The Acton Free Press

THURSDAY, APRIL 28, 1927

...Y MORNING

Ho, for the sunny hilltop
Will you come with me?
For oh, it is the Maytime
And that is always playtime
When hearts are young and free.

Balloons we'll net a-flying
Along the windy crest;
Best all of them are bright ones,
And-all-of-them-are-light-ones,
And the wind will do the rest.

Then high they drift, and higher,
Until they point the way;
And we we follow after,
With jolly songs and laughter
That fit the merry May.

—Olivette Morris.

SUGAR AS A FOOD

It has been said that the financial standing of a nation can be judged by the amount of sugar that the nation consumes. But to many persons sugar is simply an accessory or condiment to be used in making certain of the staple foods palatable, and one of the unnecessaries, to be removed from the list when strict economy in food is imperative. That was the view of a graduate of one of our best women's colleges, who asked if there really was any food value in sugar.

It is, in fact, of all the foods our quickest source of energy, and almost our cheapest. Only the cereals in their coarsest form offer more nourishment for the same expenditure. No other food has nature stored up for us in a form so near the form in which our bodies can utilize it. We actually transform a spoonful of sugar into body energy in half an hour or less.

This quick efficiency has been found useful by athletes and by soldiers on forced marches. Even the horse can testify that a lump of sugar helps to win the race.

Pound for pound, sugar gives a higher fuel value or working power to the muscles than do beans or peas or the cereals when sold in the breakfast-food forms. It furnishes twice as much for the money as cheese, and six times as much as beef, at the average price.

Since sugar is purely an energy food, it is necessary that a proper balance of muscle-building food go with it; and since an excess of sugar may cause serious disturbance in our "preparatory departments," a guard has been set: the appetite, which normally refuses more sugar than the system can well care for.

The tendency to fermentation on the part of some of the sugars causes much discomfort in digestion, and has led many persons to look upon all of them as dangerous and indigestible. The tendency can usually be overcome by a more careful selection of the kind of sugar used, and—the amount eaten at one time.

Our common cane or beet sugars and the glucoses are more likely to ferment in the stomach than the fruit and milk sugars. For that reason milk and fruits are much better to use in a child's diet than cane sugar. The natural craving that every child has for some form of sweet should be gratified, but not just before a meal; then, a little sugar will take away the appetite for other foods. The place for the sweet is at the end of the meal. Then it gives a sense of satisfaction to the appetite, and will itself be better digested than if taken alone. The presence of the free acid in the stomach tends to prevent fermentation.

An excess of sugar eaten at one time will be so quickly carried to the liver as to result in disturbance of that organ, and possibly a loss of the sugar, for the capacity of the liver for handling sugar is limited, and it will cast out what it cannot use.

The sugar of milk is, of course, the best suited to the baby and the invalid, for it has no sweet taste to surfeit the appetite, and is least likely to cause fermentation or "sour stomach."

In the sugars that Mother Nature compounds in the fruits, the heavy sweet is masked by pleasing acids and flavors. For that reason those sugars are the best. The use of large amounts of cane sugar to reduce the acidity of fruit is a frequent cause of indigestion. The thoroughly ripe fruits, as a rule, should be eaten with little or no cane sugar. Honey is one of the purest and best of sugars, and is excellent for children, if it can be obtained in its pure form, and free from the comb. Occasionally our busy friend, the bee, draws his honey from a poisonous flower. Cases of sickness or intoxication have resulted from eating honey so made; but they are rare.

Glucose, or the sugar made from starch, has been much maligned, and classed as a dangerous food simply because it is cheaper than cane sugar, and has been substituted for it. When properly prepared, it furnishes the same food value for much less money, and is usually more easily digested than the cane sugar. It has been used as an adulterant of cane sugar in making cheap candies; the lack of sweet taste is made up by adding saccharin; stiffness is imparted by using raw starch; sometimes the coloring and the flavoring are of a poisonous nature. But the glucose, the only harmless material in the candy, gets the credit for all the evil wrought.

