

WEDNESDAY, JULY 26, 1917

Where the cat-tails grow, an' turbanes,
Where white clover float through skies of blue,
There with never a sign of a stockin' or shoe,
An' not a thing in the world to do,
See 'em 'n' 'em.

A pup that thinks 'em 'n' his God,
An' watches each twitch of his fahin' rod,
To see if 'em 'n' 'em a 'shiner' or 'pood',
I'd rather have this than a banker's 'ood,
See 'em 'n' 'em.

Then goin' back home to eat like a bear,
With never a sorrow an' never a care,
All that I want is a sky that's fair,
An' that spot with the lilies 'n' bloomin' there,
See 'em 'n' 'em.

—Re Seely.

CHRONICLES OF GINGER FARM

Written Specially for The Acton Free Press OWEN DOLINE F. CLARKE

Do you know—the increased cost of nearly everything we buy has started me thinking about storekeepers and customers in general, about what we buy, and what they sell and what we pay for, over and above the price of the product that we buy.

Read your local advertisements and you will probably find at the bottom of the sale bill—"We Deliver" or "Free Delivery." That, of course, is added as an extra inducement for you to shop at that particular store. Free delivery is undoubtedly a great convenience at times, but don't forget, it isn't really free—it is one of the things we pay for.

Not so much a trip of course, I don't mean that, but I do mean that delivery expenses should be considered as part of the storekeeper's overhead. To deliver goods he must keep a delivery boy, possibly a horse and rig, a car or a truck. The boy must be paid and the conveyance kept in working order. Then again every wide awake merchant must advertise—that is another convenience to the public. But the money for these things is taken from the profit on what the merchant sells.

That, as it should be, but remember, the more service we expect from our butcher and baker, the more we increase his overhead. And the more his overhead is increased, the more profit he needs to make on what he sells to pay for it.

And do you know, it's my opinion that some people require an awful lot of service!

Our standard of living has increased to such an extent that we really can't be expected to carry our own parcels any more. If we want a pound of tea, we step inside a grocer's store and ask to have it sent—and so on as possible, because we want it for supper.

In most families there are children who can run errands, especially in the holidays. And during the winter when Father or big brother is quite possibly out of work, a little exercise wouldn't hurt him at all, but yet the storekeeper is still asked to deliver orders.

In my street dress the last few years? Time was when the housewife would take off her apron, put on her coat, pick up a basket and slip over to the store to do her shopping. But that isn't done any more. Mrs. Housewife, if she goes down town at all, must change her dress, put on silk stockings, arrange the curl in her permanent wave and find her gloves.

Of course she never takes a basket but carries a white paper instead. She goes to the store and orders what she wants and asks the butcher or grocer to send the things round as quick as he can because she needs them for dinner nine times out of ten the order is delivered in good time, however busy the storekeeper may be.

This is service—the demand for modern life the result of a higher standard than our mothers and grandmothers had in the non-essentials of life.

But we pay for it—don't ever think we don't—there is no such thing as "free delivery." Nor, as a result, can there be any blame attached to the storekeeper if he needs more profit now than he did in our mother's day. A good storekeeper tries to give the public what it wants. It is up to the public to be reasonable in its demands.

There is another thing our demand for delivery service is doing—it is creating a ridiculous sense of false pride in our young people, particularly High School boys and girls. There is hardly one of them these days who can be bribed, coaxed or driven to carry a parcel down the street. I don't suppose our two youngsters are any better than the rest but I do give them shopping to do quite frequently, for the express purpose of providing them with parcels to carry.

Of course this delivery convenience doesn't affect the farmers very much. Most of us are far enough from town that we have to do our own carrying anyway. No we don't share the convenience of free delivery, but we do help pay for it—by paying the same price for our things as townfolk do.

If storekeepers would like to even things up for us a bit, there is one thing I believe countrymen would appreciate in every store, and that is chairs where they might rest while other customers are being served. I remember, in all the shops in England, there used to be two chairs facing each other at each counter. Wouldn't the idea work just as well in Canada?

In summer time, a farmer's wife can be a very tired woman, and to stand waiting in a busy store often adds considerably to her fatigue. And if she has spent several days in the berry patch, as I have done this week, a seat in a store is more than welcome, even if it is nothing better than a soap box.

