#### SPRINGTIME

Sing to all the listening flowerstears and smiles together Make the misty springtime weather; Bhustery, stormy, calm or mild. Like a changeful little child. Johnny-jump-ups rise and call-To the columbine so tall; Fern and violet, snowdrops too. rell the things they wish to do, Lilles of the valley fair, Peek from out their mossy lair; Flowering almonds, perfumed sweet, Pink and snowy at our feet.

Mayflowers growing within call, Lifting umbrellas tall-(Hiding perfumed disks grow;) Thus make shady pleasant places For the pansies' jolly faces; Pairies hope to borrow one, Use it in their daily fun To protect the dainty gown Of gossamer from shoulder down.

Oh these showery days of spring! Hear the robins, watch tham swing: Hunting out the very best Niche or corner for a nest; Sing to all the listening flowers-"Open your cups to April showers!" Thus the birds and flowers together Both rejoice at springtime weather. -Elizabeth Bloanaker.

### TWENTY YEARS AGO

From the Issue of The Free Press Thursday, March 30, 1911

March has behaved very well indeed The pretty little willow catkins are again in bloom Showers this week have washed the

Mr. Wm. Brown's sale of horses and dairy cows yesterday was a great suc-

Mr. J. H. Denny is having the material laid down for a new brick house or Wellington Street, on the lot in the rear

of his own residence. Mr. W. D. Anderson moved the fiveton safe from the former premises of the Metropolitan Bank, in the Agnew Block, to the G. T. R. station on Tues-

day. His heavy team hauled it with Mrs. L. C. Matthews entertained the members of the Methodist Sunday School Orchestra and their wives and sweet

bearts on Monday evening. Mrs. Alex. P. Smith sold her property at the corner of Mill and Pellows Streets, adjoining Mr. W. W. Beardmore's pro-

\$1,800. The King's Orderlies Bible Class spen Wednesday evening at the home of their teacher, Mr. John S. Coleman, The address of the evening was given py Mr. H. P. Moore. Mr. and Mrs. R. L. Gregory, Church Street, will entertain the class next week.

Mr. George Barber arrived home from second trip since August. Mr. Barber to encourage the young people of the ing, to make his enunciation more persays Vancouver is unusually active in village to study American trees, plants fect. building operations. He manifested his and flowers, and to assist in the presercity by making further investments, hood. rather than dispose of his present hold-

ings, as he had intended. July to open and organize the Metropolitan Bank here, has been promoted flowers and native plants. to a position on the inspector's staff.

the Sutton branch. General regret is felt at the contemplated removal of Mr. and Mrs. John W. Husband to Berlin, where they reside with their daughter and her husband, Mr. and Mrs. C. B. Ebbage. Mr. Husband has sold his comfortable brick kind of public playground. residence on Young Street to Mr. John Kitching. .

arrived home from Winnipeg last week. Miss Murray accompanied her home.

### BY BETTY BARCLAY

FISH AND EGG TASTIES

usual fish and egg tastles. Try them trees. 'now and they will surely be among your regularly delicacies:

### FISH SOUFFLE

2 cups flaked fish, as salmon or tuna

14 temspoon salt Li teaspoon .paprika & cup lemon juice "I cup fresh bread crumbs

I cup milk

P., 1 hour. Serves 8.

e cane · Add seasonings and lemon juice fish. Pour scalded milk on bread crumbs from a day-old loaf; add well beaten egg yolks and salmon. Fold in stiffly beaten egg whites. Pour into a greased

### PRUIT OMELET

6 egg yolks 2 tablespoons sugar la cup orange juice

6 egg whites. I tablespoon butter Orange marmalade

Beat egg yolks, adding sugar and fruit diet. Fold in attirly beaton egg whites. Heat butter in omelet pan, pour in whole premises, particularly the back omelet mixture and cook slowly, until porch. nurry, firm and a golden-brown on bot- - Gond the bly potatoes to market and a Spread one-half thickly with let her use the culls. marmalade, fold and serve.

### OVER THE TELEPHONE

Man's voice: "Are you the lady that

Woman's voice: "No." Man's voice: "Oh, you dirty thing,

### CUTTING OUT THE EXTRAS

"I think this scenery is just heavenly.", Tell her she dozen't need or require a "Um. I don't know. Take away the new dress occasionally, nor wallpaper for mountains and the lake and its just the home. Any old thing should do

### THE SUNDAY SCHOOL LESSON

FOR SUNDAY, MARCH 29

The Pirst Quarter's Lessons (the first half of a six-month course) furnish a study of Jesus, the world's Saviour, as He is portrayed in the Gospel according to Luke.

