

The Young Folks.

BE FIRST.

What you remember is what you eat. It is the food you eat that makes you what you are. It is the food you eat that determines your health, your strength, your energy, your ability to resist disease. It is the food you eat that determines the length of your life. So, eat wisely, eat healthfully, eat to live.

CONSUMPTION CURED.

An old physician, retired from practice having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure of Consumption, Bronchitis, Catarrh, Asthma and all throat and lung affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to all his suffering fellow-men. Actuated by this objective and a desire to relieve human suffering, he will send free of charge, to all who desire it, this recipe in German, French or English with full directions for preparing and using. Sent by mail by addressing with stamp, blank this paper, W. A. NORRIS, 690 Powers Building, Rochester, N. Y.

Your blood

Undoubtedly needs a thorough cleansing this season to expel impurities, keep up the health tone and prevent disease. You should take Hood's Sarsaparilla, the best blood purifier and sarsenic tonic. It is unequalled in positive medicinal merit.

Hood's Pills are perfectly harmless, effective, but do not cause pain or cramps. Be sure to get Hood's.

Georgetown is a term which does not apply to any station, but to the mind and the feelings in every station. The man of rank who deports himself with dignity and candor; the tradesman who discharges the duties of his office with honor and integrity, are alike entitled to it; the humblest artisan, who fulfills the obligations cast upon him with virtue and with honor, is more entitled to the name of gentleman than the man who could indulge in offensive and reviling remarks, however high his station.

SCOTT'S EMULSION OF PURE OIL LIVER OIL WITH HYPOPHOSPHITES OF LIME & SODA

A GAIN OF A POUND A DAY. A GAIN OF A POUND A DAY IS THE MOST IMPORTANT FACT IN THE SUCCESS OF SCOTT'S EMULSION. IT IS THE MOST IMPORTANT FACT IN THE SUCCESS OF SCOTT'S EMULSION. IT IS THE MOST IMPORTANT FACT IN THE SUCCESS OF SCOTT'S EMULSION.

The Lung, Liver, Kidneys, Bowels, &c., act as so many waste gates for the escape of effete matter and gases from the body. The former for his Extract of Sarsaparilla—the best of blood purifiers. Who can estimate how much these diseases have benefited the race?

A velocity as high as 2,767 feet per second has been obtained by a projectile from a rapid fire gun. This is at the rate of 1,568 miles an hour. It is the highest velocity yet recorded.

"It is Great Public Benefit."—These significant words were used in relation to Dr. Thomas' Electric Oil by a gentleman who had thoroughly tested its merits in his own case—having been cured by it of lameness of the knee, of three or four years standing. It never fails to relieve soreness as well as lameness.

TOURISTS.

Whether on pleasure trip or business, should not on every trip a bottle of Syrup of Fig as it acts most pleasantly and effectively on the kidneys, liver and bowels, preventing fevers, headaches and other forms of sickness. For sale in 75c bottles with all leading druggists.

Quite a Breeze.

"Waiter, I will really have to return to another table. There appears to be a terrible draft here."

"That's no draft here, no, Mr. La Dede. That is not what I call a draft that comes from the kitchen."

"Ah, that's it, I know there was a draft. It nearly blew me away. Really, now couldn't you ask her to stop?"

IMPERIAL BAKING POWDER

PUREST, STRONGEST, BEST.

E. W. GILLETT, Toronto, Ont.

NOTES HERE AND THERE.

Items of General Interest to Free Press Readers.

Cure for Dyspepsia.

As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglected constipation, lack of exercise, bad air, etc. The food should be thoroughly chewed and never boiled or overcooked in taste, stimulants must be avoided and exercise taken if possible. A remedy which has rarely failed to give prompt relief and effect permanent cure, even in the most obstinate cases, is Burdock Blood Bitters. Its effect is regulating and toning the digestive organs, removing costiveness and increasing the appetite and restoring health and vigor to the system. As a case in point we quote from a letter written by Miss L. A. Kuhn, of Hamilton, Ont.:—Two years ago life seemed a burden. I could not eat the simplest food without being in dreadful misery in my stomach, under my shoulders and across the back of my neck. Medical advice failed to procure relief and seeing Dr. B. B. advertised, I took two bottles of it, and have been entirely free from any symptoms of my complaint since.

Physicians, travellers, pioneers, settlers, hoteliers and all classes of people of every degree, testify to the medicinal and tonic virtues of Burdock Blood Bitters, the most popular and effective medicine extant. It cures all diseases of the stomach, liver, bowels and blood.

SHILOH'S CONSUMPTION CURE.