Perhaps after that "Free Delivery" notice in the paper, merchants might like to add the advertisement—"Seating Accommodation for Country Customers."

SLATS' DIARY BY OLIVER W. WARRIEN

Sunday: Well, kids, I am enuff over my fourth of July inferna, misshape, misforchance and etc. to set on a soft pillow & pite. It are now time (with me) to begin worrying about akool. How time fly.

Monday: Jake sed to me his Ma sed to him not to play katch in the st. Jealidy as it are Sunday so go to the back yd. He sed okay Mom but, sint, it Sunday all so in the back yd.

Tuesday: Blisters sed the new girl scrot the st. from his house seems like the sint very smart to him. Right sed Jake. She dont make me much neether. Jake all so lives close by.

Wednesday: So fur this wacamen I have got by with not very much tother from dimes. But they xapenhe: This m. I met Jane in front of the konfickshenary & baker & founten & etc. I fell she warnt up right away quick. I fell she bot 2 soya. Later—Howed she, no I recernt sedant 20.

Thursday: I that Jake told Jane about the 20c & Blisters konfessed the re-splahen. So I at once foned Blister that Jake has got 2 blis he made guesh Mike Gillens kon more. But he puen met at konfickshenary just as bad as I did. Dantes no there stuf you sed.

Friday: I left as Blisters until it hurt in the dime store this p. m. He had 6 penasy & west in 2 get sum salled p. nita & sed to a girl who sells the nita hear? Why lie wate on you somnie she repilde. Blisters suddent see the funney part when I left, The dum nut.

Saturday: Ah! Emmy has got a tooth that is aking & Unkel Hen rimarked that he wood have it pull if it was hian. So wood I if it was yorn Ah! Emmy respide & when I snigered Unkel Hen cum ghost to slapper me. Or akted that away enneyhow.

HOME CANNED BERRIES ON THE PANTRY SHELF

As the berry season advances, the housewife is all anticipation, for there is nothing more satisfying to her than the knowledge that in this good berry year there will be a fine array of different kinds of berries on her well stocked pantry shelf.

Many of the home-canned fruit and vegetable shelves of the berry family is an efficient source of vitamin A. Blackberries contain vitamin A, which is essential to the growth of youth; and currants, gooseberries, and raspberries are excellent sources of vitamin C, which prevents scurvy.

No equipment for canning is necessary other than that found in the ordinary kitchen—sharp knives (preferably of stainless steel), a colander, bowls, measuring cups, enamel pie plates, wooden spoons, a wide-mouthed funnel for filling jars, and a jar lifter to save burned fingers when taking jars from the sterilizer. The sterilizer itself may be the common wash boiler, the steam pressure cooker, or the oven. Strawberries, raspberries, and rhubarb may be canned successfully by what is known as the raw canning method. Pack in jars, cover with boiling syrup, place on newspaper in a tub and pour boiling water into the tub to cover the jars three inches over the top. Place a blanket or rug over the tub and leave until cold. In pouring the boiling water into the tub, care should be taken not to pour directly on the jars.

In the process of sterilizing the berries, there is a choice of one of four methods, namely, hot water bath at 212 degrees Fahrenheit; steam pressure of five pounds; oven, or steam cooker. For blackberries and blueberries, the time is 20 minutes in the hot bath; or ten minutes in the steam pressure; or 35 minutes in the oven at 275 degrees Fahrenheit; or 30 minutes in the steam cooker. Gooseberries require 15 minutes in the hot bath, or ten minutes steam pressure, or 30 minutes in the oven, or 25 minutes in the steam cooker. The same times apply to raspberries, and strawberries require 35 minutes in the oven.

Full information as to the canning of fruits and vegetables will be found in the household bulletin "Canning Fruits and Vegetables," which may be obtained free on application from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

The Cancer Crusade

Fighting the Great Scourge with Knowledge—A Campaign to Wipe Out Ignorance, Fear and Misdeed

WHAT IS CANCER? Cancer is a disease due to disorders of the cells of one's body. Everyone knows that the human is composed of cells hundreds of millions of them. The individual cell is extremely small. If a body cell were magnified 500 times it would appear to be about the size of a small pin's head.

