TEARING OTHERS DOWN

No matter what your life work is or what you have to do. Be careful that you tell the truth, and let your life ring true. Let all your deeds be kind ones, on others do not frown. You cannot build yourself up by tearing others down.

If asked to speak of other men, reply with gentle grace. Remember that this world is large and all may find a place. For truthfulness and kind words resolv to gain renown. You cannot build yourself up by tearing others down.

When others do not treat you well and strive your name to blight Be not cast down, remember this: Trut always seeks the light. Resent ye not their evil deeds nor med them with a frown, You cannot build yourself up by tearing others down.

Do unto others as you would have them do unto you. Forget ye not that others claim some rights as well as you. Let perfect truth and honesty your eve You cannot build yourself up by tearing always, hereafter.

others down.

By entertaining evil thoughts no good ever gained. One unjust word with vile intent thousand hearts have pained. Put then a bridle on your tongue for it is pardon and peace. You cannot build yourself up by tearing others down.

In all your actions be sincere; of others If you have nothing good to say, 'tis better to keep still. Heed not the evil-speaker's tongue gossip of a town. You cannot build yourself up by tearing others down.

TWENTY YEARS AGO

From the Issue of The Free Press of Thursday, June 29, 1911

Fall wheat is beginning to yellow. Haying has commenced. 'The crop is short in this section.

The new corner entrance to the Merchants Bank is now in use.

The dry weather has affected small fruits and some of the crops. Dr. E. D. Ault has disposed of his double house on Prederick Street to Mr. Sunderland Taylor.

Big Piremen's Demonstration on Saturday-Dominion Day. At the request of the Pire Brigade

the Ladies' Aid of the Methodist Church will serve meals in the church School Room on Dominion Day. Some forty members of Acton L. O. L.

paraded to the Haptist Church on Bunday evening.

Rov. Dr. and Mrs. Antliff hald farewell to a large number of members and friends of the church on Monday morning. They left by the 11.15 at m. train en route for Montreal, where they will realds. Rev. Charles D. Draper and Mrs. Draper and family are expected to arrive from Beamsville this evening. Mrs. D. McKeown has had the build-

ing at the corner of Willow and Agnes Streets torn down and has let the contract to Contractor Cameron for the erection of a double house on the site The Epworth League service this week was of a patriotic character. Mr. D. Henderson, M. P., addressed the meet

ing, speaking of the magnitude of our fair land, its geography, wealthy, population, etc. John Leishman, bricklayer, had a nav-

row escape from serious, if not fatal, infury in Guelph last week. He fell backwards out of an upstairs window, examined no bones were found broken and his doctor expects-he will soon be

COOK-SMYTH-At Toronto, on Saturday, June 24, 1911, by Rev. Canon Cody, Bidney John Cook, of Winnings, to Rebecca Winnifred, daughter of NEWTON-IVENS-At the Presbytedan

by Rev. R. F. Cameron, John Neilson Newton, to Pannle Ivens, daughter of Mr. T. Y. Ivens, both of Limehouse. BURRELL-GRAHAM -- At the residence of the bride's parents, Toronto, June 20, by Rev. Dr. Graham, Rev. F. Church, Acton, to Georgina S., daughter of Mr. William Graham, Toronto.

A Corrector of Pulmonary Troubles .-Many testimontals could be presented result showing the great efficacy of Dr. Thomas' Eclectric Oil in correcting disorders of the respiratory processes, but the best slices halved; one slice pineapple, quar- the profit realized per sale is the best testimental is experience and the Oil is tered. Carnish with four large ripe un- advertising. You don't need any better recommended to all who suffer from hulled strawberries. Top with a marsh- description of advertising than that. these disorders with the certainty that mallow half. This, of course, was also they will find relief. It will allay inflam- be served on a leaf or two of lettuce: If all the time of advertising in the newsmation in the bronchial tubes.

BEE BATTALIONS FLY

With the arrival of the bright sunny days of spring and early summer and the wealth of bloom new growth brings. the bee battalions resume their annual per hive wing their busy way in search dependable quality in a market where Barley gave greater gains, cost less to

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, JUNE 28

The Boond Quarter's Lessons (second half of the six-month course) deal with Jesus, the world's Saviour, as recorded in

the Gospel of Luke. Golden Text.-God so loved the world, that he gave his only begotten Son, that whoseever believeth on him should not perlah, but have eternal life. Jno. 3: 16. Lesson I. Jesus teaches humility. Central thought: simplicity and self-effacument are among the highest of human virtues. The alternative Easter lesson deals, of course with the Resurrection. Lesson II. The Parable of the Prodigal Bon. Central thought the love of

Leason III. Dives and Lazarus. Po all manking there is a day of reckon-

Lesson IV. "Lord, teach us to pray." Isen. As at all other times, the model, here

k the Master.

stewardship are here emphasized. Leason VII. Jesus as King. The story

supreme hour of Itis earthly mission and institutes the Lord's Supper. Lesson IX. The Agony in the Carden.

