

WHAT ARE YOU

He hunted of his family tree.
They moved in high society.
He was not of the common crowd.
Of fortune squandered he seemed proud.

I said, "Just what are you to-day?
Have you made good in any way?
Don't bring of what you used to be,
It's what you are that counts, you see."

He started low, as couldn't fall.
He had no family tree at all.
He had no fortune to be proud of.
Of poverty he had his share.
Long hours he toiled, yet seemingly
Of wealth he seemed to be.

He struggled on till good he made.
What matters what he used to be?
It's what he is that counts, you see.

Twenty Years Ago

From the pages of The Free Press of Thursday, March 23, 1923

New maple syrup is coming in.

Enter day open the month of April.

The Session of Knox Church has given its approval to the adoption of hymns by the choir. It is expected that these will be worn for the first time on Easter Sunday.

Mr. D. H. Lindsey is installing machinery at his chopping mill for a flour mill of 100 barrels capacity. Mr. Lindsey expects to have the new mill in operation some time in May.

Robert J. McPherson was the choice of the council for Acton's new Chief Constable and Municipal Officer. There were a dozen applicants for the position.

The store and property on Main Street owned by J. A. Moffat has been sold to S. M. Lanby.

BOHN

KING—In Acton, on Friday, March 21, 1923, to Mr. and Mrs. L. George King—a daughter.

DEED

JOHNSTON—On Tuesday, March 27, 1923, at his late residence, 127 Wright Ave., Toronto, Samuel Johnston, beloved father of Mrs. Sam. Williams, John and Dr. Samuel Johnston.

To Enjoy Food Avoid Jitters Over Vitamins

Housewives Advised to Relax and Not Make Fetish of Healthy Meal Getting for Balance of Diet is Fairly Easy

BY MRS. ALEXANDER GEORGE Associated Press Food Editor

A woman said to me the other day: "I try hard to give my family a well balanced diet, but I'm ashamed of myself. I simply can't remember what vitamins are in all the foods they ought to have."

The answer is: Why should you try? Vitamins are part of food. Food is what you eat—and enjoy, we hope.

That we should have a healthy and well-nourished nation is one of the most important necessities for winning this war. The achievement of that goal need not be an overwhelming solemnity. Relax, housewives, and use the simple, basic knowledge that scientists have worked out for you as simply as you've learned it. We needn't make a fetish of vitamins. Just remember that they are a part of food, which is one of our dearest possessions—and getting dearer every day as further scarcities come upon us.

Because of these scarcities, it is more than possible that we shall have to give way in a few places on the tremendously high nutrition standards which are set for us in 1941 under an economy of plenty we thought was ours forever. Let's take a look at how we can begin to substitute for foods that were absolute musts in the nutritional yardstick.

Milk is Top

Milk is the most important single food we have. It's extremely hard to find a substitute. If the supply is short—in fluid, dried, evaporated or cheese form—what there is should be given in large portion, to children and to prospective and nursing mothers.

Vitamin C foods mean citrus fruits and tomatoes to most people. Cabbage is another fine source, and so are many salad greens.

We can still get at least one or more of the leafy, green or yellow vegetables in most sections of the country. There's a wide range and we must simply become accustomed to using those that are obtainable often, rather than demanding the wide variety we used to get.

Nutrition Standard

As for the "other vegetables or fruits," of which we were supposed to have two or more servings a day, we must take what we can get. Potatoes (cooked with the skins on) can fill a larger part of this demand than they have done. The British nutrition standard calls for the consumption of a pound per person per day. Fill in with whatever other fresh foods you can buy.

We could eat a good bit less of meat, poultry, fish, and other proteins than we've been accustomed to and still be perfectly healthy.

Of cereals and bread we have, so far, abundance, and there seems little reason to suppose that we shall have less. We must learn to eat more of them.

The Sunday School Lesson

SUNDAY, MARCH 22

THE APPEARANCE AFTER THE RESURRECTION

Gospel Text.—I am alive for evermore. Rev. 1:18.

Lesson Text.—Jno. 20:15-31.

Time.—Evenings of Sundays, April 9 and 16, A. D. 30.

Place.—Home in Jerusalem.

Explanation.—I. Jesus Appears Under the Disciples, Thomas Being Absent, 20-23.

Jesus having appeared to his disciples appears to the disciples collectively. With a word He banishes their fear. "Peace be unto you." At He said this He was standing in their midst. When He stands in the midst there is always peace no matter how great the turmoil without. He was fulfilling His promise to them (Jno. 16: 22). His coming is the great cure for all fear and sorrow (Isa. 25: 3; 1 Thes. 5: 17). His coming is no barrier to the entrance of the resurrection body of Jesus. Strangely enough the first result of the appearance and words of Jesus was increased fear (Luke 24: 37). The heart of sinful man shrinks back from the supernatural. Jesus sternly rebuked their determined unbelief and hardness of heart (Mk. 16: 14). Unbelief is not a misfortune to be pitied but a sin to be rebuked and repented of. To overcome their persistent unbelief and to convince them beyond a question that it was indeed His very self, Jesus showed unto them His nail-scarred hand and spear-pierced side (Luke 24: 38-40, 41-43).