The corn syrups made from pure glucose and flavored with caramel from the cane sugar are an excellent substitute for sugar syrups and candies, for they are at once clean and wholesome.

Although the maple sugar may head the list for some persons on the score of flavor, the price places it beyond the reach of the majority. It possesses no more real value to the pound than cane sugar.

PIE AND FISH, SYMBOLS OF KINDNESS

Mr. Smith, writes a contributor, had made a particularly good catch of black bass. Mrs. Smith picked out a nice big one and sent one of the boys with it over to their neighbors in the adjoining camp. "We won't bother to clean it for them," she said, "because that big boy of theirs can do it just as well as we can."

A few days later the grateful neighbor, not to be outdone, returned the favor by bringing across to the Smith's back door a nice juicy raspberry pie freshly made from the wild raspberries growing in the woods behind the camps. That day the storekeeper across the lake had his weekly shipment of ice cream from the city, and none of the Smiths felt much like eating pie. The next day they all went on a trip down the stream, and the third day when the pie was served it had become so soft and soggy that everyone refused to touch it. Wrapping it up carefully in a newspaper, so that no one should see it, Mrs. Smith gave it to young Tom and asked him to take it out in the woods and bury it.

The next morning Mr. Smith went out to dig worms for his day's fishing. As he turned up the moist brown earth there, lying side by side, symbols of neighborly kindness, were the black bass and the raspberry pie!

MORE FACTS

Wife: "The truth is, woman is a great fact in the world of to-day."

Husband: "Yes, yes; facts are stubborn things."

OUR COMPLETE WEEKLY STORY

A Fish Story

MRS. BENTON'S eyes flew open alertly as she listened for her husband's retreating footsteps.

She heard the click of the outside door as the spring lock caught sharply. Instantly she jumped out of bed and ran to the window, watching Jim as he swung down the dim, deserted street. As soon as he disappeared around a corner she left the window and went to the disordered closet, where Jim had flung things around in his search for the desired paraphernalia. She found fishing tackle, and an outfit that apparently suited her. She dressed swiftly, with quick, deft motions, murmuring as she did so.

"I'll call Belle Hampton as soon as I am sure Bill is out of the way," braiding her hair firmly and winding it closely about her head. But the tinkle of the telephone bell stopped her self-talk momentarily, and she ran to answer the call.

"Kate, Kate! They've gone and left us—let's make a little trip of our own. We'll show them! Going off without us!" incoherently.

"My idea exactly," responded Kate. "I was just going to call you. We'll have a scheme. I see one of Jim's old fishing suits here—"

The two women in neatly tailored suits met at the appointed place. Each carried a matting suit case and they looked like two decorous wives going trainward. But instead of the depot their destination proved to be elsewhere. They walked and talked briskly and soon reached a wooded elevation. They disappeared into a heavy thicket, and after some time two figures emerged in large and baggy khaki trousers and very much worn and ill-fitting khaki Norfolks. The faces of these travellers were a dull nut brown, almost as dark as Indians. The cheeks had rich coloring as though sun and wind had painted them through much exposure. Fishing tackle in plenty swung as fishing tackle has a way of doing.

The two figures in worn khaki made their way toward a fishing pool they believed not very well known. In fact they had paid the oldest inhabitant $1 for divulging an especially secret pool.

Not long after the first two figures had started through the jungle, Jim Benton and Bill Hampton, who had loitered over on extra good breakfast, came swinging along as blithe as boys out on a lark. They took almost the same trail, stalking through the tangle as though bent on booty, and made rapid gain on the first two figures, who were evidently very fishermen.

And both dodged into a huge bank of fern just as Jim and Bill came plunging along, much engrossed in talk and paying no attention to the violent waving of the fern. They were discussing a marvellous fishing pool which the oldest inhabitant had revealed to them for a paltry $3 emolument.

