



Picking up Knowledge

Is easy enough if you look for it in the right place. This is the right place to learn just what to do for that debilitating condition which Spring always brings. Do you want to be cured of that languid feeling, get back your appetite, sleep soundly, and feel like a new man?

Ayer's Sarsaparilla will do it. It has done it for thousands. It has been doing it for 50 years. Try it. Send for the "Curebook," 100 pages free. J. C. Ayer Co., Lowell, Mass.

The Actor Free Press

THURSDAY, MARCH 10, 1898.

WHY THE BLIND DO NOT SMOKE.

A peculiarity about blind people is that there is seldom one of them who smokes. Soldiers and sailors accustomed to smoking and who have lost their sight in action continue to smoke for a short time but soon give up the habit. They say it gives no pleasure when they cannot see the smoke and some have said that they cannot taste the smoke unless they see it.

In view of the warlike preparations being made by Chili the Argentine Government has decided to purchase three warships and arms for 150,000 men.

THE HIGHWAYMAN.

Did you ever meet a robber, with a pistol and a knife. Whose prompt and cool greeting was, "Your money or your life?" Who, while you stood trembling, with your hands above your head, Took your gold, most grudgingly offering to repay you in cold lead? Well, I once met a robber: I was going home to bed. The way was rather lonely, though not yet too dark to see. That's the trouble with me, though I didn't feel alarmed. He was panting hard from running, so I, being ill unacquainted, Very boldly faced the rascal and demanded what he wanted: I was quite as big as he was, and I was not out of reach. So I didn't fear his shooting me, or striking me to death. In answer to my question the highwayman rolled an arm And pointed it straight at me—though I still felt that He did not ask for money, but what he said was this: "You cannot see things, unless you give your eye a kiss!"

VERSATILE.

"I ran across a station agent up in the hills the other day who came as near being jack of all trades as any man I ever struck," said Henry Darby. "I refer to a little dried up looking fellow, with more energy than Carter had oats and more iron in the fire than any blacksmith of long experience could possibly keep his eyes open. To start with, my little friend in express, freight and ticket agent, has a ten cent store, sends a telegraph message when he has to, is postmaster, treasurer for the local Sunday School union and two lodges, acts as distributor for a Bible society. This he is examiner for an insurance company, issues policies for fire, accident and tornado insurance, is a school teacher, at his station, buys fruit for one eastern house in summer and produce for two houses in fall and winter. He has long been a justice of the peace, mends boots and shoes, was twice school trustee and town constable, is a deacon in his church and a leader of the hamlet choir, plays a trombone in the local band and a cello in an orchestra. He was chairman of the city Republican committee, has the agency for platform scales, riding cultivators and two lines of bicycles, sells threshers and light vehicles and erects windmills. He also is a camera fiend and after saving his own neck and that of several of his neighbors from the hands of a little every spring." —Louisville Post.

HINTS TO HOUSEKEEPERS.

Ginger Snaps.—One cup of molasses, one half cup of butter or shortening heated and put in the muller, one quarter cup of water, one teaspoonful of soda, one and a half teaspoonful of ginger. Flour enough to roll soft. Bake in a quick oven. **Soft Ginger Cakes.**—One pint of molasses, one cup of sugar, one cup of water, one teaspoonful of saleratus, one tablespoonful of salt, one tablespoonful of ginger. Allow flour enough to roll soft as possible, and bake quickly, but not with a very hot fire, as they burn easily. **Fried Cutlets of fish.**—Cut any kind of fresh fish in billets; have all the same size and shape, sprinkle with pepper and salt, dip in egg batter and fry in boiling lard. Arrange in a circle on a dish, and garnish with fried parsley and slices of lemon. **Fish sauce.**—Chop six or eight boiled eggs and stir in two cups of drawn butter. Let simmer and add one tablespoonful of pepper sauce, two of minced parsley with a little thyme and salt. Pour over boiled fish. **Pickled bits of fish in pieces,** put in a saucepan with two table spoonfuls of flour and butter each; mix well and add a pint of boiling water. Have ready hot slices of buttered toast, pour the fish over and serve. **Baked White Fish.**—Scale and remove all the fins and head, then clean thoroughly. Wash and wipe it and salt it well inside. Make a dressing of stale bread-crumbs moistened with a little milk and butter the size of an egg; salt and pepper; fill the fish and sew it up to keep its shape; dredge it over with cornmeal, and bake with the water in the pan that is salted bake slowly an hour. Garnish with celery tops or parsley. **WELL BIRD.**

