

NEA TOWN

This is a salt-sopped-robbled town where every morning the moon goes down to breathe the sun-wet mist where maples shadow the sloping street and the dawn-cool smoke of fog is sweet in the gooryard chestnut tree.

This is a small brine-weathered town where the houses lean to wind-gone down where chimney-smoke floats blue to gray, and they loved not their life even unto death. Rev. 12:11.

This is the place where fishermen stride up the cobble hill again and scan the faint-starred skies, where doors stand open to blue-shine and windows have seaward eyes. Frances Frase, in C. S. Monitor.

Twenty Years Ago

From the Issue of the Free Press of Thursday, Sept. 22, 1921

Another big fair is over. As usual the fair brought a host of former residents from the cities and outside points.

A large number of the members of Acton Lodge I.O.O.F. went to Toronto yesterday to participate in honor of the meeting of the Sovereign Grand Lodge of North America. Mr. John Ramsey of Syracuse, N. Y., son of Mr. William Ramsey of Gloversville, N.Y., who left Acton with his family over thirty years ago, was here during the week visiting the place of his birth and scenes of his boyhood. He was accompanied by Mrs. Ramsey and their two children. Three candidates will be nominated in this county for the coming Federal election. Dr. R. K. Anderson, the sitting member was the unanimous choice of the conservative convention.

BORN

LARRY - In Acton, on September 15, 1921, to Mr. and Mrs. Hillyard Lashby, a son.

DIED

MORROW - At Georgetown, on Wednesday, September 12, 1921, David Morrow, in his 81st year.

NOT INTERESTED

An incorrigible offender requested the magistrate to postpone his case as the lawyer due to defend him had been taken suddenly ill. "But," the magistrate objected, "what difference can that make. You were actually caught in the act. What an earth can your lawyer say in your defense?" "Beats me, sir," accused replied. "That's just what I'm so interested to know."

Britain's Iron Ration

Thousands of Tons Stored Against Invasion

Britain's civilian population has been provided with an Iron Ration for the first time in history. Thousands of tons of it have been stored in depots from the end of the country to the other.

The ration is a dry wheaten biscuit scientifically balanced, and it has been produced against the possibility of an invasion holding up the normal baking of bread.

Bread stales rapidly because of its high moisture content. The Iron Ration biscuit has only 37 per cent. of moisture and it keeps indefinitely. Its actual ingredients are: "wheat, wheat, fat and sugar. Its vitamin contents are unimpairing by baking.

The whole wheat gives the biscuit vitamin B1 and it contains proteins, fat, carbohydrates, mineral matter and fibre for an emergency diet.

It compares well with bread calorifically, having 405 calories per hundred grammes against bread's 251.

The Iron Ration is also being issued to the Civil Defence forces, to Air Land, Execution and Auxiliary Fire Service personnel.

The Sunday School Lesson

FOR SUNDAY, SEPTEMBER 21.

OVERCOMING THE ADVERSARY Golden Text. And they overcame him because of the blood of the Lamb, and because of the word of their testimony; and they loved not their life even unto death. Rev. 12:11.

Lesson Text—Revelation 12:1-16:4. Print Rev. 12:7-12; 15:2-4.

Exposition. I. The War in Heaven, 12: 7-9.

The dispensational interpretation of this passage is that during the period of tribulation which follows the rapture of the saints, as described in 1 Thes. 4:15-18; 1 Cor. 15:51, 52 and other passages, there will be a war in heaven between Michael and his angels and the devil and his Satan is not in hell now. It is wrong to teach that he is there. He is the prince of the power of the air. He rules the darkness of this world. He inspires wickedness in his domain and on earth. Against these conditions the Christian is solemnly warned to prepare (Eph. 6: 10-18). When we say that Satan is in heaven, we do not mean the heaven of the immediate presence of God. The Bible speaks of a "heaven of heavens" (1 Ki. 8:27). Though modernists delight in ridiculing the actuality of Satan, they cannot prove the Bible revelation, concerning him and his works is wrong. As between their darkened and unfaithful understanding and the teaching of God's Word, the latter has all the benefits of truth, wisdom and even logic. The existence of Satan cannot be disproven by skepticism.

