

FUSSY WILLOW

Merry satins, gaily nodding
When the crimson willow tree,
Did the fairies put you there
Just to charm we folks like me?

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, APRIL 24, 1932

ABRAM'S GENEROSITY TO LOT
Golden Text—In honor preferring one
another—Romans 12: 10.

TOURISTS AND BEER BY THE GLASS

Mr. Home Smith, spokesman for the
Moderation League, has returned to the
combat. Speaking on March 8, before
the Home Builders' Association, he
stressed, as he sees it, the dire financial
situation of Ontario hotels, and dwell
upon beer as the means of securing
tourist traffic to bring prosperity to the
hotels and to various other interests.

GREAT INCREASE IN BUTTER PRODUCTION IN NOVA SCOTIA

Indicating the rapid growth of butter
production in the Province of Nova Scotia,
an Amherst, N. S., concern increased its
output in 1931 approximately one hun-
dred and thirty per cent. over the pre-
vious year, according to the Agricultural
Department of the Canadian National
Railways. The manager of the plant, a
branch of the Brookfield Creamery Com-
pany, Truro, N. S., stated their produc-
tion during the past year was 202,000
pounds, while in 1930 it was 98,000
pounds and the year previous it was only
15,000 pounds. Halifax, N. S., and Mon-
cton, N. B., together with the local
market, were the principal demand
centres.

ADDS SPRING TO YOUR STEP SHREDDED WHEAT



Mineral salts, vitamins,
proteins and bran—all the
benefit of the whole wheat
grain is yours for in-
creased vigor and power.

12 BIG BISCUITS
Made in Canada with Canadian Wheat
THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

TIME TABLES

Table with columns for 'CANADIAN NATIONAL RAILWAYS', 'Going East', and 'Going West'. Lists train numbers and departure times for various routes.

TRAVEL BY BUS

Table with columns for 'EASTBOUND' and 'WESTBOUND'. Lists bus routes and departure times.



Life Insurance

Policies to suit your needs:
Family Income, Child's Thrift, Re-
tirement Income, Pension Bonds,
Endowment for Protection, In-
vestment, Business and Savings.
A request for information places
you under no obligation.

Savage & Co.

WATCHES
DIAMONDS
CHINA
GLASSWARE
WEDDING
AND
ENGAGEMENT
RINGS
GUELPH, ONTARIO
81 Wyndham St.

The Public Health

CITIZENS ARE REQUESTED TO
COMPLY WITH THE PUBLIC
HEALTH ACT
Notice is hereby given that all residents
of Acton are required forthwith to clean
their cellars, drains, yards, pig sties,
water closets, outbuildings and other
premises, and remove therefrom all dirt,
manure, and other substances which may
endanger the public health, and to have
the same completed by the eleventh day
of May next, on which day the Sanitary
Inspector will commence a general
inspection; and further take notice that
the section of the Public Health Act pro-
hibiting the keeping of hogs between
the 15th of May and the 15th of Novem-
ber, except in pens at least 70 feet from
any dwelling house, and 50 feet from
any street or lane, with floor kept clean
from all standing water and regularly
cleaned, will be strictly enforced.
All citizens are earnestly requested to
keep their premises constantly clear and
thoroughly disinfect.

We are now selling Frigidaire in Georgetown - Acton - Milton and Surrounding District

We are mighty proud of our
appointment as Frigidaire
dealers and we are anxious to
have everyone see our complete
new display of Frigidaires.
We'd like to have you visit our
showroom. Be our guest. It will
come in and look around. It would
please us to demonstrate the new
Super-Powered Frigidaire
all its features and conven-
iences. And that's not all.
We also have the new Moderne
Model Frigidaires. The 4 cubic
foot Moderne Model Frigidaire is the
lowest priced Frigidaire ever offered.
It's a sensational value. Do come
in and see us at your earliest con-
venience.

FRIGIDAIRE A General Motors Value

J. N. O'Neill & Son
GEORGETOWN, ONT.

Beware the Fire Peril

WHEN you are building,
is the best time to
make your home safe from
the damage fire can do.
Order time-and-labour
saving Gyproc Wallboard for
all interior walls, ceilings and
partitions.
When remodelling, extra
space may be gained by
dividing the attic and base-
ment with Gyproc partitions.
You can paper it or panel
it if you wish and it is an
excellent base for Gyptex or
Alabastine.
Gyproc may be easily identified by
the name on the board and the
Green stripe along the edge.
GYPSUM, LIME AND ALABASTINE.
Canada, Limited
Paris Ontario

The Georgetown Lumber Co., Limited
J. B. Mackenzie & Son
Acton, Ont.
Acton, Ont.

