

"DON'T BE A QUITTER"

Don't be a quitter whatever you do. Get in your licks while you can. If it's worth doing, hammer it through. Buck up to your job like a man. You'll find many watching your pop. Who laugh if you happen to fall; Keep up your pop, watch every step. Soon you will roll in the kale.

Don't be a quitter, stay at your post. And battle the best that you can. Remember the things needed the most. Be the courage and will of a man. It's easy to smile if money rolls in. If dollars are filling your pants; A hero can grin, and hold up his chin. No matter how slim is his chance.

Don't be a quitter; show you have grit. When winds of misfortune will blow; Don't be a coward to give up and quit. But hoe up to the end of your row. Remember a job is more than half done. To know from the start you will win; A game is not won, without a home run. Keep smiling, and hold up your chin.

Columbus was old, without fame or gold. When he sailed on an ocean untrod; Faith on his crew no longer could hold. Who threatened to fling him ashore. He kept bravely on and ended the fight. With nothing to eat, but a hardy crew. That October night, land came in sight. At the end of his long ocean ride.

Each stormy gale, it seems we will fall. When hopes for the future look dim; Don't be a coward to pull down a sail. But keep your old ship in good trim. Let lightning flash, and thunder roar. The storm cloud will soon pass away. If dizzy you feel, stay at your wheel. Till you anchor at port in the bay.

TWENTY YEARS AGO

From the Issue of The Free Press of Thursday, August 17, 1911

About forty members of the Ladies Aid Society of the Methodist Church had a very enjoyable picnic in Mr. Lynd's grove last Wednesday afternoon.

Fred Masales had two fingers of his left hand painfully crushed in a truck at the lannery on Tuesday. He will take holidays as a result.

The Warren Park lobs are going off rapidly. They have only been on the market two weeks and J. J. McNabb, the agent, reports one-quarter of them already sold.

In the last two months Miss Annie Ross, daughter of Mr. James Ross, has won fourteen first prizes, one second and one third at competitions in Scottish dancing at Cobourg, Hamilton, Kincardine and Lucknow.

Reeve Hynds has arranged with the electrician to run the street lighting system during the weeks of Toronto Exhibition until the midnight train comes in. The train is due at Acton at 12:25.

The annual picnic of the Baptist Church was held last Saturday afternoon in Warren Park. The weather was delightful and the outing enjoyed by all.

For a number of years Mr. Joseph McClure, of Church Street, has aimed to sustain his reputation as being the first taxpayer in town to pay his taxes. He frequently succeeded in winning first place, but occasionally Mr. Adam Bauer won out in the race. Mr. Bauer moved to Berlin some months ago, and this year Mr. McClure concluded the way was clear for an easy win. The Council met on Thursday evening and struck the nail for the year. Bright and early on Friday morning Mr. McClure hustled to the Town Hall and tendered Collector Harvey his taxes for 1911, remarking, "Well, I'm first this year, anyway." "Oh no, not by many weeks, Mr. McClure," replied the Collector. "Rev. Dr. Antliff paid his taxes in June before leaving Acton for Montreal. No, you are not first this time, but you make a capital second."

Mrs. Thomas Easton will leave in a few days to take up her residence in Ouelph, where her two sons reside. She has been for thirty years an esteemed resident of Acton.

MARRIED

DURSTON-TWEEDLE—At St. Alban's Church, Acton, on August 11, 1911, by Rev. J. C. Wilson, B. A., Edgar Durston, to Phoebe Ann, daughter of Edward Tweedale, Acton.

WARRINER-McPHERSON—At Knox Church, Acton, on August 16, 1911, by Rev. J. C. Wilson, George Warriener, Toronto, to Minnie, daughter of Arch. McPhereson, Acton.

CHOPPE-McDONALD—At "Inverness," Park Avenue, Acton, on August 16, 1911, by Rev. J. C. Wilson, John Strachan Donald Croft, of Walkerton, to Margaret Donald McDonald, daughter of the late Peter McDonald, Acton.

