THINGS TO FORGET.

If you see a tall fellow ahead of the A leader of men, marching fearless And you know of a tale worth telling Would cause his proud head to I anguish be bowed It's a pretty good plan to forget it. If you know of a Skeleton hidden

In a closet and guarded, and kept from the day-In the dark-and whose showing. whose sudden display Would cause grief and sorrow and lifelong dismay-It's a pretty good plan to forget it.

If you know of a thing that will darken the joy Of a man or a woman, a girl or a boy, That will wipe out a smile, or the A fellow, or cause my gladness to It's a pretty good plan-to forget it.

Twenty Years Ago

From the Issue of The Free Press of Thursday, April 20, 1922

Clean up and paint up-for-thrift's Both town and farm property are

changing hands pretty lively these

church. Toronto teachers on an Easter visit to Washington, New York and Philadelphia. Dr. James L. Hughes is di-

rector and guide. Mr. R. L. Gregory has decided to open a new thehtre in Rockwood and

. Last Sunday evening the men Knox Church congregation took charge of the service and very credit- 26). Jesus here pronounced two woes ably carried out the various parts of upon the Pharisees. In Matt. 23 He

pronounces eight. The woes are not the service. The meeting of citizens in regard the the same on the two occasions. to the highway was well attended on The first woe here is pronou Tuesday eyening. Mr. Smith and Mr. cause of the love of pre-eminence and Gregg of the Department of Highways prominence cv 43, cf. Matt. 23: 6, 7) were present to answer questions and explain the costs. A vote of all those churches today who "love and are present was taken and the meeting willing to pay high for) the upperwas in favor of the Highway comin : down Mill Street.

MARRIED

BENNIE-McLENNAN On Tuesday April 4th, 1922, at Cowan Avenue Presbyterian Church, Parkdale, Mr. Peter Bennie of Erin, to Mrs. Mc-Lennan of Parkdale.

SOLDIERS' Y.M.C.A.

tendance of 1,135,000 soldiers, sailors (Matt. 7:1; Jno. 8:7). While the Phari- two years and in the last 12 months the city into a strong machine-gun

The Sunday School Lesson FOR SUNDAY, APRIL 19

GROWING TENSION WITH FALSE LEADERS Golden Text .- He that is not with

me is against me; and he that ereth not with me scattereth. Luke

Time .-- A. D. 28. Pince---Galilee. Exposition. - I. Wee unto

Charlees, 37-44. much like those that the Lord uttered living. regarding the Pharisees on a later occasion (Matt. 23:13-35). But circumstances under which those corded in Matt. 23 were spoken were entirely different from those under which these were spoken! Our Lord. like every true teacher, repeated Himself on different occasions. It was evidently no real hospitality or true

regard for Jesus that led this pharisee

to invite Him for dinner (Luke, 7:36, The Pharisce was more concerned with the outside than with the inside ev. 39; cf. Matt. 23:25, 26); . They The latest report says Canadians ter than for a clean heart. They were ing toward their own prophets in the offensive on the Alsne began April 16. have contributed \$87,572 to the Rus- scrupulous in keeping clean from sian Famine Fund through the ceremonial defilement but their hearts were full of moral defilement, "ex-Six Acton tenchers joined with the tortion and wickedness." There are many pious platters today that are full of extortion and wickedness. The man who is scrupulous about the outside and neglects the inside is a "fool" (v. 40); for the same God made that which is without and that which i within. If we will give up our sel fishness and greed and use what we have for others then "all things are clean" unto us cv. 41, cf. Matt. 23

We have many Pharisees in most seats in the synagogues," desire for pre-eminence is utterly unchristian (Matt. 23:8; Luke 14:7-11; Rom. 12:10; 3 Jno. 9). If one is really great the way to show it is by taking the lowest place (Matt. 20:28; 23:11) Jno. 13:14, 15; Phil. 2:5-8). The secand woe was pronounced because of their hypocrisy and outward pretence of purity while they were like graves, full of death and decay within. Many LONDON. (CP) Canada's Over- beautiful sepulchre outwardly attrac- men during the war, and after. sens Y.M.C.A. in one year presented live, within full of death and corrup-6,774 moving picture shows, concert tion. If we are wise, each one of us programs and sing-songs for Canad- will seek first for the hypocrite in when war opened of 237,000 of all British and Canadians from pursuing

27) he was an abomination in the sight of God who read his heart (Luke

II. Ovoc unto You, Lawyers, 45-54. A lawyer among the Jews was not so much a lawyer in bur modern sense as rather a theologian, an expounder of the Monsic Law, and the woes here pronounced do not so much apply to the legal profession as to a certhin class of theologians and ethical teachers. Our Lord pronounced three woes upon the lawyers. The first because they londed other menwith burdens which they would not Lesson Text .- Luke 11:37-48, 52-54. touch themselves with one of their fingers (Matt. 23/4). There are many teachers today who require obligations of others which they do not meet themselves. Not a few substi-

