

AS YOU MAKE IT

To the preacher, life's a sermon. To the joker, it's a jest. To the miser, life is money. To the miser, life is rest. To the lawyer, life's a trial. To the poet, life's a song. To the doctor, life's a patient. Who needs treatment right along. To the soldier, life's a battle. To the teacher, life's a school. Life's a good thing to the grafter. It's a failure to the fool. To the man upon the engine. Life's a long and heavy grade. It's a gamble to the gambler. To the merchant, life is trade. Life is but one long vacation. To the man who loves to work. It's an everlasting effort. To shun duty or to shirk. Even health is now determined. By knowledge, food, and what we do. Life is mostly what we make it. Friend, what is your life to you?

Menu Hints

Recipes for New and Novel Dishes: For the Home and Suggestions

By Betty Barclay

OCTOBER DISHES

Spanish Salad (Serves 6)

2 large tomatoes 2 green peppers 1 tablespoon minced onion Cut each tomato into slices. Take seeds from green peppers and cut each one into rings. Peel oranges and cut in small pieces. On each salad plate arrange tomato slices topped with pepper ring. Fill centre of ring with orange. Add minced onion to French dressing. Pour over salad.

Lamb Chops With Oranges (Serves 6)

6 lamb, veal or porch chops Melted butter Sliced oranges Salt Pepper Paprika Trim fat from thick chops and dip in melted butter. Oil broiler well and broil chops 8 minutes. Turn and place a thick slice of peeled orange on each chop. Broil 8 or 10 minutes longer. Sprinkle generously with the seasonings. Serve hot.

ORANGE CANDIED SWEET POTATOES (Serves 6)

1 cup orange juice 1/2 teaspoon grated orange rind 1 cup water 1/4 cup sugar 3 tablespoons light corn syrup 1/2 teaspoon salt 1/2 butter 6 or 8 sweet potatoes or yams Combine first 7 ingredients and pour over peeled uncooked sweet potatoes arranged in casserole or baking dish. Bake covered in a moderate oven (375 to 400 degrees F.) until tender, 30 to 40 minutes. Baste occasionally. Remove lid last 10 minutes to brown or put under broiler. Variation: Just before removing from oven, add a layer of marshmallows and brown.

COCONUT SALAD

Have you ever thought of using coconut in your salads? If not, you have been neglecting a wonderful opportunity. Here are two recipes for coconut salads that I feel sure you will appreciate:

Coconut Salad Delicious

2 cups cabbage, finely-shredded 2 cups grated pineapple, drained 1 cup coconut, premium shred cup mayonnaise Dash of salt Crisp cabbage by allowing it to stand in ice water. Drain and dry thoroughly. Toss lightly together with remaining ingredients. Serve on crisp lettuce. Garnish with strips of pimiento and chopped chives. Serves 6.

Coconut and Carrot Mold

1 1/2 cups grated raw carrots 1 can coconut, Southern style 3/4 cup mayonnaise Combine carrots, coconut, and mayonnaise. Blend. Pack tightly into individual molds. Chill. Unmold on crisp lettuce. Garnish with additional mayonnaise. Serves 6.

YOUR MEASURE

That which you want most determines your measure. Many of you girls would lack the courage to admit that to have a wardrobe in the height of fashion is the thing you most desire; yet if you were frank with yourself, you would have to acknowledge it. Some of you young men desire most to have enough to live comfortably without working. Few of you would own that loathing is your lot of happiness; yet this is the case. Terrific small the soul becomes cheap ideals, which you are too cheap to confess, are in reality your ideals! You cannot be your strongest desire, and that means that you are a

THE OLD MAN OF FREE BIG CLOTH TOWER



A VOICE FROM THE PAST

What might be done if we were wise. What glorious deeds, my suffering brother. Would they unite in love and rite. And cease their scorn of another?

Oppression's heart might be imbued With kindness drops of loving kindness. And knowledge pour from shore to shore Light on the eyes of mental blindness.

All slavery, warfare, lies and wrongs. All vice and crime might die together. And meat and corn, to each man born. Be free as warmth in summer weather.

The meanest wretch that ever trod. The deepest sunk in guilt and sorrow. Might stand erect in self-respect And share the teeming world to-morrow.

What might be done? This might be done. And more than this, my suffering brother More than the tongue e'er said or sung. If men were wise and loved each other. —Charles Mackay, 1850.

Sometimes when the rheumatism gets bothering my right arm and my finger joints aren't as supple as they used to be, I get to thinking that I'll have to write—writing this column—every two weeks.