Toothache and neuralgia are instantly relieved by Douglas' Egyptian Liniment. A quick, sure remedy. Also recommended for burns, sprains, sore and inflammation.

WHAT HOUSEWIVES SAY

In reply to a questionnaire issued by the Department of Agriculture at Ottawa in connection with the Beef Grading Service to over 1,200 housewives in the twelve leading cities in Canada, 65 per cent. of the ladies sending in replies stated that the official brand mark in red or blue was their guide in buying beef of dependable quality, the other 35 per cent. stated that as yet they knew nothing about branded beef. Those who bought by grade stated without exception that they were satisfied with the quality of the branded product, while a majority of those who were not then familiar with branded beef stated that they would buy and use more beef if they could be sure of getting beef of dependable quality.

A LONG VACATION.

Lady—Can't you find work? Dusty Rhoades—Yes, but every one wants a reference from my last employer. Lady—And can't you get one? Dusty Rhoades—No, mum. You see, he's been dead 28 years.

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, AUGUST 16

SOWING AND REAPING (TEMPERANCE LESSON)

Golden Text.—Be not deceived: God is not mocked: for whatsoever a man soweth, that shall he also reap.—Gal. 6: 7.

Lesson Text.—Gal. 6: 1-10. Study, also Prov. 23: 29-35; Isa. 28: 1-8.

Time, A. D. 57. Place.—Macedonia. Exposition: 1. How to Deal with an Erring Brother, 1-5.

If a man be caught in the very act of transgression so there can be absolutely no doubt of his guilt, those who are spiritual, i. e., guided and governed by the Spirit (cf. ch. 5: 16-25), should prove that they are really "spiritual," not by casting him off or trampling him down, but by restoring him. The word translated "restore" is used for restoring a dislocated limb or member to its place; each believer is a member of the body of Christ (1 Cor. 12: 12, 14, 27), and one who falls into sin is a dislocated member and the strong members should restore it to its place. They should do this with meekness, gentleness and tenderness, not with gruffness and severity (cf. 2 Tim. 2: 24-26). The reason given for this should lay the pride of each one of us in the dust (v. 1; cf. Mat. 7: 3-5; Jas. 2: 13). When we see others fall into awful sin, we are tempted to say, "I could never commit such a low, vile act as that;" that is not the spiritual way of looking at it. "The one who is in the street he would not be the one who is most in danger (1 Cor. 10: 12). The "burdens" (or "weights") to bear are not those of the unrepentant ordinances of the Mosaic law (cf. Matt. 23: 4; Acts 15: 10), but "one another's burdens" of temptation, weakness, failure and sin. In bearing these, we fulfil the law of Christ (cf. ch. 5: 14; 1 Tim. 5: 12; 1 Tim. 5: 3). It is called the law of Christ, not merely because He gave it but still more because He perfectly exemplified it (Phil. 2: 5-8). It is self-conceit or spiritual pride which most stands in the way of gentle forbearance in dealing with offenders (v. 3). If a man "thinketh" himself to be something when in reality he is nothing, he deceives himself, but nobody else (cf. ch. 12: 3; 1 Cor. 8: 2). Are you deceiving yourself in this way? Instead of deceiving ourselves, we should put our own work (not merely our opinion of ourselves, but our actual doing) to the test; and our own work not that of some one else. Then we should have our glory in our own accomplishments, and not because of our neighbor's failure. Most of our glorying is not over something that we ourselves have actually done, but over something our neighbor has failed to do (v. 4). This lies at the root of our criticism of one another; there is nothing we ourselves have really done to glory in, so we dwell on the faults of others. The only thing to really glory in is the Cross of Christ (v. 14). The reason why we should prove our own work rather than that of others is that each man "shall bear his own burden (or load)," i. e., we shall each face our own responsibility. We are not to be held responsible for the failure of others, but for our own (1 Th. 5: 14; 1 Tim. 5: 12). The word translated "burden" in v. 5 is entirely different from that so translated in v. 2; we are to help our brother bear his burden of temptation, weakness and failure and sin, but we are each to bear our own load of responsibility before God, and so should have our eyes upon our own work.

