

The Acton Free Press

THURSDAY, APRIL 24, 1919

"ROBIN, THOU SINGEST ALL DAY"

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BEET GROWING AND EARLY CARE OF VEGETABLES

The time of sowing the seed and the care of the young plants under supervision of a new teacher, perhaps of several new teachers, and that is the matter of their education. However, you realize, the teacher's chief business is not to see whether you can repeat exactly something you have learned from a book. If that were all the teacher might be dispensed with altogether. The teacher's business is to prevent you from repeating the rules of the school. That would be a low standard for a teacher.

BEET GROWING AND EARLY CARE OF VEGETABLES

Vegetables which require higher temperatures than the above in order to grow well are beans, corn, cucumbers, melons, potatoes and squash. These plants should be sown in the open ground in May, but it will endure frost, and seed of Swiss turnip should be sown in the open ground in May.

BEET GROWING AND EARLY CARE OF VEGETABLES

When the seed has germinated great care should be taken to ventilate hot-beds. When the young plants come up the hot-beds should be kept sufficiently aired by raising the back or higher part of the glass to prevent the plants from being scorched or weakly, when they are apt to damp off.

BEET GROWING AND EARLY CARE OF VEGETABLES

Plants which have been growing in a hot-bed or cold frame, or in the house should be exposed to the open air in a window before they are set in the field, protecting them as usual at night, as if set in the field without having done so in this way they are much more liable to be injured in cold or windy weather.

BEET GROWING AND EARLY CARE OF VEGETABLES

There are two ways of avoiding mistakes. One is to possess superhuman wisdom, so as to recognize invariably what course will be the best. The other is never to attempt anything, never to form an opinion. And since the first alternative is impossible, the people who live in a deadly fear of making a mistake are likely to choose the latter.

BEET GROWING AND EARLY CARE OF VEGETABLES

The father listened with surprise. "But Harold is a very capable young man," he objected. "Indeed I think he is the more faithful student," replied the teacher, smiling.

BEET GROWING AND EARLY CARE OF VEGETABLES

Mr. Roosevelt is responsible for the program that the only men who never make mistakes are those who never do anything. He is looking at the question from another point of view, it may be said that to allow one's ambition and ability to be paralyzed by the fear of making a mistake, is itself the greatest of all mistakes.

BEET GROWING AND EARLY CARE OF VEGETABLES

President Garfield once told how he took from a classmate the coveted honor of being the class leader. His reason for the change was that after the lights went out each night he studied often minutes longer. That extra quarter of an hour put him ahead, and made him valedictorian.

BEET GROWING AND EARLY CARE OF VEGETABLES

The Beauty of a Clear Skin.—The condition of the liver regulates the condition of the blood. A diseased liver causes impurities in the blood, and these show themselves in blemishes on the skin. Pursoff's Vegetable Pills in acting upon the liver act upon the blood and a clear, healthy skin will follow. Intelligent use of this standard medicine. Ladies, who will fully appreciate this prime quality of these pills, can be sure with the certainty that the effect will be most gratifying.

A LIFE-LONG INSPIRATION

The opening of the school year brings many of you young people under the supervision of a new teacher, perhaps of several new teachers, and that is the matter of their education. However, you realize, the teacher's chief business is not to see whether you can repeat exactly something you have learned from a book.

A LIFE-LONG INSPIRATION

A teacher in a noted institution for the instruction of the blind said to us recently that as far as she could direct, her work was far pleasanter than that of most teachers. "Our pupils are so grateful to us for what we do," she explained. "They are ready to be friendly, and let us help them in every way possible."

A LIFE-LONG INSPIRATION

The personality of your teachers ought to be as much to you as the instruction they give you. To come in contact with other people whose information and culture are far superior to your own is a privilege you should be wise enough to appreciate.

A LIFE-LONG INSPIRATION

Praise this Asthma Remedy. A grateful user of Dr. J. D. Kellogg's Asthma Remedy finds it the only remedy that has ever relieved him. For thirteen years he had sought other relief. Years of needless suffering may be prevented by using this wonderful remedy at the first warning of trouble. It is simple, its cost is slight and it can be purchased almost anywhere.

