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**WANTED—A MAN**

What we lack and sorely need, for want of which we bleed, and bleed, is men of a more Godly breed—Honest men in highest places; Men with single aims and faces; Men whose nobler thought outpaces thought of self, or power, or pelf; Men whose axes need no grinding; Men who are not always minding Their souls' eyes to larger things; First their own concerns, and binding Men of wide and godly vision; Men of quick and wise decision; Men who shrink not at decision; Men whose souls have wings; Oh, for one such with among us— One among the mobs that throng us, And for self-advancement wrong us! Him we would acclaim, and bind him in highest estimation, Reverence with consecration, As the saviour of the nation, Dower him with fame, Lord, now raise us such a man— Patriot, not partisan— And complete Thy mighty plan.—John Oxenham.

**BANANAS—THE FRUIT OF THE WISE**

By Barbara B. Brooks

"Fruit of the wise men"—that's what "Musa Esplentum," the botanical name for the most common variety of bananas means. The name comes from a legend that says that the ancient sages of India reposed in the shade of the banana tree and refreshed themselves with its fruit. Even long ago bananas were known to be a good food. Science now tells us why they are valuable, not only for adults, but especially for children and infants. Flavor alone would be reason enough for frequent use of bananas, but there are many other virtues to further recommend them. They are primarily a fuel food, being high in carbohydrate. In addition, they contain appreciable amounts of the essential minerals, and are rich in Vitamins A, B, and C. So the modern version of the name might appropriately be shortened to "Fruit of the Wise."

We now know that peak attacks of "blisters" from eating bananas were as much our own fault as cramps from eating green apples. Bananas, just like any fruit, if eaten raw should be fully ripe. All suggestion of green at the tips should have disappeared and the fruit a deep yellow slightly speckled with brown. In this condition, the flavor is delightfully mellow and the fruit easily digestible. For cooking purposes, the slightly green fruit may be used with safety.

Sealed by nature away from dirt, bacteria and insects in a neat package of its own, the banana is one of the most convenient fruits we have. It is ready for use with almost no preparation. It may even be sliced or cut up several hours in advance of serving without discoloration if proper precautions are taken. Just cover the fruit with a simple syrup made of 1 1/2 cups of sugar to 1 cup of water. Or, if used in salad or fruit cup mix the bananas with the juice of the fresh fruits or with the syrup of the canned fruits, whichever is used.

Doesn't the thought of Lemon Banana Cream Pie topped with a creamy meringue, make your mouth water?

**LEMON BANANA CREAM PIE**

1 1/2 cups condensed milk (1 can)  
1/2 cup lemon juice  
2 teaspoons grated lemon rind  
2 bananas

Blend thoroughly, condensed milk, lemon juice and lemon rind and stir until mixture thickens.

Line a pie pan (9 inch) with the following crust:

**CORN FLAKE PASTRY**

4 cups corn flakes  
1/4 cup sugar  
1 cup butter (melted)  
1/2 teaspoon cinnamon

Put the corn flakes through a food grinder using the fine cutter. This will make about 1 cup of fine crumbs. Mix with sugar, butter and cinnamon. Brush a pie pan (9 inch) with butter and line bottom and sides with crumbs. Bake in moderate oven (400 degrees F.) about 10 minutes.

Fill crust with cream mixture and top with thinly sliced bananas. Cover with the following meringue:

3 egg whites  
6 tablespoons sugar  
Few grains salt  
1/4 teaspoon vanilla extract

Beat egg whites until they hold their shape, then add sugar gradually. Beat until stiff. Add vanilla. Spread on top of pie. Bake in a slow oven (300 degrees F.) for 20 minutes.

Yield: 1 9-inch pie.

Fruit Bran Souffle is just a new find. You're sure to agree it's worth passing on.