Each of these cells, so infinitely small, is a living thing. It is composed of a semi-solid material, has a sort of wall and a nucleus in its midst. The nucleus is the most important part of the cell. Each individual cell is able to move; it is able to gain nourishment from its surroundings; it is able to breathe. What is still more remarkable each and every one of the hundreds of millions of cells in our bodies is able to reproduce itself. Its reproduction of cells takes place by division. In the division of a cell the operation begins in two and, in the course of from three to 12 hours, the entire cell divides. In their subsequent life the divisions of the cell mature. When matured, they too, divide just as the parent cell divided. What is the purpose of this division of cells? The purpose is growth. It is by division of cells that the various organs of the body develop and grow. It is in this way that we have development of bones and teeth, of the skin and brain, of the heart and nerves and of all parts of one's body.

A cancer begins as a single cell. At first it looks exactly like one of the normal cells just described. It takes an expert with the microscope to detect any difference between a cancer cell and a normal cell. The cancer cell, like the normal cell, divides for the purpose of growth. So far, the cancer cell and the normal cell are almost alike. The growth manifested by division of the normal cell, is a regular controlled process. There is certainly some force in one's body which controls ordinary cell division, starts it when necessary, stops it when division is unnecessary. This control in healthy persons is maintained throughout life.

The growth of a cancer cell is uncontrolled. Its growth is riotous. A cancer cell is a sort of booby. Instead of dividing like the normal cell, in the course of from three to twelve hours, there may be many divisions of the cancer cell in that period. It is this rapid, uncontrolled division of the cell that constitutes the main difference between normal growth and cancer growth. If the lever of control in cell growth were discovered we might therein have a solution of the cancer problem. Some investigators have come pretty close to the solution. One day it will be found

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NOT MUCH CHANGE IN CANADA'S FOOD TASTES

For the past four years there has been no great change in the consumption of the principal items of food in Canada. Compared with 1936, about six pounds less of meat and six pounds more of pork, with slightly less mutton and lamb, were consumed per head of population in 1936, but compared with 1933, the consumption of meat increased by five pounds and the consumption of pork decreased by approximately seven pounds. Lamb and mutton gradually increased in popularity in 1933, '34, and '35, but in 1936 dropped slightly.

With regard to poultry, the consumption of hens per head of population shows a steady if small, annual advance, registering a slight increase in 1936 over 1935, while the consumption of turkeys, ducks, and geese has shown a slight yearly decrease since 1933.

The consumption of butter per head of population has advanced slowly but surely every year since 1933; cheese has remained more or less stationary for the past four years, but with a downward tendency, and eggs also have shown a downward tendency, culminating in 1936 in the consumption of a dozen less per person than in 1933.

The estimated consumption of meats, poultry, and certain dairy products per head of population in Canada in 1936 is as follows: Pork, 67.63 lb.; beef and veal, 60.34 lb.; mutton and lamb, 5.93 lb.; hens, 16.05 lb.; turkeys, 1.45 lb.; ducks, 29 of a pound, geese, 43 of a pound, butter, 31.42 lb.; cheese, 3.37 lb.; eggs, 21.68 dozens.

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John—"Well, was it gone?"