A LIFE-LONG INSPIRATION

The world is not half as bad as most people make out. There are ten things for which you ought to be thankful for every day. The first is that you have a body. Is your liver bad? Be thankful you have any and keep the bile also up. Have you rheumatism? Be grateful yourself that you are not what the climate is too warm for ailments of this kind. Have you dandruff? A little money? Quit whining, and thank God that you are given a chance to do a little hard work. Have your friends gone back on you? Stop coveting and show yourselves worthy of friendship. If you but speak to your neighbor you will find dozens of people who have more right to growl than you have.

A LIFE-LONG INSPIRATION

The desire for praise, for the esteem and good opinion of your fellow creatures, is natural and almost universal. It has in part been the impelling motive in a large portion of the world's best achievements. But the desire for praise when it becomes inordinate engenders a perverted appetite for flattery, which in the end can be but a result in disappointment and in resulting misery. Desire for praise, too, when it assumes undue prominence in a life, results in weak, spineless character, lacking in courage and in resolution.—Index.

A LIFE-LONG INSPIRATION

Too many words confuse your meaning instead of making it clear. The business man whose communications cover pages where paragraphs would do, and the man who writes a long letter stating an important matter in six lines, has a big advantage over another who, to set forth the same subject, requires several pages.

A LIFE-LONG INSPIRATION

How to Avoid Backache and Nervousness. Told by Mrs. Lynch From Own Experience. Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no energy for anything. I had taken a number of medicines which did me no good. One day I read about Lydia's Compound and I tried it. My nervousness and backache disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia's Compound to all women who are suffering as I was."—Mrs. ANNE H. LYNCH, 100 State St., Providence, R. I.

A LIFE-LONG INSPIRATION

Backache and nervousness are symptoms of a functional disturbance of the alimentary condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this best remedy and herb remedy, Lydia's Compound, for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

HELMET STYLES UNCHANGED FOR CENTURIES

The helmet of the Greeks was not unlike that of the Romans. The helmet of the Romans fitted the head more closely. They wore their tunics, however, to provide protection for the head and neck, with movable pieces for the protection of the face. These styles have not changed for hundreds of years, and today there is a curious resemblance between the iron pots worn by the ancient knights and those employed by the soldiers of America and Europe. Indeed the twentieth century has imitated ancient and medieval armor dating back to the time of the crusades, A. D. 1096 to 1272.

HELMET STYLES UNCHANGED FOR CENTURIES

A remarkable thing looks so absolutely inconceivable when it is done by somebody in whom we have no personal interest. The personality of your teachers ought to be as much to you as the instruction they give you.

HELMET STYLES UNCHANGED FOR CENTURIES

One of the best things for a weak stomach is a laxative. It is a good thing to have a laxative in the house. It is a good thing to have a laxative in the house.

HELMET STYLES UNCHANGED FOR CENTURIES

Why the Quack Prospers. A quack and a dealer of great learning once fell into conversation, and the latter said to the former, "You are a quack, and you are a dealer of great learning."

HELMET STYLES UNCHANGED FOR CENTURIES

What Interests Others. If you wish to be interesting, find out what interests others. The person who is always bringing out his pet hobbies, is quite as likely to be considered "interesting" as the "bright" chatter. (Don't think of the other.)

HELMET STYLES UNCHANGED FOR CENTURIES

ONE CONDITION. The head of a certain family was recently approached by his son, just coming of age. "Father," said he, "I want to have a talk with you concerning my future."

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RAILWAY TIME TABLES AT ACTON

Table with columns for Grand Trunk Railway System, Going West, and Going East. Lists train numbers and times for various routes.

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This is Better Than Laxatives

One of the best things for a weak stomach is a laxative. It is a good thing to have a laxative in the house. It is a good thing to have a laxative in the house.