What to Sow and What We Reap. While each is to bear his own burden, the one who is taught should help the teacher to bear his burden by contributing unto his need "in all good things" (v. 6; cf. Ro. 15: 27; 1 Cor. 9: 11, 14). Paul warns those who are not willing to thus contribute to the support of their teachers against being deceived into thinking that they will gain anything by their selfishness. God rules the world, and through it all has established a law that a man will reap just what he sows. Men may try to "mock" (i. e., "sneer at") God and fancy they will escape the operation of His laws, but they will find in the issue that they mock themselves, not God (v. 7). In spite of all their contempt of Him, His laws will work, and they will reap what they sow. The primary application of this principle suggested by the context is its application to giving (cf. 2 Cor. 9: 5, 6), but the principle has far wider applications than this: in all our actions we shall reap just what we sow; if we sow honor, we shall reap honor; if we sow truth, we shall reap truth; if we sow deceit, we shall reap deceit; if we sow love, we shall reap love. The principle is as true of nations as of individuals; the nation that grossly wrongs another, will in turn be grossly wronged. Every act is a sowing, and therefore every act necessitates a reaping. If we act with the gratification of our appetites and ambitions in view, we are sowing to our "own flesh," and of the flesh (which is corrupt), we shall reap corruption" (cf. Phil. 3: 10). The loss we suffer is not an arbitrary punishment but the natural fruit of carnal-mindedness. If we act under the leading of the Spirit (cf. ch. 5: 16, 25), we are sowing to the Spirit, and of the Spirit (who is Himself Life, cf. John 6: 63; 2 Cor. 3: 6), we shall reap "life eternal." In one path is "corruption," i. e., moral, spiritual, eternal decay and destruction: in the other path is "life eternal," i. e., life endless in duration and divine in its quality. The figure of sowing and reaping is a favorite one in the Bible (Ps. 129: 6; Prov. 11: 18; 22: 3; Hos. 8: 7; 10: 12; Jas. 5: 7; Matt. 13: 3-30), but there is nowhere a more convincing and impressive use made of it than here. In v. 7, 8, on the one side a glorious vista of possibility is opened up; on the other side an awful view is

EAT CAREFULLY—CURVES AWAY!

Barbara B. Brooks

Many of us skim along on this modern highway of life, paying little attention as to what is ahead of us. For several years now we have been geared for "low" calorie intake and "highspeed" in exercise to maintain a slimmness which was near to boyishness. Now when someone suddenly spies a warning signal of "curves ahead," we are perplexed as to what is the proper course to take. We realize, of course, that this procedure means a detour in our eating habits.

Penitently is again in vogue. But what a subtle, delicately sculptured femininity it is! The long sweeping lines of this season's frocks are revealing—far too revealing for some of us who are so much unlike Venus. Clinging fabrics outline altogether too sharply the angular places of those who are too thin and by no means do they enhance the plumpness of those who carry excess baggage. We must be neither thin nor fat—but just right and that to most of us means a carefully guarded diet.

The undernourished woman must "pad" their bones" with firm, good flesh by increasing their general food intake, drinking at least a pint of milk a day and eating freely of fruits, vegetables, and foods containing plenty of roughage. If the underweight state is due to a run down condition a physician should be consulted. Sunshine, fresh air and plenty of rest are important factors in the building of health and healthy bodies.

A model menu for a person trying to gain weight would be one like the following:

BREAKFAST Bananas Cream Corn Males Bacon and Eggs Whole Wheat Toast Milk or Coffee

LUNCHEON Creamed Coddish Baked Potato Cabbage Salad Sour Cream Dressing Bran Muffins Whipped Cream

DINNER Cream of Tomato Soup Beef Pot Roast with Browned Potatoes, Carrots and Onion French Fruit Salad Whipped Cream Dressing

Rolls Caramel Custard Baked Almonds Cream Coffee

The persons trying to reduce always feels that it is much harder to "take off" weight than it is to "put it on," but that is not always true. Unless there is a glandular disturbance, weight can be reduced by diet and exercise, but it takes will power and perseverance—a strong mind and a weak appetite. In a reducing diet the starches and sugars should be reduced; the meals should be composed mostly of vegetables, fruits and lean meats.