Jim and Bill reached the secret pool a little after another couple had put out in a small boat and were quietly fishing near a great rock.

"Huh!" snorted Jim Benton, "Someone poaching!"

"Well," cautioned Bill Hampton, "they're here first, and we don't know but they own this place, and if they don't molest us we needn't bother them. They haven't got the right place anyway. You know the oldest inhabitant said that the big fish would be caught right under the big log that lies across the stream. It's farther up."

Jim thrust the oars quickly through the lapping water and rounded a bend in the stream which shut from view the successful fishermen.

"We're out of sight now," Jim said exultantly, "and if our pool near the old log is any better than what they are poaching we're sure in it for luck."

"We sure are," returned Bill heartily. "Glad they didn't see us. We don't want a party to-day Jim—just us. But wasn't that a hummer of a fish they hauled in just before we turned the bend?"

"It was good," agreed Jim, "but I want something bigger—if we can get it."

Jim cast and so did Bill, and both sat like stone images waiting for the bites that didn't come. In the tense stillness every now and then they could hear a sound of a fish beating the water over near that great rock, and through the leafy green they could see, too, that those other silent figures were busy unhooking their catch.

"This'll never do!" aspirated Jim. "Wonder if that oldest inhabitant lied to us!"

"Wonder!" grouched Bill. "Let's get up on that log; mebee we're not in the right position! He did say something about falling into the water, didn't he?"

"It looks slippery, but the log for muh!" Jim thrust the boat shoreward, and soon both men were scaling the mossy slipperiness of the old log. The fish seemed just as wary as before, although from this point of vantage the men could see the other fishers hauling in the fish as though by magic. Jim and Bill forgot their lunch, or didn't feel like eating it, although they seemed to be doing nothing but stopping all the time. The other fishers were munching sandwiches, but the call of their lines was such that they couldn't lunch in much satisfaction.

"Seems like they might try a few and ask us to 'em!" Bill grunted pessimistically.

They rowed around casually, very casually, as though just appearing on the scene, and approaching the other boat spoke with great gulle.

"Geo, I'm hungry; hain't had a bite since noon," Jim declared shamelessly. "Would you sell a fish or two, or I would take them all if you want to get rid of them?" easily.

"Hadn't thought of letting any go," a gruff voice returned, "but mebbe we might spare a couple."

The result was that Jim Benton and Bill Hampton went home in high heart with the biggest and best catch of the season.

At home Kate dropped her suit case in the middle of the bathroom floor and began scrubbing her face and hands, but the treacherous walnut stain would not come off and that stuff on the eyebrows did stick like a brother! In reaching to get a bottle Kate kicked the suitcase and it flew open. She kicked it viciously aside. The door slammed and Jim came lumbering in.

"Looks what I got!" he exulted. Then his eye fell on Kate's browned face, on the open suitcase with its tell-tale fishing toggery and he gasped: "For heaven's sake! Was it you all the time?"

Just then Bill Hampton's voice came booming from below stairs.

"Jim, Jim, they've done us. We'll never hear the end of it if it gets out!"

"Do you suppose we're going to let it out?" asked Kate and Belle in chorus.

"Say, they are good sports, aren't they?" And Jim and Bill looked admiringly at the wives who had outwitted them.

AN ACCIDENT—NOBODY HURT

The Purvises' great, glistening car purred softly to a stop, and presently Belle and Connie came in. They were white and wide-eyed. Belle dropped suddenly into a chair and began to cry.

"Girls! What is it? Has there been an accident?" asked Mrs. Dalling.

"Nobody hurt," said Connie quickly. "No damage even."

