

OUR TOWN WHAT WE MAKE IT

If you want to live in the kind of a town—
That you want your town to be,
You can't sit around like a, moss-
grown log
As dead as the dead Dead Sea.

You can't just grouch and criticize,
And call your neighbor a sap,
Nor pull back like a hawkeye mule,
If you want your town on the map.

The thing to do is to co-operate,
And trade with your butcher and
baker,
And boast along as you go along—
A town is just what you make it.

I'd like to see what a town could be,
If folks all pulled together,
With a will to work and none to shirk,
Be it fair or stormy weather.

Twenty Years Ago

From The Item to The Free Press
of Thursday, June 30, 1921

Wild raspberry picking has commenced. There's a big crop.

Granulated sugar is selling in Acton at \$10 per 100 pounds.

Mr. Robert H. Reid of Erin left a very fine sample of burley in the straw at this office which measured five feet.

Dr. T. D. J. Farmer deposited in the Mann creek last week 3000 young trout fry which had just been shipped to him from the hatcheries at Simcoe.

Several citizens requested the council for more street lights at the regular meeting on Monday.

Rev. M. Findlay preached farewell services at Knox Church on Sunday. The church was filled to capacity at both services. An interesting preparatory and baptismal service was held on Friday evening when fourteen children were baptized.

BORN
WARREN. On Thursday June 23, 1921 at the Private Pavilion, Toronto General Hospital, to Mr. and Mrs. Ernest Warren, a daughter,

MARRIED
O'REILLY-MULHOLLAND. At St. Joseph's Church, Acton, on Tuesday June 28, 1921, by Rev. Father Goodrow, Superior of the Oblates of St. Ignatius, Catherine, daughter of Arthur and Georgina Mulholland, Acton.

DIED
YOUNG. In Erin township on Tuesday June 14, 1921, W. H. Young aged 56 years.

PRE-VITAMIN DAYS

How did our ancestors get along without knowing anything about vitamins? They didn't get along very well—they ate huge quantities of pork, corn meal and some game; they were, on the average smaller in stature and more frail than the people of today. The denture among the young was very high. Those who survived benefitted from a vigorous life with plenty of sunshine and fresh air.

Besides they used unrefined sugars and molasses and the bread they ate was made from vitamin-rich whole meal; they had unconsciously some little safeguards.

Until the latter half of the 19th century, raw fruits and vegetables were generally left for the cattle to eat and since cholera raged terribly along the Ganges in India and since the Hindus lived largely on fruits and vegetables some doctors told their patients that the best and safest foods were meat and potatoes.

The influence of fashionable restaurants in large cities, the greater distribution of unseasonable vegetables by railroads, the dietary crusade in women's magazines, the development of the ice-box and refrigerator to keep foods fresh, finally won the battle for green stuff.

An early advocate of the use of fruits and vegetables was Sylvester Graham the sponsor of a whole-meal Graham bread. In New York there was a Graham boarding-house where middle-class "intellectuals" took vegetable diets along with bloomers and female suffrage. Then Atwater in the 1870's figured the number of calories different occupational groups should consume. Atwater was not vitamin faidit, he believed in meat, potatoes and bread.

In the 1900's Henry Clapp Sherman, now a professor in Columbia University, discovered the value of minerals—iron, calcium, phosphorus, etc., and in 1911 Casimir Funk a Pole discovered vitamin B.

Despite hard times, diets have grown more nutritious in the past 10 years, the reasons being: more home canning; more truck farming and a wide distribution of vitamin-rich foods as oranges, grapefruit, milk, celery and tomatoes. Still many, especially in the Southern United States, live mainly on pork and corn. Dr. Cummings, author of *Food Survey*, a survey made in the years 1935-37, found that "out of every 100 families throughout the country, only 43 enjoyed diets which, from the nutritional standpoint, were good; 51 had fair diets and 26 had poor diets."

Hairless Cow Has Real "Bum"

BATH, Me. (UPI)—"Hairless Alice," Polkianan Harry Thompson's locally famous cow, is suffering from sunburn? Because Alice hasn't a bit of hair on her bovine body, she has to be covered with a blanket winter and summer. It was such a good day, Thompson decided recently to remove the blanket. Now Alice has to be rubbed with olive oil. Her beautiful complexion is no more. It's bright red instead.