A model reducing diet might be:

BREAKFAST Berries 3 tablespoons of Bran Coffee (clear)

LUNCHEON Bouillon (1 cup) Lettuce Salad (1/2 head) 1 tablespoon Dressing 2 Crackers 1 Glass Milk

DINNER Beef Steak (medium serving) Baked Potato (1 small) Cauliflower (1 serving) Fruit (1 apple, pear or peach) Coffee (clear)

It is a very important factor that there be a goodly amount of roughage in the reducing diet such as coarse fibrous vegetables, whole grain cereals, bran and the fruits such as figs, prunes and dates. Roughage insures proper elimination and keeps the body free from toxic poisons.

The Man with Asthma almost longed for death to end his suffering. He went ahead only years of endless torment with intervals of rest which are themselves fraught with never ceasing fear of renewed attacks. Let him turn to Dr. J. D. Kellogg's Asthma Remedy and know what complete relief it can give. Let him but use it faithfully and he will find his asthma a thing of the past.

given of the possibilities of endless decay as one goes on forever sowing and reaping corruption. The application that Paul makes of this great and unquenchable principle is on the positive side, the good side, of sowing (v. 8). Let us not withhold the good seed through weariness or temporal discouragement. Let us sow on—"we shall reap," not as immediately as our impatient might desire, but in God's good time (cf. 1 Tim. 6: 14, 15). "The harvest is certain, though slow." Many fall of the harvest because they relax just as God's due time is about to break. Paul goes back to his starting point of sowing by giving to others' need (v. 10): "we are to 'work that which is good toward all men,' but especially to those 'of the household of faith'" (cf. 1 Tim. 5: 8). In considering this matter of sowing and reaping we should always bear in mind that the farmer always reaps more than he sows, and, if we sow a little evil, we shall reap more evil than we sow. If we do a little injustice to another, we shall have far more injustice done to us by some one else. On the other hand, if we sow good, we will reap far more good, if we do some one a kindness, some one else will do us a far greater kindness. And the reaping lasts far longer than the sowing. A man in five minutes can sow a sin the consequences of which he will reap for a life time, or even eternity. And in a moment a man can accept Christ and reap the benefits throughout all eternity.

SLATS' DIARY

BY ROSS FARQUHAR

Friday—Well the manager of our ice plant's wife has a new table which she wote on the ice skates was 5.7 lbs. but the once more gets in office had by leaving out the desk and making the p. m. edition say the kids wote was 57 lbs. On the ice skates Saturday—The town marshalled a rosted little boy Bunting today which is oney nine yrs. old becuz he went and drove his father's automobile that a Red Lite. but Roy's father got him off becuz a carefully guarded diet.

he exclaimed to the Judge that Roy's legs was so short he cudent reach the Brake peddle. Sunday—well it was hot this evening and we had a Tin can supper and ice Tea and etc. and Ant Emmy got centes and feds centes about the poor little snr deans. she sed she had discovered that the all looked a like so much so that it was positively Uncanny. Munday—Ole-man Britt pulled a slick 1 on the bank and jipped it for a 1000 \$. Ant Emmy sed she diddent have no sympathy for enny buddy witch woud beet a bank out of a 1000 \$ and pa replied and sed well enny man that can beet a bank out of a 1000 \$ dont need no sympathy.

Tuesday—well pa had to take Ant Emmy up to the city tonite so she had to go to the Union race stadium and see the man at the enformashun counter and when she got there she sed him if chewing gum woud keep you from getting sick if you was riding on the train. Wednesday—pa nerly went crazy has pite with a tooth ake and pa woudnt let him go to the Dentist but pa woudnt go till after a clock this a. m. becuz he cudent a ford to go on his own time he said.