Lesson I. Treats of the birth of John the Baptist-the Forerunner. The main lessons to be learned are: (1) righteous prayers are heard; (2) the greatest honor possible to a man, is to be called to go before the face of the Lord.

Leason II. Deals with the Childhood of Jesus. We see Him growing and obeying doing the will both of His earthly parents, and of His heavenly

Lesson III. Burveys the work of the disclaiming divinity. "There cometh one cur he is marryed to her. greater than I."

temptation and need.

power over natural disease. This, not riverse. We drawed lobs and jake got because of His being a great doctor, but heven and I got the riverse and Jake because He was divine-Lord of life and win by six menchlons.

Teacher. Central thought: Man's at- pritty munotonous just teazing the dog pain and aids a speedy recovery from titude to his fellow is to be gauged by all evning these wintery evnings when the injury. It is also an excellent the love of the Pather, not by human you can't get out and pracktise ft. ball remedy for all manner of cuts, bruises,

Both are based on "whoseever will!" Losson VIII. Jesus bearing the Good brakeing it in to. Tidings. Central thome: the Parable of

ers into the harvest-the going forth of sidental to becuz it happened when she the Seventy, in the strength of the Lord. shing a hammer at her husbend and Lesson X. Parable of the Good Sam- mist him intirely. arltan. Central thought: What does the spirit of this teaching mean to us, in things we wood of had sum old fashionour own-daily lives?\_\_\_\_

perty, to Morris Baxe, on Monday, for condition. A man is either the friend had fergot to by enny cream today. of Christ or His foc.

Lesson XII. (Temperance Lesson.) All good things are given, in grace, for man's use, never as man's right, but as God's gifts.

#### GOOD EXAMPLE

Mr. A. M. Brown, who came here last society; and by means of it a desire was Bryan, and Clay. All these men serve

This desire suggested the advantage of He will be succeeded by Mr. Greigs, of possessing a plot of ground of sufficient years old and a pupil at the Bournearea, where American-trees and plants mouth Boys' Secondary School, was adcould be established and protected, and judged the best boy orator in England. where not only could the members of Along with other boys selected from each the society find illustrated the trees and of the other countries of Europe, Barker plants which they were engaged in came to America, to compete in a worldstudying, but which would serve us a wide oratorical contest.

The laws of New York permit assoclations of private persons to secure Mrs. J. A. Murray and Miss Murray lands for parks and public playgrounds, Independent of municipal authority, and Mrs. Murray was taken seriously ill and to employ officers who shall have power to protect such grounds.

Under this law, and by the aid of private subscriptions raised in the town, a little park of six acres, on the shore of a pond which is centrally located, was purchased and forever set apart as a Here are two excellent recipes for un- planting ground for native flowers and

The example of the ladies who formed the society which organized and carried out this movement is worthy of imitation everywhere. Patriotism is stimulated by arousing and cultivating the love for American trees, plants, birds, and natural objects, through a plot of ground provided for such a purpose.

Furthermore, such parks and societies help to attach the people to their native place, and lessen in them the desire to wander away to the cities.

Complete in itself. Mother Graves' Worm Exterminator does not require the assistance of any other- medicine to make baking dish, set in a pan of water and it effective. It does not fall to do its bake in a moderate oven, 325 degrees

#### HOW TO KEEP YOUR WIFE CONTENTED

Tell her you can't afford to pipe water into the house, then buy yourself a new Bell all the cream and eggs and put

the family on a skim-milk and salt: pork Give the chickens the free run of the

Don't let her waste may good ground on flower beds. Sit down to the table-in your shirt sleeves, smelling of the stable, especially when she has company to dinner,

Never take a day off to go on a pleasure trip with her.

Bend for a veterinary whenever the horse is alling and doctor the baby by irections in the nimanne. Nover give her a foot of ground for a garden; and if you do, have her dig and

care for it herself. ..