The auction room was crowded, and the collection of furniture, art and bric-a-brac being unusually choice, the bidding had been very spirited. During an interval of the sale, a man with a pale and agitated countenance pushed his way to the auctioneer's side and engaged him in a whispered conversation. Presently he stood aside, and the auctioneer called attention with his little hammer. "Ladies and gentlemen," he said in a loud voice, "I have to inform you that a gentleman present has lost his pocket-book containing fifty pounds. He offers five pounds for its return." "Instantly a small man in the back ground sprang up a chair and cried, excitedly, "I'll give ten pounds."

SEE THAT THE FAC-SIMILE SIGNATURE OF CHAS. H. HITCHCOCK IS ON THE WRAPPER OF EVERY BOTTLE OF CASTORIA

Castoria is put up in one-size bottles only. It is not sold in bulk. Don't allow anyone to sell you anything else on the plea or promise that it is "just as good" and "will answer every purpose" as the one that you get O.A.S.P.O.S.-I-I.

EXACT COPY OF WRAPPER.

A FAMILIAR TUNE.
A few years ago, at a social gathering, Bishop Harris was invited to sing. He declined, but told the following incident as illustrative of his talent in this line:
During his journey through Palestine one evening after he and his travelling companion, Mr. Spencer, who occupied the same tent, had gone to bed, the Bishop began humming a tune of the olden time called New Durham. Mr. Spencer joined in, and they began singing a verse of one of the familiar hymns.
Before the verse was finished a donkey just outside the tent brayed, as only a donkey in the east can bray. While the hills of Judea were sending back the echoes of this most extraordinary and untimely performance of the donkey, the Arab driver put his head inside the tent, and apologizing for his donkey, said: "Hail you sing one tune he think he know."

HEALTH IN MARCH, APRIL, MAY!

Use the Only Spring Remedy in the World that has Stood Every Test of Time.

Paine's Celery Compound makes one Well

In March, April and May use Paine's Celery Compound. And only Paine's Celery Compound! For it is nature's remedy. It is the only spring medicine that the best physicians recommend. Clergymen of all denominations speak of the wonderful medicine with enthusiasm. Paine's Celery Compound has a record of life-saving work that has never been equalled. Paine's Celery Compound cures disease. It makes people well. It has saved the lives of thousands of sufferers. It makes the weak strong. It purifies the blood and enriches the nerves. Every condition of winter life has been detrimental to health. There has been a steady decline in nervous vigor. Now that spring comes the body is ready to cast off unhealthy humors if it is only given a chance. This opportunity comes when the excretory organs, kidneys, skin and bowels are made to work actively and the nerves are able to furnish sufficient energy to the digestive organs.

No remedy in the world accomplishes these results like Paine's Celery Compound. It nourishes, regulates and invigorates the sensitive nervous system. From the brain to the minutest nerve filament. It causes an increased appetite and tones up the stomach to deal with the increased food. Its nourishing action is immediately manifest in a clearing up of the muddy, unhealthy skin, an increase in weight and more refreshing sleep. First discovered after laborious scientific research by the ablest physician America has produced, Prof. Edward E. Phelps, M. D., LL. D., of Dartmouth College, it is prescribed and publicly endorsed by the best physicians in every city of America. It has been so enthusiastically recommended by grateful men and women in every walk of life that it is to-day in vogue as the most popular remedy the world ever knew. It has proven itself the greatest of all spring medicines. In Montreal, Toronto, Hamilton, London, Quebec, Halifax, St. John, Winnipeg and other cities, the leading druggists have

