The Acton Free Press

THURSDAY, MARCH 21, 1929

PUSSY WILLOWS

Pussy Willows, pussy willows!
Down beside the brook,
They are over all the branches
Will you come and look?
In their coat and furry cloak
Of shining silver-grey,
They are swaying in the breezes
Oh so glad and gay!

Pussy willows, pussy willows!
Just across the pool
Sway the pretty maiden pussies,
In green dresses cool;
Soon the handsome young men pussies
All their charms behold,
And make haste to go a-courting
In new suits of gold.

Pussy willows, pussy willows!
Were we fairies small,
We would see the tiny weddings
In this sylvan hall;
Sweet and gay the wedding music
Is cut like Robin makes;
And I wonder have they frosting
On the wedding cakes?

May Howe Dakin, in The New Outlook.

Health Service of the Canadian Medical Association

A Scottish Investigation

For the past few years, the Board of Health of Scotland has been carrying on an investigation in regard to the nutrition of school children. In the schools of seven centres selected for the study, the children were divided into groups. The objective was to ascertain whether or not the children who received a daily ration of milk would show improvement in health greater than those who did not receive the milk, or those who received a biscuit only.

The result was that the children receiving milk were, after a time, found to be twenty per cent. heavier and taller than those not receiving milk. There was, in other words, a decided improvement in growth. The general health of every of the milk ration group was noticeably better. This improvement was not temporary, for they have continued to improve while the milk ration was maintained during a second period of investigation.

This is not the only investigation of the kind that has been made. Other studies of a similar nature, in many countries, have shown that, during the growing years, milk, as an article of diet, is essential. The need and value of milk cannot be too strongly emphasized, because we have no substitute for it.

The practical lesson for parents and those in charge of children is to see to it that their children are not being handicapped through the lack of milk in the diet. Milk is not a complete diet for school children, but no diet is complete without milk.

Milk may be used in many ways. It is not necessary that it be drunk. It may be taken on cereals and other foods; it may be used in cocoa, in milk puddings; or in any other similar manner. It need hardly be said that safe, pure milk only should be used, and that means milk from healthy cows, produced in a cleanly manner and then pasteurized.

Questions, concerning Health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

TWENTY YEARS AGO

From the Issue of the Free Press, of Thursday, March 25, 1909

Good Friday—April 9th.

Sleighing is about over, but wheeling is fair.

The skipping ropes are popular with the girlies again.

Connections are being made this week between Mr. W. W. Beardmore's residence and the G. T. R. waterworks system.

Prof. O'Brien, the Phrenologist, who has been in town the last three weeks, leaves on Monday next for Elora. His visit has been very successful and if his numerous patrons follow the good advice he has offered them they will live happier and more successful lives.

A checker match in which a good deal of interest was taken was played by twenty-four of our crack players in Matthews' Hall on Tuesday evening. The contest was between residents north and south of Mill Street, and six games were played by each pair of contestants. The north side won by five, with eleven draws. the players were as follows: North—J. A. Grundy, John Harvey, J. Lawson, E. Hall, D. M. Henderson, John Gibbons, A. B. McLean, W. A. Storey, Geo. Wheeler, A. E. Nicklin, Fred Maud, Mal. McDonald. South—James Matthews J. DeCoursey, J. Leichman, S. M. Lathy, M. Sinclair, H. S. Holmes, M. McEachern, T. H. Hurd, A. Leichman, H. Reid, T. B. Akins, W. Leichman. George Havill was the official scorer.

A gang of the G. T. R. workmen is engaged in putting additional hoops on the 100,000 gallon tank at the G. T. R. depot.

The proposal for the erection of a $4,000 rink here the coming summer has been cordially received. Nearly the whole amount of stock has been subscribed and there is every reason to believe that next winter will see a commodious and well appointed rink complete with perhaps accommodations for both skaters and curlers.

When a mother detects from the writhings and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these Powders are used.

SCOUT WINS HONOR MEDAL AND $1,600

For saving the life of another boy at dire peril to his own, a Boy Scout of Elizabeth, N. J., again demonstrated the value of Boy Scout training and in such signal fashion as recently to win unusual recognition. The Scout's name was Ralph C. Raughley, Jr., and, although the rescue which he formed stands out by merit of unusual circumstances, in the main, it is not unlike hundreds of others credited to Boy Scouts each year.

