The Acton Free Press

THURSDAY, APRIL 3, 1919

THE FLOWERS' SPRING PROCESSION

At first the Snowdrop's bells are seen,
Then close against the sheltering wall;
The Tulip's horn of dusky green,
The Peony's dark unfolding ball.

The golden-chaliced Crocus burns,
The long Narcissus blades appear;
The cone-beaked Hyacinth returns
To light her blue-flamed chandelier.

The Willow's whistling lashes wrung,
By the wild winds of gusty March,
With sallow leaflets lightly strung,
Are swaying by the tufted larch.

See the proud Tulip's flaunting cup,
That flames on glory for an hour—
Behold it withering, then look up—
How meek the forest-monarch flower.

When wake the Violets, Winter dies;
When sprout the elm buds, Spring is near;
When Lily's blossom, Summer cries
Bud, little Rosen, Spring is here

—Lillian March.

TWENTY YEARS AGO

From the issue of the Free Press of Thursday, April 6, 1899

The last day's sleighing last year was on March 8. This year it has lasted nearly a month longer.

Mr. James Russell advertises the "Glebe Farm" for sale. He intends moving down town shortly.

G. W. Hill, Indian doctor, of Brantford, who has been making regular calls at Acton the past six months, has gone to college and will postpone his next visit for a couple of months.

A school of dress cutting is now open in Acton, where dress cutting in all its branches may be learned by a new tailoring system. Open daily for one month at Mrs. Thomas Brunt's, Jr., Lake Avenue.

The Ladies' Aid gave an enjoyable social in the Methodist Church last Wednesday evening. Refreshments were served at small tables after which a good local programme was given.

Concluding that prohibition of the liquor traffic will be impossible to secure in Canada until the women of the country have the franchise the W.C.T.U. have taken up the matter with vigor and are circulating literature and petitions all over the land. A meeting of the ladies in town was held in Knox Church School Room to consult upon the matter and at the request of the Dominion W.C.T.U. are distributing literature in Acton and vicinity.

Previous to his removal from Nassagaweya to Acton, the elders of the Presbyterian Church presented Mr. Jas. Moffat with a handsome teachers' bible and neighbors presented Mrs. Moffat and Misses Mamie and Jennie with a handsome upholstered rocking chair each. Mr. Moffat's son John, recieved a writing desk from the local band.

THE LILAC-SCENTED SHOE BLACKING

"Take a man that's bound and possessed to be contrary," commented Caleb Peaslee, sagely, "and it ain't much use to waste your time on him. He'll study up ways to be opposite faster'n you can plan to agree with him. Now, take Cy, Kilgore."

"Cy Kilgore's wuss'n most," objected Mr. Belcher. "Why not take some reasonin' human bein'? Take somebody, for instance, that's eight once in while Cy Kilgore ain't ever right, so far's I can recollect."

"I'm usin' Kilgore to illustrate," replied Mr. Peslee, firmly. "I know as well's you do that he ain't ever right. That's jest the pint; he'd rather be wrong and on the off side than be right and agree with anyone else. Ain't you ever noticed it?" said Caleb, with placid enjoyment.

"I have more'n forty times," assented Mr. Blencher, heartily.

"Well, you just missed another time," got a box of some newfangled shoe polish down to the post office, and after I'd bought it I set there with it in my hands, twistin' of it round, and some way or other the kiver came off. Well, sir'a I'd no more'n got that kiver off before the whole building seems if, was filled full to overflowin' with the smell of lilacs. You'd a' thought it was the fust day of June, if you'd been there!

"Wal, we all sniffed at it several times, and every man agreed that he never smelt any lilacs that smelt any more'n they ought to-shet your eyes, and you c'd almost hear the hummin' birds.

"I was just goin' to fit the kiver back onto the box when Dan'l Siggers halted me. 'Lepme see that box a minute, Kellup,' says he. 'I want to try a little experiment with it.' So I handed the box to him. Just then Cy Kilgore walked in.

"Dan'l took the kiver off'n the box, and walked over to where Kilgore was standin', and shoved the box right up under his nose, so Kilgore couldn't help smellin' it.

