton	4:00 p.m.
38	Acton	4:30 p.m.
39	Acton	5:00 p.m.
40	Acton	5:30 p.m.
41	Acton	6:00 p.m.
42	Acton	6:30 p.m.
43	Acton	7:00 p.m.
44	Acton	7:30 p.m.
45	Acton	8:00 p.m.
46	Acton	8:30 p.m.
47	Acton	9:00 p.m.
48	Acton	9:30 p.m.
49	Acton	10:00 p.m.
50	Acton	10:30 p.m.

GOOD THINGS TO EAT

AT

J. R. Livingstone's

Fresh Groceries, Fresh and Salt Meats, Special Line of Sausages and Hamburg Steaks, Vegetables, Eggs, Fresh Fruits, Bread, Confectionery, All Groceries, Sundries.

Orders gladly received. Promptly delivered. The children courteously dealt with.

We want to make 1917 our biggest business year.

J. R. Livingstone
276 PROSPER AVENUE, ACTON, ONT.

Robt. Noble LIMITED

WE have a good supply of SEEDS on hand for the spring trade. Red Clover, Alsike, Alfalfa, Timothy and Blue Grass, Mangold, Sugar Beets, Turnips, Vegetables and Flower Seeds.

Colors are scarce, get your Dutch Sets before the supply is exhausted.

J. L. WARREN
MANAGER
TELEPHONE NO.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Watson*

PATENTS PROMPTLY SECURED

IN ALL COUNTRIES—ASK FOR OUR INVARIANT ADVISOR, WHICH WILL BE SENT FREE.

MARTIN & MARTIN, 809 UNIVERSITY AVE. MONTREAL