WHAT'S WRONG WITH US?

Too much cake and too much wheat,
Too much corn and too much heat,
Too much cotton, too much oil,
Too many house that we don't toil.
Too many highways, too many cars,
Too many people behind the bars;
Too much poverty, too much wealth,
Too many people have poor health;
Too many politics, too much booze,
Too many wearing high heeled shoes;
Too much loafing, too many bets,
Too many falling to pay their debts.
Too many spending their dough for gas,
Too many talking of European ass;
Too many living beyond their means,
Too many buying canned corn and beans;
Too many sowing their crop of wild oats,
Too many candidates after your votes;
Too many having their washing done,
Too many playing bridge for fun;
Too many peeds, too much press,
Too many girls without underclothes;
Too much buying of goods on time,
Too many people don't save a dime;
Too much ball, too much play,
Too many officers on big pay;
Too much taxes, too much spent,
Too many folks spend every cent;
Too much fun, too much ease,
Too many rips in my B.V.D.'s.
Too much reform, too much law,
The greatest mess you ever saw.

Twenty Years Ago

From the Issue of The Free Press of Thursday, August 1st, 1918

Pte. J. L. Kenney, of the C.A.S.C., R.A.F., Camp Beamsville, spent the week-end here.

Sgt. Stephen George writes from a base hospital. He is suffering from quinsy, but expects to be back with his unit shortly.

Meat sandwiches are prohibited at picnics. On Friday no meat of any kind must be used. If the picnic is Tuesday or Thursday, pork is permissable but only at the morning meal. Monday or Saturday pork may be served at the midday meal. Beef may be served at the evening meal on five days of the week.

Inspector Denyes addressed the School Board relative to appointing another teacher for the Public School, to relieve the congestion The matter will be further considered at the next meeting.

BORN

RUDDICK—In Acton, on Wednesday, July 24th, 1918, to Mr. and Mrs. Harold Ruddick, a son.

DIED

LAMBERT—At Mount Forest, on Friday, July 26th, 1918, Eliza Jane Wrigglesworth, wife of James A. Lambert, of the Mount Forest Representative, and mother of Norman P. Lambert, of Winnipeg.

MILK PRODUCTS KEEP NUTRITIVE VALUES

One milk product may seem very different to another and entirely different to the milk from which it is made, and yet may be quite similar from a nutritive standpoint.

Take, for instance, the several forms of milk on the market. Neither evaporated milk nor whole milk powder resemble fresh, fluid milk, yet they contain the same solid materials—the two proteins, casein and lactalbumen, milk sugar, butter fat, minerals, principally calcium and phosphorus and, in addition, vitamins. When reconstituted to fluid milk by the addition of the required amount of water, these milk products are equivalent to fresh milk in food value, and may be satisfactorily substituted for it. Sweetened, condensed milk differs from evaporated milk as cane sugar is added after the milk has been evaporated. Condensed milk, diluted with water, is quite sweet to the taste, and differs in food value from milk because of its high sugar content. Skim-milk powder, lacking fat, is similar to fresh skim-milk, when reconstituted by the addition of the necessary amount of water. Even buttermilk, with its thickened, clabbered appearance, seems unlike fresh sweet milk, and yet both have practially the same food value, except that buttermilk is usually made from partially skim-milk, and has a lower fat content than whole milk.

Cheese is even a more striking example of marked difference on the one hand, and similarity on the other. Practically all Canadian cheddar cheese is made from whole milk, and in the process of manufacture, little of the nutritive value of the original milk is lost. Most of the calcium and the casein, which is the chief protein of milk, remains in the cheese. Cheese also retains practically all of the original fat of milk, which contains essential vitamins.

From the government standards for concentrated milk and cheese, it has been calculated that 18¾ ounces of evaporated milk is closely equivalent in food value to one quart of whole milk. Five ounces of whole milk powder is the approximate equivalent of one quart of whole milk; three and three-quarter ounces of skim-milk powder to one quart of skim-milk, and if combined with two ounces of butter is approximately equal to one quart of whole milk in food value.