Advertisement for J. Cadesky, Optometrist. Includes a drawing of a woman's face and text: 'J. Cadesky OPTOMETRIST WILL VISIT ACTON ON Monday, May 2nd'.

TWENTY YEARS AGO

From the Issue of The Free Press of Thursday, April 25, 1912

Mr. A. G. Clarridge took first prize
on his reedier mare at Hillsburg last
Friday.
Mr. Neil Patterson has improved his
property by fencing in the yards on
Mill Street.
"Wind," wrote a little boy in school
the other day, "is air when it gets in a
hurry."
Officer Harvey has improved his resi-
dence on Lake Avenue by the addition of
a heat veranda and balcony.
The latest addition to our population is
a colony of Macedonians, who came to
town last week to work in the tan-
neries.
Assessor Harvey has completed the
assessment of the municipality of Acton,
and finds an increase of \$8,389 for 1912.
The assessment is now \$454,345. There
are 471 children of school age in town.
The farm of the late Alex. B. Wright,
lot 25, concession 1, Esqueping, was sold
by Auctioneer Hemstreet on Saturday to
J. E. Williamson, Nassagaweya, for \$1,560.
The farm contains sixty-eight acres. Mr.
Williamson will use it as pasture land.
The annual meeting of the Acton Lawn
Bowling Club was held last Wednesday
evening. Officers for the year were as
follows: President, W. J. Gould; Vice-
President, A. Lehman; Secretary-Treas-
urer, George Hynds; Skips, Wm. Mc-
Nabb, D. M. Henderson, Jos. Holmes, A.
J. McKinnon, G. Hynds, J. McDoherty, J.
Gould; Green Committee, Dr. Holmes,
James Moore, W. McNabb and the Secre-
tary.
At the meeting of the Board of Educa-
tion on Monday evening, the Chairman
explained that Architect Cameron and
himself had been in Toronto to confer
with Dr. Waugh, Inspector, and the
Department Architect with reference to
the plans for the proposed addition to
the school buildings. The plans were
approved by the officers of the Depart-
ment. The evening was spent in con-
sultation with Architect Cameron in the
matter of details of the building. His
estimate of the total cost of the com-
pleted building, heating, furnishing, etc.,
was \$5,000.

DIED

GAMBLE—At General Hospital,
Guelph, on April 19, Thomas M.
Gamble, in his 57th year.

VINCENT—At the home of her daughter
Lake Avenue, Acton, on April 20th,
Maratha Chapman, widow of the late
John Vincent, in her 81st year.

Persian Balm is unrivalled for promot-
ing feminine loveliness. Tones and re-
juvenates the skin. Makes it exquisitely
soft-textured. Makes hands flawlessly
white. Especially recommended to soothe
and relieve roughness or chafing caused
by weather conditions. Indispensable to
every dainty woman. Cool and refresh-
ing. Delicately fragrant. Magical in re-
sults. Never leaves a vestige of sticki-
ness. Persian Balm is the one toilet
requisite for the woman who cares for
charm and elegance.

GASOLINE SPOILS CREAM

On a good many farms to-day the
cream separator is operated with a gaso-
line engine, and the strictest precau-
tions must be taken to avoid a gasoline
flavor (carbon monoxide) in the cream
and butter. Butter having this defect
is very objectionable and is placed in
third grade.
Officials of the Dominion Dairy and
Cold Storage Branch offer the following
suggestions to assist in preventing the
absorption of gasoline fumes by cream:
(1) All possibility of the entrance of
fumes from the engine exhaust into the
separator room must be avoided. This
can be effected by having a tight con-
nection between the engine and exhaust
pipe and by directing the pipe through
the roof instead of through the wall of
the building. By this arrangement, no
matter what direction the wind may be,
the fumes are blown away from the
cream.
(2) A tight wooden partition between
the separator and the engine helps to
keep gasoline odors from the cream.
(3) When possible, arrange the equip-
ment so that the separator is between
the direction from which the most pre-
valent winds blow and the engine.
(4) The operator should practise the
utmost care when handling gasoline and
the engine to avoid carrying gasoline
odors on his hands and clothing.
(5) Never place gasoline in a cream
can, milk pail or any dairy utensil.

COST OF SELLING STEERS

Now that the movement of beef cattle
to markets in the Old Country has
resumed, the cost of transporting this
type of animal to the British market
is a topic of special interest.