Jesus bows to the Pather's will. Lesson X. Jesus Crucified. Pays man's uther fella ser. O. arnt you glad of debt with the crowning sacrifice. Lesson XI. Jesus rises from the dead

ascends to His Father. the walk and conversation of a follower

of the Lord is to be such as to aid, and not impede, others. Barber's Itch and Ringworm are tolieved by the use of Douglas' Egyptian

Liniment; quick, certain results. He-

lieves the most obstinate cases. PREVENT CHICK LOSS

Among the factors which contribute to the huge total of chick loss annually 'a girl with plenty of munny so I will b most of which are preventable, are included, chicks stolen; chicks poisoned from cating sait, rat poison, paint from old cans, drinking sour milk from galvanized dishes; 'chicks drowned in puddles or so chilled in rains that thy die; chicks stepped on by attendants, horses or other animals; chicks hung in wire notting; chicks burned through carelessness in operating the brooder; chicks drowned in too large drinking vessels, pails, harrels, or other receptacles careleasly left filled with water near the chicken runs; and chicks killed by dogs. cats, rats, skunks, foxes, raccoons, hawks, your plant and equipment, try to foresee where such losses might take place and aim to prevent them.

SIMPLE SUMMER SALADS

exercise as possible. Standing over a and so on. than the oven itself.

Manse, Georgetown, on June 31, 1911, exceptionally well. Furthermore, the round a matter of simple honest bussalad does not need to be one that re- iness with a cloud of unreality.

> you wish a dressing mix two parts orange papers—the greatest advertising media and one part lemon juice. Sweeten it man has yet produced. well. . Just before serving the salad sprinkle this juice over fruit and lettuce.

INTERESTED IN CANADA

British Empire Trade Pair at Buenes work of storing honey. Canada's an- Aires, E. Nash, Poultry Inspector of the nual honey crop ranges into millions of Dominion Department of Agriculture pounds gathered in at aplarles located states that while Canadians are essenthroughout the entire Dominion. We tiply a new quantity in that part of all know that the Proverbal busy bee Bouth America, the Canadian Exhibit sets a commendable example, and that proved the bly attraction of the show. huge stores of honey accumulate, in the Interest in Canada has been stirred as healthy hive. A botter approciation of never before and the contracts made the magnitude of the task which is the may be expected to bring much of bencbeer in building up their stores, is fit to Canada. He bees an interesting tive value of summer feeds for pork afforded by figures just released by the future in the development of exports production under prairie conditions, the Bee Division of the Dominion Depart- of poultry breeding stock, and at times Dominion Experimental Station at Scott. mont of Agriculture. As the result of a of low prime in Canada of one experie Easkateliawan, in its operations last year series of studies conducted over a period for the poultry industry in Canada. Egg again found barley alone superior, as a

SLATS' DIARY BY ROSS PARQUHAR

- Ant

car full it seams. of the Triumphal Entry into Jerusalem. out of the house becur people uses it to not be masticated. At any rate, the duty Lesson VIII. Jesus prepares for the play loaks on him. Las nite at 1/2 past of a gentleman present on such an unthree this morning the bell rung and fortunate occasion is made clear: when pa answered the fella at the other end of the wire sed Hello is your name Crunch and pa sed gracious no. and the

Tuesday-well we have got the telefone and, having completed His atoning work, back in are house ugen on acct. of ma all most mist being invited to a bridge Lesson XII. Stresses the thought that Durty yesterday after they had tak the grandfathers than of our grandmothers. telefone out of are house. Dont no the fone Co. had a hand in the skeam.

Wensday-well they got a new waitcress at the restorant and I gess she is rather absent minded and etc. becur tonite when we was in there why ma called her back to tell her they was a Ply in her supe and she went up behind the Counter and brung ma a Ply swatter.

Thirsday-I have ben thinking very serious today about getting marryed and I think it will be a good Plan if I marry able to give her about evry thing she the humband was expected to exert an of idears & most of them are quiet Xlaent doant you know.