> The second wee pronounced was for honoring the prophets of the past while rejecting and persecuting the prophets of the present (Matt. 23:28-35). It is better to listen to the words on the British right flank and furof living prophets than to build the tombs of dead prophets, but it is troops under Sir Douglas Haig's commuch easier to laud the dead than to obey the living. Men in all ages the blood of all the prophets was to routed the enemy from "The Pimple" prophets ev. 49).

deep-seated wickedness of the human attack opened April 9. heart than the way in which men in all generations treat faithful servants of God. . If a man faithfully delivers God's message today, rebuking present-day sin and clearly declaring the eternal consequences of impenitent sin, he will be treated essentially the same way today as the Jews in all ages treated their prophets. The third woe was pronounced upon lawyers because they had taken away the key of preparatory to the final assault made knowledge from men. They were suphad obscured the law. They were supposed to lead men into the truth: but they were shutting men out of the truth. Not a few who take the obscuring the truth of God and shutting men out of the real knowledge.

WANT MORE WOMEN M.P.'s

LONDON, (CP) A "Women for Westminster" committee has been formed to get more women into Par-

tives and not in some one clee ranks India's army reached 700,000 in their advantage and the enemy turned see appeared fair to men (Matt. 23: has increased by about 500,000 men.

· WAR 25 Years Ago

anadian Corps Completed Rout Germans at Viny "Pimple" and Consolidated Newly-Won Positions.

BY II. II. GORDON

Canadian Press Staff Writer The Battle of Arras, set off by the brilliant achievement of the Canad-Some things said here are very tute exalted ethical teaching for holy inn Corps at Vimy Ridge, was a great operation carried out during one of the most critical periods of the First Great War. Its success brought rellef to the hard-pressed French army nished proof of the strength of the

Approximately 13,000 prisoners and are more prone to praise the prophets | 200 guns had been captured and the of the past than to fisten to the pro- front line moved forward some four phets who are now with us. By their miles when the main offensive, started present conduct they were showing five days earlier, terminated April 14 that if they had lived in their father's 1917. The battle was not broken off day they would have done exactly as completely as it was necessary to contheir fathers did. As they were act- linue operations until the big French

toward the prophets of the past, so on April 12 when the 4th, division be required from that generation, at the northern extremity of Vimy God had forseen from the beginning Ridge. The 1st, 2nd and 3rd divisions just how men would deal with. His had been successful in driving the Germans from all other sections of Nothing more clearly reveals the the ridge within a few hours after the

From elaborate Fortifications at "The Pimple," a huge mound, German troops had poured a devastating machine-gun fire into the oversens soldiers and it was decided that the strong point could be taken only after artillery hombardment.

Captured in Snowstorm

The knoll was severely pounded at dawn April 12. Canadian soldiers posed to be interpreters of law but forced their way to the summit in a snowstorm and the Germans were dos feated in a sharp, hand-to-hand struggle with the bayonet.

During the week that followed the position of teachers today are really Canadians were busily employed erecting strong defences on the newlywon ground. Trench systems, redoubts and machine-gun posts were constructed and wire entanglements

On the northern end of the front the Canadian 4th Division threatened the city of Lens. The Germans dea professed Christian today is like a liament to watch the interests of wo- stroyed nearby Lievin and Avion, evidence, that they expected the Allies to strike at the big coal-mining area. BOMBAY, (CP) From a strength But weather conditions prevented the

HOW MUCH SHOULD YOU EAT

worker ent in order to attain maximum efficiency in wartime produc-

When the Congress on Industrial Health gathered recently in Chicago, Dr. A. C. Ivy, well-known physiologist of Northwestern University, gave the Congress some enlightening facts on Toworker's-food-requirements

Most men working in munitions plants are on the Job at least eight hours a day. Minimum requirement for eight-hour laborers is a diet containing 3500 to 5000 enlories a day This is considerably more than white-collar worker's requirements.

Powerful men working longer hours | day.

require even a greater allowanceup to 6000 enlories above the burnt requirements.

As to what the diet should consist of . Dr. Ivy said those items usually sufficient. Heavy muscular work Eric Balley, Vicar of St.

However, warns Dry Ivy, the fat content of a man's diet should not be too large, as some men's stomachs will not tolerate it.

