

The Action Free Press

THURSDAY, JUNE 16, 1911

The Young Folks

THE MODERN PLAN OF LIFE.

Get a wiggle on my kid. Don't walk at a lumbering pace. Don't stand long, moving and. Don't sit at a desk for hours.

Health round and to your share. In the long run to be a bash. Don't have too much to eat. Don't have too little to eat.

Push out; don't stand still by. Above your head, push and expand. You will get there if you try. Bring your shoulders, brace your feet.

Don't live in a little den. Don't get half starved, hungry, cold. You are made for such a pace. "Clean, work, and push out loud.

Don't keep your shadow moving. If the world won't go with you. Let it slip in the old groove. Stride out bold; try something new.

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NOTES HERE AND THERE.

Items of General Interest to Free Press Readers.

Quack Advertisements

Are a nuisance and we think it behooves publishers to examine into the merits of many articles peddled up in their columns.

We do not deny that many meritorious remedies are properly to be classed under this heading. Take the hundreds and thousands relieved from severe suffering by the use of Polson's Nervine; would it not be unreasonable to expect them to condemn that far-famed remedy? Now we know for a fact that Polson's Nervine is without exception the most powerful, pleasant and certain remedy in the world for pain in the head, back, spine, joints, nerves, soothes them into quietude, and affords prompt and permanent relief.

How to keep your own counsel—Get into a choppy suit, and you will never get rid of him.

The Lungs, Liver, Kidney, Bowel, etc., are so many waste gates for the escape of effete matter and gases from the body. The use of Northrop & Lyman's Vegetable Discovery helps them to discharge their duty. Mr. W. H. Lester, Et. M. Custer, Toronto, writes: "I have personally tested the health-giving properties of Northrop & Lyman's Vegetable Discovery, and can testify as to its great value."

A soldier will not read Robinson Crusoe because it is the work of De Fo.

Winter Sports.

The gay winter season exposes many to attacks of colds, coughs, hoarseness, lightness of the chest, asthma, bronchitis, etc., which requires a reliable remedy like Hagar's Federal Balsam for their relief and cure. Known as reliable for over thirty years. The best cough cure.

A goal dealer of the bon ton—He who gives 2500 pounds to the ton.

First and foremost among external curatives of pain is Dr. Thomas' Electric Oil. Not as it is esteemed as a remedy for rheumatism, swellings, corns, bunions, etc. It is as efficacious as well as inexpensive. The results are as follows: It is recommended by its practitioners as the only of a small quantity.

Difficult punctation—Putting a stop to a gossip's tongue.

The Whole Alphabet

Of pain yields to Clark's Lightning Liniment. It is equally effective in inflammation of the kidneys, bladder, or bowels, congestion of the lungs, sore throat, difficult breathing, hysteria, croup, diphtheria, headache, toothache, neuralgia, rheumatism, acute, chronic, frost bites, bruises, coughs, colds, sprains, pains in the chest, back or limbs. Ask for Clark's Lightning Liniment, and take no other. Price fifty cents. Clark Chemical Co., Toronto, New York.

The oldest Combination lock—Wedlock.

C. A. Livingston, Plattville, says: "I have much pleasure in recommending Dr. Thomas' Electric Oil, from having used it myself, and having sold it for some time. In my own case I will say that it is the best preparation I have ever tried for rheumatism."

The color of your money so often spoken of is generally that not peculiar, tint known as Barry Red.

Health in Herbs.

Health-giving herbs—barley, rye, and berries are carefully combined in Burdock Blood Bitters, which regulate the secretions, purify the blood and renovate and strengthen the entire system. Price \$1 a bottle, six for \$5. Less than 1 cent a dose.

The Jew between England and Russia is a financial one. Both are striving for the capital of the Alps.

If you want to buy or sell a Farm, advertise in the Toronto Weekly Mail. That paper reaches 100,000 farmers' homes every week, and your advertisement should meet the eyes of someone who wants to purchase. Advertisements of this class are inserted in the Toronto Weekly Mail for Five Cents a word each insertion, or Twenty Cents a word for five insertions. Address The Mail, Toronto, Canada.

Eliot's Indian Bible is like stock jobbing in Wall Street. There are very few who can make anything out of it.

Children Cry for Pitcher's Castoria.