"Except," said Belle, giggling hysterically through her tears, "to Mrs. Purvis's social prestige. That's demolished irreparably in this place! Maud and Milly Starr went, too, and they'll have it all over town in no time. And everybody thought she was so perfectly lovely, and next week she'd have been asked to go on the hospital board and they were considering her for a director of the Home, and they'd jumped her name to the top of the club waiting list, though it wasn't fair, and—"

"I'll never forget her face when she called to the chauffeur to keep right on," said Connie, shuddering. "It was as if a mask had been pulled off, and sheer, hateful, cowardly, barefaced selfishness looked out at you. It was dreadful!"

"Tell me what happened," said Mrs. Dalling.

"The car hit a child. It wasn't anyone's fault; the little girl ran out from a patch of berry bushes and tried to cross the road. She was knocked down and rolled over, screaming; and Mrs. Purvis wanted to go right on. We all protested, and she said no child could be really hurt that yelled like that, and scrambled right up on the foot again. But the chauffeur stopped and ran back. We saw him pick up the little girl and pet her and comfort her; and presently he brought her to the car, and we took her along to where she lived. She was only bruised and frightened. By that time Mrs. Purvis had pulled herself together a little, and I suppose she saw something in our faces. At any rate, she took out her purse and handed the child a big bill and spoke prettily to her when we set her down. Then she tried apologizing and explained how they had once had a very trying experience—a false claim for damages and newspaper publicity, and I don't know what all. She said of course in case of really injuring anyone she should have acted quite differently; the more thought of a really serious accident made her feel sick. But, girls, wasn't it humiliating!"

"We felt sick enough over an accident that "wasn't serious," put in Belle, "and she couldn't have known at first any more than we did."

"I suppose," said Mrs. Dalling slowly, "she acted without stopping to think. I don't suppose she could mean to be as cruel as she seemed. We must try to be just."

"We'll try," said Connie. "But everybody has been saying she was such an asset to the town. I should call her a liability!"

"She may still be an asset in some ways," persisted Mrs. Dalling. "What happened may even reveal her to herself when she comes to think it over. If she can be as thoroughly horrified and ashamed as she ought to be, and I think we should give her the benefit of the doubt, for we shall probably never know."

"Oh, yes, we shall!" said Connie shrewdly. "Because we shall know whether or not she dismisses the chauffeur, who was impertinent enough to behave better than she did!"

EXAMINATIONS FOR PARENTS

A certain amount of responsibility for the success or failure of a child in school rests upon the parents; but there is no tribunal before which they can be arraigned or by which their grading in efficiency can be determined. Might it not be well for them occasionally to take some means of finding out how nearly they come to deserving a passing mark on their obligations? No matter how efficient the schools may be, no matter how much responsibility they are willing to lift from the shoulders of the parents, there are certain duties that must always rest upon the heads of the household.

It might be profitable for the mother, especially, to make out a list of questions relating to her school duties to her children and, to the best of her judgment, give herself a mark upon each one. From those marks she could learn what her standing in per cent. is, as her children learn what theirs is. Of course special conditions will affect the questions somewhat, but certain general questions will serve as a guide:

1. How often have I visited my child's school this year?
2. Is the school building well ventilated and well lighted?
3. Do I know the teacher personally?
4. What is my child studying?
5. Have I taken pains to see that his course of study is suited to his nature and will give the right foundation for a successful college or business career?
6. Do I make it my business to know every day how he has done his school work?
7. How does he rank as a student in comparison with others of his class and age?
8. Do I supervise his home study and protect him from all interruption during a regular time set apart for that study?
9. Do I see that he keeps regular hours, and do I insist that social matters do not interfere with his school work?
10. Am I taking my share of responsibility in the mental and moral growth of my child, or am I expecting the school to do it all?

The parent who has not visited school at all would get zero on the first question. On No. 2 she would get zero unless the general condition of the building were well known to her. In most cases she would get the same mark on No. 3. No one who should deserve only zero on the first three questions, it is not probable that she would deserve a better rating on any of the others.

How many parents could honestly grade themselves high enough to feel satisfied in severely censuring a child that has failed to pass?