"'Jest take a sniff of that, Cy,' says Dan'l, real hearty, 'and tell us what it smells like to you. We're all of one opinion about it, and we'd like to know whether we're right or whether it's our mistaken notion. Snuff hard,' says he, and he held it right up close to Kilgore's nose.

"Kilgore was backin' away as fast as he could, and lookin' down at the kiver Dan'l was holdin' in his hand. Blamby he fetched up again the wall, and couldn't get no further, and 'bout that time he made out what was printed on the kiver.

"'Take that stuff away from my face, Dan Singers,' he snarls, 'fore you smooch me all over! Course I know what it smells like—it don't smell like nothin' but shoe blackin'. You've probably got some fool notion inter your head that smells somethin' like lilacs! Well, it don't,' says he. 'There ain't one single hint of a lilac smell to it, so far as I can make out!'

"And," concluded Caleb, with a satisfied smile, "there hadn't one single puson mentioned lilacs in his hearin. He was so anxious to be on the off side that he forgot, and gave himself right away. Ain't he the beatenest?"

A Simple and Cheap Medicine.—A simple, cheap and effective medicine is something to be desired. There is no medicine so effective a regulator of the digestive system as Parmelee's Vegetable Pills. They are simple, they are cheap, they can be got anywhere, and their beneficial action will prove their recommendation. They are the medicine of the poor man and those who wish to escape doctors' bills will do well in giving them a trial.

NOT A LAWYER

The lawyer was cross-examining a witness to a robbery:

"When did the robbery take place?" he asked.

"I think—" began the witness.

"We don't care what you think, sir. We want to know what you know."

"Then if you don't want to know what I think, I might as well leave the stand. I can't talk without thinking. I'm not a lawyer."—Galveston News.

Worms cause fretfulness and rob the infant of sleep, the great nourisher. Mother Graves' Worm Exterminator will clear the stomach and intestines and restore healthfulness.

RICE—A NEGLECTED CEREAL

In this article Monsieur Escoffier, the world-renowned chef of the Carlton Hotel, London, shows how important a part rice takes in the dietary of nations. His review of the subject will doubtless stimulate lady readers to make its numerous uses more widely known by serving it in new dishes on their tables.

In my opinion, rice has not yet received the attention it deserves. Its manifold advantages are not, in this country, sufficiently recognized. So well does it accommodate itself to a variety of uses that it is easily possible to serve it in a different manner on each of the 365 days of the year.

From the point of view of economy it deserves far greater consideration. Its price, firstly, brings it within the reach of the slenderest purse. Secondly, there is no time spent in cleaning it, a simple rinsing being generally sufficient. Lastly, to cook it does not take for the most part more than twenty minutes; hence there is a real and regular economy in fuel. There are few persons in the world who do not occasionally consume rice, I believe I am right in saying that quite half of the inhabitants of the globe look to it for their chief nourishment. To such it stands them in stead of bread.

Even cooked and served by itself, it is an eminently satisfying and nutritious food. But it is generally used as an auxiliary. We very often use it in the most expensive dishes, for rice in "aussi gourmand que le guormand qui le mange." In English you would say, I suppose, "as epicurean a luxury as the epicure enjoying it."

Hindoos, Chinese, Japanese, in short all Orientals and South Africans are great rice eaters. To them it is the source of all life, their staple food. Beef, mutton, lamb, pork, etc, when eaten with rice, constitute a complete meal of full nourishment, without giving recourse to bread. Hindoos have a preference for cold rice. All meats seasoned with curry are eaten by them with a plate of rice either steamed or boiled.

The Chinese have for this useful and beneficent cereal a great respect. They steam it in vessels, the lids of which pierced with holes, like a skimmer, allow the steam freely to escape. Thus the rice softens without bursting the grains. By roasting it they make a unique dish greatly favored. In the heat of the fire the grains of rice open and swell, forming flowers, white inside and reddish outside. Rice prepared in this way becomes as light as the jasmine flower, the name given to it by the natives of India. It is especially served thus to infants and invalids. Mixed with melted brown sugar, it is a real delicacy. They also cook rice in water and then use this liquid as a nourishing and refreshing drink, adding to it sugar and slices of lemon. This drink, greatly in favor in very hot weather, has to be drunk fresh, for it does not keep well. The drained rice is eaten cold in salads.