Your digestion and assimilation mean a poorly nourished body and low vitality. Your assimilation means digested, bowels, fermentation, putrefaction and the elimination of waste.

Ordinary laxatives, purges and cathartics—salo, oil, castor and the like—may relieve for a few hours, but real lasting benefit can only come through the use of medicine that tones up and strengthens the digestive as well as the eliminative organs.

Get a 25c Box of Nature's Remedy (No. 1 Tablets) and take one tablet each night for a week. Nature will follow the first dose.

It will ease before you feel and realize again your vitality. It will ease before you feel and realize again your vitality.

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New Machine Shop

FRED BLOW, Machinist. Is moving to the newly-arranged premises, the Ross Bowling Alley on Main Street, where he will be prepared to handle all repairs of machinery promptly and satisfactorily.

MOTOR REPAIRS—A SPECIALTY. Having experience with all makes of motors repairs will be efficiently executed.

VULCANIZING TIRES. Having installed a vulcanizing outfit, satisfactory repairs will be made to outer cases as well as inner tubes. This department is managed by Mr. D. Ross.

BRING ALL YOUR REPAIRS HERE. Main Street, Acton. FRED BLOW.

Get The Records. Select your school or the name of actual work done to-day. Write Shaw's Schools, Toronto, for up-to-date record of graduates and positions filled. It will interest you. W. H. Shaw, President.

ALL KINDS OF Poultry Wanted. ALWAYS ON HAND: GEESE, TURKEYS, FOWL AND CHICKENS. NEW-LAID EGGS. HIDES AND TALLOW.

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

Up-to-Date Goods AT C. C. SPEIGHT'S. Silverware in Tableware—Fine Variety. Also Fine Cutlery. Hardware, Tinware and Granite-ware—Big Assortment. Pandora Stoves and Ranges. Famous Heaters. Small Stoves—Oil Stoves.

EVERY ARTICLE IS OF EXCEPTIONAL VALUE. C. C. Speight, Mill Street, Acton.

The Last Word in Straw Hat Dyes. ELKAY'S. Make your Old Hat 'New!' Here are the colors:

ELKAY'S STRAW HAT CLEANER—15c and 25c. EXCLUSIVE GUELPH AGENTS: McKee's, The Retail Drug Store, GUELPH, ONT.

The ACTON BAKERY. M. EDWARDS & CO. Canada Food Board License No. 5-013. MILL STREET ACTON.

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 Wilce's Confectionery, where supplies of our White-Bread, Brown Bread, Tea Biscuits, Cakes, Buns and Scones. May Always be Secured. Wedding Cakes A Specialty.

M. EDWARDS & CO. ACTON, ONTARIO.

FOR the sake of our victorious soldiers and their dependents, and the happiness of their home-coming; for the sake of our future citizens, our teenage boys; for the sake of rural life in Canada; for the sake of the social betterment of the toilers in factory and workshop; for the sake of lonely men and boys in our mines and forests; for the sake of Christian Society and Canadian manhood—we appeal to you. Give us your contribution, little or big. Be as generous as you can.

Hand your contribution to the canvasser when he calls, or if you live where it is difficult for him to call, send it by check, money order or registered letter to the National Treasurer, Red Triangle Campaign, 120 Bay Street, Toronto.

Please Note: We are not asking for money to carry on our work Overseas, with the Army in Great Britain, France or Belgium. That work will continue at its maximum for some months, financially provided for by the liquidation of our assets Overseas, and will not terminate till the last man has sailed for home.

National Council, Young Men's Christian Associations of Canada. The Red Triangle Campaign is being conducted under the distinguished patronage of His Excellency, the Duke of Devonshire, K.G., G.C.M.G., G.C.V.O., P.C.

Local Campaign Chairman: JOHN W. ROSS, Montreal. Campaign Chairman: G. HERRICK WOOD, Toronto. Campaign Treasurer: THOMAS BRADSHAW, Toronto. Campaign Director: CHAS. W. BURROUGHS, Toronto.

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