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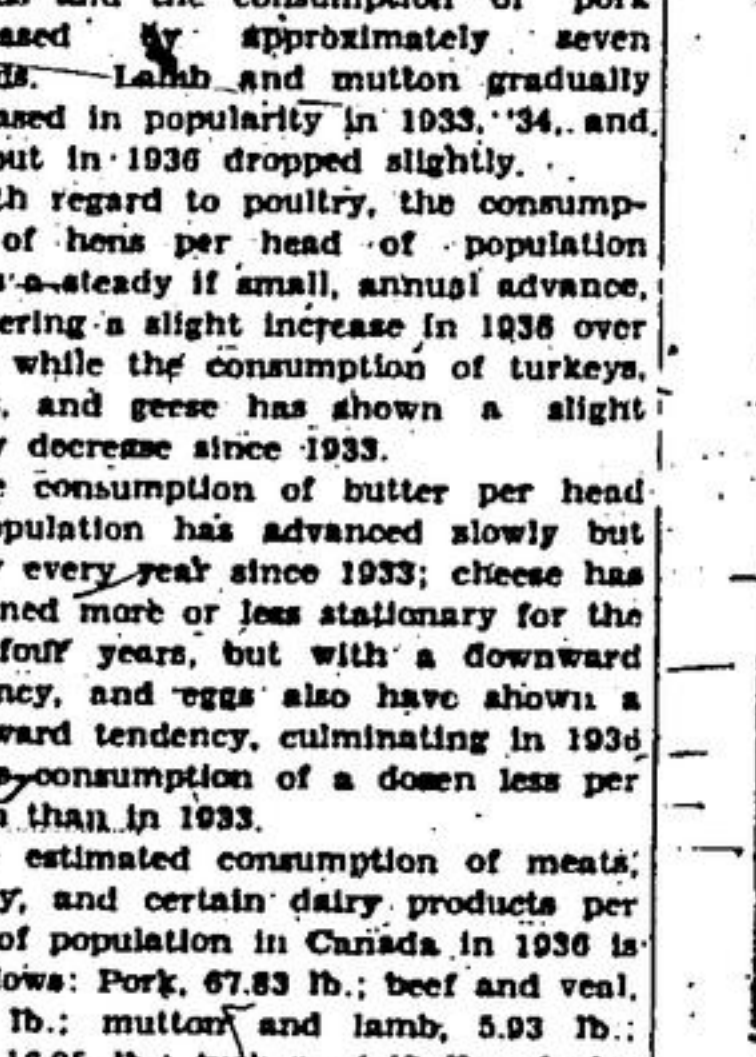
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ONTARIO SIGNAL SYSTEM THOUGHT BEST FOR U. S.

A recent national safety survey made in the United States to determine the best method for motorists to give hand and arm signals reveals that the method recommended by the Ontario Department of Highways is considered the most satisfactory.

In an attempt to establish uniform legislation, W. Laurence Dickey, editor of the Kansas City Journal-Post, recently instituted a nation-wide safety campaign in which officials in 48 States were urged to adopt as standard the code of arm and hand signals now used in Ontario. This method, his survey showed, was the simplest and most logical, and the co-operation offered by many State Governors and traffic experts indicates that Ontario's system will soon be adopted as standard throughout the United States.

The Highway Traffic Act of Ontario specifies as obligatory only the "left turn" signal. Signals to indicate "stop," "slow," and "right turn" come under the heading of "courtesy" and as such are being strongly recommended by Hon. T. B. McQueen, Minister of Highways, in connection with his Department's extensive "Try Courtesy" campaign.

A recent publication of the Highways Department in discussing recommended methods of giving hand and arm signals, explains: "The man behind can't read your mind—SIGNAL!"

Whenever the signal is given by means of the hand and arm, the bulletin states, the driver should indicate his intention to stop or change direction by extending his hand and arm, from and beyond the left side of the vehicle.

In making a left turn, the driver should signal his intention to turn by extending his left arm straight out, then draw as close to the centre line of the street or highway as possible, and turn on a pivot in the centre of the road which he is entering.

The right turn in properly made by signalling intention to turn and keeping close to the right hand curb line while doing so. Two methods may be used to give the signal—either by extending the left arm upwards or by waving the left hand in a clockwise motion, which simultaneously indicates a turn to the right and signals the driver behind that it is safe to pass on the left side.

"Stop" or "slow" is indicated by extending the left arm downwards, and care should be taken, when approaching an intersection, to slow down several yards rather than a few feet, from the crossing.

EYE FOR EYE SAVES SIGHT

After 10 weeks Margaret Vernal, of London, has been told that the sight of her eye has been saved by the unusual operation which was performed at the Royal Eye Hospital. Almost blind from birth, she was threatened with the failure of her one seeing optic. The surgeons thought it might be made good by grafting the optic with its cornea, had been preserved intact by spidery scientific methods from another patient whose complaint made it certain he must lose it.

MUGGS AND SKEETER



HEY, EFFIE!!



HERE EFFIE! DON'T GO



A GOOD JUG OUGHTA HEV RANG



By WALLY BISHOP