Thursday—Was at a party tonight and Jane told me that Pug Stevens stole a kist from her out on the wrights and I sed. Well Jane I will lern him a thing or 2 about kissing you and she sed. Well I dont believe you end. A blushed.

The Oil of Power.—It is not claimed for Dr. Thomas' Electric Oil that it will remedy every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and its excellence is known to all who have tested its virtues and learned by experience.

ON THE FIRING-LINE Stepping from a taxi in front of the Lamb's yesterday, a hurrying agent presented the driver with a twenty-dollar bill to pay a meter charge of \$1.10. The driver snorted, and remarked that it was the first twenty he had seen since shortly before the war, and to expect him to change it amounted to mockery. The passenger turned to an actor standing himself on the Lamb's stoop, and asked for a dollar and a quarter.

"If I had a dollar and a quarter," returned the actor, "do you think I'd imperil it hanging around here?"

"Clubs and lodges" prove we are social beings. Drinking tea together is a most friendly social custom. RED ROSE TEA "is GOOD Tea" 2 CHOICE BLENDS—Red Label & Orange Pekoe

Western Fair LONDON ONTARIO September 14th to 19th A visit to the Western Fair will repay you in education, profit and pleasure. Western Ontario's own exhibition—the only exhibition that did not show a falling-off in attendance last year. Over \$50,000 IN PRIZES AND ATTRACTIONS Write the Secretary for further information Entries close Sept. 3rd J. H. SAUNDERS, President. W. D. JACKSON, Secretary.

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TIME TABLES AT ACTON CANADIAN NATIONAL RAILWAYS Going East Daily, except Sunday 6:31 a.m. Daily, except Sunday 9:50 a.m. Daily 2:28 p.m. Daily, except Sunday 6:14 p.m. Sunday only 8:00 p.m. The Chicago Flyer, that passes through here at 9:30, eastbound, stops at Georgetown at 9:43 p. m.

CANADIAN NATIONAL ELECTRIC RAILWAYS Westbound Daily—except Sunday 7:16 a.m. Daily 9:36 a.m. Daily 11:56 a.m. Daily 2:16 p.m. Daily 4:36 p.m. Daily 6:56 p.m. Daily 9:16 p.m. Daily, except Saturdays, Sundays and Holidays 12:16 a.m. Saturdays, Sundays and Holidays only 11:16 p.m. Saturdays, Sundays and Holidays only 1:16 a.m.

Eastbound Daily—except Sunday 6:33 a.m. Daily 8:50 a.m. Daily 11:13 a.m. Daily 1:33 p.m. Daily 3:53 p.m. Daily 6:13 p.m. Daily 8:33 p.m. Daily, except Saturdays, Sundays and Holidays 11:33 p.m. Saturdays, Sundays and Holidays only 10:33 p.m. Saturdays, Sundays and Holidays only 12:33 a.m. The times given in this table are for Daylight Saving Time.

TRAVEL BY BUS EASTBOUND Daily, except Sundays and Holidays 7:10 a.m. Daily 9:30 a.m. Daily 1:35 p.m. Daily 5:20 p.m. Saturdays and Holidays only 7:50 p.m. Daily 9:35 p.m. WESTBOUND Daily 9:05 a.m. Daily 1:05 p.m. Daily 4:05 p.m. Daily 7:05 p.m. Daily 9:05 p.m. STANDARD TIME

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Subscriptions for All Magazines Taken at The Free Press Office

The Lost is Found Nita was worried... she could not imagine where she had lost her bracelet—in the hotel or on the journey home. "I can't think what I could have done with it," she kept telling her mother. "Why not telephone to the hotel," mother suggested. "It's after eight-thirty now and a call will only cost a few cents." Imagine Nita's joy when the hotel clerk told her that the bracelet had been found in her room and would be mailed to her right away. Thanks to her mother's suggestion, Nita's anxiety was relieved at once... and the cost of the call was considerably less than her taxi fare from the station.