

The Action Free Press
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A BIT ADDED

He rained a little more.
And he stayed in his shop;
And he stayed a little longer.
When the whole world stopped.
He waited a little less.
He seemed but little hurried.
And he stayed but little the next
few little hours.
His off-duty experience.
Thus it's ended, just that.
It's ended just the rest.
He saved a little money.
In a hundred little ways.
When he got a little "raise."
A little "working model."
A little "resting time."
He brought such little part of it.
With buttoned-up pants.
That's how it's over with a smile.
An he's seen his little bank book.
"Are the little things worth it?"

HONEY AND SOME OF ITS USES

Honey is the nectar of flowers gathered and modified by several insects, especially by the honey bee. Chemically, honey contains sugar and quantities of mineral matter and other substances, such as protein, acid, and volatile oils. Very little, about 2% of the sugar content of honey is sucrose or common table sugar; the ordinary sugar of commerce; the rest of it is fructose and levulose or invert sugars produced in the first few days after the flowers are drawn. Two invert sugars are present in about equal proportions, but may vary slightly according to the source of the honey. Sometimes the two sugars separate and form the granules which are found at the bottom of the containers while the levulose remains liquid on top. Honey varies in color from the deepest golden tones which are sweet, with honey the leaves are drawn, amber honey from dandelion and fruit bloom; while true buckwheat is very dark, almost black.

Honey is usually marketed in two forms, comb honey and extracted honey. Comb honey is a fancy product and appeals to many connoisseurs because of its fine appearance. Domestic honey, the white honeys are most desired. Extracted honey is produced more economically, as the honey is removed from the bees and the bees are freed from the comb. The honey can be brought back to us liquid state by gently heating to 155 degrees Fahrenheit and then tempering it so that it is likely to darken the honey and affect its flavor.

Honey should be stored in a dry place, as it readily absorbs moisture, and becomes lumpy if exposed to the elements. Honey is a food which produces heat and energy. It is in concentrated form and ready for use at all times. There is no waste and when used honey keeps in good condition for a reasonable length of time provided it is stored in a suitable place. Honey is an excellent food for children, as it adds a good deal to a meal in the daily menu; it readily takes the place of jams or preserves on an ordinary spread upon bread.

In cooking, honey can be used instead of sugar in the preparation of keeping cakes, bread or biscuits fresh and moist for a longer time. Honey also gives satisfactory results when used in making candies, jellies, jams, jellies and for sweetening fruit drinks, such as lemonade; it can also be used for preserving certain fruits. An excellent vinegar can be made from honey by adding a small quantity of the chief constituents of cough medicines and other remedies—C. R. Gooderham, Dominion Apothecary.

THE RED TRAIL OF THE AUTOMOBILE

Automobile accidents in Ontario have increased about 30% in 1922, in comparison with 1921. About 1,000 persons have been killed. Some 7,000 people died necessarily. Do not take a chance.

Save your children from being killed on the roads by automobiles. Teach them to be careful by being careful yourself. Look both ways before crossing a street. Do not cut corners; use the crossings. Do not hurry. Protect your children by teaching them these things.

Drive slowly where children play. Streets are the only playgrounds many safe. Children are easily confused. Give them the right-of-way. Make this an inviolable rule. Do not force children to take a chance.

When you drive an automobile, drive carefully. Do not drink. Exercise your brakes frequently. Do not trust the other fellow. Give them right-of-way. Wait a minute and save a life.

Remember: We need your assistance to help us prevent automobile accidents—Ontario Safety League.

FIG TREE EMBLEM OF HOME

The fig tree, "earliest times," has been a garden tree cultivated for its shade and fruit. The fig tree, "the tree beneath the vine and the tree," is said more than once in the Old Testament to designate "Home." For centuries the fruit, fresh or dried, has made up a large part of the diet of the people of Western Asia and Southern Europe. Its juice is used to make a drink, and also to dye cloth. Its leaves, peels, flowers, and bark make cord. The tree is a species of polypody, "the fig tree," in climates congenial to its growth, produces two and sometimes three crops of fruit the same year, on different parts of the tree. The fruit is cuttings, and are propagated by budding, grafting and seeds. The large, beautiful leaves are deciduous, palmately veined, three-to-five lobed, wavy-toothed, and somewhat rough and leathery.

IT PAYS TO PAINT THE BARN

It is surprising what a difference a coating of paint makes in the appearance of buildings. In some districts the majority of the barns and outbuildings are painted, but in other sections there is not a sign that paint has ever been applied to the barns and even the houses which have had the best of care. Paint not only improves the appearance but it protects the wood and metal from the ravaging effects of the elements. With the shortage of help hands who can do the work, help building can not find the time to do so. It is surprising, however, how much space a good man can cover in a day, even if the paint is all applied from the ladder.

ABSENT-MINDED

"Teacher, what do you think about mindlessness?" asked a pupil. "Well, if a man who thought he had left his watch at home, took it out of his pocket to see if he had time to go back and get it, he would call him a little absent-minded."



THE OLD MAN OF THE GRAND-CLOCK

Reminiscences of the Old Methodist Church and its First Organ

I almost forgot a very interesting meeting in connection with the old church, which I will now relate. The origin and introduction of the first organ. That was between fifty and sixty years ago. It was, I believe, the first calvary organ brought to this country by Mr. William D. & W. Wood of Guelph, who was the first organist. She was a good player, and brought out the music from that little organ. Mary continued as organist until her marriage with Alexander, and after that, we don't know, out to a surprising speed.

Moorish weddings are very interesting affairs for the European to witness. The actual ceremony takes place in the night, but the wedding procession, consisting of the bride, the groom, their parents, and friends, goes through the town in broad daylight.

No strictly religious woman, however, will allow any man but her husband to see her face. They usually remain bright for a couple of hours; the fire drives out the moon's light; the bride wears a long white veil, and the groom wears a long white shawl, and they shuffle about in a surprising speed.

Moorish women are seen at their brightest in the country districts, when the men are away, and are particularly the most popular and comfortable during the night in their beds.

To make it, the red coal must be heated.

Under ordinary conditions Bill or Tom, or any other boy, would be compelled to go to the red coal until he had covered them to a depth of perhaps three inches. Folding one edge of his blanket round the head, he would then pull the other edge over his body, and lay down, covering his head with the blanket over his body. He is ready to go to sleep.

Violins of yesterday.

I've been a sister, good and true,
For five an' thirty year.
I've done what seemed my part to do,
And prayed my duty clear;
But I've sat upon my pillow, I know,
For so it's always been;
And some day I to church will go,
And never more come back.

Diverse procedures in Morocco are adopted so as to accommodate the various classes of people.

Marriage customs in most Mohammedan countries, the native girls are married at an extremely early age, often before they are ten years old.

Before marriage, the girl's parents

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