The Acton Free Press

THURSDAY, JULY 25, 1918 . The same and the s A VEGETARIAN SONG

Blug a nong of awest com. A garden full of chard, Four and twenty eng-plants Growing in the yard. When the crops are gathered The folks can have some lunch; lun't miccotash a dish To set before a bunch ! l'ather's tending boots and chives, Blaving us some money:

Mother's out monk the liver Taking off the honey: The like are in the garden l'ulling but the weeds Don't we not a lot of food From a peck of seeds ?

BETTER DAYS AHEAD

The people who deny this, and the walks of men, he would no doubt "Tommy" and for army use it seems that the former days were better than ton soaked with petroloum. Cotton concerning this."

public sentiment has come to be a group of three animals had a rupturmighty engine for the suppression of ed tympanic membrane. Of the methese abuses by which men and wamen | chanical devices the Elliott reduces are deprived of the common rights of ordinary sounds the least and the humanity. The rich are more and more sensitive to the judgment of the public concerning the proper use of their wealth. Bociety bids fair to become ere long thoroughly aroused to preventable diseases.-Selected.

The Oil for the Athlets-In rubbing down, the athlete can find nothing finer than Dr. Thomas' Eclectric Oil. It renders the muscles and sinews pliable, takes the soreness out of them and strengthens them for strains that may be put upon them. It stands proeminent for this purpose, and athletes who for years have been using it can testify to its value as a lubricant.

VICTORY

Our first business as Canadians is to belp win the war. And that statement does not refer alone to the Government, but to each of us individually. The first business of a farmer or a carpenter or a housewife is to do his or her best to help win the war. Everything else, comes second. The war should be no side issue with any of us. Many good citizens of the present time imve an idea that they can go on with their work as usual servation is conducting illustration that they can have the same enjoy- cultivation are being tried to check do. The war must be the paramount part of the land was ploughed and we will go to a place of everlasting thing in the thoughts of all in order part was thoroughly cultivated only, bliss. But suppose we are bud then to bring victory.

Children Cry FOR FLETCHER'S CASTORIA

HUNS TO GO BAREFOOTED

catchword to be placarded in Ger- crop and which is freer from mustard. "In view of the alarming scarcity farm, next spring, by all means see of leather, rich and poor alike should that the mustard in your crop of corn lispense with boots and shoes," says in not allowed to go to aged. There an explanation of the placard in the are many similar simple tests that ary Rhenish Westfalische Zeitung, of Ea- farmer might conduct. The way to sen. The old are urged to set an and out if a thing is good is to try example for the young. "Why not it out, on a small scale at first, on walk on hare feet this summer ?" your own farm. Do not plunge head

at school or in church." Choked for Air. Some little irritant becomes lodged in the bronchial tubes. others gather, and the awful cholder of asthma results. Nothing offers quits such quick and positive relief as Dr. J. D. Kellogg's Asthma Remedy. The trates, clears the passages and gives cures. It has behind it years of suc-

OUTDOOR LIFE

all one's leisure moments. The house are now under cultivation. should be but the adjunct to the porch and yard. Lunch, when possible, out among the trees or on the porch. Bring from the woods the wild flowers. Mand them, in every possible nook and cranny that they may woo you from a box outside his shop one day, labthe house into the open dir.

These peats attack the tender lining of the intestines and, if left to pursue box for the blind?" he was asked. their ravages undisturbed, will ulti- "Oh, I got enough money." he re-mately perforate the wall, because piled. And pointing upward to the these worms are of the hook variety new canvas blind that sheltered his that cling to and feed upon interior shop window, "There's the blind. Not surfaces. Miller's Worm Powders will bad. is it?"-London Answers. not only exterminate these worms, of whatever variety, but will serve to repair the injury they have done.

EXPERIENCED

The head of the household were a worried, dark look when he beheld the numerous bills that confronted him. "Your extravagance is becoming unbearable," he growled, "When I die you'll probably have to beg." "Well, I should be better off than some poor women who never had any practice," replied his wife.

Children Cry FOR FLETCHER'S CASTORIA

ALL AS ONE VIEWS IT

An Irish girl called at Mrs. Green's

to get the place as cook. "Are you a plain cook" inquired Mrs. Green. "Well, mum," replied the girl, "yex may t'ink so, but Omoor Milligan was afther tellin' me that me eyes wor ville Courier-Journal. lolke th' Lakes of Killarney."-Ex-

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worrr. Externinator, the best remedy of the kind-that can be had.