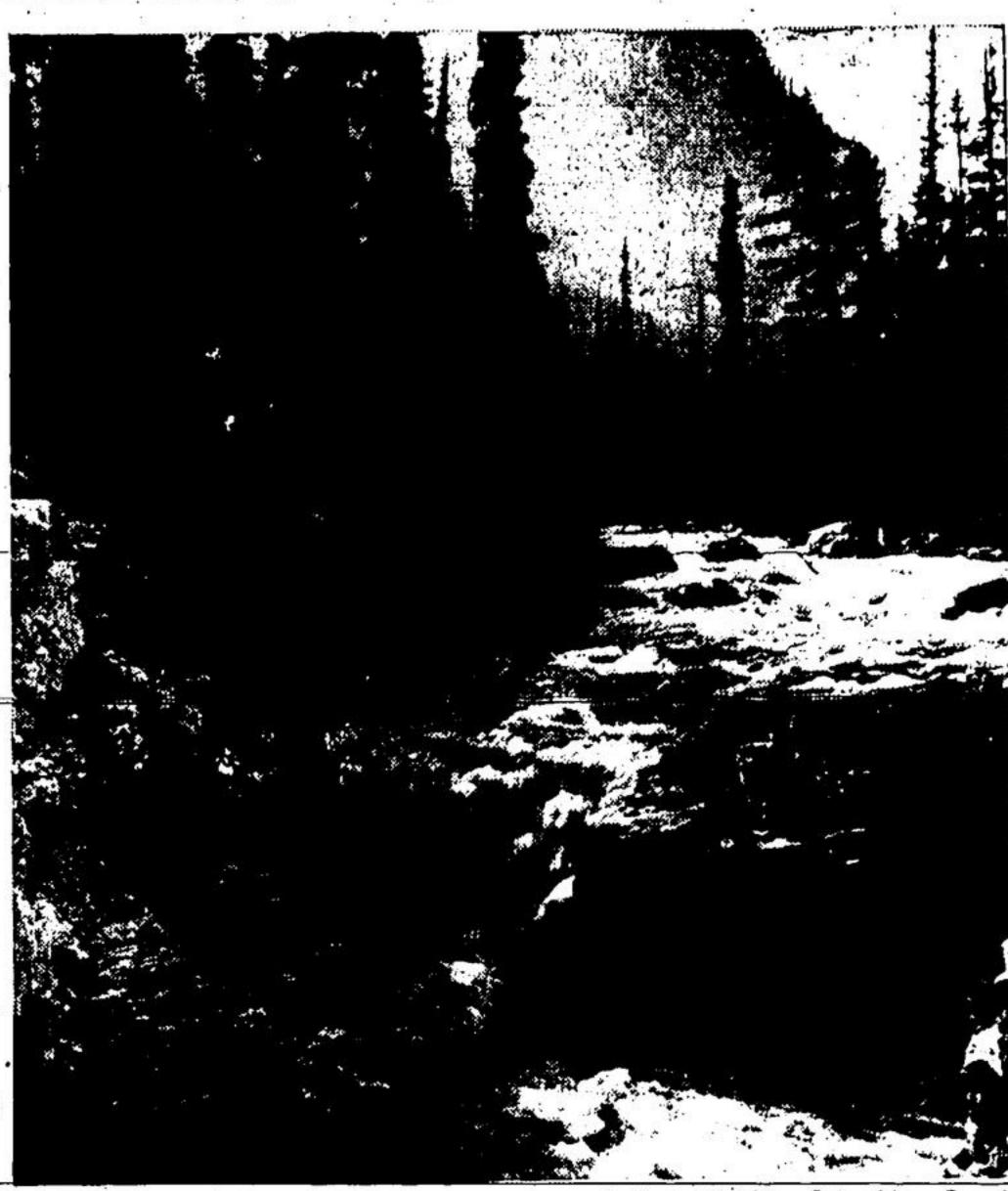
Foods high in mineral content are milk, whole-grain breakfast cereal, enriched brend, meats, eggs, greenleaf vegetables. At least some of each of these important foods should' appear on a worker's dinner table each

Consider Hats For Communion

LONDON, (CP) -- Women's . hats on a worker's menu are adequate, if sometimes constitute a menace to the the vitamin and mineral content is administration of communion, Rev. does not increase the requirement for Church, Upper Norwood, wrote in his protein but it does increase the re- parish magazine. The Vicar, asking quirement for fat and carbohydrates. churchgoers not to wear hats with wide brims or vells when taking communion, said one hat with a "raplerlike" feather nearly poked out the eve of a priest.

HOME GUARDS STICK

LONDON, (CP) Less than one per cent, of members of the Home Guard retired from membership when the Guard as an organization accepted obligatory service till war's end.



Falls at head of Marble Canyon, Kootenay National Park, British Columbia,

It has been said that every great business is but the shadow of a man. The biggest industrial and trading company, in the world---that of Lever Brothers and an associated Dutch company---is the projection, all over the globe, of William Hesketh Lever's shadow.

Lever didn't have much schooling. In his mid-teens he joined his father, a grocer in a small way, in Bolton, England. His main job was cutting up bars of soap. Then Lever went "on the road" for his father. While still a young man he set up for himself as a wholesale grocer, majoring in soap. His business prospered. He. became a soap manufacturer. Then Lever began buying out rival soap factories. He became a very large advertiser of soap. . In the course of the development of his ever-widening activities, he acquired ranches in South America and cocoanut

plantations in Africa----to supply him with fats and oils. He bought a whaling flogs: to get whale oil cheap. He-boughtand built railways and ships to carry his raw materials. He built box and other faetories. He made many other products besides soap. Then came a day when Lever's business made up the world's greatest industrial concern.

What retailers in Acton will to-morrow have the largest and most stable business? Who will be easting the largest shadows? They will be those who, like William Lever, have married their individual businesses to the people of our community and beyond, with undving affection and loyalty. Truly, the public is the retailer's wife----his partner, his helpmate; and the bond of enduring union is communications ---- advertisements published in our newspaper.

