The Acton Free Press
THURSDAY, NOVEMBER 23, 1922

DON'TS FOR GIRLS

Don't say 'say.'
And don't say 'see?'
Don't say 'listen,'
And don't say 'gee!'
Don't powder your nose
In the public gaze;
Don't polish your nails,
In the public ways.
And don't display
Much a length of limb,
Don't dress on the street
As if going to swim.
Don't talk too much about 'him' and 'his,'
Don't say often 'I'll say it is,'
And don't say 'dearie,'
And don't chew gum—
And then I'll say
The millennium's come!

TWENTY YEARS AGO

From the issue of the Free Press of Thursday, November 27, 1902

The first taste of real winter weather came yesterday, accompanied by an inch of snow.

It required 212,723 electors to vote "yes" to close the bars of Ontario. Its one of them on December 4.

Ten thousand scholars of the Toronto Sunday Schools will parade the streets on Saturday, carrying banners bearing the words: "Vote for us and against the barrooms."

Last Thursday at noon Walter Bauer, the small son of Mrs. Henry Bauer, Arthur Street, had the fingers of both hands seriously injured while innocently picking with a pin what proved to be a dynamite cartridge. In company with several companions Walter had the evening before been playing about the old barn on the Boardmore farm, when they found four cartridges tied up in a red bandana handkerchief. The divided the find, but fortunately Walter's was the only one which caused damage.

Georgetown young people introduced a novelty in the shape of a "Railroad Social" last week. The coupon ticket used was 20 inches in length and there were thirty stations on the line.

Mr. George Edwards, who came to Acton to visit at the home of Mrs. Edward's parents, Mr. T. Statham, and was taken down with typhoid eight weeks ago, has so far recovered as to be able to take a trip to visit his old home at Cannington.

Miss Daisy Nicklin, who has taught at Lowville the past year, has been appointed teacher of Lorne School for 1903.

The Ladies' Aid of the Methodist Church held a very enjoyable social last Thursday evening. Ex-Reeve Nicklin was Chairman, and the programme was given by the Sunday School Orchestra, a solo by Miss Flath, a solo by Miss Jessie Nicklin, quartettes by the Misses McClure and Messrs. Jeans and Smith, solo by Rev. Mr. McAlpine, duett by Rev. Mr. McAlpine and Rev. Mr. Smith, solos by Rev. Mr. Dick and a reading by Mr. H. P. Moore. The accompanists were Misses Jennie Smith, Maggie Russell and Mamie Masales.

BORN

RAMSHAW—In Acton, on Monday, November 24, 1902, to Mr. and Mrs. Alex. Ramshaw, a daughter.

DIED

LAING—In Brampton, on Sunday morning, November 23, 1902, Adam Laing, in his 83rd year.

AMOUNT OF CANNED FRUITS AND VEGETABLES FOR FAMILY OF FIVE

According to a recent announcement, certain nutrition specialists of Cornell College of Agriculture, are working on a canning budget that will serve as a guide for the amount of canned fruits and vegetables needed to keep a family of five well nourished for a year.

The budget recommends the use of tomatoes four times a week, green vegetables six times, starchy vegetables three times, and fruits ten times a week. The quantities of food such a family might well use are about 80 quarts of tomatoes, 120 quarts of green vegetables, 50 quarts of starchy vegetables, 220 quarts of fruits and 40 quarts of conserve, jam and jellies.

Because of the presence of anti-scorbutic and water-soluble vitamines, the budget says, tomatoes are provided in quantity, but the use of oranges at certain seasons of the year may somewhat decrease the amount of tomatoes used. Either oranges or tomatoes are desirable for children throughout the year.

The amount of vegetables stored, it continues, such as cabbages or celery, effect the quantity of green vegetables provided by the canning budget, and the amount of fresh or dried fruits such as apples, prunes and oranges used during the year, must also be considered in estimating the amount of fruit to be canned.—L. V. Burrows, Secretary, Canadian Horticultural Council.

KNOTTY POINT

Can you tie a knot? Nine people out of ten can't do so! If they wish to tie up a parcel they always finish off the string with a "granny," which is a very insecure affair.

The difference between the safe reef knot and the slipping granny is very small. It is quite easy to learn, and once you have got the "hang" of it, it will never be forgotten.