A SENSIBLE DAD

A great hotel man has one son, who was graduated from his university with honors.

It had been understood in the family that the boy was to follow his father's business; so boy with his big degree dropped in on father at the private office.

"Now, Dad, I'm ready. I'd like to show some of your managers what modern scientific efficiency can do with a chain of hotels. Lead me to it."

"No, you won't show my managers anything, just yet. You'll start in the kitchen, peeling potatoes. And when you've mastered the potato end of this business we'll boost you to a meat chopper's job. By the time you've climbed to where my managers are now, you'll know something about running one hotel. Meantime, while you go up the ladder, you'll have for spending money and savings exactly what you earn and no more. Do you get me, Dearly Beloved?"

Son is a good sport. So he got dad. And already he knows how to skin a potato without wasting any of the pulp.

Next month he hopes to be in charge of a meat ax.

And another efficient business man is in the making.—The Christian Statesman.

"Say Dad"

QUICK NOTE-TAKING

"Say, Dad, is shorthand very hard to learn?"

"A number of stenographers have told me that three months of hard study had to be followed by six more of daily practice before they amounted to much. Why?"

"At school we have to take notes on the lectures, and while I'm writing one thing, I miss something else. I hurry up then to see if I can handle what I've written, anyway."

"I know, Dick. I had the same trouble. Around the house somewhere is a thin little book that saved me. I don't know who wrote it or when published it—but it was a system of contractions, called brief-longhand, that I memorized in a few hours and that enabled me to make copious notes without panic. After some practice, in fact, Professor Osborn suspected me of skimping the notes in his lectures, as he'd see my pencil idle while the others were furiously at work. He was satisfied when I read to him nearly every word he had uttered."

"And you didn't use any of those curlycues, Dad?"

"Not one. All I did was omit unnecessary letters in words. For instance, butter became betr, batter became bptr, butter became butr. Of course, if you leave out too many letters, or the essential ones, you won't know what you've written; but, what can it mean except empty—and who wouldn't read at my as great army?"

"Why, Dad, I think that's just one bully idea! If you carry that book with you and go to lectures with me?"

"I can't spare the time for that, Dick; but I'll help you make one for yourself. As a starter, suppose we shorten about fifteen words."

"But what fifteen, Dad? That's the point."

"Won't it be possible to shorten the fifteen that we use the most?"

"Of course—but who knows what they are?"

"Princeton University says that these are the most in, and, that, a, the, to, with, be, of, as, all, at, not, for, an.

Now, suppose for in you write n,
" and ....d,
" that ....tt,
" a or an ....a,
" the ....e,
" to ....o,
" with ....w,
" be ....b,
" of ....f,
" as ....s,
" all ....l,
" at ....t,
" not ....nt,
" for ....r.

"All right, Dad. It won't take me long to get used to those. That ought to save a good many seconds."

"Then, of course, you'll omit as many silent letters as possible. Anyone can understand—liv, sing, catn, raind' fithr, lethr, tong, guess, and so on. Change the past-tense sign from ed to t, as in lopkt. Ph and gh become f, in words like fonje and laftr. You catch the idea, Dick?"

"You'd better believe I do, Dad! I used to spell by sound before I went to school. I wish everyone did that, always—then we'd never have to learn spelling."

"Shame on you, Dick! After the talks we've had about etymology, and how interesting it is to trace back the histories of words through changes in spelling and meaning! Now, see here, young man, you're not to let this note-taking by mangled words get you into bad habits. You must re-write your notes in perfect English, after every lecture."

"Of course I'll do that, Dad. I'd be ashamed to be a poor speller. Besides, every now and then the teacher asks to see our notes; and if I let him gaze on a page or two of this chop-suey stuff, probably I'd find myself in the kindergarten! Didn't you use to do your notes over, Dad!"

"I transcribed them on a typewriter. It wasn't much more than a toy, I remember, and wrote with rubber type, without a ribbon. But old Professor Osborn was so tickled with the neatness of my notes, that he'd bite me less painfully than was his habit, when I'd flunk in ancient history."