The evidence of a literal physical resurrection of Christ are overwhelming. The disciples were at last convinced and gladness took the place of fear. They were "glad when they saw the Lord." There is no other gladness like that which comes from a clear vision of the risen Christ. Jesus felt it necessary to repeat His message of comfort their unbelieving hearts had not taken in. Having given them peace, He next gives them a commission. First, peace in our own hearts, then a commission to others. The form of the commission was thrilling, "as the Father hath sent me even so..." (Isa. 61:1-3; Mk. 16:15). Having given them the commission He gives the empowerment for it (Luke 24:49; Ar. 1:8, 5; 8:10, 38). The disciples did not actually receive the Holy Spirit in His fulness at this time (Ar. 1:5; 2:4; Jno. 7:39; Ar. 2:33; Jno. 16:7).

Jesus' breathing upon them was a symbolic and prophetic act. By breathing upon them and thus assuming to be the One whose breath is the living Spirit, Jesus claimed most unmistakably to be divine (Gen. 2:7; Job 33: 4; Ps. 33:6; Rom. 8:9).

By reason of receiving the Holy Spirit they were to receive a power of spiritual discernment whereby they would know when men had truly repented and believed, and so whose-ever sins they forgave would be forgiven and whose-ever sins they retained would be retained. It was not by virtue of any office that was to descend upon a line of successors but by virtue of receiving the Holy Spirit that they were to be able to forgive sins (Ar. 13:5; 10; 8:20-23; 1 Cor. 5: 4; 2 Cor. 2:6-10). Thomas, full of doubt and self-will, was not with the brethren and so missed seeing his risen Lord. The other disciples hastened to tell Thomas of the blessing they had received. By this time Thomas should have been convinced, but he was not. He had many reasons for believing (Matt. 16:21; 20: 18; Luke 24:13-33), but Thomas would not believe him unless he had a proof which, in self-will he presumed to dictate. "Thomas' willfulness comes out in his words. "I will not believe." The only kind of evidence Thomas was open to was that which came through his senses. What is told of Thomas here is in perfect keeping with what is told elsewhere (chs. 11:16; 14:5). Thomas was not the kind of a man to believe upon insufficient evidence in a resurrection that did not really take place.

II. Jesus Appears Again, Thomas, 26-29.

Jesus had hidden the disciples to go into Galilee (Matt. 28:10), but they seem to have waited a week rather than leave Thomas behind. Their testimony had made some impression upon him, for on the next Lord's day he took pains to be with them. The wonderful grace and pity and long suffering of Jesus appear in His words to Thomas and His whole treatment of him. Thomas was fully convinced at last, and cries to Jesus with one of the most remarkable ascriptions of deity to be found in the Bible, "My Lord and my God." Jesus accepted these titles. Thomas outstripped them all at last. Jesus gave Thomas a very gentle but suggestive rebuke for his persistent unbelief. He pronounces an especial blessing upon the one who does not ask to see but believes upon the naked testimony of the Word of God (Luke 1:38, 45; Heb. 11:8, 17-19, 30).

III. Why John Recorded the "Signs" Related in This Gospel, 30, 31.

Jesus wrought many works of divine power, "signs" of His being sent of God as the Messiah, which are not recorded in this gospel nor in the other gospels. In selecting from all "the signs" that Jesus performed,



A COUNTRY EDITOR SEES Ottawa

WRITTEN SPECIALLY FOR THE WEEKLY NEWSPAPERS OF CANADA BY JIM GREENHALL, Editor of the SUN, Acton, Current Correspondent

ENFORCEMENT—FOOD

How do they get away with this, with that? Even your own friends say, "They can't do this to me, I can't be hooded." You've heard plenty of that stuff. And Fred A. McGregor, grey haired, stout spoken Enforcement Administrator of the Wartime Prices and Trade Board, at Ottawa, tries to help find the answer. There's nothing he fears more than to have his personnel labelled Gestapo and such things.

He realizes, of course, that an investigator in your region, invested with new and uncustomed power, might throw his weight around a little and by gosh, half a hard to stomach. But supply of men, capable, is thin, says Mr. McGregor. They keep checking on the check, even; sometimes it takes time to find out.

F. A. McGregor "We can't do an ivory tower in Ottawa," he said. Whether it's on rentals, hoarding or anything else they do try to get an honest statement of fact from the enforcement counsel in each regional division, and they do insist on getting "local color" with it. Personal circumstances are taken into consideration. All the administration does, he says, is pass on a case to decide whether it should go to the courts or not.

