The Acton Free Press

THURSDAY, JUNE 6, 1918

THE CALORIES'LL GET YOU

Little Herbie Hoover's come to our
house to stay,
To make us scrape the dishes clean
and keep the crumbs away;
An' all us other children, when our
scanty meal is done,
We gather 'around the fire and has the
mostest fun
A-listening to the proteins that Herbie
tells about
An' the calories that'll git you if you
don't watch out.

An' little Herbie Hoover says, when
the fire burning low
An' the vitamines are creeping from
the shadows sof' and slow,
You better eat the things the food
folks say they's plenty of
An' gobble up the corn pone an' Vege-
tables and fish
An' save yer dripping's an' yer sweets
an' lick clean every dish
An' learn to eat the war bread an' save
up all the grease,
For the less we eat of butter the sooner
we'll have peace.
An' don't get fresh a-talkin' of what
you won't do without,
Or the calories will get you if you
don't watch out.

THE ORIGIN OF THE RED CROSS

The red cross as a badge of service for suffering humanity dates back more than three hundred years, writes a correspondent to the Evening Post, and its origin must be of interest at this time when it has expanded as a society into a multitude that ministers to the physical needs of our army and navy here and abroad.

Camillus de Lellis was born in the kingdom of Naples in 1550. After serving in the Venetian army, he went to the hospital of San Giacomo in Rome with an affection of the leg. There he was so much impressed by the horrors and filth of what was little better than a pesthouse that he resolved to devote his life to suffering humanity, "to care for the plague-stricken and to nurse the sick in their own homes." At thirty-two he was ordained a priest, and set about founding a religious order to serve the sick."

"They shall wear a red cross upon their breasts," said Camillus, "to remind them of the suffering of our Lord Christ. This will give them strength and encouragement." Pope Sixtus V confirmed the congregation in 1586, granting them in the brief a special permission to wear "the Red Cross." This same red cross is the badge of service to-day, worn by every Catholic order that takes care of the sick, in every part of the world. This red cross has been blessed in the leper settlements of Molokai and Madagascar; in the cholera hospitals of India and the pestilence-stricken lands of the Far East, as well as on the battlefields of France. In the calendar St. Camillus' Day falls upon the 18th of July, and at his special mass these words are chanted: "Greater love hath no man than this, that a man lay down his life for his friends."

Requisite on the Farm.—Every farmer and stock raiser should keep a supply of Dr. Thomas' Eclectric Oil on hand, not only as a ready remedy for ills in the family, but because it is a horse and cattle medicine of great potency. As a substitute for sweet oil for horses and cattle affected by colic it far surpasses anything that can be administered.

Children Cry
FOR FLETCHER'S
CASTORIA

HIS SOCKS

A brave soldier having received from England an anonymous gift of socks, entered them at once, for he was about to undertake a heavy march. He was soon prey to the most excruciating agony, and when, a mere cripple, he drew off his footgear at the end of a terrible day, he discovered inside the toe of the sock what had once been a piece of stiff writing paper, now reduced to pulp, and on it appeared in bold, feminine hand the almost illegible benediction:

"God bless the wearer of this pair of socks."—Punch.

Drives Asthma Like Magic. The immediate help from Dr. J. D. Kellogg's Asthma Remedy seems like magic. Nevertheless it is only a natural remedy used in a natural way. The smoke or vapor, reaching the most remote passages of the affected tubes, brushes aside the trouble and opens a way for fresh air to enter. It is sold by dealers throughout the land.

GET THE HABIT

Now while you have your pencil in hand, will you read the following list of good habits and check off as many as you can conscientiously subscribe to?

Get the habit of early rising.
Get the habit of retiring early.
Get the habit of eating slowly.
Get the habit of being punctual.
Get the habit of being grateful.
Get the habit of fearing nothing.
Get the habit of speaking kindly.
Get the habit of radiating sunshine.
Get the habit of seeking the sunshine daily.
Get the habit of speaking correctly.
Get the habit of pronouncing correctly.
Get the habit of closing doors gently.
Get the habit of neatness in appearance.
Get the habit of relying on self always.
Get the habit of a forgiving spirit.
Get the habit of being industrious.
Get the habit of apprehending no evil.
Get the habit of anticipating only good.
Get the habit of being progressive.
Get the habit of always paying as you go.
Get the habit of promptness at your meals.
Get the habit of a quiescent concentration.
Get the habit of daily physical exercise.
Get the habit of being accommodating.
Get the habit of being a good listener.
Get the habit of economy.—Nautilus.