Scout Raughley, convalescing from malaria, swam far out into a pond to rescue a drowning boy, older and heavier than himself. He was almost exhausted by the effort, but he won out and used his remaining strength to administer artificial respiration and restore the other boy to consciousness.

His brave act won for him the Gold Honor Medal of the Boy Scouts of America. He showed such vehicular heroism, however, that the Carnegie Hero Fund Commission not long ago awarded him a certificate and $1,600 toward higher education.

Each year the record of lives saved by Boy Scouts grows longer because Scouts are trained in lifesaving. Most of the rescues are made with small risk to the rescuer because of his training. Scouts are trained in life saving. Most by Scouts where the facts are never revealed by the brave but modest Scouts.

It is a tribute to Scout Training that more than 21,000 boys were taught to swim at Boy Scout camps last summer. A score of Honor Medals for life-saving awarded last year tell the story of some of the Scouts who risked their lives to save others.

This is in keeping with the tenth Scout Law, "A Scout Is Brave."

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, MARCH 24.

STEWARDSHIP AND MISSIONS

Golden Text.—It is required in stewards, that a man be found faithful.—1 Cor. 4: 2.

Lesson.—Gen. 12. 1-3; Deut. 8: 17, 18; Jonah 3: 1-10; Mal. 3: 7-12; Matt. 28: 18-20; Acts 1: 6-8; 13: 1-3; 26: 12-20; Rom. 1: 14-16; 1 Cor. 16: 3; 2 Cor. 8: 1-15; 9: 1-15.

Sunday: Preliminary

Read the twelve Bible references, noting how each bears on the general subject of missions and the special subject of stewardship.

Monday: In the Old Testament

Gen. 12: 1.—Missionaries are the people "sent" from home and often from native land in order to bless other homes and lands.

V. 2.—Missionaries are greatly blessed in their souls, that they may bring great blessings to others.

V. 3.—Every true missionary starts outflowing circles of blessing that reach finally to the ends of the earth.

Deut. 8: 17.—All that we have comes from God and is to be used as God directs and not for ourselves alone.

V. 18.—You may be a poor man, but you are as much responsible for what you have as if you were a very rich man.

Tuesday: In the Old Testament

Jonah 3: 1.—Jonah is one of the greatest of all missionary books.

V. 2.—One man over against the greatest city in the world—but with that one man was the Omnipotent!

V. 3.—Jonah's obedience came late; but not too late, for it was real.

V. 4.—The Christian missionary warns sternly, but he also promises winsomely.

V. 10.—Christian missionaries aim first to convict of sin and then to lead to the sinner's Saviour.

Mal. 3: 7-9.—It is as much robbing to withhold what is due from us as to take what does not belong to us.

V. 10.—If the ancient Jew could give a tenth to the Lord, surely the modern Christian cannot afford to give less.

Vs. 10-12.—God will give liberally to us as soon as by our liberality we make it wise and possible for him to do so.

Wednesday: Christ and Missions

Matt. 28: 18.—Christ has all authority, to send, or to keep at home.

V. 19.—Christians are to make disciples of all nations, of course not neglecting their own nation.

V. 20.—Christ came to earth as a missionary from heaven, and remains on the earth as the Commander in all missionaries.

Acts 1: 6, 7.—It is not for us to know when Christ will return to earth, but we should labor to make the earth ready as if he were coming to-morrow.

V. 8.—There can be no effective witnessing without the power of the Holy Spirit.

V. 8.—Christ's programme of missions begins with your own home and community, but does not stop till it encircles the globe.

Thursday: Christ and Missions

Acts 13: 2.—Foreign missions began in an atmosphere of local ministries and spiritual living.

V. 2.—Some are called definitely to the mission field, and all are called to consider missionary work prayerfully.

V. 3.—Is it too much to expect every church to support at least one foreign and one home missionary?

Acts 26: 16.—Missions have power only as they bear witness to the vital experiences of the Christians of to-day.

V. 19.—Missionaries, men obedient to the heavenly vision, must be supported by Christians at home who also are obedient to the same vision.

Friday: Missionary Giving

Rom. 1: 14, 15.—An honorable man will pay his debts, and especially the greatest of all debts, the debt of the gospel to the world.

V. 16.—Missions are established to tell the gospel, the good news. This good news is God's power for saving everybody.

1 Cor. 16: 2.—Giving must be systematic, regular, on certain days, for certain causes, as well as ready for any emergency.