When Baby was sick, we gave her Castoria. When she was a Child, she cried for Castoria. When she became a Woman, she clung to Castoria. When she had Children, she gave them Castoria.

The Key Stone.

Regular action of the bowels is the key stone of health. The use of B. B. B. figures it and cures constipation, dyspepsia, etc.

Miss F. Williams, 415 Bloor Street, Toronto, writes: "Five or six years ago I was afflicted with constipation and pain in the head with great success. I improved from the second dose."

Lord Dufferin is pretty busy just now. Last week he was in the Balkans; next week he is going to China India.

Enrich the blood by the use of Milburn's Beef, Iron and Wine, which supplies the necessary blood building material.

Amused Father (to his wife)—I cannot conceive, my love, what is the matter with my watch. I think it must "want cleaning." Little Daughter (speaking hurriedly, but triumphantly)—"Oh, no, papa, dear! I don't think it needs cleaning, because baby and I had it washing in the basin for over so long this morning!"

Weak Woman.

The more sensitive nature of the female sex renders women much more susceptible than men to those numerous ills which spring from lack of harmony in the system. The nervous system gives way, sick headache is frequent, the appetite is lost, and other ailments peculiar to the sex cause great suffering. Hood's Sarsaparilla is peculiarly adapted for such cases, and has received the most gratifying praise for the relief it has afforded thousands of women whose very existence before taking it was only a struggle. It strengthens the nerves, cures sick headache and indigestion, purifies and vitalizes the blood, and gives rapid and healthy action to every organ in the body.

Worms derange the whole system. Mother Gray's Worm Extirminator and Average Worms, and gives rest to the sufferer. It only costs twenty-five cents to try it and be convinced.

Miner's Lament cures Headache.

MY LADY SUFFERS.

Of the woman's sight. Mind, like your golden light, she sleeps, my lady sleeps!

Alone of the summer night. For down you waken sleep, think in the silver light, she sleeps, my lady sleeps!

Wind of the summer night. Where you waken sleep, think in the silver light, she sleeps, my lady sleeps!

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CASTORIA for Infants and Children. "Castoria is so well adapted to children that I recommend it superior to any preparation known to me." R. A. ANGIER, M. D., 111 St. Orléans St., Brooklyn, N. Y.

WITH SPRING Comes Kelly Bros.' Fine Assorted Stock of Spring Suits, Pantings and Overcoatings. Our Tweeds and Worsteids are the finest and best that money could buy, and we are determined to keep the prices down under that of cheaper goods. Our new Spring Hats have just come to hand and are the Best and Most in the market. They are in Men's, Boys' and Children's, all sizes and prices.

LARDINE Has become Famous as the great MACHINE OIL OF CANADA. It is made by McCOLL BROS. & Co., Toronto. M'COLL'S Cylinder Oil Needs only to be used to be appreciated. Try it. Get only the genuine. Beware of those who imitate Lardine.

ST. JACOBS OIL THE GREAT REMEDY FOR PAIN. DIAMOND VERA CURA. CURES DYSPEPSIA AND INDIGESTION. The color of your money so often spoken of is generally that not peculiar, tint known as Barry Red. Health in Herbs. Health-giving herbs—barley, rye, and berries are carefully combined in Burdock Blood Bitters, which regulate the secretions, purify the blood and renovate and strengthen the entire system.

GILLETT'S PURE POWDERED LYE. PUREST, STRONGEST, BEST. Absolutely Guaranteed as claimed or money refunded. PUREST, STRONGEST, BEST. Absolutely Guaranteed as claimed or money refunded.

Hollinrake & Son. Boys' Clothing Dept. Yes! We know your boy needs a nice, new suit and that you are intending to buy him one. The question that is revolving in your mind is: "Where can I get the most stylish, best fitting and prettiest suit for little money."

Hollinrake & Son, MILTON. Men's Clothing. All that we have said about the styles and prices of the boy's clothing applies with equal force to our Men's clothing. Men! We have not forgotten you in this important matter of outward adornment. We have a first class Clothing man who will be pleased to show you the stock.

SPEIGHT & SON. Have a large stock of Furniture suited to every pocketbook. In furnishing a house, or adding thereto, the poor man can secure articles of comfort as well as the rich. We have a full line of Furniture for The Parlor, The Dining Room, The Bedroom, The Kitchen. In many styles and prices. Excellent value always. J. A. SPEIGHT, Manager.