Butter and ice cream are quite dissimilar in form to milk, and also differ in nutritive value. Butter, made from the cream of milk, has a high fat content, and a correspondingly high caloric and vitamin content. Butter has a claim to a prominent place in the diet on its own merits—flavor, energy value, and its outstanding vitamin A content. The ingredients of ice cream are the same as those in milk, the difference in the two foods being in the proportion of the constituents and in the addition of sugar and flavorings to ice cream. Because of the thirteen per cent. butter fat which it contains, ice cream has a high total food value, and due to the milk content, it supplies the same valuable proteins and calcium as milk.

TO HARD-LUCK GUYS

You may truthfully argue the whole day long
That nothing is right and everything wrong.
You may even prove that the luck you've had
Has never been good but always been bad;
You may not be to blame for the plight you're in,
It may not be your fault that you didn't win,
But though all who know you to this agree
Never bettered a bit will your fortune be.

There may be truth in your hard-luck tale,
You may be right as you sit and wail;
You may pity gain from some passer-by
As over your troubles you fret and sigh.
Your friends may tell you it's most unfair
That you should have such a cross to bear,
But though everybody may this admit,
It will not better your case a bit.

It may comfort you, but I don't see why,
To be talked about as "a hard-luck guy."
It may soothing be when the game is done
To be told by friends that you should have won,
But all the excuses that you can state
Won't change one line in the book of fate,
And sobbing won't alter the facts at all,
So waste no time at the wailing wall!

—Edgar Guest.

Two weeks ago I told the story of the old Drill Shed, when it was located on Bower Avenue and Elgin Streets. There have been many changes, even since its removal forty-three years ago.

The only business place ever located on Bower Avenue was the Canada Glove Works. This fine factory was erected by W. H. Storey about fifty-six years ago. It was a fine factory and has always given Acton a fine reputation as a business place. Its commanding location gave the premises full view from the Grand Trunk Railway and passengers have during all these years been attracted by the substantial, attractive building. Mr. Storey was always proud of this building. The pretty sheet of spring water in the foreground lends it a picturesqueness which is very pleasing.

The first electrically-lighted sign in town was erected on the roof of the glove works. It was one hundred feet long, and told all and sundry that it was the home of "W. H. Storey & Son, Glove Manufacturers, Established 1868."

W. H. Storey was a business man and manufacturer of exceptionally able qualities. His personal attention to details in all departments was exceptional. He had great pleasure in admitting his son, William, into partnership when he became of age.

It will surprise many, no doubt, as it did me, when I began to compute the years, to realise that it will be forty-one or forty-two years next March since the lamented death of W. H. Storey. But so it is. No other man was so greatly missed who ever passed away in Acton. The glove factory, under his management, gave employment to hundreds of residents here. Men and women, boys and girls, there made their livelihood. And this went on for several generations of the same families. Mr. Storey had more concern for the employment of the people who were on the pay roll of the Canada Glove Works than he was ever given full credit for. Often in lean years, when business was poor and unprofitable, he used every effort to keep employed those who were depending upon the wages earned there for the upkeep of their homes.

When Mr. Storey, the founder of this business, passed on, in 1893, he was succeeded by his son, Mr. W. A. Storey. He continued the business on the lines of policy which his revered father had laid down. No son was ever more anxious to maintain the good name of his father, and to preserve the reputation of the Canada Glove Works for products of honest workmanship and good value. For eighteen years or so he continued at the head of the business and then retired.

Messrs. H. T. Arnold & Sons succeeded Mr. Storey over twenty years ago. Under their management the business has continued its high standard and progressiveness. Mr. Arnold was a practical glove man and knew the leather and glove business from start to finish. He took an active interest in every phase, right up until the time of his death, about eighteen months ago. His sons have had the benefit of his wide experience and under the management the business has grown. The firm still operates under the name of the Storey Glove Co. and is to-day one of Acton's chief industries, giving employment to many of Acton's citizens.