Corns cannot exist when Holloway's Corn Cure is applied to them, because it goes to the root and kills the growth.

A DELICATE WOMAN

"Wal," said one of the humorous characters in Everybody's Magazine, "my wife is one in a million. She gets up in the mornin', milks seven cows and gets breakfast for ten hard workin' men before six o'clock."

"She must be a very robust woman," said the commerical traveller who happened to be present.

"No, stranger, she ain't strong; she's more pale and delicate-like. If that woman was only strong, I don't know the work she couldn't do!"

Children Cry
FOR FLETCHER'S
CASTORIA

OLD LADY'S IDEA

The train had stopped, and the old lady put her head out of the window and inquired of an old railway porter what it was stopping for. The luggage smasher was inclined to be facetious.

"Engine out late last night, ma'am," he remarked with a smile, "so she's got a thirst on her this morning; they're givin' 'er a drop o' water."

"Sure it's water?" queried the old lady.

"If you wait a minute I'll inquire whether they're givin' her port wine," he grinned.

"Never mind, my man, don't you trouble," came the answer. "I thought perhaps by the way we've been getting along it was slow gin."—Exchange.

An Always Ready Pill.—To those of regular habit medicine is of little concern, but the great majority of men are not of regular habit. The worry and cares of business prevent it, and out of the irregularity of life comes dyspepsia, indigestion, liver and kidney troubles as a protest. The run-down system demands a corrective and there is none better than Parmelee's Vegetable Pills. They are simple in their composition and can be taken by the most delicately constituted.

THE NOBLE WEAKER SEX

The weaker sex
Is that portion
Of the human race
Who goes down-town
In zero weather
In a half-masted lace waist
And pumps
To buy a muffler
And woollen socks
For her husband
So he can go to work.

Bilious? Take NR Tonight

Nature's Remedy is Better and Safer Than Calomel. Clears Out System Without Griping. Stops Sick Headache. Guaranteed.

Bilious attacks, constipation, sick headaches, etc., are in the great majority of cases due to digestive trouble and no reasonable person can expect to obtain real or lasting benefit until the cause is corrected.

Nature's Remedy (NR Tablets) is a vegetable compound that acts on the stomach, liver, bowels and kidneys, the purpose being to bring about healthy and harmonious action of all the organs of digestion and elimination. It acts promptly and thoroughly, yet so mildly and gently that there is never the slightest griping or discomfort.

But that is not all. Nature's Remedy (NR Tablets) have a beneficial effect upon the entire body. By improving the process of digestion and assimilation, the nourishment is derived from food, the blood quality is enriched, vitality is increased and the whole system strengthened.

Once you get your body in this splendid condition, you need not take medicine every day—just take an NR Tablet occasionally when indigestion, biliousness and constipation threatens, and you can always feel your best. Remember keeping well is easier and cheaper than getting well.

Get a 25c box of Nature's Remedy (NR Tablets) and try it. It is sold guaranteed and recommended by your druggist.

E. J. HASSARD - ACTON, ONT.

Nature's Remedy
NR TABLETS NR
Better than Pills For Liver Ills. GET A 25c Box

A BACHELOR'S JOKE

During the voyage of a channel steamer, a wooglish Welshman was approached, by a fellow-passenger, who said:

"We are getting up a tug-of-war, between a train of married men and a team of single men; you are married aren't you."

"No," replied the Welshman, "I am only seasick; that is what makes me look like this."

Children Cry
FOR FLETCHER'S
CASTORIA

A GRAVE QUESTION

The sponsor for the following bit of characteristic dialogue in London Opinion:

Shopkeeper—Now, look here, little girl, I can't spend the whole day in showing you penny toys. Do you want the earth with a little red fence round it for a penny?

Little Girl—Let me see it, if you please.