The best way to learn is to take the ends of a piece of string and to mark one of them by threading a piece of colored silk through it with a needle.

Now tie a single knot in the ordinary way, passing the marked end over the other. To tie a reef knot bring the former back over and round the unmarked end, and then draw tight.

The natural way is to turn the marked end under the other, which produces a granny.

If the granny does not slip it runs up into a little hard ball which cannot be undone without a good deal of trouble. The reef knot, on the other hand, can be loosened in a twinkling. It is well worth while to spend five minutes in learning how to tie it.

HAS HOME IN FOUR DIFFERENT STATES

One man in the United States is living in approximately four different states at the same time. He is a ranchman whose house and lands cover the corners of Utah, Colorado, Arizona and New Mexico. The windmill that pumps water for his stock stands in New Mexico and pumps water in a trough in Arizona. The house is in exactly the centre of where the four corners of the several states meet.

THE WASTED MINUTES

It is the wasted minutes that explain the spoiled days. To let sixty seconds pass with nothing to show for them, seems a trifling matter to most of you. Yet those wasted minutes honeycomb our lives, and make them comparative failures. Make the most of every minute and there is no danger that life will disappoint you.

WHEN YOU HAVE FOUND A FRIEND

When you have found a friend who helps you to believe in yourself, and to strive to develop yourself, stick to him. If you found a gold mine, you would not, after a little, walk off and leave it to others, and the friend who stimulates and inspires you is worth more than a gold mine.

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, NOVEMBER 26

JESUS THE GREAT MISSIONARY —Luke 8: 1-3, 26-33, 38, 39.

Golden Text.—"The Son of man come to seek and to save that which was lost."—Luke 19: 10.

Historical Setting

Time.—28 A. D.
Place.—East of Sea of Galilee.

Lesson Comments

Verse 1.—Jesus, accompanied by the twelve, tarried briefly in many cities and villages. Our Lord realized that the time was short.

Verse 2.—There is no foundation for the idea that this Mary was the sinful woman referred to in last week's lesson. She had been a victim of the mysterious affliction known as possession of demons. Her name signifies that she was of the town of Magdala.

Verse 3.—References elsewhere lead us to believe that believers in Herod's household were not uncommon. These women were evidently persons of some wealth. It was the generosity of such that enabled Jesus and His disciples to give all of their time to spreading the gospel.

Verse 26.—Jesus had crossed the lake to the eastern shore of the Sea of Galilee.

Verse 27.—Matthew tells of another man, similarly afflicted, who was with this one. Everything points to the fact that this was a particularly violent case.

Verse 28.—The double personality seems to have characterized most of those who were possessed of demons. Sometimes the victim realized his condition of bondage, and sometimes identified himself with the demons, whose enemy he naturally counted our Lord to be.

Verse 29.—Jesus had commanded the demon to loose its hold on the man. Further details show us the terrible condition of the man.

Verse 30.—Where the possession of more than one evil spirit is referred to, reference seems to be made to the degree to which the sufferer is in the grasp of the demon.

Verse 31.—The abyss—the place from which the demons came, their natural abode.

Verse 32.—We can only speculate as to the reason for this strange request; the conclusion is not important.

Verse 33.—Dominated by this wild spirit, the animals rushed to their destruction.

Verse 38.—A beautiful contrast between the wild, tormented creature and the man clothed and in his right mind.

Verse 39.—Lingering near the one who had saved him would have been a rare privilege.

Illustrated Truth

No one was ever yet impoverished by having to relinquish something for righteousness' sake (v. 39).

Illustration.—When the city condemned the miserable, plague-breeding shanties on the edge of town, the man who owned them begged hard to be allowed to keep them. They were his one source of revenue. To-day he lives in comfort on the proceeds of the land that became valuable after it had been cleared of the refuse.

Topics for Research and Discussion

I. Working Together (vs. 1-3). 1.—Why did Jesus never tarry long in one place? 2.—Why did He take the twelve with Him? 3.—Who were some of His other helpers? 4.—In what way did they help?

II. A Man Restored (vs. 26-33). 5.—To what region did Jesus come? 6.—Describe the man possessed of demons? 7.—What is your idea of the nature of the affliction? 8.—Why did the demon cry out at sight of Jesus? 9.—How had the demon affected the man? 10.—How do you understand the statement that many demons had entered into the man? 11.—What do you understand by the abyss? 12.—Why did Jesus comply with the request of the demons?