**FRUIT BRAN-SOUFFLE**

1/4 cups sugar  
1/2 cup flour  
1/2 teaspoon salt  
2 cups milk  
1 lemon, grated rind and juice  
4 egg yolks, well beaten  
1 orange, grated rind and juice  
1/4 cup bran  
1/2 cup butter, melted  
4 egg whites, well beaten  
2 bananas

Combine dry ingredients, add milk, egg yolk, fruit juices and rinds, bran and butter. Beat egg whites and fold into mixture. Spoon mixture into buttered casserole in part of hot water for baking. Broast oven to 375 degrees. Bake 10 minutes at 375 degrees, then 45 minutes at 300 degrees. These temperatures were tested, using an enamel baking dish.

One of the commonest complaints of infants is worms, and the most effective application for them is Mother Graves' Worm Expeller.

**THE SUNDAY SCHOOL LESSON**

FOR SUNDAY, MARCH 12

**JESUS MINISTERING TO THE MULTITUDE**

Golden Text.—The Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.—Matthew 20: 28.

Lesson Text.—Mark 8: 32-44; Study also Ex. 16: 14-18; Matt. 25: 31-46; Luke 4: 16-21; Jan. 1: 27; Rev. 2: 17.

Time.—April, A. D. 29. Place.—North-east, shore of Galilee.

Exposition.—I The Hungry Multitude and the Disciples, 32-36.

Jesus lived continually in a crowd (Matt. 4: 24; 25: 8; 1: 12; 15: 14; 14: 15; 30: 31).

There is nothing more wearisome than a crowd unless the heart is full of love. But when we grow so tired of the crowd, let us remember how the Master's life was spent. It was the incessant "coming and going" of the crowd that had driven Jesus to seek this seclusion (v. 31). But He did not thus escape them. They followed Him. And how did He feel? "He welcomed them" (Luke 9: 11, R. V.). Oh, wonderful love! His own need sinks out of sight as He beholds theirs. "The desire and need of rest is forgotten and the whole day spent in teaching and healing" (Luke 9: 11, 12). Jesus was interested in and solicitous about the multitude. They were never to Him "the common herd" or "the rabble." They were "sheep not having a shepherd," and He made Himself shepherd unto them. That throng drawing near the mountain was largely composed of the poor, but the souls of the poor were as precious to Him as the souls of the rich (Matt. 1: 1-5). If He were really the acknowledged head of the Church today, the Church would not seek the boardwalks where the few rich live to the neglect of the alleys where the many poor swarm. One of the saddest features of modern church life is the way in which it forsakes the masses to minister to the classes. If a rich church becomes pastorless, the applicants for the pulpit are so numerous that the session or committee is bewildered as to what to do with the names that flood them; but the applicants for the opportunities to preach to the multitude upon the streets are not numerous enough to bother one. It was several hours (as we learn by a comparison of the accounts) before this crowd would need feeding, but Jesus considers their coming need at once, and sets His disciples to considering it. He takes it for granted that they are to eat with Him. Philip was like us, slow of spiritual perception and slow of faith, and as Moses was utterly at a loss to know how God could provide flesh for six hundred thousand footmen in the wilderness, so Philip is at a loss to see how Jesus can provide bread for five thousand (cf. Num. 11: 21-23; Ps. 78: 19). How often we are aghast at the great work before us, or rather before Christ, and the small visible resources at hand. Philip's answer is most amusing. He figures out just how much it will cost to buy enough so that "every one may take a LITTLE."

Ah! Jesus don't provide "a little" for those who sit at His table. Andrew, for a moment, ventured a suggestion that there was a little boy present with five loaves and two little fish, but he was at once frightened at the apparent absurdity of his suggestion and blurted out, "but what are they among so many?" (John 6: 8, 9). But they proved to be quite sufficient among so many, for the Lord Himself took these insignificant things into His own hands and multiplied them. We often are tempted to say, of our insignificant gifts and possessions, "but what are these?" "Quite sufficient," Jesus replies, "if you will only put them into my hand." The lad who had come along with his five little cheap barley crackers and two little salt fish played a great part in that day's working. Jesus took him into partnership with Himself, and Jesus and he fed the multitude. Jesus left His question to work all day in the minds of Andrew and Philip. "He Himself knew what He would do"—He always does. As evening drew on the disciples had not yet settled the hard problem, and Jesus told them to go to Him that He had better to the people, away, for they certainly could not entertain them. They gave it up, then Jesus came to the rescue (Matt. 14: 15; Luke 9: 12; Mark 6: 35). Time and again these disciples of His turned to Jesus in times of doubt, need and perplexity. And never once did He fail them. With counsel, guidance, sufficiency He met their needs, just as He meets the needs of men to-day. Men often turn to Jesus in times of difficulty and trouble, but when things are going well with them, they have little thought of Him or His power to aid.