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.

Treat people kindly and you will find them easier to work.

Many a man has married in haste and paid alimony at leisure.

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

A sentimental girl is lost at a wedding without a dainty handkerchief.

The people most addicted to wasting time are those whose time is not their own.

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

THE NEW WIRE FENCE

The old method of supporting fences by placing heavy, rigid posts every few feet, declares the Evening Wisconsin, has been shown to be wrong in principle. The new system of supporting fences is to make them on the principle of a fiddlestring. A fiddlestring is fastened at both ends. Anything that hits it at any point produces stresses on the string that are transmitted to the terminals.

The new fences have solid terminals forty rods apart. Between them the wire is stretched tightly, and, to prevent it from sagging, thin, flexible steel supports, anchored eighteen inches below the surface of the ground, are used. When a sudden shock comes against one of these bowstring fences,—such, for example, as a bull charging the fence,— the flexible supports bend in an even curve from their point of anchorage and allow the strain to come on the terminals.

DO GOOD NOW

Dr. Johnson wisely said: "He who waits to do a great deal of good at once, will never do anything."

Life is made up of little things. It is but once in an age that occasion is offered for a great deed. True greatness consists in being great in little things.

If we would do much good in the world, we must be willing to do good in little things little acts one after another, speaking a word here, giving a smile there, and setting a good example at all times; we must do the first thing we can, and then the next, and so keep on doing.

This is the way to accomplish anything. Thus only shall we do all the good in our power.—Selected.

THIS WEAK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound that I thought I would try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. Worthline, 2842 North Taylor St., Philadelphia Pa.

The majority of mothers nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will restore a normal healthy condition, as it did to Mrs. Worthline.

WHY THE PLANS OF THE GENERAL WERE CHANGED

During one of the earlier wars in our country's history, some very important information was brought to the commanding general by a boy of fifteen. The general was at a loss to know whether to accept the boy's statement or not, but a corporal came forward declaring that he had known the boy all his life and that it was impossible for him to lie. The boy's word was accepted, the plans of the general changed and a decisive victory won.

It is improbable that this lad realized how strongly his personality was being impressed on his acquaintances. Most of us underestimate the ability of our friends to read our characters, but, in point of fact, we are all better known than we have any idea of. If we are what we should be, in all probability, some one is ready to vouch for us in no uncertain terms. If we are not what we should be, our neighbors and friends find it out long before we imagine.

BITS OF WIT

Bridget: "An' did th' docthor say yer had any pronounced dis'ease?"

Pat: "Bhure an' he did; but, begorrah, OI couldn't pronouce it!"—Judge's Library.

* * *

A certain British soldier's letter runs thus: "I am sorry I cannot tell you where I am, because I am not allowed to say. But I venture to state that I am not where I was, but where I was before I left here to go where I have just come from."—Punch.

* * *

"Mable," queried the caller of the minister's little daughter, "does your father ever preach the same sermon twice?"

"Yes, I think he does," replied Mabel "but he talks loud and soft in different places each time, so it doesn't sound the same."—Indianapolis Star.

WINDOW CLEANING

Cleaning windows is a hard task at best, and it usually happens that as soon as the windows are cleaned a storm or rain undoes all the work. Next time you clean your windows moisten a cloth with denatured alcohol, go over the window quickly with this, and polish with a dry cloth. The glass will be brilliantly clear and will repay the cost of the alcohol by never being cloudy, as is often the case when windows are washed in the ordinary method.

WILL YOU BE ONE?

Thousands of thoughtless people neglect colds every winter. A cough follows; they get rundown—then stubborn sickness sets in. This can be prevented easier than it can be cured. If you will give your system the benefit of a few bottles of

SCOTT'S EMULSION

you will find your whole system strengthened. It will fortify your lungs and throat and enrich your blood against rheumatism. Scott's is powerful concentrated nourishment without drugs or opiates.

Don't neglect taking Scott's—commence today.

Scott & Bowne, Toronto, Ont. 17-67

CANADA

PUBLIC NOTICE

DOCUMENTS TO BE CARRIED

by every male person who is not on active service in any of His Majesty's Naval or Military Forces, or in the Naval or Military Forces of any of His Majesty's Allies, and who apparently may be, or is reasonably suspected to be, within the description of **Class One** under the Military Service Act, 1917, who for any reason may have claimed that he is not within **Class One** under the Act.