V. 2.—Gifts must be in proportion to ability to give, and as we increase our gifts God will increase our ability.

Saturday: Missionary Giving

2 Cor. 8: 1, 2.—We are not to give just because others are giving, but if we begin to give through shame we may continue to give with delight.

Vs. 3, 4.—True giving is unforced and voluntary, begging for chances to give.

V. 5.—There is no question of giving to Christ's work where hearts are first given to Christ.

V. 7.—Giving is more than a duty, it is a Christian grace.

V. 9.—Christ's self-giving is the model for our giving.

V. 12.—If we give according to our means, we have no right to be ashamed of our gift.

V. 15. If the purse is emptied for Christ, Christ will see that it is kept full.

2 Cor. 9: 6.—No investment pays better than a gift to Christ's cause.

V. 7.—"A cheerful giver" is, literally, "a hilarious giver." Laugh with delight when you give.

V. 8.—The ideal giver abounds in beneficence. He is always learning more about good causes, that he may have additional outlets for his liberality.

Sores Flee Before it.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Eclectric Oil. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

HOW TO PRESERVE CHILDREN

The following description of how to preserve children appeared in the Weekly Bulletin, New Mexico Bureau of Public Health. The information contained therein is so needful to mothers and fathers everywhere that we pass it on to our readers gladly:

"Take two or more children of the runabout age. If they are bright-eyed, rosy-cheeked youngsters, so much the better.

"Tuck them into bed early—and leave for twelve hours of quiet, restful sleep. Windows wide open.

"In the morning, dress them lightly and set at a table in the brightest, cheerliest corner of the breakfast room.

"To each child add the following: One small cup of orange juice; one steaming dish of delicious nut-brown 'wheat-wheat' cereal, several slices of crisp whole-wheat toast, one glass of milk.

"Remove the children to a grassy plot. Add a kite, some toys and mix thoroughly.

"Cover all over with a blue sky and leave in the sun until brown."

CHARACTER ANALYSIS

A little girl saw a cat carrying her kitten by the nape of its neck. The sight made her very angry.

"You ain't fit to be a mother," she cried, snatchingly. "You ain't hardly fit to be a father!"

The Oil of the People.—Many oils have come and gone, but Dr. Thomas' Eclectric Oil continues to maintain its position and increases its sphere of usefulness each year. Its sterling qualities have brought it to the front and kept it there, and it can truly be called the oil of the people. Thousands have benefited by it and would use no other preparation.

JUST AS GOOD

"I never thought much about it till the young drummer that came to the Corner on some private land business sort of—sort of rammed it into me," Mr. Appleby admitted. "He was travelling for jobbers that made a specialty of specialties, as you might say—food preparations and so on,—and he had his lesson learned so well that he didn't only teach it to me; he taught it to Jotham Blossom.

"Jotham keeps the store, ye know, and his is the only place where a stranger can put up, so that's where the drummer stopped. Of course the young feller was round the store more or less, and couldn't help noticing Jotham's ways. Contrary, Jotham is. Sometimes he'll take a notion to give ye something else, even if he's got what ye want. Whether he's got it or not, he's bound to make a sale, anyway.

"Young feller and I were loafing in the store one day, when a woman came in and asked for a kind of cereal food that comes in packages. Jotham reaches up and hauls down another kind.

"'Just as good, this is,' he says.

"'Beg pardon,' says the drummer, after the customer had gone out, 'but what makes you think that was just as good?'

"'Stuff is right there, isn't it?' says Jotham. 'Give it any name you want to, but you can't go back of the grain. Besides, they tell me there's places where folks won't have any other kind.'

"'But that isn't the point,' says the drummer. 'The people who put up the food the woman asked for have spent a lot of money to introduce their goods, and they're bound to keep them up to the standard. They have a reputation to lose; the makers of this other brand haven't any. Besides, the first manufacturers have advertized and made trade for you. They've put on the market an article that wasn't there before, and they've induced people to buy it, and they're willing to allow you a good profit for handling it. Do you think it's fair to them, or honest to your customers, to try to work off something else in its place?'

"'I know my own business, young man,' says Jotham.

Drummer didn't say any more; just kept his eye on proceedings while Jotham went on passing out one thing for another and arguing that Quimby's Anodyne was just as good as Bounderby's Liniment, and so on. But the morning the drummer was leaving I suspicioned he was up to something by the way he asked, 'How much is my bill, Mr. Blossom?'

"'Six dollars and a quarter,' says Jotham.