II.—The Ever-Sufficient and All-Sufficient Lord Jesus, 37-44.

Jesus' answer must have startled the disciples—"Give ye them to eat"—but Jesus is saying the same to-day to us, His disciples. Oh! that the Church would hear Jesus saying concerning the unshepherded multitudes in America, England, China, Africa, etc., "Give ye them to eat." We could do it if we would first bring all our scanty stores to Him for His blessing. Then Jesus startled them again, "make all sit down." How ever, they stood this test better this time than the former; for they did as they were bidden. Common sense would have said, "the proper thing to tell the people is 'walk, not sit down.'" But they had the uncommon sense to cast their reasonings to the wind and do as Jesus said. The multitude, too, obeyed, and sat down. It was well they did, for Jesus "distributed to THEM THAT WERE SET DOWN." We must obey if we would be fed, and we must find rest at Jesus' feet if we would receive bread from His hand. Peter had a vivid recollection of just how everything looked, and gives us here (years afterward) a graphic description

**SLATS DIARY**

BY BOSS PARQUEAR

Friday—Bill Hill says his luck is turning vs. him he guesses. he sed he was in five places today enquiring for work and was offered to jobs and it kept him busy making Xcuses so he wudent half to go to work.

Saturday—ma went and bought a new evening Goun today and tonight she tried it on her self to see how would it look on her, then she was-sent satisfied and I am all drest up now I wish we cud go sum place where

we cud you sigest we mite go to and pa replied and sed Well from the way you are drest I wood sigest that you go a swimming. Ma got about 1/2 sore pa.

Sunday—Doc Tyson is getting wirryed I ges from what pa says. Doc is bliding a new house and now just when he has a lot of bills to pay, why they isnt my buddy getting a Pendency any more and thats what he Depended on.

Munday—well we got ar Test papers today and Jake and me and Bisters is a going to get Erl West becu it is his fall that. We got poor grades in rith, mictick. He says he didnt no we was a Copying from his paper.

Tuesday—Elyl Prate and Hen Pickens got married Sunday we herd today and when pa herd about it he sed. Well I think they shud ought to be Congrachud becuz I think they both got a Better mate then they Deserved.

Wednesday—Pa was a telling ma tonite that he was proud if his self becu he is a Self maid man and ma sed Well it mite of ben all rite onef he sed Well it to soon intirely.

Thursday—Ant Emmy was a going to have a X ray pitcher tuk becuz the Dr. ordered her to have a Xray tuk. but she has put it off for a wile on acct that rite now she has a ugly Pimpel on her Upper Lip and she dont want to spoil the Xray pitcher with a Pimpel.

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**TWENTY YEARS AGO**

From the Issue of The Free Press of Thursday, March 13, 1913

The spring birds are arriving. Miss Florence Murray has removed her millinery to the Ferryman Block. Sixteen Hydro-Electric linemen arrived in town on Monday to commence work on the transmission line from Acton to Georgetown.

Mr. T. A. Halstead, manager of the Metropolitan Bank, has resigned his position here, to take the management of the banking business of his father, Mr. J. A. Halstead, banker and broker, of Toronto.

Mr. J. Saltz, who has been in general mercantile business here for several years, has disposed of it to Mr. W. Singer, of Toronto, who takes possession on April 1. A clearing sale is now in progress.

**The Voice of Understanding**

"Business is business." You have heard that saying many times. But is it? This country is composed not only of equipment and machines but the real value of this country is in the human beings that live in it, the flesh and blood of the nation.

While we are bending every effort toward efficiency, finding ways to replace workers and inventing new machines, we are falling behind in the social field. No one group is sufficient unto itself and we are gradually learning that the well being of each makes our own life more secure.