NOTICE is hereby given that, under the provisions of an Order in Council (P.C. 1013), of the 20th April, 1918, upon and after the 1st day of June, 1918, every male person who is not on active service in any of His Majesty's Naval or Military Forces, or in the Naval or Military Forces of His Majesty's Allies, and who apparently may be, or is reasonably suspected to be, within the description of Class One under the Military Service Act, 1917, by whom or on whose behalf, it is at any time affirmed, claimed or alleged that he is not, whether by reason of age, status, nationality, exception, or otherwise, within Class One under the Military Service Act, 1917, as defined for the time being or that, although within the said Class, he is exempted from or not liable to military service; shall have with him upon his person, at all times or in or upon any building or premises where he at any time is,

AGE

If it be claimed that he is not within the class by reason of age, an official certificate of the date of his birth, or a certificate of his age signed by two reputable citizens residing in the community in which he lives and having knowledge of the fact; or

MARRIAGE

If it be claimed that he is not within the Class by reason of marriage, a certificate, either official or signed by two reputable citizens residing in the community in which he lives and having knowledge of the facts, certifying to his marriage and that his wife is living; or

NATIONALITY

If it be claimed that he is not within the Class by reason of his nationality, a certificate of his nationality signed by a Consul or Vice-Consul of the foreign State or Country to which he claims his allegiance is due; or a passport issued by the Government of that Country establishing his nationality; or

ACTIVE SERVICE

If it be claimed that he is excepted as a member of any of His Majesty's Forces or as having since the 4th August, 1914, served in the Military or Naval Forces of Great Britain or her Allies in any theatre of actual war and has been honourably discharged therefrom, official documents or an official certificate evidencing the fact; or

CLERGY

If it be claimed that he is excepted as a member of the clergy, or of any recognised order of an exclusively religious character, or is a minister of a religious denomination existing in Canada on 29th August, 1917, or as being a member of any other society or body, a certificate of the fact signed by an office-holder competent so to certify under the regulations of the church, order or denomination, society or body, to which he belongs; or

EXEMPTION

If it be claimed that he is exempted from or not liable to military service by reason of any exemption granted or claimed or application pending under the Military Service Act, 1917, or the regulations thereunder, his exemption papers, or a certificate of the Registrar or Deputy Registrar of the district to which he belongs evidencing the fact; or

OTHER CLASS

If it be claimed that he is not within the Class, or that he is exempted, not liable or excepted upon any other ground, a certificate of two reputable citizens residing in the community where he lives having knowledge of the fact upon which the claim is founded and certifying thereto;

FAILURE TO CARRY REQUISITE EVIDENCE

If upon or after the 1st day of June, 1918, any such male person be found without the requisite evidence or certificate upon his person or in or upon the building or premises in which he is, he shall thereupon be presumed to be a person at the time liable for military service and to be a deserter or defaulter without leave;

PENALTY

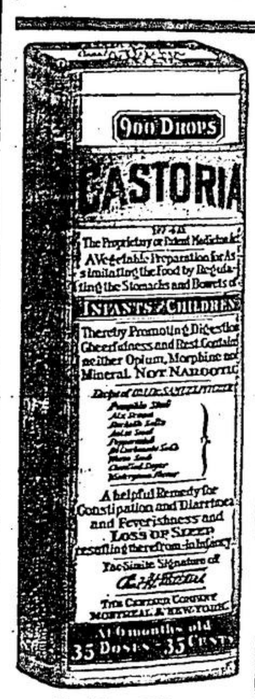
And he shall also be liable upon summary conviction to a fine not exceeding $50 or to imprisonment for a period not exceeding one month, or to both such fine and imprisonment; and moreover, any such person may forthwith be taken into military custody and may be there detained and required to perform military duty in the Canadian Expeditionary Force so long as his services shall be required, unless or until the fact be established to the satisfaction of competent authority that he is not liable for military duty.

