LITTLE SHADOWS

I have a little shadow
That follows me around.
At home, no matter where I go
This shadow will be found.
I may be sitting reading,
Then I'll rise from off the chair,
And walk into some other room,
When, really, I declare,
As sure as I turn quickly
That little shadow's there.

I'm in my den, hard working
On stories that I write,
Quite certain I am all alone
The door closed good and tight,
When comes the queerest feeling
Of someone somewhere near—
That ickliest kind of shiver
When a fairy bites your ear—
And if my little shadow doesn't
Then and there appear!

I walk into the pantry,
I saunter up the stairs,
I never really am just me,
I seem to go in pairs.
I stroll around the garden
Where pretty poppies blow,
And sense that little shadow
Just behind, a step or so,
And so it is till sleepy time,
When even shadows go.

And then I get so lonesome—
Like a jug with nothing in—
For I miss my little shadow
With its little shadow-grin.
I tip-toe up the stairway;
To my shadow's room I creep,
And I tip-toe over softly
Just to steal a tiny peep;
And I watch my dear wee shadow
As she lies there, fast asleep.

And ever Sunday morning comes,
As sure as half-past-seven,
My bedroom door slides open;
In glides a gleam of heaven,
A teeny night-gowned figure,
With a golden, curly head,
And a smile of summer-gladness,
As a little voice has said,
"Please may I come beside you, dad;
And cuddle in your bed?"

I clasp my little shadow;
Her arms twine round my neck.
And what care we for warring,
Financial woes and wreck,
For I love my little shadow,
And my shadow she loves me;
And I want her always near me,
As my shadow ought to be.
I thank the God of shadowland
For shadows such as she.

• • •

And with these thoughts of shadow
And of little shadow's dad,
A happiness comes stealing
And it makes her daddy glad,
For no matter what may happen,
All his plans for her endure,
In his sound and sane provision,
In his wisdom to insure,
And his darling little shadow,
And her mother, are secure.

Robert Watson.

TWENTY YEARS AGO

From the Issue of The Free Press of Thursday, August 15, 1912

The new Maria Street bridge, over the Beardmore siding, has been greatly improved with a coat of paint.

The worn places on Mill Street are being filled with broken stone and rolled down by the steam roller.

Mrs. Scott, Lake Avenue, sent in a very fine bouquet of asters on Tuesday. They have since been much admired.

The front part of the old Armstrong house, which is being moved to Elgin Street, is still standing on Mill Street, at the G. T. R. tracks, where it has interferred with traffic for a week.

Mrs. Percy Brown and Master Gordon leave to-morrow for Brandon, Man., to join Mr. Brown. Miss Bertha Brown will accompany them and may take a situation in Manitoba.

Mrs. W. S. Coleman and Master Willie left on Tuesday for a visit in Toronto. They will also take a trip up the lakes with her husband.

Dr. R. E. Holmes, who has been practicing here for nearly three years, has disposed of his practice and equipment to Dr. A. Douglas Lake, of Galt, who took possession this week. Dr. Holmes has purchased the practice of Dr. Cruickshank, of Windsor, and leaves this week for his new field.

MARRIED

HUNT-TOVELL—At the home of the bride's mother, on Thursday, July 18, 1912, by Rev. J. E. Tyner, Isabella, daughter of the late David Tovell, formerly of Acton, to Lowell Mason Hunt, of Vermillion, Alta.

TAYLOR-LITTLE—At the home of the bride's brother, Willow Street, Acton, On August 2, 1912, by Rev. J. C. Wilson, assisted by Rev. F. G. Burrell, Alex. Taylor, to Miss Christina Little, of Acton.

An Oil without Alcohol.—Some oils and many medicines have alcohol as a prominent ingredient. A judicious mingling of six essential oils compose Dr. Thomas' Eclectric Oil, and there is no alcohol in it, so that its effects are lasting.

TOO MANY PIGS

There are not as many pigs as there used to be on the little island of Rotumah, which is looked after by the Government of Fiji, 500 miles to the north of it.

Some time ago Rotumah was almost swarming with pigs. As there were no sheep or cattle on the island, pork was the only meat the natives had to eat.

But there were so many pigs that the island was not a clean place, and many natives became ill and died.

Then Dr. Carew arrived as Resident Commissioner, and, seeing that there were too many pigs, he made a law that the natives were to keep only five pigs for each household.

The extra pigs had to be killed and eaten in a hurry, and for a time there was great feasting.

Now Rotumah has been cleaned up, and the death-rate has fallen by half.

DAIL MEDITATION

Husband—"No, dear, we can't go to Brightsea. We must think of all the bills we owe."

Wife—"But can't we think of them just as well down there."