#### SLATS' DIARY

Friday-Ant Emmy has ben serching sloned young persons say emphatically,

strength-of His people in their bour of worse time. Jake and me set to gather an far as happiness is concurred.

and made a bet on weather the preecher Harriet Lummis Smith. Losson V. Deals with the Saviour's wood menchlon heven ofner than the Munday-sum times I wisht I had

Lesson VII. Depicts Jesus as the Tousday-Ant Emmy is very Fond of Priend of Sinners. No limit to His a new music peace they play on the various kinds. A bottle in the house saving, no bounds to His friendship. Radio but she says she dussent beleave, and stable saves many a doctor's and

nobuddy cud bend a Pea nut with out veterinary's fee. Wensday-Mrs. Perat is very unhappy today becuz she bust a looking glass Lesson IX. Jesus sending forth labor- yesterday. she says it was purely uck-

Thirsday - if it wassent for three ed Ice cream tonite, but it guit snowing Lesson XI. Jesus among friends and to soon for I thing and then they wasfoes. Basic thought: There is no middle sent enny vaniller in the house and ma

### TONGUE WINS HIM TRIP

Every schoolboy reads of the great Greek orator, Demosthenes, There is the story of how as a young man, Demosthenes used to go away by himself Recently a few ladies of a prosperous to practice orating for hours at a time, Vancouver on Monday. This was his Long Island village organised a society holding publics in his mouth while talk-

faith in the future of this wonderful vation of native plants in the neighbor- Romans, and Countrymen-," by Mark Anthony, of Rome, and there are the The ladies found that a great deal of speech giants of the modern ages, such interest was taken in the work of the men as Webster, Pitt, Burke, Douglas, aroused in the village to cultivate wild as an inspiration to youthful aspirers to spellblnding."

Dudley Raymond Barker, eighteen

A sailer who had been away on a long voyage received a letter at a port of sheet of paper. His pal remarked:

"Hey Bill, wot's the bloomin' idear of the blank pyper?" "Gorblime," said Bill, "that's a letter from 'ome. Me and the missus ain't

a-speakin'."--Answers,

### MOST PEOPLE CATCH COLD

It has been estimated that approximately 83 per cent, of the American people suffer from a cold or influenza sometime during each year. Some who are more unfortunate than others manage to catch cold half a dozen times between the iret-of-January-and-the-last-of-Doc-

It is interesting to note the handwriting on the wall that announces an epidemic in any certain section. The sale of lemons will increase enormously almost over night, for the hot lemonade has long been recognized as one of the first assistants to call upon when the little cold germs besiege the body. Many colds could be avolded if we kept constipation far removed from us. Plenty of rough foods, green-lent, vege-

tables, fresh fruits and fruit juice, and

also milk should be secured by everyone,

particularly when a cold epidemic is in

the neighborhood.

### KILL that COUGH

No matter how had the cough nor how stubborn the cold you can break it up quickly with

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QUICK RELIEF

"All that the name implies" Prior 75 cente A IT DUCKEN

### AN ANTIDOTE FOR POISON

BY ROSS PARQUHAR

throw all the diskshunarys in the house "I'll never trust anybody after, this." pedias and so 4th Somethnes the speech is due to petty hunting the wird pride. 'The speaker resents the fact Hoy. She says she that he has been fooled, and he would is curous to no rather be suspicious of everyone than what it is becar to run the risk of being tricked again. they are so menny Often it is an expression of a real conof them shipped viction-that nobody really deserves trust. becuz neerly svry All of us know that a very small object time your ready held close to the eyes, shuts out the sun. about a ship sum One who concentrates his attention on buddy tells sum the fallure of another, may be unable buddy Else to ship to recognize the loyalty and kindness and generosity and goodness of which Saterday - Blm the world is full.

witch got Instead of declaring that you are marryed last week never going to trust anyone again, do wont premit his a little thinking. If you have been wife to guit take- cheated, if you have been wronged, turn ing in warshings your thoughts from the one who has becus he says no wronged you and think of the others man shud ought to who in innumerable ways have given and the insyclo- you proofs of their loyal friendship Forefunner. We find John specifically enterfear with his wives carear just be- Think about your mother. As a rule there is an antidote in mother love for Bunday-well we had a nice trip out the polson of dislitusion. Remember, too, Lesson IV. The story of the Lord's threw the country all aranged but it if you lived up to that foolish saying Himself victor over the had to go and rain today so we all went of yours, and never trusted anyone again powers of evil, Jesus is the abiding to chirch and I didn't have suchy a your life would have come to an end

For Scalds or Burns.-Dr. Thomas' Eclectric Oil is a standard remody for the prompt treatment of scalds and burns Lesson VI. Jesus as the world's sister like uther boys has got. It gets Its healing power quickly soothes the and aprains, as well as for relieving the pains arising from inflammation of

### MUCH WORSE

Sympathizer: "How's your insomnia?" Incurable: "Worse and worse. I can't even sleep when it's time to get up."