RABBIT WOOL Rabbit hair is supplenting wool in tion. For many yours they have been the felt hat making industry of Aus. a standard remedy for dyspepsia and trails, where there are thirty factories indistration and are highly esteemed in operation at present making use of for their qualities. to be superior to the finest morino. and millions of rabbit skins are made uso of annually.

Why somer from corns when they can be painlessly rotted out by using Holloway's Corp Core.

GUNNERS' EARS

The relative efficiency of various dehollow soft rubber apherical bulb with property of Mother Earth. . clare as some do, that the world in Dry cotton placed firmly. 7. Cutton after proper time for growth has pass. hard fought trial the jury decided in gotting worms and worms are simply saturated with glycerin, carefully od by, the industrious fishermen get favor of the defendant, claiming that ignorant of the facts. A little knowl- kneeded to drive out all the air bub- them back from the waters for us. | the plaintiff was negligent, in not suredge of history would be the speedlest bles. 8. Cotton saturated with petrocure for that considerable class of leum, carefully worked in until a uni- a half-million pounds of salmon, alto- decision entablishes an important prowell-disposed folk who are perpetual. form mass was obtained. In the first gether worth nearly twent; five mil- cedent, and one that will be of interest way of happening with inapproprily mouning and greaning over the group Guild places the "Tommy" and lion dollars. wfory of the vanished years. If the the Mallock-Armstrong devices. There wine preacher could again return to in nothing simpler to keep clean than repeat with added emphasis the ad- the best of those tested. The wax vice which he gave to his own genera- | cone of the Italian navy type comes tion: "Say not thou, What is the cause next in order, followed closely by cotthese? for thou dost not inquire wisely souked with glycerin did not protect quite so well as that saturated with The world of men, individually and petroleum; the explanation probably and often shortens life. in groups is getting better, kinder, lies in the greater viscosity of the . If your work is tiring; if your nerves more generous. The church is awak- petroloum. The Elliott perfect car are excitable; if you feel languid, weary ing to its social obligation as never protector and the Wilson-Michelson or depressed, Scott's Emulsion overbefore. Societies of mutual benefit device rank together with dry cotton and good will are spreading the world as having been given the least protocover. Open cruelty and oppression tion to the middle car parts of the aniare becoming impossible. Employers mais used. With all three preventive the very elements to invigorate the are growing every day more consider- measures every animal showed post- blood, strengthen the tissues, nourish ate of their laboring people. Aroused tive injuries, and one out of each

> Every 10c Packet of WILSON'S S8º WORTH OF ANY STICKY FLY CATCHER.

"Tommy" the most.

Clean to handle. Sold by all Druggists, Grocers and General Stores.

HOW TO CONTROL WILD

On a number of farms in Dundas county where the Commission of Conbefore seeding. On fields where the what will become of us?" corn was kept clean last summer and less mustard this year than is to be -Brooklyn Citizen. seen in the grain on the land which was ploughed, while the stand of grain is equally as good on the cultivated portion of the field. There are two things to be looked

"Go barefoot this summer and help for in-this comparison: note which the fatherland," is the latest patriotic part of the field gives the best grain If this test is contemplated on your says the Zeitung. "Neither old nor long into some now thing the first young need be ashamed to walk bare- time your hear of it. Try things side foot anywhere-at home, in the streets, by side so that a comparison may be made.-F. C. N. .

SOLDIERS PRODUCING FOOD

The food shortage in recognized as so serious in Europe that the soldiers are cultivating 50,000 acres behealing, soothing smoke or vapor pena- Salonica and approximately 709,000 untold relief. Usually it completely and Cyprus. In Egypt, Palestine cures. It has behind it years of succoss. It is the sure remedy for every your grow all their own vegetables and a large part of their hay and forage. All the militar camps in England are being cultivated also. At Aldershot where 28 acres were being Let outdoor life at this season claim cultivated 18 months ago. 1,200 acres

TOO LITERAL

A tradesman in a certain town pu elled "For the Hitad." A few weeks afterward the box disappeared. "Hello! What's happened to your

CASTORIA For Infants and Children

In Use For Over 30 Years

A WAR CHILD

Representative Asbury Lover of South Carolina said in a Red Cross appeal in Charleston: "Food saving will greatly help to win the war. Let us all then be as saving of our food as a little girl I know in Nowberry. " Julin, said this little girl's mother the other day, 'did you peel your apple before eating it, an I told you to?" "'Yes, ma'am,' said Julia, "'And what did you do with the peeling?' said her mother. " 'Ato It,' said Julia calmly."-Louis-

The For of Indigestion-Indigestion is a common allmont and few are free from it. It is a most distressing complaint and often the auffering attending it is most sovere. The very best remedy is Parnielec's Vegetable Pills taken according to directions. They rectify the irregular action of the atomach and restore healthy ac-

FOR MENDING RUNB."

