The Acton Free Press.

THURSDAY, JUNE 14, 1917

I'D LIKE TO GO

It seems to me I'd like to go
Where bells don't ring, or orchestras blow,
Nor clocks don't strike, nor songs don't sound,
And I'd have stillness all round.
Not real stillness, but just the trees,
Low whispering, or the hum of bees,
Or brooks, faint babbling over stones
In strangely, softly tangled tones;
Or maybe the cricket or katydid,
Or the songs of birds in the hedges hid,
Or just some sweet sounds as these
To fill a tired heart with ease.
If 'twesn't for sight and sound and smell,
I'd like the city pretty well;
But when it comes to getting rest,
I like the country lots the best.
Sometimes it seems to me I must
Just quit the city's din and dust
And get out where the sky is blue—
And say, now, how does that sound to you?

—Eugene Field.

ENGLISH NAVY TO HAVE 400,000 MEN

It has already been announced that the total establishment of the Royal navy in 1917-18 is to be 400,000 officers and men. A supplementary estimate provides for the addition of 50,000 of all ranks during the current financial year. With the passing of this vote the aggregate of 450,000 will already have been provided for, the original estimate for 1916-17 having been 350,000.—London Telegraph.

Children Cry
FOR FLETCHER'S
CASTORIA

The kangaroo can leap with ease a distance of sixty or seventy feet, hop over a horse or take fences twelve or fourteen feet in height.

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 soreness 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.

Cuba is expected to produce more than 3,000,000 tons of sugar this year, exceeding its previous best crop by 500,000 tons.

Miller's Worm Powders never fail. They immediately attack the worms and expel them from the system. They are complete in themselves, not only as a worm destroyer, but as a highly beneficial medicine for children, correcting weak digestion and restoring the debilitated system to healthfulness, without which the growth of the child will be retarded and its constitution weakened.

Gloves are dark with heavy stitching or welts or a light color chosen to match the costume or to give a pleasing contrast.

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfying relief.

Trained athletes have cleared twenty-four feet and a few inches in a running broad jump contest, but human beings do not rank well as jumpers.

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.

DEFINITIONS

A philosopher is a man who can bear another's troubles with equanimity.

A philanthropist is a man who tells others where to give their money.

A pacifist is a man who permits others to fight his battles.

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.

NEWS TOPICS OF THE WEEK

WEDNESDAY.

Japan will give aid to the British and French in the form of loans.

Premier Wm. M. Martin has been renominated by the Liberals of Regina.

Carling's Heights, London, is again being used for a military camp.

Leopold de Rothschild, third son of the great banker Baron, died in England.

The rush to recruit, which followed the announcement of conscription, is dropping off.

King George cabled expressing his wish that a sane wartime birthday be observed June 4.

More arrests were made in the United States on charges of anti-conscription plotting.

Twenty-two war veterans were selected to go to New Ontario for instruction in farming.

A box of candy given as a gift in 1911 was produced unopened as evidence in the High Court.

Rev. Dr. A. B. Chambers, former Governor of Toronto Jail, applied to East District Methodists for superannuation.

Premier Borden sought Sir Wilfrid Laurier and they had a long conference, after which Sir Wilfrid conferred with Mr. Balfour.

The Toronto West District Methodists declared for selective draft, against racetrack gambling, and for Dominion-wide prohibition.

Dominion notes of $1, $2, $5, and $10 denominations will likely be issued to commemorate the fiftieth anniversary of Confederation.

Mr. M. H. Thompson of the Department of Education, Toronto, and former principal of the Aurora school, died while home for lunch.

The French Chamber of Deputies ordered employers in the millinery and dressmaking trade to give their employees the Saturday half holiday.

Sir Robert Borden said he understood representations were to be made to the British Government to get Canadian cheese shipped to Britain.

The British hospital ship Dover Castle has been torpedoed and sunk, it is announced officially. The British armed merchant cruiser Hilary also has been torpedoed and sunk, and a British destroyer has been sunk after a collision.

THURSDAY.

Great Britain has requisitioned all tobacco supplies and all imported cheese.

A British destroyer prevented the destruction of a Norse steamer by a submarine.

The colors of the American Legion were deposited in St. Paul's Cathedral, London.

Notice was given in the Commons of a resolution to raise the salaries of the inside Civil Service.

A speaker at the meeting of Ontario health officers said it was criminal not to report scarlet fever.

Petrolea Council has authorized the issue of debentures for $15,000 to build Hydro line extensions.