I told that to the editor a few years ago, when I used to write every week, and he jollied me into writing every two weeks. You know it seems to me that I'm about caught-up on history of Acton and now I just have to hunt around for subjects every two weeks. I got thinking along this line last week and then I read about that farmer's wife in the "Chronicles of Ginger Farm" and how much she could tell about buying a second-hand washing machine and how interesting she could tell the yarn.

I said to myself, "Surely you can write once every two weeks." All through life I've been able to get a fresh grip on things when I look at the other fellow accomplishing worth while things in his own way.

But I'm going back to fifty years ago to get you some of the happenings about Acton to interest you this week again, and, as they say on the radio, "Here goes."

Back in 1882 the "Scott Act" was the temperance measure and for violations of this law in one day's court at Milton fines of \$300 were imposed with costs of about \$75. These offenders were mostly hotelkeepers in the County at that time.

Erin Show was held that year on October 20 and even in those days, before the cars came into style, a big crowd from Acton attended this event.

Municipal candidates started canvassing in October and the elections were not held until January. And in those days the office had only the honor attached to it and not a salary of \$50 or \$100.

A lengthy editorial appeared in THE FREE PRESS in 1882, "Is the Village Pig a Nuisance." Now here's just another example of how times change. I remember in those days that most every thirty family reared a pig and killed it in the fall and had pork to eat all winter. Why bless me with'n't suppose there is a family in Acton to-day that does that. And, of course, now the village pig isn't a nuisance in town, because it's reared on the farm.

Miss Jennie K. Grant was engaged as teacher of the third department of Acton Public School, at a salary of \$250 per annum, provided her certificate be extended before the expiration of the term of her present engagement. There were twenty-nine applicants for the position.

Seed potatoes were offered for sale by James Campbell at \$1.00 per bag. They were known as the Beauty of Hebron variety.

It was in 1882 that Thomas Perryman, Sr., removed from his farm, on the sixth concession, and took up his residence in Acton.

This was fifty years ago, but here's one instance where times don't change much. "A good many of our citizens are complaining about their increased taxes this year. Acton's rate of taxation is, how-

LIFE-GIVING TREES

Who are The Men of the Trees? They are not as some might suppose Sons of Tarzan or those little dignified men who swing themselves from bough to bough in the tall trees of the forest, but they are a band of African warriors who have pledged themselves before Ngai—the High God—to save their forests from destruction and plant trees everywhere.

The life and prosperity of the tribes of Equatorial Africa are inseparably bound up with the splendid-forests which are the ancient heritage of their people. Lofly and dense, these forests have for countless centuries afforded shelter, food and fuel to the wandering inhabitants of these vast tracts of country. It is difficult for dwellers in Western civilization to realize the tremendous influence of the primeval forests of Africa upon the lives of those peoples, who, from time immemorial, have dwelt beneath their shade. The very soul of the forest, has entered into their folk songs and legends, and deep within their primal hearts is a feeling of awe and devotion for its vast solitudes and ever-changing tropical beauties.

Everybody knows that trees, apart from their direct economic value, exert a beneficial influence affecting climate, agriculture, and even the very existence of man. This can be more clearly demonstrated in Africa where vast areas are dying up and becoming depopulated as the direct result of forest destruction.

Recent scientific research has shown that the Sahara has not always been desert. Remnants of trees have been found on the banks of vanished rivers and on the shores of dried-up lakes.

At the time of Mohammed it is estimated that about 1,000,000 Arabs invaded parts that are now desert. They cut the forests to make their farms, moving on to repeat the same process of destruction as soon as they had reaped their crops. They brought with them vast herds of goats. It is probable that each Arab possessed about 100 goats.

Now 100,000,000 goats following in the train of 1,000,000 nomadic farmers would not allow of much tree-growth, for the goat is the bete noir of the forest.

To the north of the Gold Coast, in a territory under the French sphere of influence, vast areas are dying up and becoming depopulated as the direct result of forest destruction. In certain tribes the chiefs have forbidden marriage and their women refuse to bear children, because they see the end of the forest in sight and they will not raise sons and daughters to starvation.

They have been trapped in a wedge of the forest with desert right and left of them and destitution travelling fast in their wake, while the shifting sand buries their poor crops, driving them to the point of the wedge for their present cultivations.

Trees have always held an important place in the imagination of primitive man. This special regard for trees is not restricted to African races, but appears in the art and mythology of almost every nation. In the growth of a tree man saw a resemblance to his own life. Their age-long existence was to him a symbol of immortality. It is not surprising, therefore, that tree worship goes back to the earliest times, and one of the established traditions among the ancients was that of a World Tree.