Klicks—Well-Founded and

"We have to watch our step, too, from those whose toes have been stepped on; who make spite charges against persons they may have a grudge against, many, many of which have been investigated and discovered to be unfounded." And in the converse, he showed me the file and memo, where he had just that day personally telephoned an old foreign-born woman in Montreal to apologize for the actions of an investigator who was too smart altogether.

"We couldn't handle the job of enforcement if the public didn't cooperate," he pointed out, "but thank heaven 95% of the people are doing a real enforcement job with us." A small percentage, of course, are defiant and won't play ball. Some of it, he claims, is pure carelessness of regulations to be observed in business.

"What of the future?" I asked. He hitched closer to me to emphasize the point as he warned that more difficult times are ahead, with dangers of "black market," etc. "Tell the people they are only helping themselves and they can be of tremendous help to us as the more critical times approach. We would rather have compliance than enforcement any time."

From Dec. 1, 1941, to Dec. 31, 1942, they had 1,532 prosecutions for the whole of Canada, and 1,438 convictions. You and I who know what's going on can reason it out for ourselves whether they are a Gestapo gang or an administration to check firmness.

British View Food Situation

I hate to hurry on with so much material of interest available, but the series is just about finished. I might give you a few thousands from Dr. G. E. Britnell, economic adviser of the Food Administration, touted headed, earnest fellow whose office walls are covered with colored charts. Butter rationing? All part of the over-all picture we had, he explained. Figure it out: more lunch pails, more sandwiches; more civilian workers, armed forces; Red Cross necessities; Alaskan Highway; U. S. A. troops in Canada; commitments to West Indies and Newfoundland. Why, the use of fluid milk increased by 10% over the previous year. Our per capita consumption of butter in Canada is 26 lbs. while that of cheese, only 4 lbs., and it takes two of cheese to make one of butter.

Beef? Yup, he admitted a tight position there, but remember that in general there is nothing in its overall position in Canada which would dictate it if we had no responsibilities to the United Nations. It is obvious that we cannot maintain higher consumption levels of meats than others of the United Nations, say the United States.

It is unlikely that we will avoid meat rationing in the trend of events, he says, and that takes in beef, pork, bacon, veal, lamb and mutton. With the new feeding program, however, he is certain we will have more beef

industries. "The food administration staff determines what to do," he said, and much of the action which follows may be carried out by regional officers of the Board, enforcement or rationing divisions.

You see, food supply naturally divides itself into two groups, foods of domestic origin or imports. When domestic supply is threatened as a result of heavy price established under the ceiling, either of three things is done. The article can be removed from the ceiling entirely, as done with a number of fresh fruits and vegetables. The price could be increased as with beef, lamb and some other products which have a seasonal price range and which required higher prices to maintain supply, or, thirdly, substitutes were added to the existing price.

You remember how the latter was done extensively in the case of milk, dairy products and a number of canned items, such as tomatoes.

Action with respect to maintenance of supply has been taken mainly in conjunction with or in co-operation with the Department of Agriculture. In the case of essential imported foods, he pointed out, the same general principle is applied to subsidize imports if the price ceiling threatens supply or to lift ceilings from the threatened products. There it is in a nutshell, and I hope there's a kernel in it.

And he added, did Mr. Taggart, that the most common practice of imports has been for the Commodity Prices Stabilization Corporation to bulk purchase at the best possible price and then sell into the domestic trade at whatever price is necessary to maintain ceilings.

The determination of requirements and the management of distribution has been the responsibility of the Food Administration. They control prices and keep up supplies of food for the civilian population, and to assist other government bodies, it also acts to requisition or otherwise acquire food for the soldier boys and girls and other priority needs in cases of particular commodities which are in short supply.

Mr. Taggart made it sound so hum-drum that I had my appetite for dinner. And there's not a secret. Subsidies are not handouts, and the trade gets no special benefit from them. They are only paid if there is no other way of securing a sufficient supply of an article without exceeding the ceiling price, and are limited only to essential consumer goods, and next week's article concludes the series.

This is the Ninth of a Series of Articles by Mr. Greenhall.

CAMOUFLAGE SCHOOL

VANCOUVER (CP)—Streamlining their skill to suit the needs of war, soldier artists and architects are the students at Canada's first camouflage school which has been opened in Vancouver. A London artist, Major J. N. C. Lewis and Captain A. R. E. Rhodes, well known in England as a writer, are looking after the setting up of the school.

SPEAK MANY TONGUES

WINNIPEG (CP)—Languages are no stumbling block for members of the Canadian Army Corps in M.D. 10. A survey of records disclosed that members of the unit here can read, write or speak about 15 languages besides English, including French, Icelandic, Polish, Norwegian, Finnish, Belgian, Dutch, German, Hebrew, Roumanian, Russian and Ukrainian.



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