Billish up the runs on a sowing machine, By using this method they will not short as much as when done by hand. The mending, furthermore will permanent,

WHAT THE GEA DOES FOR US

Beleptiate may that in the waters of The Municipal World gives particuon guinea pigs by Guild. Eight pro- is evidently more wealth in water than must turn to the right of a beaten path cruftsman has discovered, is broken ventives, have been used in the work we dream there can be, since we are or readway and permit a motor car blades. and forming contact with what may mon knowledge. It seems that to-day road. As Stevens drove past the break. lock-Anderson par defender." 5. all sorts. These "small fry," as they ening the horse, which ran away, suits. If the saw binds, rub a little Wax comes which Cuild made after the are called, are transplanted into the throwing the occupants of the buggy becawax on it. description given by Itho as having American streams inland and near the out. Mrs. Reid received injuries been adopted in the Italian army. 6. ocean at natisfactory seasons and, which she claims permanent. After a Last year they brought to masket rendering one half of the road. The

It is wrong for mothers to neglect their aches and pains and suffer in silence—this leads to chroni : sickness

comes just such conditions. It possesses in concentrated form Seek & Bowne, Teronto, Ont.

TO TAKE TO COVER

There is an organization of motor car owners in London, England, which pital on the following day. has rendered valuable service to the public in connection with the raids of the German air pirates. When warning of an air raid is recoived in the city explosive sky rock- his remaining leg, one arm in a sling ets are fired from various points. The and a bandage over his left eye. automobiles then drive through the city streets, honking their horns to at tract attention. On each side of the car above the motor hood, a large ign is carried, on which is printed the warning "Take Cover." When the in his good eye. "I was cleaning out danger is passed the reverse side of the sign is shown, which reads "All is Clear." A Boy Scout bugler, who rides in the car, also assists to inform the citizens that the Huns have de-

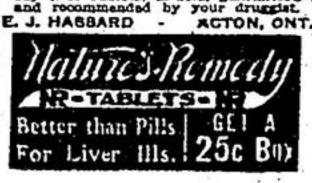
The drivers of the cars wear a uniform, which includes a metal helmet similar to that worn by the soldiers in the trenches. This latter is worn for protection against chrapnel from the British anti-cruft guns, which usually provide the raiders with more or less special entertainment.

ments as in former years, and sive to the spread of mustard. On fields juvenile Sunday school class, "our the war what is left of their time and where corn was grown last year and lession to-day teaches us that if we are energy and money. That will never where grain was sown this apring, good while here on earth, when we die Popular Science Monthly. no mustard was allowed to go to seed, blister," promptly answered the small not include those at present in the the cultivated portion shows much boy at the pedul extremity of the class.

Quit Laxatives, Purges; Try NR

NA Tonight --- Tomorrow Feel Right

colomel, oil, purges and cathartics the bowels and liver and makes conwhy don't you begin right today to Why don't you begin right today to overcome your constitution and get... your system in such shape that daily purging will be unnecessary?—You can do so if you get a 25c box of Naturo's Remedy (Nit Tablets) and take one each night for a week or so. Nit Tablets do much more than merely cause pleasant easy bowd sotion. This medicine acts upon the digestive as well as eliminative organs —promotes good digestion, causes the promotes good digestion, causes the body to get the nourishment from all the food you cat, gives you a good, hearty appetite, strengthens the liver, poercomes biliousness, regulates kidney and bowel action and gives the whole body a thorough cleaning out. This accomplished you will not have to take medicine every day. An occasional Nit tablet will keep your body in condition and you can always feel your test. Try Nature's Remedy (Nil Tableta) and prove this. It is the best bowelmedicine that you can use and costs | only 250 per box, containing enough to last twenty-five days. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.