Canadian Printers, Read! can furnish you with the Best Presses for Country News and Job Work to be had in this country and at Lower Prices than for any other NEW Cylinder Press. COME TO ACTON AND SEE OUR Improved Country Prouty Press AT WORK. The FREE Press is printed on the above press, and the work illustrates its merits. No \$1500 Drum Cylinder Press can do better newspaper or poster work.

THOMAS C. WATKINS. Arrived at the Right House This Week. TWENTY PACKAGES NEW GOODS. TEN CASES Curtain Poles, 1 case Window Shades, 1 package Window Fringes, 1 case Corsets, 1 case Wool Damask, 1 case Dress Linings, 1 case Lace Curtains, 2 periods Ladies' Hats, 1 case Grey Cotton, Ladies' Night Dresses, Chemises, Blouses, Corset Covers, Cable Cord, Dress Buttons, Shirtcases, Corsets, Corsets, Gold Lace, Silk Gowns, Dress Ribbons, Garter Net, White Satin and White Velveteen. A LARGE STOCK OF INDIA MATTING FOR SUMMER HOUSES AT CAMP GROUNDS, THE BEACH, ETC. IT MAKES A VERY CHEAP AND FASHIONABLE COVERING FOR HOUSE AND OFFICE FLOORS. IMMENSE REDUCTIONS ON GOODS. LACE CURTAINS PUT DOWN FROM \$4.50 to \$2.50, \$10 to \$2.75, \$2.50 to \$1.50, \$5.00 to \$3.50. CHENILLE CURTAINS FROM \$10 to \$1.50, \$15 to \$11, \$4.50 to \$1. CHILDREN'S MANTLES \$3.75 to \$2, \$2.75 to \$2, \$3.75 to \$2.50. Embroideries 15c. to 70c., 4c. to 2c., Pink Chambray 25c. to 35c., CREAM MULLIN 40c. to 30c., COLORED MULLIN 15c. to 10c., 7c. to 5c., CHAMBRAY FLOURING \$1.40 to 50c., 75c. to 50c., Beaded Galloons 60c. to 25c., 45c. to 15c., 20c. to 10c., Gimp 50c. to 25c., \$1 to 50c., \$1 to 50c., Window Shades and all other Housefurnishings have an enormous sale, as they are such charming styles, good quality and excellent value. The Millinery, Mantles, Dress Goods, Underclothing for Ladies and Misses in Wool, Merton, Cotton, and Embroidered Goods, Gloves and Hosiery, Gaiters, and Boys' Shirts, Drawers, Night and Day Shirts, all in great variety and new designs in stock, and made to order in fashionable styles at short notice. PLEASE ENTER THE STORE AT THE CORNER OF KING STREET EAST AND HURON STREET NORTH.

RAILWAY TIME TABLE. Grand Trunk Railway. Express, Passenger, Freight, and other services.

MUNN & CO. SCIENTIFIC AMERICAN PATENTS. The Largest Scale Works IN CANADA. OVER 100 STYLES OF HAY SCALES, GRAIN SCALES, FARM SCALES, TEA SCALES, IMPROVED SHOW-CASES, MONEY DRAWERS, Meat Choppers, AND BUTCHERY SUPPLIES.

D & C TO MACKINAC SUMMER TOURS. PALACE STEAMERS. Low Rates. DETROIT, MACKINAC ISLAND, Pictured Rocks, Marquette, and the Soo. DETROIT AND CLEVELAND. OUR ILLUSTRATED PAMPHLET. Send for it free.

IMPERIAL BAKING POWDER. PUREST, STRONGEST, BEST. Contains no Alum, Ammonia, Limes, Phosphates, or any injurious ingredients.

THE KEY TO HEALTH. BURDOCK BLOOD BITTERS. Unlocks all the clogged arteries of the Bowels, Kidneys and Liver, carrying off gradually without weakening the system, all the impurities and foul humors of the secretions; at the same time correcting acidity of the stomach, curing Biliousness, Dyspepsia, Headaches, Dizziness, Constipation, Dryness of the Skin, Dropsy, Blisters, Eruptions, Salt Rheum, Erysipelas, Scabies, Flatulency of the Heart, Nervousness, and General Debility; all these and many other similar complaints yield to the happy influence of BURDOCK BLOOD BITTERS.