"Say, Dad—you've given me a new idea! What's the matter with my having a sure-enough typewriter, and becoming the particular pet of all my teachers, eh? One of those portable ones, that I can take with me on vacations, and all?"

"I'll tell you what—practice on mine till you can send me a full-page letter, perfectly written, and see what happens!"

SAFETY RULES FOR GASOLINE

1. Remember, that you must take no chances with gasoline; it is one of the most dangerous explosives in common use.
2. It must always be kept in tightly fastened cans; never in glass bottles.
3. It should never be uncovered within the house nor at any point where its fumes can travel to an open flame, a live coal, or a spark.
4. Do not use it for cleaning, if you can get a safe cleaning operation.
5. Gasoline in quantity should be kept in underground tanks.
6. No one should be allowed to smoke in a garage.
7. No one should be allowed to smoke in an automobile while its gasoline tank is being filled.
8. Do not use water upon a gasoline or coal-oil fire; use a chemical extinguisher, or else throw earth or sand upon it.

THE FISHERMAN'S PRAYER

With the coming of Spring and the first of May fishing season even some hard-shelled citizens are inclined to break into poetry. A day or two ago we were handed the following, the writer of which desired to remain unknown at present to the public. Suffice it to say that his place of business is on the ground floor on the North East corner of Main and Mill Street. It is entitled, "The Fisherman's Prayer," and from his first effusion we can predict a wonderful future for him as a poet:

Lord grant that I may catch a fish
So large that even I
When speaking of it afterwards
May have no cause to lie."

—Milverton Sun.

SEE CANADA FIRST MOTTO OF TOURISTS IN JUBILEE YEAR

With an idea of making the beauties of Canada better known to Canadians, several across Canada tours have been arranged for the coming season by the Passenger Department of the Canadian National Railways. It was announced at Montreal recently by C. W. Johnston, Passenger Traffic Manager of the Canadian National System. These will be operated during July and August, and are fitting commemoration of the fact that on July 1 this year, Canada celebrates sixty years of Confederation.

One of the tours, to be known as the Atlantic Across Canada Tour, will be conducted by C. A. Adams, B. A., principal of the High School at Granby, Que. This will take participants from Montreal, leaving July 14, to the Pacific Coast and return, similar to the tour arranged by Mr. Adams last year. The tour is not confined to members of the teaching profession, and it will include arrangements for stopovers at Minaki, Winnipeg, Jasper National Park and other beauty spots of the Dominion en route. On the return journey Northern Navigation Company's steamer will be used from Port Arthur to Sarnia.

Another tour which is attracting a great deal of attention is one arranged to be conducted under the auspices of the Order of the Eastern Star. This is an interprovincial tour, and will also be personally conducted, the travellers being allowed stopovers at all the beauty spots en route from Montreal and Toronto to the Pacific Coast. Members of the Eastern Star Order and Masonic friends will make up the party for this tour, which is also being arranged on the all-expense basis. They will leave Montreal on July 20, and July 21.

From Winnipeg there will again be operated the annually personally conducted tour to the Pacific Coast, leaving Winnipeg on July 4. This tour, which is now in its sixth year, has been growing in favor ever since its inception, and bookings for it are usually made many months in advance. This tour will disband at Vancouver, the travellers returning to their homes at their own convenience after a delightful journey by rail and water to the Pacific Coast.

Two important tours will be conducted this year by the Kerr-Bryson Tours, one from Toronto to the Pacific Coast and the other from Toronto to the Pacific Coast. In the latter tour, the travellers will visit Wainwright Buffalo Park, Jasper National Park and other beauty spots en route to Vancouver, Victoria and Seattle, and will return via Yellowstone Park and Pike's Peak. This tour will leave Toronto on July 2 and return July 26. The tour to the Atlantic Coast will leave Toronto July 16, and points visited in it will include Montreal, Quebec and the Maritime Provinces, with stopovers at various points and steamship journeys on the Great Lakes.