"'Here you are!' says the drummer, laying down a queer mess of stuff on the counter.

"'I don't see any six dollars and a quarter in that,' says Jotham.

"'It's just as good,' says the drummer. 'In fact, it's a little better, by actual current rates of exchange, for the British half-sovereign and Portuguese milreis and Italian ten lire and two Mexican dollars amount to six dollars and thirty-seven cents. You owe me twelve cents change.'

"'Hey?' says Jotham, looking at him wild-like.

"'The stuff's right there, isn't it?' says the drummer. 'Give it any name you want to, but you can't go back of gold and silver. Besides, they tell me there's places where folks won't have any other kind.'

"Jotham and the drummer looked at each other a minute. Then the drummer laughed and picked up the coins and took out his pocketbook.

"'Six dollars and a quarter, eh?' he says. 'Well, now I'm going to give you just what you ask for. And I want you to think it over and see if that won't be the fairest way to treat your customers.'

"I call'ate Jotham thought. He's reforming gradually. I haven't heard him say something else was 'just as good'—oh, not for as much as four or five days."

Dust causes Asthma. Even a little speck too small to see will lead to agonies which no words can describe. The walls of the breathing tubes contract and it seems as if the very life must pass. From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest. It relieves the passages and normal breathing is firmly established again. Hundreds of testimonials received annually prove its effectiveness.

HIS ONE CHANCE

"City folks are too set on new notions; that's th' main trouble with 'em, I take it," remarked young Jabez Strong to his father after his return from a visit "daown b'low." "But once in a while they get their comeupance, I cal'late," added Jabez, with a grin. "You'd git even w'th 'em ef anybody could, Jabez," said his father. "Come, aout w'th y'r story boy. Le's hear the' joke."

"Well, ye see, father," said Jabez, "all th' time I was ther vis'tin t' Cousin Bassett's they kep' a-showin' me things that I hedn't never seen before, an' tellin' me this an' that, an' I felt mostly like a greenhorn.

"Ther was music. I didn't hev no right notions 'baout that. An' ther was electric goin's-on of sev'ral kinds. I hedn't never seen any o' them b'fore. An' ther was manners for eatin' an so on. I wa'n't used to 'em. An' Cousin Bassett's wife's r'lations, I reckon they thought I didn't know nothin'. But I kep' thinkin', 'I'll git a show some day, sure'es I'm livin't!' An' I did!"

"Um-mi" said Farmer Strong, in a tone of perfect satisfaction.

"'Twas th' day b'fore I come away. They was walkin' ye round a kind of a park like, wher ther's a lot o' statoes an' things. They'd took me through th' place ev'ry day 'most, an' tried t' eddikate me up some, I guess.

"Well, that partic'lar aft'noon they guided me around to a bronze figger of a man on a hoss, an' says Cousin Bassett's wife to me, 'If you don't like this, Jabez, I sh'll give up. It's by one o' th' finest sculpers livin', an' it's a wonderful work of art.'

"She went on w'th a lot more talk, an' I stood lookin' at th' hoss. He was a fine-appearin' animal, but I was tryin' t' make 'aout what made him look s' queer raound th' moauth. An' while she was talkin' it come over me like a flash. So when she held up a minute, I says, 'Where's his tongue?'

"'What!' says she.

"'He aint got no tongue, this hoss aint, s' fur's I ken see', says I. She looked at me reg'ler dumb f'r a minute, an' then she spoke up real sharp. 'What d' you mean, Jabez Strong, f'r mercy's sake?'

"Then I held my chance. 'I mean,' says I, 'that I never see a hoss before w'th th' bits in his mouth but what showed his tongue—pervided he hed any!'

"She took Cousin Bassett's arm, an' says she, 'It's time t' go home.' But Bassett, he spoke up—real handsome, and said they might's well own up thet I'd faound aout somethin' they never'd hed sense t' diskiver.

"But I told Bassett," concluded Jabez, with evident appreciation of his own magnanimity, "that 'twould 've been more'n anybody c'd expect t' know 'bout ev'rythin'—even livin' in th' city an' hevin' sech tremenjous privileges right along!"

No matter how deep-rooted the corn may be, it must yield to Holloway's Corn Remover if used as directed.

HE WAS RIGHT

An Aberdonian on the eve of marriage asked a friend what the ceremony cost.