THE SUNDAY SCHOOL LESSON

FOR SUNDAY, AUGUST 14

THE TEN COMMANDMENTS (DUTIES TO MAN)

Golden Text.—Thou shalt love thy neighbor as thyself.—Leviticus 19: 18.

Lesson Text.—Ex. 20: 12-21.

Time.—1491 B. C. (?). Place.—Sinai.

Exposition.—I. The Fifth Commandment, 12.

God's law has a regard for duties to man as well as duties to God (1 John 4: 20), but duties to God are put first; because God's rights are pre-eminent. He is the Infinite; the whole of the human race is finite. He is the Creator; we are creatures. Furthermore, if God's rights are disregarded man's right will soon go. Religion is the only solid foundation for morality. Each one of the commandments of the second table of the law is reiterated in the New Testament. If one should keep all these commandments he would not have done the full duty of a Christian (Matt. 5: 21, 22, 27, 28; John 13: 34). But before we live up to the standard even of the ten commandments we must receive Christ and the Holy Spirit (Romans 8: 3, 4). The principle of the fifth commandment is due regard for those to whom, under God, we owe our very being. This commandment is put first of those teaching duties to man because our first obligation, after our obligation to God is our obligation to our parents. Four things are included in full obedience to this commandment: (1) Respect for them; (2) listening to them (Prov. 1: 8); (3) obedience to them (Eph. 6: 1-3)—only limited by the higher obligation to obey God; (4) support of them (Matt. 15: 4-6). The wording of this commandment puts an honor upon woman that was not common in that day (cf. Ex. 21: 15, 17; Deut. 21: 18, 21). A special promise was attached to obedience to this commandment (cf. Deut. 5: 16; Eph. 6: 2). This promise is to be taken literally. Respect for and obedience to parents in many ways promote longevity and prosperity (Jer. 35: 18, 19). There is nothing surer than that woe will overtake any son or daughter who breaks this commandment. The child must honor his parents regardless of what their personal character may be. It is not a child's business to sit in judgment upon the character of his parents. But parents owe it to their children to so live and act towards their children as to make obedience to this commandment easy (Eph. 6: 4). Conduct such as is ENTITLED to respect, should be the paramount aim of parents in every home.

II. The Sixth and Seventh and Eighth Commandments, 13-15.

Under the sixth commandment lies the principle of the sacredness of human life and every man's right to live until he forfeits that right. Man's life is particularly sacred because he is made in the image of God (Gen. 9: 6). The command does not forbid the taking of human life legally when forfeited by crime (Gen. 9: 6). Many kill others by indirect methods (Ex. 21: 28, 29). Many a son kills his mother by his wild life as truly as if he had shot her. And many a husband kills his wife by infidelity or neglect. The most murderous weapon any man or woman possesses is the tongue (Ps. 57: 4; 84: 3, 4). Much that men call the glory of war God calls murder. Many a statesman who has been responsible for war and many a great general will stand before the bar of God a convicted murderer. According to Christ's interpretation of this commandment whoever has hate in his heart is a murderer (Matt. 5: 21, 22; 1 John 3: 15). He has the root of murder in him. The principle underlying the seventh commandment is the sacredness of the sexual relation and of married life. This commandment strikes at a sin of an appalling nature and growing with frightful rapidity. No sin more speedily or more thoroughly undermines character. It leads to every other sin and is a fruitful source of murder. It completely destroys every moral sense, wrecks the body, and brings a hell of remorse and misery and despair, here and hereafter. There is no sin the penalty of which follows more swiftly on the heels of the sin. No adulterer or adulteress ever escaped swift and awful punishment. There is no grosser violation of the law of love (Ro. 13: 9, 10). The adulterer is the meanest, lowest, vilest and most contemptible of men. All sexual sins are utterly debasing. They degrade men and women below the level of the beast (Ro. 1: 26-28). Yet there is pardon in Christ and cleansing by the Holy Spirit (1 Cor. 6: 11; cf. vs. 9, 10). He who would keep from this awful and destroying sin must shun the things that lead up to it, the growing attachment to another when there can be no lawful marriage, the glance of the eye and the indulgence of fancy (2 Sam. 11: 2-4). The first step taken, the rest follow quickly (2 Sam. 11: 14-17; 12: 9-12). The sin is committed before there is the open act (Matt. 5: 27, 28). Divorce is legalized adultery (Matt. 19: 6, 9). These subjects must never be made the matter of jest (Eph. 5: 3-5). They must not even be spoken of but with the utmost care and under the Holy Spirit's leading. The principle underlying the eighth commandment is the sacredness of property. Love regards the property of another as sacred as its own. All taking anything from another without rendering to him a just equivalent is stealing. The employer who underpays his employees is a thief in the sight of God (Deut. 24: 14, 15). Every employee who does not render in work a just equivalent for the wages he receives is a thief. Every seller who does not render in goods an equivalent for the price paid is a thief. Every buyer who does not pay in money an equivalent for the goods obtained is a thief. Every gambler who wins, whether in cards, stocks, real estate, lotteries or church grab-bags and guess-cakes, is a purloiner, and nothing he offers in excuse is of any avail.