Extless
Bread



Avoid disappointment. Refuse imitations. Only



C. Speight

Hawlor metal in easy, if the worker vices, for preventing injuries to the the sea are to be found solutions of lars of a case of interest to automor knows just how to do it; otherwise ear parts, by detenations was tested precious metals as well as sait. There bilists. It says a horse drawn vehicle the chief result, as many an amateur

to date; 1. The "scietific ear drum so used to thinking that gold, silver coming from behind to pass, Fatture Himple designs are best. Not only protector. Tommy," consisting of a and other precious things are the sole to do so makes the driver of the form- are they more likely to be in good er vehicle guilty of negligence in the tante, but they can be more easily an opening on one-side surrounded by litt one great gift that we long age opinion of a jury composed of farmers followed. Make ready by screwing to a flange. 2. A device invented by Dr. learned comes only from the sea is a at Woodstock. This verdict was reach- the beach a heard, with a V-shaped J. Gordon Wilson and Professor A. A. marvellous yearly yield of fish. How ed after a trial lasting three days, cut in the end of it, so placed that Michelson, consisting of a hollow many of have the least leds what the Mrs. Florence Reid field suit against the V will extend well out beyond the framework of hard rubber in which fisherman does bring to the light of Lant Stevens, demanding \$5000 Aam- edge of the beach. The saw frame is supported a valve of light metal so day within twelve months by his pa- ages for personal injuries received in and blades are similar to those for arranged as to stay open and permit tient industry? When the United a rupaway, caused as she avered fret-sawing wood. When changing the ordinary sounds to pass the edges. States published its last annual re- when Stevens drave his car into her direction of the naw, keep it in motion. but so adjusted that detountion waves port on its fisheries, some nort of buggy when she ignored the repeated if you attempt to make a turn with can cause it to shut by moving inward answer to this question became com- signal-to turn out and give half the the saw motionicas the blade will be called the valve seat. The Elliott the Government has nearly a hundred burgy the car collided with the wheels Do not work too fast. Two strokes "perfect car protector." 4. The "Mai- and fifty stations for raising figh of the former vehicle, the crash fright- to the second will give the best re-

> to every driver, whether of a motor ate frequency at those most pathetic car or a horse drawn vehicle.

MOTORISTS HAVE RIGHT OF WAY

Children Cry FOR FLETCHER'S CASTORIA

HOW IT HAPPENED The chairman of the English lecture bureau, Foster Fraser, insists that whatever may be said of Englishmen in general the British Tommy certainly has a fine sense of humor, and he tells this story to illustrate the point: In England, he says, as in America, there are some women who like to see the nerves and build up your strength, their pictures in the papers and to whom a Red Cross uniform is particu- this town," remarked the prominent larly becoming. One of these joined citizen. the Red Cross, ordered hn expensive uniform, went to the photographer's "No matter what wrong number the to have her picture taken for publica- telephone operator gives you, you can tion and then announced that she always find someone to talk to."would make a visit to a certain hos- Washington Star.

Two hours after the appointed time she arrived, and on her way up the walk she stopped to speak to a soldier who was sitting on a bench nursing "I suppose, my good man," she began patronizingly, 'you were wounded "No ma'am," returned the Tommy, looking up at her with almost a tear

the canary cage and the bird bit me." MOTORCYCLES IN WAR

From the arrival of the British expeditionary force in Belgulm in the late nummer of 1914 down to the present time the motorcycle has steadily gained in importance in different branches of the military service. Its use has not been restricted to the allied armies. The best authorities place the number of motorcycles employed by the armies of the central powers at the time of the Battle of the Marne at 18,000. The British had at least 40,000 in service in the spring of 1916, while the French had about 11,000. The Italian forces up to the present have 10,000 according to recent estimates, says It has been figured that more than

750,000 motorcycles have been in uso for military purposes by the belliger-"Wo'll go to a place of everlanting ent powers since, July 1914. This does United States army service, for prior to their entrance in the great war the American army did not have more than perhaps 150 machines in all.

A HELPFUL CLUE

A wild-eyed and dishevelled-looking woman burst into the local police "My husband has boon threatening to drown himself for some time." Sone cried, hysterically, "and he's book missing now for two days. I - want you to have the canal dragged." "Anything peculiar about him by which he can be recognized, supposing we find the body?" inquired the

The woman hesitated, and seemed t a loss for a minute or two. Then a look of relief slowly overspread her face. "Why yes," she exclaimed at last. "He's deaf !"-Pearson's Week-

Get the Genuine

Grafonola

genuine Columbia Grafonolas and Records bear this trade mark. Look for it before you buy.



- Acton Ont.