"Weel Bandy," was the reply, "efter I got married I asked the minister, "How much am I due ye?' 'Oh,' he replied, 'Just what you think she is worth,' and when I handed him a shillin,' he gave me back a sixpence, and man d'ye ken he was right!"

"ARE YOU HAPPY?"

Elizabeth Newcomb was a radiantly beautiful girl when she came, a bride to South Carlton. She had left college in her junior year to marry Henry Newcomb. It was a "love-match," and life stretched clear and bright before them. Elizabeth had a romantic devotion to Shelley and Tennyson, but she also had substantial common sense and practical ability that made her a model housewife.

Five years brought burdens and problems. First there was a boy baby and then a girl. Soon Elizabeth's mother died, and her father, a feeble, deaf old man, came to live with his daughter. Business had been a little disturbed by a strike in Henry's factory, and it did not seem wise to increase the expenses of the house by the wages of another maid. So Elizabeth learned what it meant to be tired from top of her head to the toe of her neat shoe.

For a month she had been conscious of a growing irritability. Henry did not seem so devoted as once he was; the children were restless and persistent; her father was exacting; the weather was depressing. Her courage and philosophy were at low ebb.

One evening she was left alone. The children and father slept. Henry had gone to a meeting of the library directors. Elizabeth confessed herself too weary to mend a stocking or to write a letter, and she picked up a book. It was Maeterlink's "Wisdom and Destiny." The first sentence caught and held her gaze . . . "Is happiness truly as happy as people imagine?"

It came on her mood like a startling echo. The prose of middle life was succeeding the poetry of youth, . . . a cold evening fog shuts down upon a day of summer sunshine.

"'Is happiness truly as happy as I imagined?' asks the woman."

She dropped the book, and sat dwelling upon the words long and sadly. Then suddenly a strange thing happened to her in the border-land between sleeping and waking. She dreamed for one brief instant that father and husband and babies were lost to her—that her burdens were gone. She woke with a start of anguish—and in that anguish she knew herself. Out of her flash of insight there emerged a saving philosophy of life. It ran in this wise.

Hard work, scant appreciation, care, loss, grief may press upon a woman's heart. None of them can reach her deepest self. Only one baleful spirit can do that; it is the Spirit of Hate. When she begins to hate her work, to hate her worries and loneliness, to hate even her pain, then indeed happiness ceases to be happy.

So long as out of turmoil and distress the woman can lift her eyes and say, "I still love—I love my life, my friends, my enemies, yes, pain itself, because it comes of Love!" then she is ready to smile and confound the critical spirit asking his depressing question.

She replies, "True happiness is happier, far happier, than I knew, for it consists not in the having or the lacking of those things that are passing and temporary, but in the possession of that which is eternal."

So the next morning Elizabeth Newcomb took up joyfully her usual cares, quickened for her tasks as spirits have been in all ages by a Vision of Things as They Are.

CONSERVE FOOD BY ELIMINATING WASTE

Millions of dollars worth of valuable food elements have been pouring down our drain pipes when the water in which potatoes have been boiled has been cast aside. Additional millions have been wasted by paring new potatoes instead of scraping them, or by taking a deep paring from old potatoes instead of a thin one.

What applies to potatoes, applies also to dozens of other foods. The many small wastes that make an enormous waste are considered so important by food authorities that countless investigations and experiments have been conducted so that the losses may at least be reduced to some extent.

The orange recently came in for a particularly careful investigation along these lines by Martha S. Pitman, Division of Home Economics, Kansas State Agricultural College. California seedless navel oranges were used in small, medium and large sizes—the object being to see what size of orange and what method of preparation would result in the least possible waste of the valuable juices.

The results were very interesting and well worth passing on to the housewife, for it was learned that medium and small oranges are just as good in every way as the large sizes, and especially efficient for juice uses.

As smaller oranges are particularly plentiful this year, they are selling at very pleasing prices to the consumer. Although the large orange may look inviting and although it may be preferable in the case of certain salads where large colorful slices are desired, the smaller and cheaper oranges will prove equally good for most, and will usually prove more economical.

In a glass of fruit juice, in a fruit cup, or in the average salad, the size of the oranges used does not show. Therefore, if fifty cents worth of small or medium sized oranges are found to weigh considerably more than half a dollar's worth of prime beauties . . . . well, the housewife will be prone to favor the smaller sizes if her budget has been prepared with economy in mind.

IS ADVERTISING A FARCE?