From whence come all the cross-currents of wickedness now sweeping over the world many of them contrary to the wishes of the vast majority of the people? That there is a malevolent genius directing sinister operations to hinder and baffle God and to destroy mankind is easy to understand. Many people ask, "Why does not God destroy him?" The answer to that is in this lesson. His hour is coming. He will be expelled from his domain by Michael and his angels. Then, because the people of this world have co-operated with Satan so willingly, he will be allowed to take refuge in the earth. He will come down (v. 12) in great wrath, "because he knoweth that he hath but a short time."

II. The Accuser of the Brethren, 10:1-2.

Following the expulsion of Satan from heaven there is great rejoicing there. The anthem they sing is one of victory. Who compose the company that make the "loud voice" is evident when we read Rev. 5:8-14. "This passage should make us buoyant and hopeful. While all looks like defeat around us, we know that in God's time the power of Christ will prevail (Jno. 16:33). The "salvation" referred to in v. 10 means the completeness of that deliverance which was wrought by Christ through His death and resurrection. The "accuser of the brethren" is Satan. His mission is illustrated in the experience of Job when he practically charged the patriarch with having faith only as a delightful and profitable experience (Job 1:6-12). Of course, Satan was wrong in his accusation both in the case of Job and in others but he could accuse the brethren of many conditions falling short of holiness. But when he does, those who have Christ as their Saviour have an advocate (1 Jno. 2:2). For an illustration of Jehovah's mediatorial ministry read Zech. 3:1-7. When therefore the devil is cast out of heaven, the last discordant and divisive force will be no more there.

The event is one of profound rejoicing for all that dwell in heaven. In the song of praise (v. 11) there is given us a permanent principle of spiritual victory for all believers. "They overcame him by the blood of the Lamb, and by the word of their testimony, and they loved not their

FOODS FOR HOME DEFENCE

In a booklet issued for the immediate use of homemakers, in Canada, the Consumer Section, Marketing Service, Dominion Department of Agriculture, outlines a pattern for "Good Meals," and stresses practical points regarding conservation and cooking of foods.

Good Meals

There is no short cut to good nutrition. Well balanced meals are necessary. Be sure to include plenty of the protective foods.

An excellent rule is Every day—1 pint of milk for each adult; 1½ pints to 1 quart for each child, or the equivalent in buttermilk or evaporated milk.

1 serving potatoes (preferably with 2 servings of skins)

1 serving green vegetables or tomato juice

1 serving other vegetables

2 servings fruit or fruit juice

1 serving whole grain cereal

1 serving meat or fish

1 cup or at least 3 or 4 per week.

Conservation

Save pennies by right buying.

Save surplus products by home canning and jam-making.

Save food value by proper preparation.

Save fuel by cooking several dishes in oven at one time or cooking potatoes or cereal for two meals.

Save time by knowing cooking short cuts.

Save flavor by proper cooking.

Save all fat. Clarify and use for cooking.

Save by knowing how much to buy.

Save sour milk. It makes tender cakes and biscuits.

Save dry bread. It makes crumbs for escalloped dishes, dressings, etc.

Save wax from jellies, jams, etc. Wash, Dry.—Melt and use again.

Save vegetable water for soups or sauces.

Save vinegar from pickles. The spicy flavor adds zest to salads.

Save celery tops, parsley or green onion tops. Dry for seasoning.

Save butter wrappers. They are excellent for buttering pans.

Save energy by planning ahead.

Cooking

Good cooking makes it possible to serve appetizing meals from low cost nutritious foods.

Cereals Soaking cracked or rolled cereals in cold water overnight shortens cooking time.

Eggs slow cooking with low heat cooked slowly does not separate and does not toughen eggs. 2. paring and run as does the one quickly browned under a hot flame. When eggs are expensive, 2 tablespoons flour, replace 1 egg for thickening. When a recipe calls for egg whites, use yolks in salad dressing, cookies, etc.

Fruit is easily canned at home for winter use. Sugar added during cooking tends to toughen stewed fruits.

Meat should not be cooked at top high a temperature. Cheaper cuts need long, slow, cooking in moist heat.

Soups A stock pot made from bones, gravy, vegetable water, left over vegetables, makes excellent soup.

Vegetables. Cook in small amount lives unto the death." Three excellent virtues are here mentioned: (1) An unquestioning faith in the reality of Christ's substitutionary death on the Cross for our sins as affirmed in 1 Cor. 15:3, 4. (2) An unflinching witness to Christ and the realities of His Gospel (Ac. 1:8). (3) Faithfulness in all life and service for Christ no matter what the cost. Let these three principles be ours. Even now, "the forces of spiritual evil may be resisted successfully (Jas. 4:7). Only there must be no compromise with him, even as Jesus did not compromise in His trial (Matt. 4:1-11).