TRUE FORTUNE TELLERS

Few of you take any stock in the fortune teller, who examines your palm carefully, and tells you that you will have accumulated a large fortune by the time you are forty-five. Men who are skilled in reading character, however, can tell pretty accurately whether the young fellow who comes under their daily observation, will be doing just about the same work at about the same wages, when he is forty, or whether he will be an executive on a large salary. It takes no prophetic gift to point out the girl who at forty will be going about with a trowsy head, spending most of her time in a negligee, and the one who even when she is doing her morning's work, will be neat and trim.

Young people do not need to feel that the future is so uncertain. Those who have made a study of character can tell by watching you a few days, whether you are going to be a success or a failure. This kind of fortune telling is not a fake, by any means.

WHY SOME PEOPLE NEVER GET FAR

Not many months ago a young man took from a safety deposit box securities to the value of about thirty thousand dollars, his inheritance from his father, and on his way to see a broker in regard to converting some of these securities into cash, he dropped the package. It was picked up, and as it contained his bank book among other things, it was returned to the bank shortly after the owner discovered his loss.

A business man of the city, reading an account of the affair in an evening paper, raised his eyebrows, for this young man had the previous day applied to him for a position. The older man had not made up his mind, but he made it up as he read this newspaper account. "If the fellow loses what belongs to him," he said to himself, "how can I trust him with what belongs to me?"

That attitude was natural enough, most of you will agree, but did you ever happen to think that the same reasoning will apply to you when you lose your temper? The realization that you cannot control your temper, the sight of you in a rage, undermines the confidence of other people in you. If you cannot control your temper, how can anyone venture to put you in a place where you will have subordinates to control? If you cannot be trusted to keep yourself in hand when your well-being depends on it, how can you be trusted with matters on which the prosperity of others depends?

The Last Asthma Attack may really be the last one if prompt measures are taken. Dr. J. D. Kellogg's Asthma Remedy will safeguard you. It will penetrate to the smallest bronchial passage and bring about a healthy condition. It always relieves and its continued use often has a permanent effect. Why not get this long-famous remedy to-day and commence its use? Inhaled as smoke or vapor it is equally effective.

Everyone Past 40 Should Make This Test

For Amazing and Lasting Relief from Middle-Age Ailments That Cause Daily Annoyance and Sap Vital Force

No longer need folks near or past the prime of life put up with those painful and often embarrassing conditions brought on by overworked, sluggish kidneys, or Bladder Weakness with their distressing symptoms of Lameness, Pains in back and down through groins, scanty but frequent and burning urination, "Getting-up-Nights," and Nervous Irritability—because a ten-days' test of Dr. Southworth's URATABS will convince the most skeptical of the value of this special treatment for their particular case.

Amazing testimony of Physicians and users gives convincing proof of the power of URATABS to restore Health and Strength to a weakened, inflamed or irritated Bladder and Urinary Tract. A multitude of alarming symptoms seem to quickly disappear—and you see and feel a truly genuine improvement often within two or three days. "No more Backaches, no more pain, no more embarrassment or Getting-up-nights. I now sleep soundly, and get up in the morning full of pep," thanks to URATABS!

While new to the general public, the wondrous value of URATABS has been thoroughly proven by years of successful use in the private practice of Dr. H. C. Southworth. And now any good druggist will supply them on a guarantee of satisfaction or money back. Try URATABS to-day.

Dr. —Mr. Brown is so chivalrous. —Mao—Did he save your life? —Dot—No, but when that shower came up yesterday he rushed for an umbrella and kept me from getting my bathing suit all wet.

TO THE RESCUE

Dot—Mr. Brown is so chivalrous. Mao—Did he save your life? Dot—No, but when that shower came up yesterday he rushed for an umbrella and kept me from getting my bathing suit all wet.

Advertisement for Coleman lamps. Text: "Your Old Lamp or Lantern is Worth \$1.50 on a NEW Coleman". Includes image of a lamp and lantern. Text: "Here's a real bargain! Your old lamp or lantern (any kind) is worth \$1.50 on the purchase of a new Coleman... for a limited time. See these up-to-date lamps and lanterns that give from 200 to 300 candlepower of pure white brilliance. The finest light for a penny a night! They're modern to the minute! This Special Trade-In Offer and New Low Prices make it possible for you to have a high lantern at lowest cost... for as little as \$7.50." "SEE YOUR LOCAL DEALER OR WRITE US" "THE COLEMAN LAMP AND STOVE COMPANY, Ltd. TORONTO, 6, ONTARIO (17222)

Advertisement for J. Cadesky, Optometrist. Text: "J. Cadesky OPTOMETRIST WILL VISIT ACTON ON Monday, November 7". Includes image of a woman wearing glasses. Text: "Anyone suffering from Eyestrain, Defective Vision or Headache should not miss the opportunity of consulting this eyesight specialist. Appointments may be made with Mr. A. T. Brown, Druggist. CONSULTATION FREE Office Hours: 9 a.m. till 4 p.m."