Everyone knows that the Japanese army, whose value in endurance is second to none, is largely fed on rice. Kedgeree, (or Kichari) is nothing else but rice cooked with a minimum of water, mixed with crushed lentils or broad beans, and then pressed together before the mass is allowed to become cool. When dried the paste will keep for a very long time. Another Japanese method of preparing rice is by sewing a small quantity in a little bag, which they place in cold water to be brought to the boil. As soon as it is cooked they spread it on a cloth and leave it to dry. It then keeps well and according to them, has an agreeable taste.

In Siam they grow a transparent kind of rice of a very fine quality which is only served on feast days. It is as white as snow, and much lighter than any others referred to. They serve it with chicken or fresh pork.

Rice greatly enters into the dietary of the Turks. They serve it chiefly with stewed meat or poultry, and call the dish "Pilau." They also prepare it for eating with certain vegetables, such as tomatoes and cabbage.

The Italians are also very fond of a variety of rice-made dishes. In the Piedmont the inhabitants grow a special sort. A favorite dish in Turin is rice prepared with meat juice, grated cheese and butter, to which they some times add slices of truffles. This succulent dish is well known under the name of "Risotto a la Piemontaise."

In Provence they make a kind of stew (or pot-au-feu) consisting of beef, mutton, and chicken, to which they add before the meat is cooked completely, about 4 ozs. o rice and a pinch of saffron. They let it then simmer for 35 or 40 minutes. This soup must be thick and the rice well cooked.

In Marseilles they make Pilau of rice with game, poultry and even shellfish. Without flattery, these are better than those prepared by the Turks.

Rice-water is one of the best drinks for allaying irritation in the digestive organs. It makes excellent soups, both thick and clear.

With cold rice you can create exquisite salads. Served as hors d'oeuvres you can add to it shrimps, lobster, salmon, anchovies and other kinds of fish, also cucumbers, tomatoes, peas and several other vegetables.

There is no end to the number of excellent dishes you can make with rice, both cold and hot cakes, puddings puffs, tarts, croquettes, soufles, with milk, chocolate, liqueurs, fruit or whipped cream.

If, therefore, you would keep house with due regard to health and economy, eat plenty of rice.

BACK YARDS AND CHARACTER

You can generally tell what kind of man he is by looking at his back yard. And the question that every householder should ask himself is, is it as well kept as it ought to eb? It is a privilege to have a back yard, even if it is a small one, and those who are fortunate enough to have such a place for fresh air and for its garden should appreciate their advantages and should take care of their little yards. The cleanliness of a place is in ratio to the health education of its people and you can always tell the standards of the population by looking at their back yards

When the people can maintain their gardens and little breathing spaces in good order they will then be able to use their influence towards keeping the streets clean in their town. It is true, therefore, that the condition of the streets will indicate pretty well what is the condition of the back yards, and these will let the observer know with reference to the intelligence of the citizen.

A Corrector of Pulmonary Troubles.—Many testimonials could be presented showing the great efficacy of Dr. Thomas' Eclectric Oil in curing disorders of the respiratory processes, but the best testimonial is experience and the oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes as no other preparation can.

NOT UNUSUAL

Miss Sweetgirl was engaged to the curate, and she took it upon herself to look after him, as all nice women will.

He was going off to officiate at a funeral, and she stood at the garden gate, seeing him off

"Take care of yourself, dear!" said she.

"Yes, yes—I will," said the curate.

"Do," said the girl, still anxious. "And remember: Don't stand with your bare head on the damp ground."