found that the demand for Paine's Celery Compound surpasses that of all other remedies together! Paine's Celery Compound, taken during the early spring days, has even more than its usual remarkable efficacy in making people well. It makes short work of disease. It rapidly drives out neuralgia, rheumatism, dyspepsia, and rheumatism from the system. It removes that leaden, or "stuffed" feeling, which betokens weakened nerves and poor blood. Women working in close offices; saleswomen tired out and nervous from long hours' standing on their feet and walking on impavement, irritating customers; overworked, worried and disheartened men and women everywhere will be astonished to find how much happier life becomes when their nerves have been strengthened and their blood purified by means of this great remedy. No other remedy has the hearty approval of a like body of educated men and women and professional men, nor has there ever been a remedy that was welcomed in so many intelligent, prudent homes where

care is taken to get only the best in so vital a matter. In such families all over the country Paine's Celery Compound is the first, last and only remedy used. Prof. Phelps had studied the nerves in health and disease, when well nourished and when under-nourished, in men and women and children years before he looked for the remedy. Paine's Celery Compound is the outcome of his entire professional life. It is the one remedy that the world could not lose to-day at any price. Paine's Celery Compound induces the body to take on solid flesh. Physicians recognize Paine's Celery Compound as the one specific spring remedy, and it is universally prescribed by them wherever there is a great need of a vigorous and prompt restoring of health and strength to the worn-out system. Paine's Celery Compound is the best spring remedy because it is more than a mere spring remedy. It brings about a healthy appetite, complete digestion, regular action of the bowels and the other excretory organs whenever taken, whether in summer or in winter; but as the greatest

of spring remedies it has extraordinary opportunities for inducing the body to throw off morbid humors that poison blood and cause rheumatism, neuralgia, heart trouble and a general low state of the health, as in spring the system is more pliable, and through disease, so securely lodged in the system that they are with difficulty ousted, become more treatable. Thousands of men and women have found from personal experience that Paine's Celery Compound makes people well, and keeps all from sickness who take it in the spring. Many a father and mother have noticed the unmistakable improvement in the health of their children from taking Paine's Celery Compound in the spring. It is the one scientifically accurate remedy fitted by the composition to thoroughly purify the blood and dispel that exhausted feeling and grip of skin diseases, headaches and fits of depression with which children with weak, nervous systems, as well as grown people, are afflicted.

POLITE HINTS.
William Dean Howells' father, who emigrated to Ohio half a century and more ago, used this formula to get rid of an intrusive visitor who had worn out his welcome. This opportunity comes when the excretory organs, kidneys, skin and bowels are made to work actively and the nerves are able to furnish sufficient energy to the digestive organs.

Fat is absolutely necessary as an article of diet. If it is not of the right kind it may not be digested. Then the body will not get enough of it. In this event there is fat-starvation. Scott's Emulsion supplies this needed fat, of the right kind, in the right quantity, and in the form already partly digested. As a result all the organs and tissues take on activity.

The Colonel—Our whiskey and our horses, Majah, are still reeked the best in the world. The Mayor—Yes, Colonel; but even in Kentucky the bicycle is taking the place of the horse. The Colonel—That may be, Majah; but you and I will never see anything that will take the place of the whiskey. Not so, Whisky. It is not so easy to cure an obstinate cough; it won't cure itself. Norway Pine Syrup is the remedy indicated because its record shows that it always cures coughs, colds and all lung troubles. Necessity knows no law and is usually too poor to hire a lawyer. Hagar's Yellow Oil cures sprains, bruises, wounds, cuts, frostbites, chilblains, stings of insects, burns, scalds, contusions, etc., Price 25c. Women are judged by their accomplishments and men by what they accomplish. Mr. T. J. Hume, Columbus, Ohio, writes: "I have been afflicted for some time with Kidney and Liver Complaints, and find Paine's Pills the best medicine for these diseases. These Pills do not cause pain or griping, and should be used when a cathartic is required. They are Galatino Ointment, and rolled in the Flour of Licorice to preserve their purity, and give them a pleasant agreeable taste. Sometimes the girl helps her bashful lover out and sometimes it is her father. Don's Kidney Pills. Don's Kidney Pills. Don's Kidney Pills act on the kidneys, bladder and urinary organs only. They cure backache, weak back, rheumatism, diabetes, congestion, inflammation, gravel, Bright's disease and all other diseases arising from wrong action of the kidneys and bladder.