With what seems sometimes to be a perverse disregard for the fitness of things, comical incidents have a of institutions, asylums for the inname. .- It is Tit-Bits that vouches for the following story: Lord Halabury, the former Lord Chancellor of England, during his

term of office, had occasion to visit in his official capacity, a certain lunatic anylum. "I'm the Lord Chancellor," he announced to the attendant at the door. The man looked at him curiously for a moment. "This way, sir," he said very firmly; 'wo 'ave three more of 'em in

"I know just about everybody in

SAWING METAL

OTHERS OF THE ILK

A LUCKY MAN

Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his per-Last Elitabete sonal supervision since its infancy. All Counterfeits, Imitations and "Just-an-good" are but Experiments that trifle with and endanger the health of

Infants and Children-Experience against Experiment. What is CASTORIA Castor Oil, Paregoric,

Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, alds the assimilation of Food; giving healthy and natural sleep. The Children's Panacea The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY,

Should Profit by the Experience

Buffalo, N. Y .- "I am the mother of four children, and for

nearly three years I suffered from a female trouble with pains

in my back and side, and a general weakness. I had pro-

forsional attendance most of that time but did not seem to

got well. As a last resort I decided to try Lydia H.

Pinkham's Vegetable Compound which I had seen

advertised in the newspapers, and in two weeks noticed

a marked improvement. I continued its use and am

now free from pain and able to do all my house-work."—Mrs. B. B. Zinkinska, 202 Weiss Street,

Portland, Ind .- "I had a displacement and suffered

so badly from it at times I could not be on my feet

at all. I was all run down and so weak I could not

do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."—Mrs. Josephine Krasik, 935 West Race Street, Portland, Ind.

LYBIA E.PHICKIAM MEDICINE CO. DVIIII. NASS.

of These Two Women

Tired Nervous Mothers

Buffalo, N. Y.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S

VEGETABLE COMPOUND

Your Weekly Newspaper

Perhaps you haven't been thinking much about it-just

taking for granted that \$1.50 a year is a right price for the

FREE PRESS year after year, let other things cost what they

may. But you are a reasonable being, and so can see that the

price of a weekly newspaper should no more remain "fixed"

year after year than the prices of such common things as Beef-

steak, Sugar, Coal, Boots, Wheat, Eggs, Potatoes, Clover Seed,

and their like whose price has remained unchanged and un-

changing year after year? Why, then, should your newspaper's

price remain the same-the same, for example, as when you

A BUSHEL OF WHEAT FOR 50 CENTS

A COMMON FOWL FOR 25 CENTS

A DOZEN OF EGGS FOR 10 CENTS

A POUND OF BUTTER FOR 12 CENTS

which has vexed publishers for years; the selling-price of their

newspapers. It has sent prices of paper, ink, type and supplies.

skyward. It is costing us many more dollars a week now to

produce the FREE PRESS than before the outbreak of war.

Where do we get off at ?- In the slang language of to-day.

You are reasonable, and so we count on

you to meet the necessities of the situa-

tion cheerfully. Three cents a week for

your local inewspaper-it is worth the

Less than the Price of a "Smoke"

We must get more subscribers for the FREE PRESS.

The war has brought to a crisis a condition of things

A CORD OF WOOD FOR \$1.50

Can you think of any other commodity except newspapers

Motor Cars, Lumber, Horses, Land.

A COW FOR \$25

price, is it not ?

could buy

Acton Livery

Railway-Time Tables

AT ACTON

Grand Trunk Railway System

Going West

No. 169 5.53 p.m.

Going East

No. 28 9.23 a.m.

No. 32 3.28 p.m.

Bunday trains pass through Acton

going went at 19.16 n.m. and cast at

Toronto Suburban Clectric Railway

Going West

9.17 a.m. Dally except Sunday

11.02 p. m. Sunday only

6.32 p. m. Sunday only

Going East

5.02 p.m. Dally except Sunday

0.58 a. m. Sunday only

5.48 p.m. Sunday only

6.15 p. m.

BUS LINE 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 Expressman for the Toronto Suburban Railway. BUS MEETS ALL TRAINS

L. E. Atkinson

When You Need

BOOTS SHOES

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ACTON

FAMOUS FOR Satisfactory

Footwear-REASONABLE PRICES

Grain Chopping

Well Done and Quickly at only

5 cents

per bag.

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ACTON BAKERY

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To facilitate the handling of the products of our Bakery and to make it more convenient for our customers we have secured the shop next to Wiles' Confectionery

War Bread Brown Bread Tea Biscuits Cakes, Buns.

where supplies of our

and Scones May Always be Secured

WEDDING CAKES A SPECIALTY.

M. EDWARDS & CO.



MARION & PLANION

164 University Ave., MUNTREAL