III. A Transformed Man (vs. 38, 39). 13.—What change had taken place in the man? 14.—Why did he want to go with Jesus?

Daily Readings for Next Week

Monday, November 27.—The Twelve Sent Forth (Luke 9: 1-9).

Tuesday, November 28.—Feeding the Hungry (Luke 9: 10-17).

Wednesday, November 29.—Sacrificing for Christ's Sake (Luke 9: 18-27).

Thursday, November 30.—The Authority of Jesus (Luke 9: 28-36).

Friday, December 1.—Suffering Humanity (Luke 9: 37-46).

Saturday, December 2.—The Seventy Sent Forth (Luke 10: 1-17).

Sunday, December 3.—The Great Commission (Matt. 28: 16-20).

A RICH MAN BROUGHT TO TERMS

Robert Carrick, one of the richest bankers of Scotland a few generations ago, was as mean as he was wealthy. Being one day visited by a deputation collecting subscriptions toward a new hospital, he signed for two guineas; and one of the gentlemen expressing disappointment at the smallness of the sum, he said, "Really, I cannot afford more."

The deputation next visited Wilson, one of the largest manufacturers in the city, who, on seeing the list, cried: "What! Carrick only two guineas!"

When informed of what the banker had said, Wilson remarked, "Wait, I will give him a lesson."

Taking his check-book, he filled in a check for ten thousand pounds, the full amount of his deposit at Carrick's bank, and sent it for immediate payment.

Five minutes later the banker appeared, breathless, and asked, "What is the matter, Wilson?"

"Nothing the matter with me," replied Wilson; "but these gentlemen informed me that you couldn't afford more than two guineas for the hospital. 'Hello,' thinks I, 'if that's the case, there must be something wrong, and I'll get my money out as soon as possible.'"

Carrick took the subscription list, erased the two guineas and substituted fifty, on which Wilson immediately tore up the check.

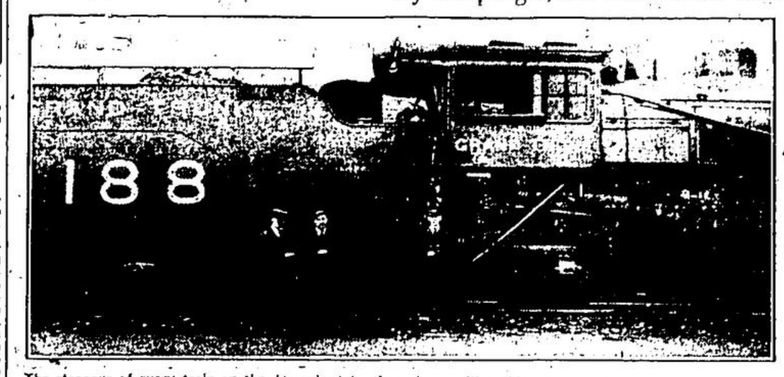
The hospital was built, and here the best part of the story begins, for the man who was thus forced, against his will, to raise the amount of his subscription, soon began to take an interest in the work the hospital was doing. Before many years he contributed sufficient to fully endow and maintain it.—Selected.

Worms feed upon the vitality of children and endanger their lives. A simple and effective remedy is Mother Graves' Worm Exterminator.

CURIOUS MEDITERRANEAN FISH

A fish which has a beak like a parrot, cheek pouches like those of a monkey, and which chews its cud like a cow inhabits the warm waters of the Mediterranean. It browses on the weeds that flourish on the sea floor. Its upper and lower jaws have become hardened into a sharp curved beak, which is just the tool required for lopping off tough sea weed. Each piece slipped off by the beak is passed into one of the two curious pouches which adorn the cheek, and there it remains until the parrot fish feels that it has collected enough for a good meal. It then chews the cud by means of the splendid set of teeth which nature has placed not in its mouth, but in its throat.

Armistice Day Tribute Made Possible By Keeping 7,000 Watches on Time



The stoppage of every train on the Grand Trunk Railway System for a period of two minutes on Armistice Day was arranged without danger to the travelling public. All arrangements for this two minute halt were closely supervised by the Train Despatching and Time Service Departments, and the cessation was made possible by the assurance that every man engaged in the operation of trains carried a watch synchronized with standard time.