Mrs. Wm. Beattie, a pioneer settler in Palmerston, mother of Colonel William Beattie, C.M.G., is dead.

Niagara Anglican Synod and Hamilton and Montreal Methodist Conferences began their annual meetings.

The French scientific mission, with whom is Sir Ernest Rutherford of Great Britain, arrived in Washington.

Bread dropped two cents in price for large loaf in a number of cities, and flour dropped 40c a barrel at Winnipeg.

Thomas Martin of Toronto, after attempting to commit suicide by cutting his throat, walked into the Western Hospital.

Earlscourt Auxiliary of the Toronto Labor party favored conscription upon condition that wealth is conscripted as well as men.

The London Chronicle Parliamentary correspondent says Winston Churchill has been offered an important position in the Government. Churchill has been visiting the British army in France as the guest of the Commander-in-Chief. He is now in Paris being entertained by the French military authorities.

FRIDAY.

Italian troops have occupied four villages in Albania.

Over sixty persons were killed by a tornado that swept over Missouri.

The French in the Champagne drove the Germans from trenches which they captured several days ago.

A number of soldiers and indignant citizens invaded an anti-conscription meeting that was being held in the city of Guelph.

Gabriele D'Annunzio, the Italian poet, was among the soldiers who annihilated an Austrian unit which attempted a counter-attack.

Maxim Gorky has made public the attempt of the Bulgarians to bring about a separate peace between the Russians and the Central Powers.

Controller Foster of Toronto proposed to tax all bachelors two per cent. of their earnings, but other city fathers did not agree with him.

The Congress of delegates from the front in Russia has demanded that the ex-Czar shall be imprisoned in the Fortress of St. Peter and St. Paul.

The Vancouver Labor party passed a resolution condemning conscription by only three dissenting votes. They threaten strong action if the bill passes Parliament.

There will be another conscription referendum taken in Australia, a new Government having come into power since the people decided against compulsory foreign service in that country.

Cadet W. E. Fraser of Winnipeg, who was receiving instruction as an airman at Mohawk Camp, Deseronto, was burned to death as the result of his aeroplane catching fire from exploding gasoline.

The Daughters of the Empire holding their annual meting in Victoria have called upon the Government to discipline Armando Laverne on account of his "disloyalty" while wearing the King's uniform.

SATURDAY.

A British and a German submarine collided in the English Channel.

Canadian artillery is maintaining a steady bombardment of the Lens defences.

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

Good nature is a key that fits many locks.

The Ontario Medical Association decided to organize to stamp out a dread disease.

The rush to recruit which followed the announcement of conscription has died away.

Reports to the Ontario Department of Agriculture indicate another small apple crop.

Winnipeg Trades and Labor Council passed a resolution demanding a referendum before conscription.

Resolutions endorsing conscription were unanimously adopted by the Montreal and Alberta Methodist Conferences.

Rev. J. W. Mitchell, D.D., of Stratford, celebrated the 50th anniversary of his ministry in the Presbyterian Church.

St. Catharines Board of Trade endorsed a resolution petitioning the Dominion Government to stop race meets during the war.

During May 100 young men enlisted from St. Catharines and district for overseas service, making a total of 2,019 since July, 1916.

A letter has been received from Pte. Ernest Cutridge of Ryaljope, Ont., who has since been killed in action, being the last of five brothers to die on the battlefield.

Great Britains losses in cereal ships has been only six per cent., according to a statement made by Kennedy Jones, Director of Food Economy. The Ministry of Food, he added, had made allowance for the loss of 23 per cent. of this kind of shipping.

MONDAY.

Arthur Henderson, member of the British War Council, has arrived in Petrograd.

A conscription meeting held in Toronto endorsed the selective draft and opposed a coalition government.

Secretary Daniels announced the safe arrival at a Russian port of the safe arrival at a Russian port of the Elihu Root.

Soldiers broke up an anti-conscription meet that was to have been held in the Toronto Labor Temple on Sunday night.

Mrs. Celia Kelly, a well known Toronto temperance worker, was found dead in her rooms. Death was due to gas poisoning.

At a large anti-conscription meeting held in Winnipeg, an organization was formed to carry on the fight against compulsory service. Two Winnipeg aldermen and a member of the Provincial Legislature were on the executive.

The French submarine Circe has torpedoed and sunk a large enemy submarine as it was coming out from Cattaro, escorted by a torpedo boat. Although attacked by aeroplanes, the Circe returned undamaged to its base.