Advertisement for Mr. Farmer! Text: "Mr. Farmer! here's why you should read your newspaper". Includes text about the newspaper's value and subscription information. Text: "In the first place of all, Mr. Farmer, you are interested in Acton because it is the logical market for the greater part of the produce you have to sell. Acton people are the consumers of what you have to sell, and you, being the producer of what they must buy, are a person of mighty importance to them. You have a common bond. Anything, then, that affects Acton or its people affects you by affecting your market. Anything that affects the farmers of Acton district has a vital bearing on the business life and general status of Acton. We are, after all, one in point of view, economically." "In presenting the news and other items of interest each week THE FREE PRESS is guided by this thought. Items of interest regarding any phase of farm work or life are published, together with the news of the entire rural districts. Township Council meetings are given particular attention, as also are Farmer Clubs, Institutions, Church Societies, etc." "Besides the buying opportunities listed by the stores THE FREE PRESS small advertising section is of special interest to Farmers. There is continually something offered for sale that is of use to you; and when you have anything to sell these small ads take your message to 4,000 buyers in your own district for the small sum of 25 cents." "You are also kept continually in touch with what is occurring in the Town of Acton, socially, industrially and in municipal government by the complete survey of the town's activities which THE FREE PRESS presents each week. And, by the constant changes taking place, which is news, you are kept informed of the condition of your most important market." "Mr. Farmer, you should be a careful reader of THE FREE PRESS every week. Are you? The cost is but 4 cents a week. If you are not already a subscriber, clip the special offer coupon below and mail or bring it into THE FREE PRESS Office with 50 cents which will give you THE FREE PRESS for 3 months. DO IT NOW." "THE FREE PRESS, Acton, Ontario Enclosed please find 50 cents as subscription to THE FREE PRESS for 3 months. At the end of that time I will notify you if I wish it discontinued." "Name _____ R. R. No. _____ P. O. _____"

Business Directory

MEDICAL

DR. J. A. McNIVEN Physician and Surgeon Office and Residence—Corner Bowe Avenue and Elgin Street.

LEGAL

Phone No. 22 F. O. Box 33 HAROLD NASH FARMER, M. A. Barrister, Solicitor, Notary Public, Conveyancer, Etc.

FERRYMAN BLOCK - ACTON, ONT. MONEY LENT ON MORTGAGES Hours—9:30 a. m. to 5:00 p. m. Saturdays—12:00 o'clock

KENNETH M. LANGDON Barrister, Solicitor, Notary Public

Acton Georgetown Over T. Seynuck's Cafe Main Street 8 For Appointments Phone Acton 65—Georgetown 88 Office Hours—Acton, Tuesday and Thursday, 1:15 p. m. to 5:30 p. m. Evenings on request

DENTAL

A. J. BUCHANAN, D. D. S. Dental Surgeon Office: In Leshman Block Hours: 9 a. m. until 6 p. m. Evenings by Appointment Gas for Extractions Closed All Day Wednesday Phone 148

P. W. PEAREN, D. D. S., L. D. S. Dental Surgeon Successor to Late Dr. J. M. Bell Phone 29 Mill Street, Acton

MISCELLANEOUS

FRANCIS NUNAN Bookbinder

Account books of all kinds made to order. Periodicals of every description carefully bound. Ruling neatly and promptly done. Wyndham Street Guelph, Ont. (Over Williams' Store)

Watchmaker Jeweller J. H. JORDAN GEORGETOWN Expert Repairs Prompt Service We have for years been doing repairs for other jewellers across Canada, so are quite capable of doing yours.

Accounts Collected Read the unsolicited compliment we received on October 18th, 1932, from an Aurora client: "I am certainly pleased with the way you have handled accounts sent you for collection and your promptness in remitting for same." It pays to use the most reliable and best service available. KELLY & AIKEN The Collectors ORANGEVILLE Telephone 90—Established 1890 No Collection—No Charge

INSURANCE FIRE, CAR, CASUALTY, ETC. E. HARROP Representative GORE DISTRICT MUTUAL NORWICH UNION CANADIAN FIRE INSURANCE COMPANIES

Successor to the late Mr. J. R. Kennedy PHONE 423

Hundreds Have Taken Advantage Of Our Special 25th Anniversary Discount and Made It The Event of the Year

On account of many requests from out-of-town patrons we are continuing same longer than at first intended and are glad to find so many of our older patrons taking advantage of this genuine dollar saving event.

Whatever Your Eye Requirements, We Offer One-Third Off During This Anniversary Celebration

A. D. SAVAGE REGISTERED OPTOMETRIST (By Government Appointment) SAVAGE EYE OPTICAL