In the Grand Trunk, the importance of an efficient and up-to-date time service has long been recognized. The basic principle of safe operation is time. In recent years a large amount of money has been spent by railroads in the United States and Canada on what is known as "Safety First," and the time service department, although it can lay claim to be the pioneer "safety first department," is probably the least known of any of the railway departments.

Before being accepted for service on the Grand Trunk all trainmasters, road foremen of locomotives, locomotive foremen, supervisors of bridges and buildings, conductors, engineers, firemen, motormen, train baggagemen, brakemen, yardmasters, yard foremen, switchmen and any employees engaged in construction work, train service, etc., have to provide themselves with one of the standard watches listed by the time service department.

The minimum standard now required for service on the Grand Trunk is a watch adjusted to five positions, and in such state of repair as will enable it to run within a variation of thirty seconds per week. Twice a month employees under time service regulations are required to have their watches compared with standard time by the watch inspectors, who record the employee's name, occupation and variation of his watch, and send the information to the time service department on special forms. These forms are then checked off, and the men who fail to visit the watch inspector are disciplined, and those carrying watches not running within the prescribed variation are notified to have their watches attended to.

Some idea of the interest taken in this work by the officials and employees on the Grand Trunk may be gathered by the fact that out of nearly seven thousand employees under service regulations, handled twice a month, only 2.1 per cent. failed in this duty each period last year, one hundred and forty-five thousand watches being inspected and reported by the Watch Inspectors during the year. The employees are not allowed to set their own watches, and it is to safeguard this that the lever set watch is required. The usual type of watch sold to the average citizen is pendant set, and such watches can be set by simply pulling out the pendant, whereas in the lever set type it takes a jeweller to set the second hand in its proper relation to the minute hand.

Among the number of serious wrecks due to lack of proper Time Service regulations, that is before the year 1900, one serious wreck at Iona on a prominent American road with considerable loss of life can be charged to the pendant set watch, as the engineer had set his watch some hours before and failed to press down the pendant, resulting in his watch being awry.

Years ago, when operating conditions on railroads were less strenuous and trains did not travel at such fast speeds, it was not uncommon for the only time piece on a train to be an alarm clock hung up beside the engineer at his seat. Frequently, if the train crew were not sure of the time, they would go on a siding and and the fireman to the nearest farmhouse to find out the time.

On the Grand Trunk, Time Signals are transmitted over the telegraph wires every day from McGill University, starting at 10.54 a. m., and finishing at 11.00 a. m., during which time no telegraph operators are permitted to break in. Over 14, all telegraph business is suspended. The master clock at McGill is checked daily by astronomic readings, and its beat is put on the telegraph wires breaking in at 10.58 and beating fifty seconds except the fifteenth second—when the wires remain open for ten second. The Signals again start to beat from 10.59 to 10.59 plus fifty seconds, when there is another pause of ten seconds, the line closing at 11.00 o'clock a. m. These Time Signals are sent to every part of the System at the same time by means of thin repeaters cut in at all terminal and divisional points. All important official Watch Inspectors of the railway also receive this time daily through a wire connected from the railway circuits to their stores and correct their standard clocks with which they check the watches of the employees and adjust the clocks of the Company.

LIVING AT "HIS MOTHER'S"

The girl who goes to make her bridal home at the house where "his" parents dwell will not find it all smooth sailing. But the success or failure of the whole business depends almost entirely on her tact and on her fine understanding. Her husband will be out the greater part of the day, and more than that, he is in the surroundings to which he has been accustomed all his life, with the additional pleasure of having the girl of his heart with him. Why should he be discontented or quick to take offence?

But with her it is different. She knows how she has dreamed of a "place of her own," and it hurts her to feel how little her husband understands her disappointment.

And however charming her mother-in-law may be, there is a rivalry between the two of them—it is inevitable—both of them may do their utmost to keep it in the background—but it is always there, and neither of them is ever quite able to forget it.

And the girl will be conscious of criticism, even though no word is spoken. Her views and his mother's are bound to clash at times. Their minds are separated by thirty years. And this feeling—if uncontrolled—may make her over-sensitive and irritable.