A LATTER-DAY GOOD SAMARITAN

One very hot summer afternoon, two elderly ladies started for a ride on the electric cars in a town not far from Boston. As the weather was extremely oppressive, the younger of the two took no wrap. Soon after they set out, signs of a gathering storm appeared, but as the women were strangers in the place, they thought it safer to keep on to the terminus of the road, rather than to change cars and perhaps take a wrong one back. The violence of the wind increased, the rain began to fall, and by the time the car had reached its destination the storm was raging. When the return trip began, matters became even worse, for the car was open, and the curtains at the sides could only be kept down as the passengers, mostly workingmen and women from a near-by factory, held them by main force.

The change in the temperature was great; it grew positively cold. The younger woman, unprotected by any wrap, was beginning to feel that she was in danger of taking a severe cold from the exposure, and she tried to cover one shoulder with a corner of the cape with which her more prudent companion had provided herself.

At that moment a working girl, sitting behind them leaned forward and said, "Are you not afraid of taking cold?"

Even as she spoke she snatched off her coat and threw it over the shoulders of the younger woman. In reply to her protests, the girl declared that she was almost at her home, and after giving her name and address, she alighted from the car and ran through the pouring rain to a house near by.

The friendliness of the act was the more touching since the loss of the coat would evidently have been a matter of moment to the owner. Not less charming than the act was the note that the girl wrote after the garment had been returned to her with a letter of grateful appreciation of the kindness she had shown to a stranger. The note showed that she was quite unconscious of having done anything unusual or praiseworthy.

No surgical operation is necessary in removing corns if Holloway's Corn Cure be used.

A HELP IN LEARNING HOW TO SWIM

A swimming board invented by a Massachusetts man is a help in learning how to swim. It consists of two warp-proof boards of pine, fastened together at a very large angle. Lying with his body flat upon the front board and resting more or less upon the saddle board the swimmer is buoyed up in a natural position for swimming. He learns the leg strokes first and then the arm strokes, and he rests back upon the boards whenever he becomes tired. By keeping the legs going slightly, the board is kept from overturning. The buoyancy of the boards helps one to ride the waves as well as contributes to the enjoyment. Since there is no danger to fear, confidence is soon gained and the swimming strokes are mastered in a short time.

Miller's Worm Powders can do no injury to the most delicate child. Any child, infant or in the state of adolescence, who is infested with worms can take this preparation without a qualm of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

THE DIVINE GOAD

Doctor Brown smiled gently as he heard the boy talk. "Did you ever hear," he asked, "of the woman who meant to take a dose of quinine, but swallowed a large drop of morphine instead? Her appearance soon became so alarming that a physician was called. He tried to rouse her from the lethargy in which she lay.

"'If only I could go to sleep, I'd be all right,' she drowsily insisted.

"'Unless she is roused, she will die,' the physician answered—which is an allegory. How often in life we face the same danger! We cry, 'I want life to be easier!' 'If only I didn't have this unending financial strain!' 'If only I were not compelled to work so doggedly!' 'If only I were relieved of this anxiety and that burden!' which is our way of saying, 'If only I could sleep, I'd be all right!'

"But the Great Physician sees our need more clearly. Sometimes the doing of the thing so hard to do is exactly the thing upon which the life of our souls depends. The nerve-racking strain is given us. The heavy burden is laid upon our shoulders. The difficult task confronts us. The Physician piles us with the goad of necessity. We face the hard task only because we must. We plod on our hard way, and slowly, instead of lethargy and torpor, energy is born. Slowly our eyes open to a new understanding of the meaning of life. Our souls are wakened and we really live. The Great Physician has saved us."

Asthma Cannot Last when the greatest of all asthma specifics is used. Dr. J. D. Kellogg's Asthma Remedy assuredly deserves this exalted title. It has countless cures to its credit which other preparations had failed to benefit. It brings help to even the most severe cases, and brings the patient to a condition of blessed relief. Surely suffering from asthma is needless when a remedy like this is so easily secured.

THE CASE AGAINST THE LIQUOR TRAFFIC

The Law says: That the liquor traffic has no inherit right to exist.

The Courts: That Drink is largely the cause of crime and pauperism.

Physicians—That drink is the chief cause of disease.