If it is true that to-day we in the United States drink more liquor than we used to drink, under the conditions that exist, then I fear that it is true that the business of advertising to which I have given a great part of my life is a mere farce.

If it is true that we drink more liquor in the days when we have no advertising of liquor than we did when we had beautiful magazine advertising, when electric lights flashed the admonition to "Try Wilson, That's All," and we had various advertising incentives to drink it; I say it would seem as though advertising were a farce. And if it is true that we drink more liquor to-day, when we have to go down a dark alley to get it, than we did in the old days when it was right on the corners, and when there were entertaining, free lunches and beautiful mirror-lined, brass-railed, degraded emporiums of vice with revolving linoleum, and all of those things, then it would seem that the merchants is "barking up the wrong tree."—Thomas V. Hendricks, in "The Executives' Club News."

As a vermicide an excellent preparation is Mother Graves' Exterminator. It has saved the lives of countless children.

A FAIR ENOUGH TRIAL

Sam, impaneled for jury service at a murder trial, had seemed a little too anxious to serve.

"Do you know the accused?" he was asked.

"Yassuh—dat is nossuh," he replied, realising that if he made an affirmative answer he would be debarred from serving.

"Have you made up your mind as to his guilt or innocence?"

"Oh, no, suh."

"You think, then, that you could give his case a fair hearing?"

"Passuh," replied Sam, "leastways as fair as de ole scamp deserves."

TITTERS IN COURT

Magistrate—"The defendant swears that he was perfectly sober."

Policeman (evidently Irish)—"He was absolutely intoxicated. If he had been perfectly sober he should have known he was drunk and not made a disturbance."

WHAT HAPPENED TO FERN'S VOICE

"Tell me one thing, Fern," demanded the girl who had the end seat in the street-car, "do they burn candles on the table at Miss Cameron's?"

Fern looked bewildered. She had just finished telling an anecdote that had nothing in the world to do with candles. "No. Why?" she asked.

"Just because I've heard they do it in some boarding-schools to help the girls cultivate low, soft voices. Dim cathedral effect. In light, you know, and all that. They say it hushes you down before you know it. And I noticed because I couldn't help noticing, as you told that story, how different your voice was from what it used to be before you went away to school. I don't believe a person in this car except me caught a syllable of what you said."

"Oh, I know," smiled Fern. "I have changed in that respect, but it isn't due to candles. And I'm ashamed to say it isn't due to my mother's lecturers, either. Don't you remember how she used to be always pleading with me not to publish family history and personal anecdotes to all the people in the car? But I went right on doing it, and she went right on suffering, until a little thing happened about six months ago that made me suffer, too, and since then I believe I haven't shouted in public once."

"Absurd girl! You never shouted. I didn't mean that."

"Oh, 'twas nothing less. Don't think I'm taking offence. But I'm telling you what cured me. I went into the city with May Deering one day last winter, and we were lunching in a restaurant together, and having gales of fun. I was doing most of the talking, as usual, and after we ordered, I got to telling May about a funny servant we had once for a few days—a girl who performed round the table in a way that used simply to convulse us. She'd place a plate before you, and suddenly snatch it up again, hold it close to her eyes, strike a grotesque attitude, and say, 'My, look at that plate! It's all grease! I don't know how it got so!'

"Well, you can imagine how I told that to May, in my old-time voice, and imitating the maid's look and her loud, nasal tones as well as I could. Of course I snatched up my own empty plate from the table to illustrate, and I'd no sooner set it down again than a red-faced, indignant waitress darted forward, and seized it and began rubbing it with a napkin as hard as she could.

"At the same instant I saw two rather nice looking men at the next table nudge each other, and study me as if they thought I was queer. They had all heard, and not one had understood that the whole thing was a quotation—and, of course, if you could have seen the awful face I made up at that plate and the dreadful voice I used!

"Oh, yes, laugh! It was funny, I know, but that waitress didn't think so, and I couldn't make her understand. If I live to be a hundred I'll never forget how I felt, and the only wonder to me is that I've ever dared to speak above a whisper anywhere since."

DEATH CONTROL IN CANADA

There must be something particularly invigorating in the air of the Maritime Provinces of Canada, judging from the name plates placed recently upon the caskets of departed natives.

It isn't the name, but the age, that commands attention. Some disciples of night life in the big cities who claim that men and women from the great open spaces do not know how to live, are wrong—they don't know how to die.