WELL READ, YOUNG MAN!

In a training camp a veteran officer saw a raw recruit trying to cook his breakfast on a badly-made fire. Going to him, he showed him how to make a quick-cooking fire, saying:

"Look at the time you are wasting! When I was in India I often had to hunt my breakfast. I used to go about two miles in the jungle, shoot my food, skin or pluck it, then cook and eat it, and return to the camp under the half hour." Then he added, "Of course, you have read of the jungle?"

"Yes, sir," replied the recruit, "and also of Ananias."

A HANDY PINCUSHION

A trousers clip, such as boys wear when they ride a bicycle, can be made use of in a novel way as a most convenient pincushion holder. A small cushion is attached to the outside of the clip in the centre, and the dressmaker weaves the clip over her left arm between the elbow and the wrist. Such a position for the cushion is even more convenient than a belt.

Millions Saved!

Baby chicks cost too much to lose by lack of care and proper feed. White Diarrhoea and other chick diseases prevented by feeding Pratts Baby Chick Food. It saves millions and insures healthy fast-growing chicks and early-laying pullets. Buy the best.

Pratts Baby Chick Food

Sold by Dealers all over Canada

PRATT FOOD CO. OF CANADA, LIMITED

178 Carlaw Ave., Toronto

Sold By
W. D. TALBOT—ACTON, ONT.

Cut your Bill for Long Distance

As a business man if you ask us to do so, we can probably show you how to save quite a sum each month on your Long Distance business. A large number of prominent firms have recently been surprised and delighted to find the savings they could make by following the recommendations of our expert investigators.

No matter what line of business you are in, or how little you may be at present using Long Distance, it will cost you nothing to have one of our experts analyze your business and make you a report. We hope that in your own interests you will decide to do this.

Our Manager will be glad to have you call him and make an appointment for the purpose.

B13

CONTROL OF THE MOSQUITO

Tourists in the Canadian Rockies will be interested in knowing that a vigorous fight is being maintained against the persistent mosquito. The Entomological Branch at Ottawa reports that since 1922 in addition to oiling the waters containing the wrigglers which control work of a permanent nature, such as ditching, dyking and trail cutting has been accomplished. Miles of narrow trails have been cut through dense willow growth to permit of the oiling of otherwise inaccessible places. Adverse criticism of the district around Banff, says the officer having the work in charge, has been silenced.

In addition to the foregoing mosquito investigation is being carried on in the eastern provinces.—Issued by the Director of Publicity, Dominion Department of Agriculture, Ottawa.

HE SOON GOT WISE

An Irishman and a Jew met in a bar and had a friendly chat over a pint or two. The Irishman presently asked the Jew how it was the Jews were so wise.

"Ah," said Isaac, "it's because we eat a certain kind of fish."

As Paddy became interested the Jew offered to sell him one for ten shillings.

After paying the money Paddy received a small dried fish.

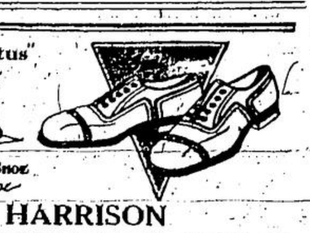
He bit into it.

"Why," he exclaimed, "that is only a smoked herring, begorrah!"

"See?" said the Jew. "You are getting wise already."