FALSE CERTIFICATE

The use, signing or giving of any such certificate as hereinbefore mentioned shall, if the certificate be in any material respect false or misleading to the knowledge of the person using, signing, or giving the same, be an offence, punishable, upon summary conviction, by a penalty not exceeding five hundred dollars, and by imprisonment for any term not exceeding six months and not less than one month.

ISSUED BY THE MILITARY SERVICE BRANCH
OF THE DEPARTMENT OF JUSTICE.

Ottawa, May 22, 1918.



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For Infants and Children.
Mothers Know That Genuine Castoria
Always Bears the Signature of Chas. H. Fletcher
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

Acton Flour and Feed Store
ROBERT NOBLE, Limited

SEEDS SEEDS SEEDS

We have a Full Supply of

RED CLOVER	ALSIKE
SWEET CLOVER	TIMOTHY TARES
LUCERNE	RAPE SEED

A consignment of Leaming Seed Corn for ensilage, of choice quality, also one car Marquis Seed Wheat just arrived.

H. AWREY - - - - - - - - MANAGER

The Prompt Answer!

IF the habit of *answering promptly when the telephone bell rings* were universal, the saving of time would be enormous.

¶ Few things are more pleasing to telephone users than a prompt and courteous response to a telephone call. In business, the practice of *prompt answering* has been a money maker, for customers appreciate it.

¶ Practice *prompt answering* yourself and make it a rule in your business.

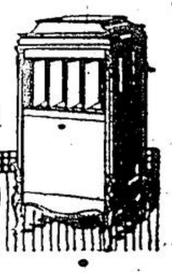
The Bell Telephone Co. of Canada

Columbia Records Grafonola

Get the Genuine
Grafonola

Avoid disappointment. Refuse imitations. Only genuine Columbia Grafonolas and Records bear this trade mark. Look for it before you buy.

Columbia Grafonola



FOR SALE BY

C. C. Speight - Acton, Ont.

Railway Time Tables

AT ACTON

Grand Trunk Railway System

Going West

No. 29	8.13 a.m.
No. 31	10.29 a.m.
No. 33	2.19 p.m.
No. 189	6.53 p.m.
No. 37	8.12 p.m.

Going East

No. 28	9.28 a.m.
No. 32	3.28 p.m.
No. 34	6.15 p.m.
No. 38	8.12 p.m.

Sunday trains pass through Acton going west at 10.16 a.m. and east at 6.15 p.m.

Toronto Suburban Electric Railway

Going West

9.17 a.m.	Daily except Sunday
3.32 p.m.	Daily except Sunday
8.09 p.m.	Daily except Sunday
11.02 a.m.	Sunday only
6.32 p.m.	Sunday only

Going East

7.48 a.m.	Daily except Sunday
2.02 p.m.	Daily except Sunday
6.18 p.m.	Daily except Sunday
9.58 a.m.	Sunday only
5.48 p.m.	Sunday only

GRAND TRUNK RAILWAY SYSTEM

A Suggestion for Your Summer Holiday This Year

ALGONQUIN PARK
Highlands of Ontario

An ideal spot for your Summer Vacation midst wild and delightful scenery.

Excellent hotel service at the "Highland Inn."

Full information from any Grand Trunk Ticket Agent or C. E. Horning, District Passenger Agent, Toronto.

H. S. HOLMES, Agent
ACTON, ONT. Phone 13

The Constant Call

for well trained stenographers and office assistants prompts us to continue our work through the summer months. Enter any time. Shaw's Business School, Toronto. Free catalogue. W. H. SHAW, Pres.

ACTON
LIVERY
—AND—
BUS LINE

Having purchased the livery and goodwill of the business from Mr. A. McCann, I solicit with confidence the patronage of the public.

Comfortable rigs supplied at reasonable rates.

Special attention to supplying conveyances for weddings and funerals.

Motor Cars furnished when required.

BUS MEETS ALL TRAINS

L. E. ATKINSON
Acton On

Grain Chopping

Well Done and Quickly at only
5 cents
per bag.

HARRIS & CO., Limited
ROCKWOOD - ONT

When You Need
BOOTS
SHOES
At Any Time

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W. WILLIAMS
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