Anyway, Rev. M. R. Ewing, of Newport, Nova Scotia, when reporting the deaths in his pastoral charge for the year 1928, stated that out of twenty-two deaths, fourteen were over seventy-two years of age. Out of these fourteen, eight were past the four-score mark— one of them having passed ninety and another having reached the ripe age of ninety-five. By January 11, 1929, this same divine had attended the funeral of a lady over ninety-six years old—in possession of all faculties until within a month of her death.

As for New Brunswick, the Chamberlain brothers, of Kings County, are now living at the ages of 88, 90 and 100. Robert Chamberlain, the eldest, will be 101 in March. The babies of the family are ten and twelve years his junior.

Herbs to Heal Those Sore, Sick Bronchial Tubes

Gallagher's Indian Lung Remedy comes right from the Heart of Nature

Don't be miserable all Winter. If you're subject to Bronchitis or similar ills—apt to pick up a nasty, clinging cold or cough, be sensible, start now taking Gallagher's Indian Lung Remedy.

It is composed solely of healing herbs. A natural remedy. Perfect for killing off a nasty cough or cold or bronchial ailment. A genuine blood enricher and body builder. This and other reliable Gallagher Herbal Household Remedies now for sale by

A. T. BROWN, ACTON

UNRESERVED

AUCTION SALE

IN NASSAGAWEYA TOWNSHIP

14 DAIRY COWS, 28 YOUNG CATTLE, 27 PURE BRED OXFORD SHEEP AND 35 YORKSHIRE PIGS

The undersigned has received instructions from

WM. McLEAN & SONS

on East Half of Lot 30, Concession 1, Nassagaweya Township, 1½ miles south of Eden Mills, ½ mile from Stop 90, Radial, to sell by Public Auction on

WEDNESDAY, MARCH 27, 1929

at 1 o'clock sharp, the following:

CATTLE—Roan Cow, 5 years old, fresh 6 weeks; Red and White Cow, 9 years old, fresh 8 weeks; Red and White Cow, 5 years old, due time of sale; Red Cow, 9 years old, due in April; Holstein Cow, 5 years old, due in May; Red and White Heifer, 3 years old, fresh 2 weeks; Red and White Heifer, 3 years old, due time of sale; Red Cow, 6 years old, fresh 2 weeks; Jersey Cow, 4 years old, due time of sale; Red Cow, 5 years old, due April 4; Jersey Cow, 5 years old, due in April; Jersey Cow, 5 years old, bred January 20; Red and White Cow, 6 years old, bred January 1; Red Cow, 6 years old, bred December 4; Red Cow, 7 years old, due in June; Farrow Cow, Shorthorn Bull, 3 years old.

YOUNG CATTLE—5 Steers and 1 Heifer, rising 2 years, weighing around 700 lbs.; 4 Yearling Steers; 4 Yearling Heifers; 4 Steers rising 1 year; 4 Heifers rising 1 year; 6 Young Calves.

PIGS—York Sow, due March 20; York Sow, due March 24; York Sow, due May 7; York Sow, due May 9; 6 Pigs weighing 160 lbs.; 16 Pigs weighing about 100 lbs.; 9 Pigs, weighing about 80 lbs.

SHEEP—26 Oxford Down Ewes, eligible for registration, supposed to be in lamb; Pure Bred Oxford Down Ram.

POSITIVELY NO RESERVE AS THE PROPRIETORS ARE DISSOLVING PARTNERSHIP

TERMS—$15.00 and under, cash; over that amount 10 months' credit will be given on furnishing approved joint notes, acceptable to the Bank of Nova Scotia, Guelph. 6% per annum off for cash.

R. J. KERR, Auctioneer, Phone 30, Acton.

D. CLARK, Clerk.

Healthful Cereal for Hot Breakfast

SHREDDED WHEAT

Crisp in oven: serve with piping hot milk. Delicious and brimful of energy

Made by The Canadian Shredded Wheat Company, Ltd.

CHEVROLET

An Outstanding Example of United Effort

CHEVROLET
FISHER BODY
GENERAL MOTORS
Combined to produce this Car

NO single organization could have produced such a car as this Outstanding Chevrolet . . or offered it at such sensationally low price.

It is an outstanding example of the results of united effort.

The vast resources of Chevrolet, Fisher Body and General Motors were brought to bear on the problem of bringing six-cylinder quality, performance and prestige into the field of the low-priced car.