Business—That drink produces incompetency and inefficiency.

The Home—That drink destroys happiness and prosperity.

The School—That drink is the greatest enemy of education

The Church—That drink is the chief foe of religion.

Motherhood—That drink poisons the very foundations of life.

Economy—That drink wastes food and robs labor.

Conservation—That drink is always destructive, never constructive.

Patriotism—That drink has disqualified a large percentage of the young men called to the colors, and as General Leonard Wood says, "is the soldier's worst enemy."—Union Club of Cincinnati.

AN ODD MAPLE TREE

One of the most interesting of natural wonders reported recently is to be found in California, near the town of Scotia. It is a maple tree growing out of the huge stump of an ancient redwood. The maple has attained the average size of this species.

The redwood stump is eighteen feet in diameter and its age is estimated to be fully 4,000 years. The maple is in a flourishing condition.

WHY BRICKS ARE MADE WITH STRAW

Away back, even in Pharoah's time we know how the burden was made heavier on the Israelites by withholding from them the straw with which to make bricks. But how many of you have ever thought to ask the question, why straw was used? Most of us connected the straw fibre with the binding property, classing it with the hair that is used in mortar. Alexander Findlay says in his "Chemistry in the Service of Man:"

"About fourteen years ago it was found by Dr. E. G. Acheson, to whom we owe the discovery of carborundum and the process of making artificial graphite, that when clay is mixed with a dilute solution of tannin, it becomes much more plastic, and the strength of the dried brick is, moreover, greatly increased. Although straw does not contain tannin, it was found that when straw is treated with water, the extract obtained has the same action on clay as tannin has, the plasticity of the clay and the hardness of the brick being greatly increased."

KEEPING BUSY

House Painter (who has just entered railway carriage discovers amongst the other occupants an artist—"Fine day. I see you're a brother painter."

Artist (sarcastically)—"Yes, I suppose I am. Do you go in chiefly for figure or landscape work?"

"No. Architectural is mair in my line. I was out in the country the day whitewashing a barn. Are ye busy yerself?"

"Yes; I gave the first coat to a castle, second coated a little village, a few fir trees, a hillside, and finished a flash of lightning."

"Ma conscience! But ye'll be having a big contract, shairly."

A MODEL OUTSIDE YOURSELF

When you are so well satisfied with yourself that you take no other model, your chances for improvement are poor. Do not pattern to-day after yesterday, nor be content to keep on doing what you have done before. Find a model far in advance of yourself and live up to it.

THE GROWTH OF HABIT

Robustness to many is almost entirely a matter of habit, the habit of taking care and the consistent use of

SCOTT'S EMULSION

The energizing properties of *Scott's* have been proved in thousands of homes nearly everywhere.

The habit of using *Scott's* regularly at trying periods as a means of building up strength and thwarting weakness is a habit well worth cultivating.

Try *Scott's Emulsion* for Increased Strength.

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McENERY & EVANS

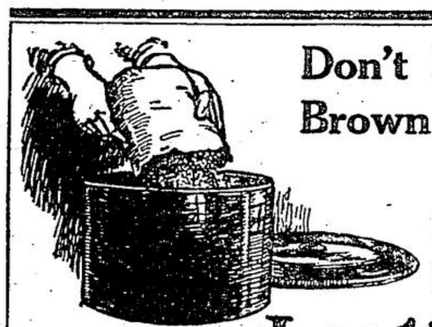
Having received a large shipment of fish which are in primo condition we are able to sell to the public at the following reduced prices:

Qualia Salmon, half or whole	15c
Qualia Salmon, sliced	17c
White Fish	15c
Halibut, sliced	25c
Fresh Lake Superior Herring	6c
Pickled Herring	7c
Finnan Haddie	15c
Clacoes	18c

McEnery & Evans

License No. 9-452

Main Street - Acton, Ontario



Don't Let Your Brown Sugar Crock Get Empty

IN addition to your Lantic "fine" granulated sugar you should always keep on hand a supply of

Lantic Old Fashioned Brown Sugar

It saves money and adds variety and zest to your cooking. The natural delicious molasses taste of *Lantic Old-fashioned Brown Sugar* is a decided improvement to many sweets. It blends deliciously with the flavors of all dried fruits. Nearly all dishes containing raisins, dates, figs or currants are better when made with brown sugar.