The east end of the avenue, where it is intersected by Guelph Street, at the Grand Trunk Railway, was the northerly limit of Ransom Adams' famous wood piles, seventy years ago. These immense piles of beech and maple, in cordwood lengths, extended from Bower Avenue through to Mill Street, covering Guelph Street and the whole of the property now owned by Mrs. Armstrong and Mr. John Donaldson; then across the block from Mill to Church Streets, occupying all the land where the Gibbons' residence and the Force Electric factory stand, and forming a background for "The Commons," where all the games and sports, the Queen's Day celebrations, on the Twenty-fourth, and the Orange demonstrations on the Glorious Twelfth, were held. Then these big wood piles extended across the block from Church to Agnes Street, covering the lots where John Williamson, the David Williamson estate and Mrs. McBain's property. Thousands of cords of the best of hardwood were piled over this territory from Bower Avenue to Agnes Street, during the winters. In the summer Ransom generally struck a bargain with the Grand Trunk for the wood, and it was sawn up at the railway's big wood shed, and supplied to the locomotives for their fuel. There were no coal-burning engines in those days. It took Pat Kelly, and Luke O'Reilly and Sam Laird many a weary hour of their time in keeping the cord racks full for the freight and passenger trains running through. If Ransom couldn't sell to the Grand Trunk his winter's cut of wood one season, he'd keep it through until the next, and then they'd be glad to get it.

In those days, about seventy years ago, when good sleighing prevailed nearly every winter, Acton saw busy times with the hauling in of Ransom Adams' cordwood, and the hemlock bark to the tanneries. There would often be forty teams in Acton in a day and they came from Esquesing and Nassagaweya, Erin and Eramosa, Garafraxa and Caledon, Nicol and Chinguacousy. They made lively times indeed and Acton's four taverns were often too well patronized, as well as the three, or four, stores which had shop licenses for selling liquor then

Ransom used the wood pile area for other purposes in the summer time. The double rows of wood were piled ten or fifteen feet apart, to allow free passage of air so that the wood might be well dried and seasoned. About midsummer the grass would show a luxuriant growth in these spaces, and Ransom would tether his horses in there for cheap feeding. If a stray cow of a villager got into these preserves, there would be trouble and sometimes the animal would be found in Ransom's pound

With these immense piles of dry wood standing unprotected, it was surprising that there were not frequent fires. But somehow, they escaped until April 1879, when a fire broke out one night in the group of piles near Agnes Street. The fire was started by some tramps who were having a hilarious time among the wood piles. The fire was well advanced before being discovered. It had eaten into the heart of the pile of dry beech and maple, and it was a hot one, I can tell you. It looked as if Acton was in for a real conflagration. Guelph was wired to send down their fire brigade and they came by special train, but owing to lack of water their services were not of much value. The fire was finally confined to an area by the citizens carrying away a hundred cords or so of the wood, thus leaving a bare space between the piles. Some six hundred cords of wood were consumed. That was the only fire of consequence that ever broke out in Ransoms big wood pile.

Well, say, I haven't got far along Bower Avenue But the old story will keep and I'll try and get along this popular thoroughfare faster next time I write.

The Old Man

PICOBAC
PIPE TOBACCO
FOR A MILD COOL SMOKE

The Sunday School Lesson

FOR SUNDAY, JULY 31st

SAMSON: STRENGTH AND WEAKNESS

Golden Text.—Be strong in the Lord, and in the strength of his might. — Ephesians 6: 10.

Lesson Text.—Judges 14: 5, 6; 15: 11-14; 16: 18-21.

Exposition.—I. God Gives Courage to Samson, Judges 14: 5, 6.

Samson was one of those figures we read of in Biblical history who could have rendered a great permanent service to God and to his people had it not been for his human weaknesses. He was a member of the tribe of Dan. His father's name was Manoah. The angel of the Lord had appeared to Manoah's wife who was barren and assured her that she should bear a son. This son was to "be a Nazarite unto God from the womb."

The Israelites were at that time in the power of the Philistines because of their sins (Judges 13: 1.) This was the means God took to bring Israel out of the condition into which their wrong-doings had brought them. A Nazarite was one separated from among his fellows, having a special purpose of God. The hair of his head was a natural crown and was not supposed to be cut; in addition, the Nazarite had to follow certain dietary laws among which was the rule that he could never drink wine. In the case of Samson, the case extended to his mother, for she was commanded not to touch strong drink nor eat any unclean thing (Judges 13: 14).