And the result is the Outstanding Chevrolet of Chevrolet History . . a car of beauty and engineering excellence . . a Six, in the price range of the four.

You do not know car values until you have inspected this amazing Chevrolet. C-16-2-29C

—a Six in the price range of the four!

J. N. O'NEILL & SON
ACTON - GEORGETOWN - MILTON

PRODUCT OF GENERAL MOTORS OF CANADA, LIMITED

W. B. BROWNE & Co.

Millers and Grain Merchants—Norval, Ontario

NATIONAL NORVAL For Pastry

KING'S CHOICE CANADIAN WONDER For Bread

BRAN SHORTS MIDDLINGS

Chopped Wheat Barley, and Chicken Feed At the Mill

Agents for WHEAT POOL Bring Your WHEAT OATS BARLEY Here — Take FEED Back—We Will Truck if Preferred

CONSULT OUR NEAREST DEALER

MOTHER:—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of

Constipation Flatulency — Wind Colic Diarrhea — To Sweeten Stomach Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and Natural Sleep without Opiates

To avoid imitations, always look for the signature of Chas. H. Fletcher

Proven directions on each package. Physicians everywhere recommend it.

TIME TABLES

AT ACTON

CANADIAN NATIONAL RAILWAYS

Going West

Sunday Only	10.41 a.m.
Daily—except Sunday	7.55 a.m.
Daily—except Sunday	10.43 a.m.
Daily—except Sunday	2.29 p.m.
Daily—except Sunday	5.09 p.m.
Daily—except Sunday	6.17 p.m.

Going East

Sunday Only	7.08 p.m.
Daily—except Sunday	7.08 a.m.
Daily—except Sunday	11.57 a.m.
Daily—except Sunday	3.47 p.m.
Daily—except Sunday	6.17 p.m.
Daily—except Sunday	8.13 p.m.

CANADIAN NATIONAL ELECTRIC RAILWAYS

Westbound

Daily—except Sunday	7.55 a.m.
Daily	9.55 a.m.
Daily	11.55 a.m.
Daily	1.55 p.m.
Daily	3.55 p.m.
Daily	5.55 p.m.
Daily	7.55 p.m.
Daily	9.55 p.m.
Daily	12.24 a.m.

Eastbound

Daily—except Sunday	6.58 p.m.
Daily	9.37 a.m.
Daily	11.37 a.m.
Daily	1.37 p.m.
Daily	3.37 p.m.
Daily	5.37 p.m.
Daily	7.37 p.m.
Daily	9.37 p.m.
Daily	11.35 p.m.

Toronto Terminal

Keele Street and St. Clair Avenue

Freight delivered by special express freight. Freight picked up at any address in Toronto.

TRAVEL BY BUS

Leave Acton for the West—10.10 a. m.; 4.10 p. m.; 7.00 p. m.; and on Saturdays, Sundays and Holidays, 11.00 p. m.

Leave Acton for Georgetown, Norval, Brampton, Toronto—8.30 a. m.; 11.35 a. m.; 7.35 p. m.; and on Saturdays, Sundays and Holidays, 10.35 p. m.

ARROW

Life Insurance!

We deal only in Life Insurance and are pleased to explain the various policies best suited to your requirements.

It will surprise you the varied forms of policies that can be written to cover your present business needs—A request for information does not obligate you in any way.

Frederick L. Wright

Representative
Imperial Life Assurance Co. of Canada

Phone 162J - Main St., Acton

For Sale

$2,300 will buy a cosy, comfortable home in Rockwood, adjacent to Highway, convenient to railway, Post Office, Public and Continuation Schools, churches, etc. Good garden land. Well built brick house, seven rooms, large cellar and cistern. Well situated.

$2,750 will purchase a full two-storey brick house with finished attic. Nine rooms. Equally convenient to above.

These are desirable properties and worthy of consideration. Come and see.

William Harris
ROCKWOOD - ONTARIO

Mark Every Grave

Nothing is more lasting or more appropriate to commemorate the memory of loved ones who have gone before than beautiful granite, well carved.

With our present equipment and facilities no plant is better prepared to offer better values or a better stock to choose from than can be secured at our plant. You owe it to yourself to see our stock and get quotations on Monuments, Markers or Corner Stones before placing an order anywhere.

Special Quotations Prevail on All Orders Placed Before April 15

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JEWELLERY, WATCHES, SILVERWARE, CHINAWARE

Silver Tableware
Noted for Quality Moderately Priced

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