But that is just the point where she will pull herself up short if she is wise. Before a girl consents to marry under these circumstances, she ought to face the inevitable disadvantages and ask herself quite sensibly, "Is he worth it? or should I be happier if I waited for a home of my own?"

If she decides he is worth it, she must be willing to take the sorrows as well as the joys without complaining.

There is no poisonous ingredient in Holloway's Corn Remover, and it can be used without danger or injury.

THE SMART ALECK!

The practical joker has scored again. Near Fisherville, in Haldimand County, some smart aleck moved a red lantern, placed to mark a crossing over a creek where an old bridge was down, and as a result a doctor motoring with his son in the darkness lost his life. The son fortunately managed to save himself.

One useful life is destroyed in consequence of the perverted sense of humor of some unknown fool. The latter, through his act, has burdened his conscience with the guilt of manslaughter. If he possesses any sense at all he will have the knowledge of this guilt before his eyes throughout life. It is not to be expected, however, that he has enough manliness to step out into the light and accuse himself publicly. Smart alecks are not built that way.—Kitchener Record.

Long Standing Asthma.—Many have suffered so long from asthma and have tried so many so-called remedies they think that there is no real help for them. They should read the letters received by the manufacturers of Dr. J. D. Kellogg's Asthma Remedy from hundreds of cases once as desperate as their own. Even in long-neglected cases this famous preparation brings prompt help.

CONFIDENCE IN CANADA

Winnipeg, Man.—As the director of a Scottish company, which has loaned some millions of dollars in Canada, J. Arthur Findlay, of Glasgow, Scotland, said that when he came on an inspection trip, a few months ago, he arrived as a moderate optimist; but as he was about to board his train recently to take him back home he said he was returning as a pronounced optimist.

Mr. Findlay returned a few days ago from a trip, which had taken him to the Pacific coast, and while staying in Winnipeg he had every opportunity of conferring with the reliable type of men who have most at stake in the country. From what he has learned from such authorities in almost every district in the country, and especially from what he has observed, he feels every confidence in Canada's future.

It will Relieve a Cold.—Colds are the commonest ailments of mankind and if neglected may lead to serious conditions. Dr. Thomas' Eclectric Oil will relieve the bronchial passages of inflammation speedily and thoroughly and will strengthen them against subsequent attack. And as it eases the inflammation it will usually stop the cough because it allays the irritation in the throat. Try it and prove it.

MAGNIFYING DIFFICULTIES

It does not make any difference how slight your difficulties are, if you are easily discouraged. The girl who gives up readily is as bad off in the face of a small obstacle as a more determined person would be in encountering a great disaster. To be easily discouraged magnifies our difficulties.

AN EASY MIND

Village Doctor—"To what do you attribute your remarkable age and your wonderful health?"

Old Inhabitant—"Well, I got a pretty good start on most people by bein' born afore germs were discovered, an' so I have had less to worry about."

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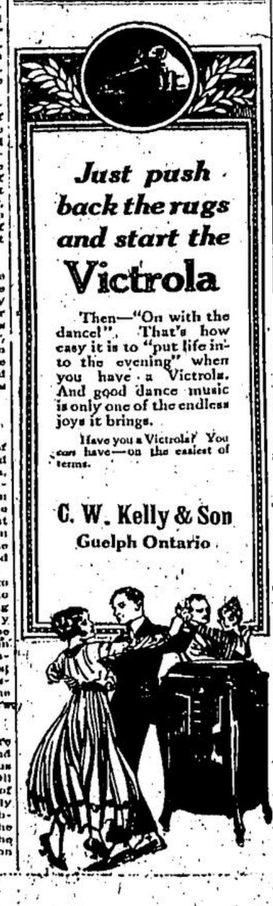

GEMS OF THOUGHT

Whoever feels pain in hearing a good character of his neighbor, will feel pleasure in the reverse; and those who despair to rise to distinction by their virtues are happy if others can be depressed to a level with themselves.—J. Barker.

Fear is not in the habit of speaking truth; when perfect sincerity is expected, perfect freedom must be allowed; nor has any one who is apt to be angry when he hears the truth, any cause to wonder that he does not hear it.—Tacitus.

Opportunity has hair in front; behind she is bald; if you seize her by the forelock, you hold her, but, if suffered to escape, not Jupiter himself can catch her again.—From the Latin.