The Sunday School Lesson

FOR SUNDAY, JUNE 29

LESSONS FROM THE EARLY CHURCH

Golden Text: "For other foundation can no man lay than that which is laid; which is Jesus Christ."—1 Cor. 3:11.

Lesson Text: 1 Corinthians 3:1-15, Time: A. D. 57.

Place: Ephesus where Epistle was written.

Exposition: I. Babies in Christ, 1-4.

When a person becomes a Christian, he is a born one (John 1:12, 13). There is still the old nature to contend with (Rom. 7:21). The struggle between the old and new natures is a discipline whereby the convert is to grow less carnal and become more spiritual (Eph. 4:22-24). The spiritual life is to grow up into Christ as the newborn babe grows up toward maturity (2 Pet. 1:5-10). But many Christians are like the Corinthians. They neglect their spiritual lives, yield to the temptations of the flesh and stay carnal. Paul states that he could not speak to them except in "babby" language. This is pitiful when they have had minds and hearts to understand adult teaching.

What was the sign of their carnality? They yielded to envy, strife and divisions. They walked after the manner of unregenerate men. When such is the case, the cause of Christ is defamed. The glory of God, for which every Christian exists, is ignored. Men glory in themselves or in one another in a bitter partisanship. The Spirit of God does not divide us; He unites us in a holy fellowship. The less carnal we are, the less will we have to do with strife.

If we are to convey the word, we must grow up into the love and joy of Christ (John 13:34-35; 1 John 4:15-19).

II. What Then? Is Apollos...and...What is Paul? 5-11.

While the believers in Corinth were wonderfully endowed with spiritual gifts (1 Cor. 1:7), they were not "spiritual" (v. 1). They were "natural" men under the influence of the flesh rather than the Spirit of God. They were "sanctified" (v. 12), and still they were only "babies". Paul evidently used the word sanctified in a broader sense than many do who nowadays make that boast that they are "not only saved but sanctified". These "sanctified" ones in Corinth were very imperfect Christians. They were full of "envying and strife" (v. 1).

The proof that they were still carnal was that one boasted "I am of Paul, and another, I am of Apollos."

It is much the same today; one boasts that "he is of Wesley, another of C. F. W. Walther, another of Luther, another of Moody. Paul would have them understand that both Apollos and himself were only servants through whom they had believed, and that as servants they could do nothing but what the Lord gave them to do. All was the Lord, not they, who had done it.

Other men would learn to gain all the glory for work accomplished to God, to whom alone it is due. But, while God, who gives the increase, is everything, there is a reward awaiting the faithful planter, and the faithful waterer (v. 8). The man who works for God will never miss his pay and it shall be proportioned to his labor and his faithfulness.

Reverend J. R. King, while parliament is closed, will make a swing through the West to the Pacific Coast and in the course of his trip will deliver some addresses and make a personal inspection of various phases of the war program.

CANADA GETS TWICE AS MANY MOTOR CYCLES

From Britain's Allocation of 50,000 Tons of Steel.

Canada bought twice as many motor cycles from Great Britain last year as in 1939.

Fifty thousand tons of steel are used by the makers of British motor cycles and motor cycle for the products which they shipped abroad during 1940.

The value of them was £184,000, an increase of £39,523 on the year before. India almost tripled her purchases. There was a notable increase in the number of both motor cycles and bicycles sent to the United States.

Thousands more bicycles went to China and also to Thailand, Hong Kong, British Malaya and the Dutch East Indies. An unexpected customer was Leyland which bought 17,346 cycles as against two in 1939.

The popularity of the motorized bicycle is also spreading from Britain overseas. The number of them sold abroad was almost doubled.

The bicycle and motor cycle industry use more steel for export than any other industry in Great Britain, not excluding the locomotive industry.

and stable. They will not stand in the day of testing and we shall lose our reward if we do.

We thank God shall be saved if we are really in Christ but only so as to taste." But much that we have boasted outside of our family and church gatherings, our institutional methods, much of our class singing and Sunday School teaching, yes and much of our preaching and evangelistic teaching will go up in smoke when the day of testing comes.