Russian troops have won a victory in a battle with the Turks in the Bakkis region, on the Mesopotamian frontier, taking possession of three heights. The statement also reports the repulse of a Kurdish attack south-east of Erzingan, in Armenia.

Arrangements have been completed with the German Government for the withdrawal of all British war prisoners from the firing line, according to an official announcement. The prisoners will be kept a minimum distance of 30 kilometres (18½ miles) from the actual front, both in the eastern and western zones.

TUESDAY.

The Root mission to Russia is on its way across Siberia.

Italy has proclaimed Albania an independent principality.

From 40 to 50 recruits are being sent to Camp Borden from Toronto daily.

The War Production Club made an appeal to farmers to use short-term men.

King Alfonso of Spain has intervened on behalf of the persecuted Jews in Palestine.

The situation at Ottawa is still unsettled, but is expected to be decided within a few hours.

The German Crown Prince announced that the British were making their last effort in France.

Premier W. M. Martin, of Saskatchewan, has promulgated his party's policy, in view of the appeal to the electors on the 26th inst.

The Council of the College of Pharmacy will hear evidence in the case of a Fort William druggist, convicted of selling drugs to soldiers.

The Imperial authorities have authorized the Cheese Commission to purchase some Canadian cheese through usual trade channels at 21¾ cents.

One boy, Earl Etherington, was killed, and several persons were injured by an explosion of natural gas in the Salvation Army Barracks at Paris, Ont.

Oscar Uhrig of Kitchener, seven years of age, was almost instantly killed by being run over by a waggon after falling off the handle-bars of another boy's bicycle.

According to information received by the Norwegian Legation here, 49 Norwegian steamships, with a gross tonnage of 75,397, were sunk in May. Twenty-five lives were lost.

A child survey is to be started today in Hamilton by Miss Mary Powers of Toronto with a staff of twenty-five other nurses; they will gather statistics concerning all children born in 1914.

Hamilton Methodist Conference, in session at Brantford, strongly endorsed compulsory service by selective draft, also urging conscription of wealth and all resources of the country, and advocating "putting the clamp" on drink and race-track gambling.

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.

HOW TO KEEP WELL

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

DIET IN SKIN DISEASES.

IN REFERENCE to skin affections, one might divide them in relation to food as follows:—

(1) Those directly dependent on diet.

(2) Those in which diet may not be the cause but in which it is of capital importance.

(3) Those in which diet may be an indirect factor.

Pellagra, beri-beri, urticaria (hives), and toxic erythema are examples of diseases which are perhaps largely due to diet.

Pellagra is not very common in this country. It is believed to be due to a diet largely of Indian corn. It is associated with dementia or a form of insanity, and is very fatal. It is common in the Southern United States and in Italy.

Urticaria is a common disease. Some people cannot eat shell fish or certain forms of food without having an attack of hives. Beri-beri is a Japanese disease due to the use of polished rice.

The toxic inflammations of the skin (Erythema) are of the same nature.

In the second class the diet while not necessarily the cause of the skin affection, is still of practical importance. Illustrations of this class are seen in eczema, psoriasis, and rosacea.

In these affections the best diet is a liberal use of well-boiled rice, milk, fruit, and vegetables. Meat, fish, and eggs should be prohibited for a time. Tea, coffee, and alcohol are, of course, not to be used.

Children often have eczema. In the treatment the diet will need careful selection. In psoriasis, meat, cheese, milk, and eggs must be replaced largely by a vegetable diet. The same with rosacea, (the red chin and nose so abhorred by delicate skinned women.) In this affection both the starches and the proteins require reduction.

Acne and seborrheal dermatitis are diseases, probably indirectly, the result of the too extensive use of starches and sugars.

Worms.

These are rare in infancy. Most of the symptoms applied to worms are due to faulty digestion. The only sure way to diagnose worms, is to see them in the movements. They (threadworms) look like small white threads seen in a recent movement. These are the only ones which occur in infancy. If worms are discovered, wash out the lower bowel thoroughly with a solution of borax—one tablespoonful to a pint of water and inject one-half pint of infusion of quassia daily for several days. An injection of limewater is useful. Wash the parts including the labial folds carefully to prevent re-infection.

Swallowing Foreign Bodies, Such as Coins, Etc., or Poisons.

If the former, they are usually passed without any trouble. Watch the movements.