DD YOU EVER STOP TO THINK By Edkon R. Walte, Shawnee, Oklahoma

T. A. Grehan, advertising manager That advertising has nothing in world to do with tricks or illusions.

stress this point for the reason that I crows, owls, weavels, etc. Look over find a good many people seem to imagine that there is something illusionary. weird, or uncanny, something beyond the ordinary understanding of plain men and women about advertising. I want to Reduced by Authma. The constant impress upon you the fact that there is strain of asthma brings the patient to a no such thing. Advertising there may be dreadful state of hopeless exhaustion. that at first sight is baffling to under-Early use should by all means be made stand or puzzling to contemplate, but adof the famous Dr. J. D. Kellogg's Asthma vertising has nothing to do with tricks Remedy, which more than any other acts or illusions. Some writers on advertising quickly and surely on the air passages deep-browed fellows who revel in reand brings blessed help and comfort. No sounding phraseology that reads so well home where asthma is present in the but usually means to little, have endeavleast degree should be without this great oured to clothe their thought on advertising in language generally more impressive than helpful. We find these men telling us about such things as "The Psychology of Buying," "The Laws When the day is hot the housewife of Mental Domination," "The Buying tries to prepare dinner with as little Angle in Relation to Mass Mentality."

hot oven is by no means the most plea- I implore you never to worry about W. T. Emyth, of Brampton, late of sant task when the sun seems hotter this school of thought. The plain man of business has no time for this type The salad fits into the summer meal of mind. It is simply an effort to sur-

> guires a great deal of effort. Everyone | As a method of doing business, adverknows how easily a tomate may be sliced theing is one of the oldest and simplest and combined with lettuce leaves and things in the world. It began when the mayormaise to make a salad. Pruit acut- human race woke up to the necessity ally lends itself to salads as well as the of exchange and barter-and that is a tomato. An orange cut in thin slices, mighty long time ago. In its easiest 3; cup watermelon balls, and 15 cup understood form, advertising simply cantaloupe balls may be served with a means directing attention to the fact French dressing on crisp leaves of lettuce, that you have something to sell. In and everyone will be pleased with the other words, advertising is selling or the attempt or the effort to sell, and that When you have some strawberries try advertising which sells most effectively this little recipe. Three or four orange and at the lowest output in relation to

> > And, need I add that I am thinking

Spare the children from suffering from worms by using Miller's Worm Powders, a most effective vermifuge with which to combat these insidious foes of the young and helpless. It is an excellent worm destroyer, and when its qualities become known in a household no other will be used. The medicine acts by itself, reguirling no purgative to assist it, and so thoroughly that nothing more is desired.

BARLEY PROVED BEST

Continuing feeding tests as to the relaof five years it has been found by weigh- grading in Canada gives Dominion ex- feed for growing pigs, to either oats ing hives that an average of 31,000 been porters a real advantage in the respect to blone, or a mixture of barley and oats. of sweet nectar from day to day during quality as yet is, to put it midly, feed, and showed a striking increase t largely a matter of indifference. ... net returns per head over cost of feed

SHOCKING MANNERS

In the Pabulous Portles Mr. Meade Priday-Ant Emmys Bister has re- Minnigerode admits feeling, some dismey tirned back frum her trip out threw the than his reading of the manuals of west and she was etiquette then popular revealed to him at are house this how elementary was the instruction apthey parently needed by young persons even ast her what kind in the supposedly polity circles of the she had day. Young ladies were solemnly warndid she ed against "balancing themselves upon seenery their chairs; crossing their legs; extendand she sed not so ing their feet upon the andirons; admirthe ing themselves with complacency in a mountins and the glass; folding their shawls instead of big gullys whitch throwing them with graceful negligence they called onny- upon a table; taking a person by the ions was so big they button or collar; whirling a chair around spoilt the view of on one leg and shaking with their feet the chair of a neighbor."

Undesirable awkwardnesses all, but Mr Emmy is wirryed Minnigerode's astonishment really be about yung George gins when he finds what the mentors Hill becuz she herd regard as necessary to say in respect to he had ben takeing table manners. "Ladies should never modisen for four dine with their gloves on unless their years and she was hands are not fit to be seen," aroused in wandering if he had finely got well him a painful suspicion that ladies with ing and readjustment-sometimes here, after all. Personly she says she is in hands "not fit to be seen" were willing, favor of rubben instead of so much most- instead of taking pains to make them nt, to cover all deficiencies with gloves; Bunday-Blm Glutch is all ways trying nor, it is to be noted, has their instructo say a Wise crack and today he called tress in manners any reprehensions to Leson V. Jesus in the house of Zac- up pa on the telephone and sed come on bestow on their doing so. It also appears chacus. Christ in the home means over for dinner and get a Ear full. we that ladies at table—and that in the are having new corn for dinner. But very years when female delicacy, fragility Lesson VI. The Parable of the Pounds, we didne go because mu dussent like new and ethereal unsemic charm were most The principle and practice of rightful corn. Though she likes to put out a admired—were frequently apt to stuff their mouths too full or recklessly take Munday-Pa has had the telephone tuk bites of bones or gristle, which could

"If at dinner a lady should raise an unmanageale portion to her mouth, you should cease all conversation with her and look steadfastly into the opposite part of the room."

