

THE WORLD IS AGAINST ME

"The world is against me," he said with a sigh. "Somebody stops every scheme that I try. The world has me down and it's keeping me there. I don't get a chance, oh the world is unfair! When a fellow is poor, then he can't get a show. The world is determined to keep him down low."

Twenty Years Ago

From the Issue of The Free Press of Thursday, September 4th, 1919

Messrs. Hubert Mann and Perry Watson have purchased the business of the Acton Creamery Company. Mr. Rubinoff is going into business in Toronto.

The final game of the series for the Baseball Challenge Cup was played in the Glen on Saturday, between Georgetown and Acton. Acton won with a score of 13 to 5.

The unveiling of the handsome granite monument to the memory of the men of Eramosa Township, who fell during the war, at Rockwood last Friday, was an event of great interest.

The teachers whose homes are in Acton returned to their school duties the first of the month and the teachers of Acton Schools arrived on Tuesday.

MARRIED ROSEWARNE-GRIFFIN. At the home of Mr. and Mrs. C. A. Goodeve, Fort William, on Tuesday, August 19th, 1919, by Rev. E. D. Renaud, P. S. S. Victoria, Rosewarne, of Toronto, to Winifred M. Griffin, of Fort William.

MEDICAL CARE OF THE FARM POOR

Public opinion is fast reaching a stage where the principle of health insurance is ready for acceptance. In all provinces consideration is being given to various methods of ensuring medical care, for low-income groups in particular.

In the United States, state medical associations have co-operated with the Farm Security Administration. Plans have been developed through which more than 112,000 low income farm families in 23 states are being helped to obtain medical care at a cost which they can afford.

The health program has been part of a project to rehabilitate 700,000 such families. The Administration found that good health was a better credit risk than a family in bad health.

The medical care plans are simple. They are based on the borrower's ability to pay for medical services, as determined by his farm plan; on free choice of participating physicians and on the setting aside of funds, in the hands of a trustee, at the beginning of the operating period.

These facts were recently considered by the Medical Society of Nova Scotia, which showed its interest in the movement for health insurance by inviting an address by Dr. R. C. Williams, Chief Medical Officer of the Farm Security Administration. The plan, he said, encouraged a sane acceptance of preventive medicine. Most families felt the security worth the investment, while the physicians were pleased to receive at least a substantial part of the cost of medical care.

Acton's Family Album

Turning Over the Pages, Week by Week, and Looking on the Faces of Those Who Were Familiar to Many Here in Other Years

HOW MANY OF THESE CAN YOU RECALL?



No. 4



No. 5



No. 6

INDIAN HANDICRAFT EXHIBIT

The wares of Canadian Indian handicraft workers will take their place along with the products of other Canadian industries on display at the Canadian National Exhibition in Toronto, this summer, according to the Indian Affairs Branch, Department of Mines and Resources, Ottawa.

In a section of the Canadian Industries Building, which faces into an open courtyard the Indian goods will be displayed in an appropriate setting. Merchandise from the various tribes will include baskets, novelties, and other woven wood and metal products.

Indian basket makers and wood workers will demonstrate their skill in making baskets and novelties while other Indians in costume will be on hand to sell or take orders for the goods on display. Weaving and metal craft work will be carried out by groups of Indian girls and boys during the exhibition.

As a special feature, a group of eight of the Six Nations tribal dancers will stage native dances in the courtyard, which fronts the Indian exhibit. Efforts of the Department to revive and advance Indian handicraft, appear to be bearing fruit. United States and Canadian dealers are showing a keen interest in the basketry and other novelties made by organized groups of In-

ORANGE JUICE AND VITAMIN C

So many persons make a practice of squeezing oranges at night putting the juice in a lightly covered glass and leaving it in the refrigerator for use at breakfast, that the question has often been raised as to whether such juice loses its vitamin content.

"Orange Juice is one of the best sources of Vitamin C and this vitamin is so important to health that those who like to prepare it the evening before using it, will be interested to know that early reports that this practice meant a loss appear to be disproved by more recent research.

In an investigation of the Vitamin C content of orange juice performed this year in the laboratories of the Bureau of Home Economics of the U.S. Department of Agriculture, it was found that there was no appreciable loss of ascorbic acid (Vitamin C) in orange juice stored in a refrigerator at safe refrigeration temperatures of 40 to 50 degrees.

It is clear, therefore, that fresh orange juice loses little Vitamin C potency on standing in the refrigerator if the juice is kept in a covered container to avoid access of air.

It is also reported that there was no difference in the results of the investigation mentioned when the juice was strained through cheese cloth or through a wire sieve.

dians, and many repeat orders for these products are being received. The Indians are working hard to master the crafts of their forefathers, and large numbers of them are now enjoying an era of prosperity brought about by the revival of their own arts and crafts.

Announcing!

The Publication in Book Form of the Recollections of Acton Streets and Homes as Given in The Acton Free Press for the Past Two Years, entitled

"Acton's Early Days"

by The Old Man

Ready for Delivery not later than October 1st



Contents of the Volume

The book will contain almost 300 pages, and comprises the articles written over the last two or three years, relating to the travels of this writer on Acton's streets.

This book will also contain a brief sketch of the founding of Acton. The records as given in the Registry Office of the original survey and details of the founding of the Municipality.

The identity of "The Old Man" will be revealed when the book issued gives a picture. The story back of the column will also be told in the book. It is not issued as a history of Acton, but is really the only book that to date has been published giving any history of Acton. Numerous readers have requested such a book and it will soon be available. It will be well bound and an addition to the library of any one interested in Acton.

The Cost of the Book

Volumes may be purchased on and after October 1st, at \$2.50 cash. Orders may be placed at any time prior to that date and will be filled in the order of receipt. Naturally the issue is limited and the rule of first ordered first served will have to be observed.

To Free Press Subscribers

Another plan is offered in recognition to old and regular subscribers of The Free Press. Subscribers who pay three years' subscription in advance will be presented with a copy of this book Free of Charge. There are only two ways to get your copy.

A Limited Edition

We did not anticipate a great demand for this book, which is of course of interest only to Actonians and more especially those of earlier days. The number of copies available is therefore very limited and when these have been sold no more copies will be available. It has only been possible to make these copies at this price by using the type that was used from week to week in The Free Press.

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THE ACTON FREE PRESS

MUGGS AND SKEETER



By WALLY BISHOP