### WHEN JOINTS

Are Stiff or Inflamed Creaky Or Swollen

Rub In Joint-Ease And Rub It In Good

Here's a wonder working substance that woaks right in thru skin and flesh right straight down to the ligaments and joints and swiftly drives out pain and agony and reduces the swelling.

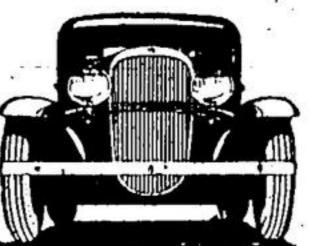
Joint-Ease has often been called the magic emollient because of its uncanny power to bring quick comfort to the. most obstinate cases of rheumatism, neuritin and sciatica. Without wante of time it knocks out lumbago and ends stubborn backache that nothing else seems to help.

You'll like Joint-Ease because it's good for so many ailments-stiff neck for one thing and sore muscles and also feet that are so sore that to walk means agony. Joint-Ease is made in Canada and sold by all stores that sell good medicines -A generous tube for 60 cents-and rigidly guaranteed.

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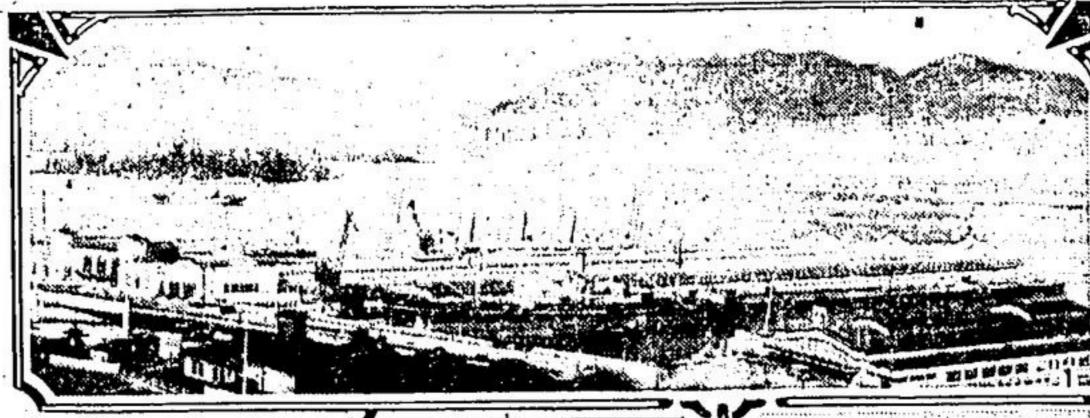
pives increased power, higher

speed, faster acceleration, and

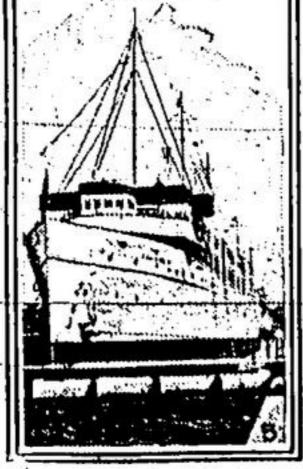
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one of the same Great Lukes bonts oll, will take 22 duya to complete and will include all the Dominion's important contres,

ver's hustling waterfront with the great at Port McNicoll.

gions of the Prairies, beautiful resorts | her berth. (2) A view from one of the in the Rockies and a comprehensive visit | windows of the beautiful Chateau Lake to the Pacific Coast. This is the eighth Loubs. (3) A scene on the Canadian annual tour under Dean Laird's guid- Pacific line through the Rockies. (4) ance. The pletures show: (1) Vancou- A typical harvester. (5) A Lake boat

### TIME TABLES

AT ACTON

ANADIAN NATIONAL-RAILWAYS

Going East	(K)
Dally, except Sunday	7.01 a.m
*Daily, except Sunday	10.05 a.m
Daily	2.28 p.m
Dally, except Sunday	6.18 p.m
Dally, except Sunday	. 8.47 p.m
Sunday only	B.00 p.m
Going West	59
Dally, except Sunday	7.30 a.m
Daily, except Sunday	0.08 a.m
Daily, except Bunday	2.28 p.m
Dally, except Bunday	6.18 p.m
Dally, except Bunday	7.17 p.m
Dally	10.21 p.m
Hunday only	10.18 a.m
. Devolor a flog train	

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Eastbound Dally-except Sunday ...... 7.33 a.m.

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