The GREAT LUNG CURE. This successful CONSUMPTION CURE is without a parallel in the history of medicine. All druggists are authorized to sell it on a positive guarantee. If you have a cough, sore throat or bronchitis, use it, for it will cure you. If you are troubled by Crook or Whooping Cough, use it promptly, and relief is sure. If you dread that insidious disease, CONSUMPTION, don't fail to use it, it will cure you or cost nothing. Ask your druggist for SHILOH'S CURE; price 10c. Sold by all druggists and by the Paragon Pharmacy, 25c.

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The horse—subject of the brute creation when suffering from a cut, abrasion, or sore, derives as much benefit as the master in a like predicament, from the healing, soothing action of Dr. Thomas' Electric Oil. Lacerations, swelling of the neck, stiffness of the joints, throat and lungs are relieved by it.

THE SURPRISE WAY.

YOU want your Cottons, Linoths, Finnaols always sweet, clean, snowy white? YOU want "the wash" done by the quickest, the cleanest way? SURPRISE Soap "The Surprise Soap" without boiling or scalding, gives those results. READ the directions on the wrapper.

REVISED PHILOSOPHY.

ALWAYS TRUE.

RHEUMATISM. COL. DAVID WYLLIE, Brockville, Ont., writes: "I suffered intensely with rheumatism in my ankles. Gillett's Bitters relieved them."

NEURALGIA. Mr. JAMES DONNELL, 120 York St., Toronto, Ont., writes: "St. Jacobs Oil is the only remedy that relieved me of neuralgia, and I can testify to it."

IT IS THE BEST.

CASTORIA

for Infants and Children.

GILLETT'S PURE POWDERED LYE

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Glasgow House.

PRINTS.

This season we are showing the largest and best assorted stock in this line ever brought into Acton.

The same quality of Print that we sold at 15c and 17c last year can be had this year at 12c.

The goods are all new and just on Saturday we received 50 new pieces.

The patterns are all new and varied so that you have a large range to choose from.

We have also great bargains in 8c and 10c prints, of which we have stacks that must be sold.

Our stock of Dress Goods is most complete and very large range is on exhibition every day at ground prices.

Our Black and Colored Cashmeres were bought from the largest house in Montreal and the prices are the cheapest we ever sold goods at.

A call will pay you.

Henderson, McRae & Co.

Send him your order for any class of Wood Engraving you desire.

CHAS. J. JONES, Mechanical & General Engraving, 511 KING ST. EAST, TORONTO.

Kenney Bros., Acton.

Low Figures

Now is the time for Cheap Shoes. Don't miss this great opportunity. Money saved is money made.

10 percent discount

On all cash purchases. Our stock is very large and we can call it.

May Need New Furniture

W. MCLEOD & CO., GEORGETOWN.

W.M. McLEOD & CO'S Georgetown.

We are opening out heaps of New Dress Goods, new Millinery, new printed satens as well as silks, new Prints, new staples, new sewed muslin Embroideries, new muslins, new Corsets, new cloths or suitings, new gents furnishings, new carpets, new curtains, new ready-made clothing, new Boots and Shoes. Also we have determined to have a big sale of dress goods. The prices of the said goods were from 35c to 65c, and they shall be sold at 25c per yd. Come early and secure first choice big bargains, don't miss it. Our millinery opening will be announced shortly. Dress-making first class. Tailoring, nothing in Canada to beat us. We have a big choice stock, price right and we are anxious to do business. Patronage respectfully solicited.

THE MAMMOTH.

HACRYD'S YELLOW OIL

CURES RHEUMATISM. FREEMAN'S WORM POWDERS.

SPIGHT & SON

J. A. SPEIGHT, Manager.

PRINTERS

I 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.

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.

H. P. MOORE

Agent for Canada, ACTON, ONT.

RAILWAY TABLE TIME.

Grand Trunk Railway.	
GOING WEST.	GOING EAST.
Express..... 11:00 a.m.	Express..... 10:00 a.m.
Mail..... 10:00 a.m.	Mail..... 9:00 a.m.
Passenger..... 8:00 p.m.	Passenger..... 7:00 p.m.

BURDOCK

Regulates the Stomach, Liver and Bowels, unlocks the Secretions, Purifies the Blood and removes all Impurities from a Pimple to the worst Scarculous Sore.

BLOOD

DYSPEPSIA, BILIOUSNESS, CONSTIPATION, HEADACHE, SALT RHEUM, SCROFULA, HEART BURN, SOUR STOMACH, DIZZINESS, DROPSY, RHEUMATISM, SKIN DISEASES.

BITTERS

DO YOU KNOW

Anything About a Horse? Those who have been troubled with all the ailments that attend the horse, should try this. It is the best in the world for horses & cattle. They have blood, the best of 30 years.

DICK & CO., MONTREAL.

DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND. LARGEST SALE IN CANADA.

DR. FOWLER'S

WILD BERRY CURE FOR CHOLERA, Malaria Morbus, COLIC, GRAMS, DIARRHOEA, DYSENTERY.