If poison is swallowed give a teaspoonful of Wine of Ipecac and plenty of warm water. This will cause vomiting and wash out the stomach. In the meantime get the doctor as quickly as possible.

Bow-Legs.

These need not cause any anxiety. Most children grow out of them, and if they do not the doctor will advise the best treatment.

Circumcision.

Some boy babies need to be circumcised, most of them do not.

Vaccination.

All babies should be vaccinated in the first year. Vaccination does not cause any injury unless dirt is allowed to get into the wound. Vaccinate all babies, including girls, on the left arm. It is a splendid badge of your civilization and good sense.

Medical Officers of Health and Local Boards of Health are notified that the Ontario Health Officers' Association will meet in the Medical Building in Toronto, on Tuesday and Wednesday, the 29th and 30th of May next. One of the features of the conference will be an address by C. E. A. Winslow, Professor of Preventive Medicine, Yale University, on "Safeguarding the Health of Infants and Young Children."

A Boon for the Bilious.—The liver is a very sensitive organ and easily deranged. When this occurs there is undue secretion of bile and the acrid liquid flows into the stomach and sours it. In this condition a man finds the best remedy in Parmelee's Vegetable Pills, which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill preparations.

Some kinds of antelope can make a leap of thirty-six feet in length and ten feet in height.

The Pope is said to live at the Vatican on a very simple diet, as simple as that of the poorest tradesman.

A lion and tiger each clear from eighteen to twenty feet at a bound while springing upon their prey.

A WONDROUS LANGUAGE

The Frenchman asked the English spar-maker what he was making.

"A yard," was the reply.

"How much have you got done?" was the next question.

"A yard."

"Where did the spar come from?"

"The yard."

And the Frenchman was very much surprised at the lucidity of the answers and amazed at the simplicity of our language.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

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.

In Use For Over 30 Years
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THE CENTAUR COMPANY, NEW YORK CITY.

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53 CENTRALLY LOCATED BUILDING LOTS for prompt sale at very reasonable prices

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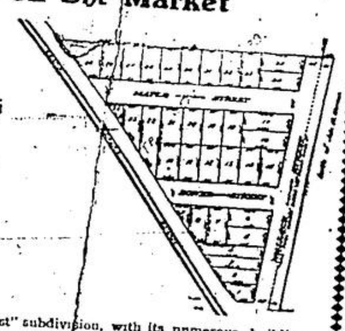

The new "Maplehurst" subdivision, with its numerous building lots, in splendid situation is now open to purchasers. Wide streets and large lots. All near the centre of the town, convenient to station, post offices, churches, schools, and within a few yards of the new Shoe Factory property. Pure water easily obtainable.

Building sand in every cellar, or supplied from a sandpit on the property.

For full particulars as to prices, terms, etc., call on

Robt. Wallace, Acton

McLAUGHLIN

Reputation and Character

THE enviable reputation of McLaughlin valve-in-head motor cars is the result of right fundamentals of character in every detail.

From the matchless valve-in-head motor, right in principle to start with, to every mechanical detail—transmission, clutch, brakes, electrical system, vacuum feed and cooling—the McLaughlin of 1917 has been perfected to a degree looked for only in cars selling at much higher prices.

The new series McLaughlin consists of a complete line of fours and sixes in touring and roadster types at prices from $910.00 up, and a new 60 H. P. 7 passenger valve-in-head touring car with a handsome double cowl body and superb refinements and appointments at $1900 f.o.b. Oshawa.

Send for a free copy of our 1917 catalogue.

THE McLAUGHLIN MOTOR CAR CO., LIMITED
OSHAWA, ONTARIO

$910 f. o. b. OSHAWA. SPARE TIRE EXTRA

McLaughlin D-Four-34 Roadster—a powerful, efficient and serviceable car for business or pleasure. The luggage compartment, the unusual economy of gasoline consumption and the extra power make the D-Four-34 the ideal salesman's car.

Ladies who want a reliable car all their own for social or patriotic duties and for about-town driving, favor this new McLaughlin model.

Call and see the new McLaughlin models at the nearest McLaughlin show rooms. There are twelve McLaughlin branches in leading Canadian cities and there is a McLaughlin dealer in every town.

LOCAL SHOWROOMS:
FRED COOK AGENT GEORGETOWN

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We have a good suppl hand for the spring trad Alsike, Alfalfa, Timothy Mangolds, Sugar Beets, table and Flower Seeds.
Onions are scarce, ge Sets before the supply is

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