III. The Ninth and Tenth Commandments, 16, 17.

The principle underlying the ninth commandment is the sacredness of one's reputation. Reputation is more valuable than property. The man who steals another's good name has done him a greater wrong than the one who steals his purse. The prohibition of this commandment is not limited to false testimony in court, or false testimony under oath. Every false statement about another, all slanders, violate this commandment (Ex. 23: 1). The desire for anything belonging to another is inconsistent with love and is sin. It is idolatry (Col. 3: 5). The man who keeps the tenth commandment will keep the four immediately preceding. Keep the the heart right and the life will be right (Prov. 4: 23). All these commandments are summed up in one word, love (Ro. 13: 9, 10), and the breaking of them actuated by an absence of it. The selfish man, the man whose only capacity for love exercises itself on himself, usually breaks all commandments, secretly and covertly. The unselfish man whose love expends itself on his neighbors keeps God's commandments instinctively, as a matter of course, because his heart, freed from a self-centred action, controls his outward acts and motivates them towards good and God.

All mothers can put away anxiety regarding their suffering children when they have Mother Graves' Worm Exterminator to give relief. Its effects are sure and lasting.

SHE'S GOT THE BIG IDEA

First Girl—"I like a man with a past. A man with a past is always interesting."

Second Girl—"That's true; but I don't think he's nearly as interesting as a man with a future."

Third Girl—"The man who interests me is a man with a present; and the more expensive it is the more interest I take in him."

RAW RECRUIT

"Your husband has a new suit."

"No, he hasn't."

"Well, something's different."

"It's a new husband."

THIS YEAR'S

CANADIAN NATIONAL EXHIBITION TORONTO

AUG. 26 to SEPT. 10 (INCLUSIVE)

AGAIN comes the great event to which hundreds of thousands look forward—the World's Largest Annual Exposition. The Exhibition of 1932 brings new exhibits—new features, new ideas, the wonders of Industry, Science, Art, Education, Sport, Agriculture, Pageantry, Recreation, Fashions, Travel, Engineering, Automotive and Music are presented inexpensively and comfortably.

OPENING DAY, Fri., Aug. 26.—Women's Marathon Swim for world championship, starts at 1 p.m. This is the women's sport feature of the year in which the greatest natators will compete for cash prizes and title of world's professional champion.

WARRIORS' DAY, Sat., Aug. 27.—Canada's largest veterans' parade and re-union. Military and Naval Review with 500 massed musicians. The magnificent pageant—"THE TRIUMPH" will be staged nightly by 1,500 performers, depicting the evolution of a great Empire—colourful costumes and martial music; Royal Canadian Dragoons in famous musical ride; thrilling pyrotechnic display.

England's oldest and finest all-brass band "BESSES-O'-TH'-BARN", and thirty other military and concert bands will play during the Exhibition.

The popular British sportsman **KAYE DON** will be present with his super-boat "MISS ENGLAND III", and visitors will also get a close-up view of the BRITISH SCHNEIDER CUP PLANE, holder of the official speed record of 388.67 m.p.h.

EXHIBITION CHORUS OF 2,000 VOICES appears in four concerts in the Coliseum on nights of Aug. 27, Sept. 1, 6 and 10.

MEN'S MARATHON SWIM, Wed. Aug. 31. Olympic natators in various events. Outboard Motorboat Races—Track Stars direct from this year's Olympic Games; Judging Competitions, Horses, Cattle, Sheep, Swine, Poultry; Flower Show; International Dog and Cat Shows; Trotting and Pacing Races and $6,000 Futurities.

Reduced fares on Bus Lines, Railroads and Steamships. Consult local agents.

Mail reservations now for Exhibition 2,000-Voice Chorus Concerts or Grandstand Pageant "The Truimph".

WILLIAM INGLIS, President.

H. W. WATERS, General Manager.

EASY TO TELL POISON IVY

An ever present danger to the vacationist in any part of Canada is poison ivy. It is very similar in general appearance to the Virginia creeper but is easily identified by the fact that its leaves are in clusters of three, very similar in appearance to the leaves of the strawberry plant, while the leaves of the Virginia creeper are in clusters of five. On poison ivy vines may also be seen clusters of small white flowers and later in the season a round white fruit about the size of a pea. The poison element in the ivy comes from a resin which rises in the sap. In treating poison ivy avoid dusting with dry powders such as boracic acid or baking powder, usually applied to blister sores; avoid rubbing and localize the infection by painting iodine around the edges of the sores. An effective treatment is to daub the affected parts with a three per cent. solution of potassium permanganate. This leaves a brown stain which disappears after a time but may be removed slowly by the use of soap and water.—Department of Agriculture, Ottawa.