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

Once wear "Invictus" and you'll wear no other



Invictus
THE BEST GOOD SHOE
always keeps its shape

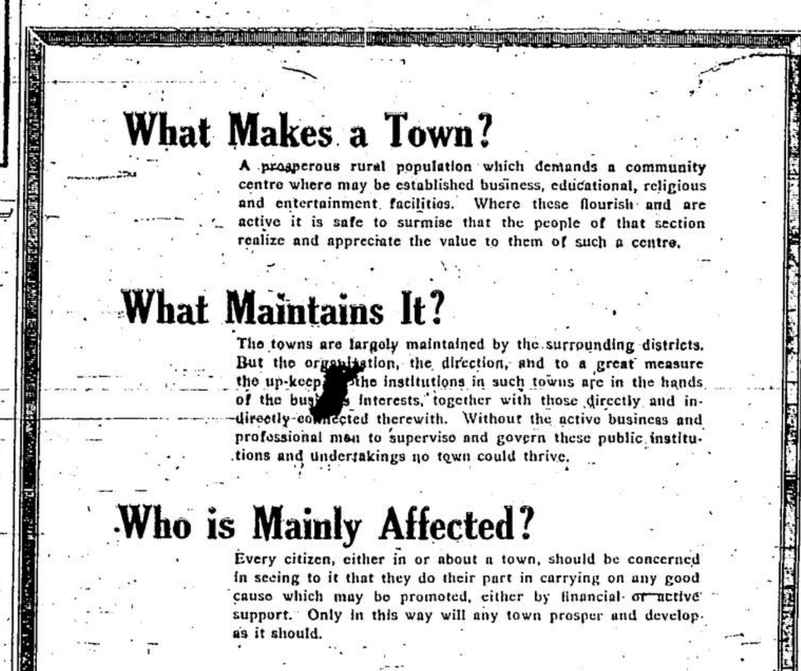
H. L. HARRISON

Young Street Garage and Implement Shop

With the opening of the Motoring Season we are now prepared to take care of your requirements in Motor Necessaries, Gasoline, both High Grade and Ordinary Test; Motor, Machine and Separator Oils and Greases; Free Air and Greasing Rack. We also carry a good line of Batteries for cars and radios. We still carry a full line of Farm Implements, Pumps, Stable Equipment and the famous DeLaval Cream Separators and Milkers, also the high-class ball bearing International Harvester Cream Separators, Tractors, Threshers, Power Machinery of all sorts; International Motor Trucks of varying capacities, from ¾ ton to 5 tons. Don't forget we have a Greasing Rack to take care of your car needs. We also handle Coal Oil and Wire Fencing. A full line of Tires and Tubes. Courteous treatment and careful workmanship is our aim at all times.

CHAS. E. PARKER
PHONES
Young Street, Acton

Shop 84 Residence 149



For Sixty Years

THE FOREST has played a major part in Canada's development. The stability of our forest industries is threatened by forest fires which have destroyed five times the quantity of timber used. Carelessness with fire in the woods has been mainly responsible. Will YOU help to stop this wanton waste and ensure Canada's continuing prosperity?

CHARLES STEWART
Minister of the Interior

Save Your Forests

Canadian Forest Week, April 24th to 30th, 1927

What Makes a Town?

A prosperous rural population which demands a community centre where may be established business, educational, religious and entertainment facilities. Where these flourish and are active it is safe to surmise that the people of that section realize and appreciate the value to them of such a centre.

What Maintains It?

The towns are largely maintained by the surrounding districts. But the organization, the direction, and to a great measure the up-keep of the institutions in such towns are in the hands of the business interests, together with those directly and indirectly connected therewith. Without the active business and professional men to superviso and govern these public institutions and undertakings no town could thrive.

Who is Mainly Affected?

Every citizen, either in or about a town, should be concerned in seeing to it that they do their part in carrying on any good cause which may be promoted, either by financial or active support. Only in this way will any town prosper and develop as it should.

Publicity is Required

In promotion work your local paper takes the leading part. It is ever the champion of worthy causes and philanthropic and patriotic undertakings. But to function properly, and fully carry out its natural prerogatives, it must in turn have the financial support of the community it serves. When needing advertising or printed matter always first think of

THE ACTON FREE PRESS

Issued by the Canadian Weekly Newspapers Association
318 Manning Chambers, Toronto