G. W. Muir, B. S. A., Acting Chief
of the Division of Animal Husbandry of
the Dominion Experimental Farms, deals
particularly with this topic in Pamphlet
No. 143-N. S. "An Opportunity Time for
Steer Feeding and Finishing."
He gives specific figures on two ship-
ments: one from Ottawa and the other
from Lethbridge, Alta, showing that the
average cost of shipping and selling
was \$25.70 per head, or \$2.80 per 100
lb. live weight, in the case of the Ottawa
lot; and \$36.16 per head, or \$5.03 per 100
lb. live weight, in the case of the
Lethbridge lot.
Always keep Douglas' Egyptian Lin-
iment at hand, ready to bring immediate
relief to burns, sores and felons. Stops
bleeding at once. Prevents blood poison-
ing. Splendid for sore throat and
quinsy.

IN WELL-REGULATED FAMILIES

By Barbara B. Brooks

"The hand that rocks the cradle,
rules the world" is an old adage and,
of course, literally, is no longer true.
Cradles are not rocked in these days
—at least in the best regulated families.
But the mother of children is still the
queen of their world and the dispenser
of health, wealth and happiness to her
dependent subjects.
There are a mother's greatest obligations
to her children is to provide them with
nutritious food—in sufficient quantity to
maintain bodily health. An under-
nourished child cannot possibly be a
healthy child, a happy child, or even a
wealthy child unless wealth is counted
only as the possession of world goods.
A simple test of whether or not your
child is well-fed is to ask the questions,
"does he look well—does he feel well
and is he really well?"
This for children need not be elabo-
rate to be sufficient for their needs.
Just be sure to include the much-
emphasized quart of milk a day; a
cereal, either ready-to-eat or to-be-
cooked, as well as some form of bread;
a fresh fruit and a canned or stewed
one; a fresh, raw and a cooked veget-
able in addition to potatoes; an egg
in some form each day; a protein food
such as meat, cheese or legumes; an
easily digested fat such as butter; and
a simple sweet like honey, jam or syrup.
There are a few "don'ts" to be con-
sidered in planning meals for children.
Be very careful not to let them acquire
an appetite for sweets as this will make
other necessary foods distasteful to them.
Do not allow them to have too many
fried foods as fat retards the digestive
processes to some extent.
During the early spring months,
when children's as well as adults' ap-
petites are prone to lag, do not insist
that the children eat hot, heavy foods
at night. Be sure that they eat an
adequate, substantial, lunch and for
supper give them a bowl of crisp, ready-
to-eat cereal and fresh, cool milk with
a sliced banana. Then the children
will go to bed with their little stomachs
"just full enough" of light, easily digest-
ed food which will not interfere with
their sleeping peacefully the whole
night through.
A day's plan of food for a child might
easily be modelled on the following:

BREAKFAST

- Orange Juice
Soft cooked Egg on Whole Wheat Toast
Additional Toast
Cocoa

DINNER

- Potatoes au Gratin
Pea Timbales
Crated Carrot and Head Lettuce Salad
Bran Muffins
Butter
Stewed Raisins
Cookies

SUPPER

- Rice Krispies
Sliced Bananas
Milk
Sugar

FOLLOW ME

By Arthur B. Rhinow

I had to visit a patient in Kings
County Hospital, Brooklyn, an institu-
tion of almost a dozen buildings and
ministering to as high as two thousand
patients at a time. Of course, it is not
easy for an outsider to find his way. So
I asked an orderly whom I met in the
yard to direct me to my ward. He stud-
ied for a while and then began elaborate
directions.
"Go to that large building over there,"
he stated, "and following gestures,"
"take the first door to the right, walk
along the corridor,"—and so forth and so
forth.
Suddenly he checked himself, and
after a pause of a few seconds he simply
said, "Follow me." In other words,
"Never mind what I told you; just follow
me." What a relief it was and how
easily I found my patient.
And I could not help thinking of how
bewildered the wayfarer upon life's high-
ways and byways often becomes when he
is treated to many and sometimes gratui-
tous directions, system here and system
there, and how refreshing it is to meet a
teacher who sincerely tries to live what
he teaches, so that his life plainly says,
"Follow me."
What disillusion children suffer when
they grow up to realize that parents are so
liberal in giving advice and so delin-
quent in setting the example. How
disappointed we are when biographers
disclose the fact that some of the sweet-
est and purest sentiment were uttered
by men who walked in sin. They
could not say, "Follow me."
To be sure, the honest man hesitates
to tell others to follow him, for he is
conscious of his own failings, but he does
not have to tell them. His life invites
eloquently: "Follow me in honesty striv-
ing to live the noble life."
Sublime were the words of Jesus, but
sublimar still was His life, and through
endless ages will echo His great invita-
tion, "Follow Me."

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