Certain similarities in the birth of Samson and Jesus are apparent. An angel delivered the annunciation of the birth of Jesus to His mother and it was said of Jesus that He should be called a Nazarene (Matt. 2: 23) as Samson was to be called a Nazarite (Judges 13: 5). The purity of the life of Jesus in His youth in preparation of His ministry to deliver Israel and the world from sin was like that of Samson. It was, therefore, the privilege of Samson to be a type of Christ thus far, and it is a pity that he failed the Lord later.

II. God Gives Strength to Samson, Judges 15: 11-14.

In this incident, Samson is violently pursued by the Philistines. They were more numerous than on the occasion when he smote them hip and thigh. They spread out their forces to find Samson. They invaded the territory of Judah but the people were so enslaved that they did not rise against the invaders. They declared to Judah that they had come to destroy Samson, an army against one man.

Samson was still in the strength of the Lord although he was treacherously betrayed by the men of Judah (v 11). They came to take him at the behest of the Philistines wanted to bind him so they could deliver him. He exacted of them a promise that they would not kill him if he let them bind him. Thus they brought him bound to Lehi where the Philistines were gathered. Samson was still under the mighty influence of Gods spirit and the cords that bound him were broken like so much burned flax. Seizing the jaw-bone of an ass he attacked the enemies of God and His people. This was a great manifestation of divine power both to the Philistines and to the Israelites: To the former, it revealed that they were inferior to people whom God endowed with strength. To the latter, it was a lesson that if they did seek the spirit or God and adjust their lives to His will, they could exercise victory over their enemies.

III. Samson's Weakness, Judges 16: 15-21.

Samson is a revelation of human weakness, of the presence of divine strength. His downfall was brought about by his final and complete apostasy. From his Nazarite vow and life, he allowed a heathen woman to rob him of the secret of his spiritual strength. As a Nazarite he had no business in the company of such a person as Delilah. "Evil communications corrupt good manners" (1 Cor. 15: 33).

When Samson apostasized from his Nazarite calling, he became the mockery of the enemies of Israel and ended by being their miserable captive. His eyesight was taken from him. Blind, bound, helpless, he languishes in prison. What a great price he paid for his apostasy! Likewise back-sliding Christians bring disaster to their spiritual state.

A SIMPLE METHOD

"We don't need any of them new-fangled scales in Ireland," said O'Hara. "There's an aisy way to weigh a pig without scales. You get a plank and put it across a stool. Then you get a big stone. Put the pig on one end of the plank and the stone on the other, and shift the plank until they balance. Then you guess the weight of the stone, and you have the weight of the pig."

Vancouver Beauty Wins "Miss Toronto" Title

Returning to her home town after an absence of 16 years, Diane Perkins, 20, of Vancouver, was unanimously chosen "Miss Toronto" for 1938, at the annual Toronto Police Games. Diane was taken to Vancouver when she was four years old, but returned to Toronto five weeks ago, seeking a job as a model. Assistant Inspector of Detectives Moses Mulhalland, President of the Police Games, Right, is shown presenting a bouquet to Miss Toronto, while Mayor Ralph Day smilingly looks on. In addition to the flowers, Diane won a cup, a trip to Atlantic City and a cheque of $300.

Honest Aid

It was Lincoln, wasn't it, who gave us that epigram about fooling some of the people all of the time and all of the people some of the time? Times have changed. Some people, to-day, can't be fooled at all.

They are the ones who buy thoughtfully and spend wisely. They are guided by the most up-to-the-minute news about products, prices and values. They read the advertisements in their local paper.

Whether you're marketing for tonight's dinner, for a refrigerator or for a home---the most reliable guides are printed right here in this paper for you.

Make it a habit to shop at home, by newspaper, before you set out. It saves time . . . saves tiresome searching . . . and it saves real money.

MR. MERCHANT

Make sure your sales message appears every week in these columns for the guidance of local buyers and thus keep the local dollars at home.

MUGGS AND SKEETER — By WALLY BISHOP