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

FIGS OF THISTLES

"You methods of cultivation are hopelessly out date," said the youthful agricultural college graduate to the old farmer. "Why, I'd be astonished if you got even ten pounds of apples from that tree."

"So would I," replied the farmer. "It's a pear tree."

AUTOMOBILE TROLLEY

Chauffeurs now drive trolley cars, thanks to the latest type transportation method perfected by the electrical engineer. The trolley man who has been accustomed to increase speed by turning the controller by hand instead of "stepping on the gas," stopping by applying the brake by hand, and sounding warning gongs or whistles, now drives the trolley just as he would a motor car. General Electric engineers have perfected a car which is revolutionary, and the most efficient in use. At Albany, New York, where several of the newer cars are in use, the motorman operates the controller and brakes with his feet, the gong by hand, and becomes a chauffeur in fact. Greater speed, safety, and comfort to passengers is possible in a car very like a giant motor omnibus on wheels.

Foot control insures the operator the free use of both hands for opening and closing the door and for making change for passengers. The equipment permits speedier loading, more rapid acceleration, and increased braking. When operating the car, the motorman has his feet upon pedals in the floor of the cab. He applies the power by pressing the ball of his left foot on an accelerator or Controller. Under normal conditions he brakes the car with his right foot. In an emergency, however, he may stop the car by simply raising the heel of his left foot, which has been resting on an emergency brake heel plate. The equipment is not unlike the famous four-wheel brakes used on motor cars. There are four sets of these, one more than used on the ordinary street car, operated by hand. The additional brake, known as the track brake, clamps down upon the rails between the trucks, adding a safety feature.

NATURE'S WAY TO HEALTH

Medical science has shown that minerals, like vitamins, are vitally necessary in the diet and without them it is impossible to build sound teeth and strong bone and enjoy general good health. It is also known that without vitamins the body is unable to make use of minerals for building purposes, even though they may be present in large quantities.

The more important of these minerals are calcium, phosphorus, iron, iodine, magnesium and sodium. All of these, as well as most vitamins, are supplied in liberal quantities by fresh fruits and vegetables such as tomatoes, beans, peas and raspberries, which are now so plentiful.

The provision of adequate quantities of minerals in the winter diet can also be ensured by canning and preserving fresh vegetables and fruits now for later use. Experiment has shown that the canning and preserving process has no appreciable effect on the mineral content of either fruits or vegetables.

BEATING TEMPTATION TO THE PUNCH

Mrs. Brown—"I hope you didn't take a second piece of cake at the party."

Bobby—"No, Ma. I took two pieces the first time."

HE WAS WARNED

"What's happened, George?" she asked her husband, who had got out of the car to investigate.

"Puncture," he said briefly.

"You ought to have been on the lookout for this," was the helpful remark. "You remember the guide warned you there was a fork in the road."

Worth Selling is Worth Telling

ADVERTISE

Advertise what you are doing.

Advertise what you expect to do.

Advertise your old goods and move them.

Advertise your new goods and sell them before they get old.

Advertise to hold old trade.

Advertise to get new trade.

Advertise when business is good to make it better.

Advertise when business is poor, to keep it from getting worse.

Advertising is not a "cure-all."

Advertising is a preventative.

Advertising does not push, it pulls.

Advertising, to pay, must be consistent and persistent.

Advertise in

The Acton Free Press

It Covers the Home District

TIME TABLES

AT ACTON

CANADIAN NATIONAL RAILWAYS

Going East

Daily, except Sunday	10.07 a.m.
Daily	2.28 p.m.
Daily, except Sunday	6.13 p.m.
Sunday only	8.00 p.m.

The Chicago flier, that passes through here at 9.47, eastbound, stops at Georgetown at 9.55 p. m..

Going West

Daily, except Sunday	7.40 a.m.
Daily, except Sunday	9.08 a.m.
Daily, except Sunday	2.28 p.m.
Daily, except Sunday	6.40 p.m.
Sunday only	8.25 a.m.
Sunday only	10.35 p.m.

TRAVEL BY BUS

Eastbound

Daily, except Sunday	6.00 a.m.
Daily	9.35 a.m.
Daily	1.00 p.m.
Daily	4.25 p.m.
Daily	5.55 p.m.
Daily	9.00 p.m.
Sundays and Holidays only	8.00 p.m.

Westbound

Daily	9.15 a.m.
Daily	11.15 a.m.
Daily	1.15 p.m.
Daily	4.15 p.m.
Daily	6.15 p.m.
Daily, except Saturdays	10.15 p.m.
Saturdays only	8.20 p.m.
Saturdays only	12.15 a.m.

STANDARD TIME

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

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