I could never draw the line between meanness and dishonesty. What is mean, so far as I can see, slides by imperceptible gradations into what is dishonest.—G. Macdonald.

Some people think that all the world should share their misfortunes, though they do not share in the sufferings of any one else.—A. Polycelot.

He that will not give some portion of his ease, his blood, his wealth, for others' good, is a poor, frozen churl.—Joann Baillie.

I have unlearned contempt. It is a sin that is engendered earliest in the soul, and doth beset it like a poisonous worm, feeding on all its beauty.—N. D. Willis.

Perhaps the wind wails so in winter for the summer's death; and all sad sounds are nature's funeral cries for what has been and is not.—George Eliot.

I consider your very testy and quarrelsome people as I do a loaded gun, which may, by accident, at any time, go off and kill people.—Rhenstone.

Great is he who enjoys his earthenware as if it were plate, and not less great is the man to whom all his plate is no more than earthen ware.—Seneca.

Nothing is such an obstacle to the production of excellence as the power of producing what is good with ease and rapidity.—Aikin.

If any one will tell me how truth may be spoken without offending some, I will spare no labor to learn the art of it.—Bishop Horne.

Those who honestly mean to be true contradict themselves more rarely than those who try to be consistent.—O. W. Holmes.

Oh, how bitter a thing it is to look into happiness through another man's eyes!—Shakespeare.

Cuts and Bruises Disappear.—When suffering from cuts, scratches, bruises, sprains, sore throat or chest and any similar ailment, use Dr. Thomas' Eclectric Oil. Its healing power is well-known in every section of the community. A bottle of Dr. Thomas' Eclectric Oil should be in every medicine chest ready for the emergencies that may always be anticipated.

LET YOURSELF BE DISCOVERED

Some young people are always trying to impress others by the amount they know. They announce their opinions as if there were no appeal from them. They do not hesitate to set others right. They annoy the better informed by their assumption of infallibility, and they humiliate those not so well informed by calling attention to their lacks.

No matter how smart you are and how much you know, it is better not to say much about it. Those who are really able will not go undiscovered, and your little world will make things much pleasanter for you if you let yourself to be discovered, than if you force your superiority on its attention.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions permit them to. To be rid of them and spare the child suffering, use Miller's Worm Powders. They will correct the digestive irregularities by destroying the worms, conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

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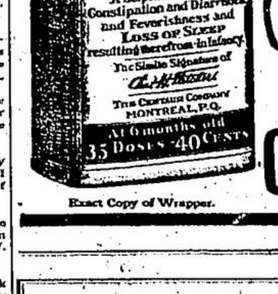

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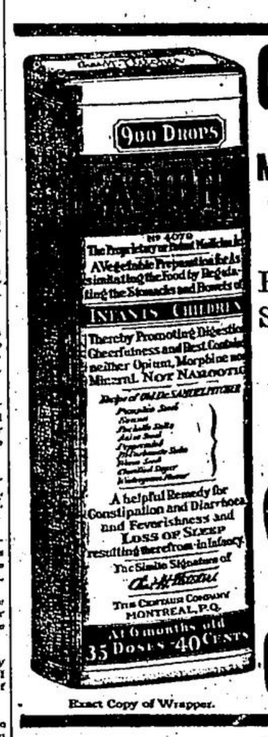

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Railway Time Tables

AT ACTON

Grand Trunk Railway System

Going West

No. 29	6.18 a.m.
No. 31	10.35 a.m.
No. 33	2.29 p.m.
No. 35	5.00 p.m.
No. 39	8.30 p.m.
No. 25 Sunday	10.20 a.m.

Going East

No. 28	7.03 a.m.
No. 30	11.18 a.m.
No. 34	2.35 p.m.
No. 36	6.17 p.m.
No. 38	8.13 p.m.
No. 24 Sunday	7.08 p.m.

Toronto Suburban Electric Railway

Going West

9.17 a. m.	Daily except Sunday
3.32 p. m.	Daily except Sunday
8.00 p. m.	Daily except Sunday
11.03 a. m.	Sunday only
5.35 p. m.	Sunday only
9.56 p. m.	Sunday only

Going East

7.48 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
5.18 p. m.	Sunday only
8.58 p. m.	Sunday only

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