III. The Son of Moses and the Lamb, 15: 2-4.

The sea of glass mingled with fire is a symbol of a glorious purification permeated with the glorious, vital power of the Holy Spirit. God's intimates are always beyond our immediate power to comprehend. But to realize them in their fullness must be a full joy. At any rate, they enable us to see even now what the purpose of God is. The beast and his image are mentioned fully in Rev. 13. In the terrible trials depicted in that chapter many will come through victorious and will take their place on the sea of glass. The harps mentioned are symbols of perfect harmony. They sing the song of Moses—probably the same recorded in Exodus 15, and the song of the Lamb undoubtedly the song recorded in Rev. 5.

The singers are the redeemed of earth. To their songs they add ascriptions of praise to God. "Great and marvellous are thy works, Lord God Almighty." They chant "God's ways are just and true" and that He is the "King of Saints." Thus, no man is sovereign over all nations (v. 4) and they look forward to the time when the redeemed will sing with Him on the earth. The lesson is a climb into the heaven. We see that Satan and all his workers are to be cast out and that in spite of what sinful men do on earth against our Lord Jesus Christ, they are destined to a future and judgment, while His saints become eternally victorious. Begin now by serving our Lord with all the devotion of which you are capable (Matt. 6:33).

of water and save every drop. The Jules an canned vegetables should also be used. Do not overcook vegetables. Keep crisp and flavorful. Salt added during cooking preserves color. Soda should not be added as it destroys vitamins and flavor.

Miriam: "But do you think it is quite fair to go to the movies with Henry if you don't like him?" Henry: "Why not? He enjoys my company and I like the movies."

Minor Offenders Soon Become Major Offenders

"The man or woman who is allowed to get away today, tomorrow, next week or next month, with minor traffic infractions will some day be involved in a major smash," R. B. Marley, general manager of the Industrial Accident Prevention Association, said today in a bulletin issued to nearly 6,000 executive heads whose firms are covered by Workmen's Compensation in Ontario.

"The law of averages is my authority for making this statement," he said. "If the so-called 'minor infractions' were controlled to a reasonable degree, I believe that we would see a marked falling off in serious traffic accidents inside a three-year period."

"We are faced with a great problem today with regard to traffic control. The basic trouble, I think, has been that for too many years we have allowed minor traffic infractions to pass unnoticed with perhaps the casual remark that 'nobody was hurt,' or 'a miss is as good as a mile.'"

NO DETOUR

Stranger: "Which is the quickest way to the hospital?" Lumber: "Take me in the back with that umbrella again and you'll find yourself there in no time."

Newspaper Advertising Wins!

Merchants who wish to increase sales will be interested in knowing the actual value of newspaper advertising as compared with other mediums. Nationally known public accountants in the United States asked two questions of consumers in Louisville, Ky., who received all forms of advertising. The questions were: (1) What kind of advertising influences you most in your buying? (2) Which of the various types of advertising do you find most objectionable?

Here is how advertising was graded: (1) Theatre screen advertising is the least effective. (2) Billboards and circulars are next poorest; (3) Radio and direct mail follow; and (4) Newspaper advertising was declared the most effective to the public.

Furthermore the survey found that newspaper advertising sold more than all other media combined. The figures are that newspapers sell 56 per cent. of all goods sold by advertising; all other media sell 44 per cent. Sixty-five out of every 100 women buy from newspaper advertising and 51 out of every 100 men are likewise influenced. Two of every 100 women buy from circulars but 10 of every 100 women object to circulars while one of every 100 men buy from circulars and 10 object. Thirty of every 100 women object to billboard advertising and 42 of every 100 object to theatre screen ads.

Advertise Regularly in The Acton Free Press It's Halton County's Largest Newspaper

Friends—Far From Home



WHEN their mother, Crown Princess Juliana of the Netherlands, gave a reception to the crew of a Dutch warship at Picton Lodge, overlooking the shining waters of the Northumberland Strait in Nova Scotia, many of the seamen saw the children of the Dutch royal family for the first time. In the above photo, a Dutch sailor tries to gain the attention of Princess Beatrice, 3, (left) while Princess Irene, 2, looks wistfully at the camera, probably wondering why they all have to be so far from their native Holland.