Possibly the mivice carries a suggesttion of finer manners on the part of our of ediquette for young men brings a masculino error in behavior to book with appulling frankness;

"The rising generation of elegants in America are particularly requested to observe that in pollshed society it is not quite comme il faut for gentlemen to blow, their noses with their fingers, especially when in the street-a practice infinitely more common than refined."

In the family, both as a matter of Christian duty and correct deportment, wants after we are marryed. I am full authorly tempered by benevolent - conalderation, and the wife to be always docile, mild and submissive. "Bometimes yield your wishes to her," Mrs. Emery, a popular writer of the day, persuasively suggests to married men. 'Do not find it hard to yield sometiment Think you it is not difficult for her to give up always?"

And in the Token of Friendship, or the Dublin (Ireland) Independent News- Home, the Centre of the Affections, by the Rev. J. N. Danforth, published to the Boston in 1844, occurs the perfect pic-I ture of the model family of the fortles:

> The father gives his kind command, The mother joins, approves; And children all attentive stand, Then each, obedient moved.

ion is Mother Graves' Worm, Extermin-It has saved the lives of countless

This finest Orange Pekoe tea costs less than others





THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

SHREDDED

WITH ALL THE BRAN OF THE WHOLE WHEAT Help Canadian Prosperity by eating TWO "Shredded Wheat" Biscuits a day.

Evening rates on "Anyone"

(station-to-station) calls be-

gin at 7 p.m. (local time).

Just give "Long Distance"

the number you want - I

speeds up the service. If you

don't know the distant want

her, "Information" will look

il up for you.

If You Except to Sell You Must Advertise



to various towns, each to make his or her own way in the world.

It started when Dick left to work in a neighboring city. Dick was full of enthusiasm, but apt to be just a little bit wild. So Dail started the habit of calling him once a week just to keep him under the parental influence.

Then Helen was married and moved away, and mother must needs make weekly voice visits with her.

And now Betty has taken a position in another town. Her voice comes home each week too.

Dad and mother gather all the news and pass it on to the others. It keeps the family together - and the cost of the three evening calls is less than a dollar.

TIME TABLES

Dally, except Sunday 6.31 a.m. *Daily, except Sunday 10.05 a.m.

Daily, except Bunday 6.18 p.m. Sunday only Going West Daily, except Bunday 7.30 a.m. *Daily, except Sunday 9.08 a.m. Dally, except Bunday 2.25 p.m. Dally, except Sunday 6.18 p.m. Dally, except Sunday 7.14 p.m. Sunday only 10.18 a.m. . Donotes a flag train.

AT ACTON

Going East

The times given in this table are for Standard Time.

CANADIAN NATIONAL ELECTRIC KAILWAYS Westbound

Daily-except Bunday 7.16 a.m. Dally, except Baturdays, Bundays and Holidays 12.16 a.m. Saturdays, Bundays and Holldays only 11.16 p.m. aturdays, Bundays and Holldays only 1.16 a.m. Fastbound Daily-except Bunday 6.33 a.m. Daily, except Saturdays, Sundays and Holldays 11.33 p.m. Saturdays, Bundays and Holidays only 10.33 p.m. Saturdays, Bundays and Holidays only 17.33 a.m. The times given in this table are for

Daylight Baving Time. Toronto Terminal Keele Street and St. Clair Avenue Proight deligered by special expres freight. Preight picked up at any address in Toronto.

BIRAVELEYS

EASTROUND Daily, except Bundays and Holldays 7.10 a.m . 10.00 p.m. Bundays and Holldays WESTBOUND 4.05 p.m. 7.05 p.m. Dally, except Sundays and Holidays 10.05 p.m. Bundays and Holldays

Act at Once

Now is the time to clean up your slow accounts. Bend your list to

KELLY & AIKEN

Successful Collectors for 40 Years ORANGEVILLE They Get Healts

Savage & Co.

WATCHES

DIAMONDS

CHINA

GLASSWARE

WEDDING .

ENGAGEMENT

AND

RINGS

GUELPH, ONTARIO

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