The winds blow hard against the many caught in the changing times, and problems seemingly impossible of solution are drawing many into a compromise that has caused them to drift.

Let us challenge and trust our leaders to plan for a better system where the winds will not blow so hard in the future. Too long have we worked in the principle that the chief business of this country should not be the piling up of dollars, while the welfare of so many humans are at stake.

Editor's Note—The Voice of Understanding will be glad to answer any problems you may wish to write about, and will be glad to have suggestions for future articles, address, care of this paper.

**BROWN AND WHITE EGGS**

The color of an egg-shell is no guide to the quality of its contents. Furthermore, science has not yet revealed why nature has given the power to some breeds of poultry to color egg-shells brown, while in others the natural white calcium is retained. A partial explanation is that the majority of the poultry left on the farms of Canada divide naturally into two groups. One group, comprising a number of breeds, had its origin in ancient times in the countries bordering the Mediterranean. They bear the names of these sections of Italy and Spain from which they sprang—ghornis, Andalusia and Minorca. The hens of these breeds lay white eggs.

The breeds making up the other group have their origin in the early days of North American agriculture, when the pioneer-poultry-breeders-of-this-continent, working with miscellaneous imported stock, developed their own distinctive breeds. They, too, bear names indicative of their origin—Plymouth Rocks, Rhode Island Reds, Wyandottes. The hens of these breeds lay brown-shelled eggs.

In addition to these major groups, says Mr. T. A. Benson, Dominion Elvo Stock Branch, there are some breeds of English origin to be found on Canadian farms, the most common being Orpingtons and Dorkings. These two breeds typify nicely the traditional spirit of fair play. The Dorkings lay eggs with white shells, while the eggs of the Orpingtons are brown.

**KING'S VERGER RETIRES**

Mr. John Crisp, the verger at Sandringham Church, is retiring on a pension, granted by the King after sixty years of service with royalty.

He has shown probably nearly half a million people from all parts over the beautiful church, with its solid silver altar table and pulpit, precious stones, and memorial windows and plaques of past members of Royal Family.

For forty-four years he has held the position, and was known to nearly all the crowned heads of the world.

Before becoming verger Mr. Crisp was an attendant at the skittle alleys at Sandringham House, where kings and emperors used to play. He remarked in connection with that work: "I have picked up the pins (skittles) for nearly all the monarchs of fifty to sixty years."

He is seventy-three years of age, and probably the oldest employee of the King, who is now pensioning off his workers at sixty-five.

Mr. Crisp is rather sad at retiring, and feels the wrench after so many years' service. He will also receive the national pension and the many advantages the King so generously gives to his pensioners.

**MEDICATED SALT FOR SHEEP**

Flocks of sheep that are not given a suitable worm mixture at regular and appropriate intervals are likely to suffer from intestinal parasites. There are several kinds of mixtures suitable for sheep described in a pamphlet on sheep parasites, issued from the Department of Agriculture at Ottawa. A mixture of common salt and Copper Sulphate exposed where the sheep can partake of it daily will serve a useful purpose in keeping down stomach and intestinal parasites. To 100 pounds of salt add 5 pounds of finely pulverized Copper Sulphate carefully mixed in dry condition. The mixture could be kept separate from food in suitable containers and should be placed within easy reach of the sheep and lambs every day of the year. For outdoor use the box holding the medicated salt should be provided with a roof board or cover to keep out rain and snow.

**ORANGE PEKOE BLEND**

**"SALADA" TEA**

"Fresh from the Gardens"

**VERY, VERY BAD**

"Did you hear Robinson snoring in church this morning? It was simply awful."

"Yes, I did—he woke me up."

**WATCH YOUR STEP**

The curfew tolls the knell of parting day, A line of cars winds slowly o'er the lea, A pedestrian plods his absent-minded way And leaves this world quite unexpectedly.

**WORSE YET**

Tim—"Ever seen one of those machines that can tell when a person's lying?" Jim—"Seen one? I married one."

**HELP! HELP!**

"Jebbs is not the sort of man who waits for Opportunity to knock at his door."

"No, he is the sort of man who expects Opportunity to write a note begging for an appointment!"

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