Spices and brown sugar are on the friendliest terms. Spiced cookies and cup cakes and all sweet pickles or spiced fruits are better when made with brown sugar than with white.

For fear these old-fashioned recipes might be forgotten, we have *reprinted* a number of the *best* of them in a booklet called "*Grandmother's Recipes*." We will send it to you upon receipt of a 2c. stamp. Your grocer knows this sugar by the name of *Lantic Brilliant Yellow*, and will sell you any quantity.

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MONTREAL

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Light Four
Model 90

Easy to Handle—Economical Light Weight

YOU do *not* have to sacrifice roominess, comfort and beauty in order to save money.

Look into the wide, deep seats of this Model Ninety—look at its ample leg-room—look at its spacious tonneau.

Note how inviting and beautiful everything is—nothing skimped, nothing cramped!

It has big car performance combined with small car handiness and economy—just the qualities you most desire.

Everything for its control is within easy reach and it has *complete* equipment, everything necessary for maximum service and convenience.

The motor is 32-horsepower—the wheelbase 106 inches—and there are easy riding rear cantilever springs and large tires, non-skid rear.

There is the famous Auto-Lite system for electric starting and lighting and the vacuum system fuel feed of finest type.

Come in and see this Model 90. Let us demonstrate its many advantages.

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JAS. SYMON, Acton

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Useful things---which you no longer use---have a greater money-value nowadays than ever before.

Furniture and furnishings of the home, sidetracked for newer things; office furniture and fixtures, replaced and no more in actual use; wearables, pictures, musical instruments, used automobiles, still serviceable---these and many other things have a cash value which you may readily realize through advertising them "For Sale" in the classified columns of the ACTON FREE PRESS.

Do not relegate to the junk heap used-but-useful articles which may be urgently needed by many people who would find it hard to purchase them at first hand. Don't permit any useful article you own to be a "slacker." If you cannot use it, sell it to somebody who can.

Railway Time Tables

AT ACTON

Grand Trunk Railway System

Going West

No. 29	8.13 a.m.
No. 31	10.19 a.m.
No. 33	2.19 p.m.
No. 189	5.53 p.m.
No. 37	8.12 p.m.

Going East

No. 28	9.28 a.m.
No. 32	3.28 p.m.
No. 34	6.16 p.m.
No. 38	8.12 p.m.

Sunday trains pass through Acton going west at 10.16 a.m. and east at 7.00 p.m.

Toronto Suburban Electric Railway

Going West

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

Going East

7.45 a.m.	Daily except Sunday
2.03 p.m.	Daily except Sunday
6.18 p.m.	Daily except Sunday
9.58 a.m.	Sunday only
5.48 p.m.	Sunday only

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Express carried on all cars. Freight delivered daily by special express freight. Express or Freight picked-up at any address in Toronto.

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Poultry Wanted

ALIVE OR DRESSED

GEESE, TURKEYS, FOWL AND CHICKENS
NEW-LAID EGGS
HIDES AND TALLOW

Farmers having poultry to sell we advise them to call on us for quotations.

R. Milligan

Corner Young and Mill Sts., Acton or to P. O. Box 341

Opening

Ice Cream Parlor

Owing to illness we were unable to open our Ice Cream Parlor, but purpose doing so Friday and Saturday of this week.

COCOA BUDS

Better than Maple Buds and 10c lb cheaper. Price 50c.

Peanut, Almond, Walnut and Butterscotch Taffy. Regular 40c lb for 29c

Cocoanut, Peanut, Walnut and Plain Cream. Regular 40c lb for 29c

All lines of 50c Chocolates for per lb 39c

Harold Wiles

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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, where supplies of our

White Bread
Brown Bread
Tea Biscuits
Cakes, Buns
and Scones

May Always be Secured

Wedding Cakes A Specialty

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