Let us each ask ourselves, "What am I building upon Christ?" that which shall endure, or that which shall perish?

We do well to let these words sink down deep into our hearts: "The fire shall try every man's work, of what sort it is."

The Week at OTTAWA

Specially Written for The Acton Free Press by

REV. ALAN HARVEY
Canadian Press Staff Writer

OTTAWA, (CP)—Indications are

that the summer months will see further-reaching expansion in Canada's war effort.

Although parliament is adjourned to Nov. 3, decisions on new, heavy

bomber output, accelerated graduation

of air personnel and limitations

in civilian use of vital war commodities may be reached at summer meetings

of the cabinet council and war committees.

Further efforts may be made to scale down consumption of gasoline and oil, and it is expected fresh restrictions will be placed on manufacture of automobiles and certain other mechanical equipment for other than war purposes.

Meanwhile evidence of Canada's progress as a war producer was not lacking. Munitions Minister Howe announced the first cruiser tank built in Canada will be completed June 30, more than two months ahead of schedule.

International Relations

Canada and the United States moved closer economically with the announcement that joint economic committees had been established for the two countries. The committees were appointed to "study and report . . . on the possibilities . . . of effecting a more economic, more efficient and more co-ordinated utilization of the combined resources of the two countries in the production of defence requirements."

They also instructed to "study the whole economic field of Canada and the United States with a view to reduction of possible post-war economic dislocation" which peace-time might bring.

Prime Minister Mackenzie King

announced on his return from New York that President Roosevelt had written he probably would make a trip to Canada some time in July.

Success of Canada's third war loan Victory Loan, 1941 sent the victory torch across the Atlantic to Prime Minister Churchill on schedule.

A day before subscription books closed, national loan headquarters

announced the nominal \$600,000,000 objective had been oversubscribed.

Financing

Repercussions to Finance Minister Hesley's budget address April 29 were still in evidence. Provincial Treasurer Stuart Garrison of Manitoba announced after discussion with government officials here he hoped his province would be able to relinquish income and corporation tax fields under agreement with the Dominion government in the near future.

Mr. King, while parliament is closed, will make a swing through the West to the Pacific Coast and in the course of his trip will deliver some addresses and make a personal inspection of various phases of the war program.

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What Advertising Is—

*--what it has done
--what it can do now*

1

Advertising makes possible better merchandise at lower prices, thus serving the consumer and through service to the consumer creating greater demands for advertised products.

11

Advertising attracts to the advertiser the better type of employee.

2

Advertising helps the manufacturer get quicker distribution, more economically and more rapidly because it builds greater and more immediate product acceptance by jobbers, dealers and consumers.

12

Advertising because it helps a manufacturer attract the better type of dealer and jobber, contributes to better collections and smaller credit losses.

3

Advertising is the quickest and most economical aid in the introduction of new products added to an established line and in the introduction of improved products.

14

Advertising, by placing the manufacturer prominently before the public, encourages better styling, improved products, better packaging and other evidences of an alert and aggressive production and merchandising policy.

4

With advertising the manufacturer can be sure of almost immediate acceptance by consumers of a new or improved product.

15

Advertising gives the manufacturer his best protection against inroads of competition.

6

Advertising creates greater stability of production and employment by helping level peaks and valleys of seasonal demand.

17

Advertising helps the large manufacturer retain his position of leadership.

7

Advertising is a most potent force in building better public relations.

18

Advertising protects the advertiser against price competition of unadvertised brands.

8

Advertising by building consumer recognition of a trade-mark name often enables the manufacturer of a product that has become obsolescent to build sales on another type of product which meets current consumer needs.

21

Advertising helps the manufacturer get the best types of jobber and dealer outlets.

9

Advertising assures manufacturers better supplies of raw materials at good prices. Because advertisers are likely to offer a greater stability of demand.

22

Advertising contributes to better and more efficient sales management by attracting the best type of salesman, by giving the salesman a better proposition to sell, by helping the salesman conserve his time, because it has created wider and more intensive distribution, and by opening the buyer's doors that might otherwise be closed.

10

Advertising helps assure the advertiser of getting the first opportunity to accept or reject patents, suggestions and other ideas for improvements in product or policy.