Beauty without Health is impossible. Bring Health, then Beauty follows. They clear the muddy complexion, chase away Sick Headaches and Bilious Spells, cure Dyspepsia, remove the most poisonous matter from the System. Mrs. Addie Theriault, of Brantford, Ont., writes: "I was cured of Constipation, Indigestion and Bilious Headaches. They have corrected the irregularities of Liver and Stomach, and restored my entire system to healthy natural action."

CASTORIA For Infants and Children. The servant girl is surrounded by perils, seen, unseen and known. Milburn's Sterling Headache Powder cures the worst headache in from five to twenty minutes and leaves no bad after effects. One powder 5c, 3 powders 10c, 10 powders 25c. Silent people are not popular, because they are supposed to be engaged in criticizing talkative people.

Constipation Blood that is bad makes the whole body sick. Blood that is good makes the whole body strong, healthy and vigorous. Barcod Blood Bitters makes good, rich, red blood. "I regard B. B. B. as the best medicine in the world to make rich, red blood. It cured me after suffering two years from weak, thin-blood." Jennie A. Gleason, Centreton, Ont. Who built the Pyramids? Hard to tell in some instances. But we know who are the great nerve builders. They are Scott and Emme. Their Scott's Emulsion feeds and strengthens brain and nerve. The Kingston Co-operative Works closed a contract with the Minister of Railways at Ottawa to build several locomotives for the Intercolonial Railway.

CONSERVATION Among the few great joys of life is staying in bed seven minutes after we have been told to get up. Pills. Terrors Swept Away. Dr. Agnew's Ointment stands at the head of all ointments, healers, and remedies for all ailments. One application will relieve in a few minutes, and three or four days application will cure. It is the only ointment that cures all diseases of the skin, itching and burning skin diseases in 24 hours. Sold by A. T. Brown.

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NEW SPRING PRINTS

We have practically no old goods to offer. Everything New, Fresh and Up-to-date. Larger stock than in former seasons. All from the best makers. Latest novel effects. Make it a point to see our stock in above lines.

GURNEY & CO., MILL ST. - ACTON.

Savage & Co.,

Opticians and Fine Watch Repairers, GUELPH, + + ONT.

NEW SPRING HATS

IN HARD AND SOFT SHAPES. NEWEST STYLES—ALL COLORS. Starting as low as 75c. up to \$3. We handle only the best makes.

A very special Offering this week of **Winter Weight Beaver Overcoatings**. Cut prices to clean our Winter Goods. Leave your orders and save money. \$25 Coats for \$20, \$22 Coats for \$18 and \$20 Coats for \$16. Made first-class in every way. New Furnishings and Colored Shirts. Latest Goods.

R. E. NELSON, 99 Wyndham St., Guelph. The Leading Tailor and Furnisher. CASE AND ONE PRICE.

J. A. Speight & Co.,

UNDERTAKERS AND EMBALMERS, Acton, Ont.

Latest Styles, Experienced Attention, First-class Hearse, Moderate Charges.

FURNITURE

OF ALL KINDS. A well-assorted stock at Reasonable Prices. Your inspection invited.

J. A. SPEIGHT & CO.

Orders left with **J. N. STINSON** Rockwood will receive immediate attention.

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You get all the Local and General News, and it costs you only

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RAILWAY TIME TABLE.

Grand Trunk Railway.	
Mail	Express
7:45 a.m.	8:30 a.m.
10:15 a.m.	11:00 a.m.
1:30 p.m.	2:15 p.m.
4:45 p.m.	5:30 p.m.
7:00 p.m.	7:45 p.m.
10:15 p.m.	11:00 p.m.

Times of connecting lines.

Going West—9:45 a.m. and 11:00 p.m.
Going East—10:15 a.m. and 5:45 p.m.

This time table goes into effect on Monday, Nov. 30th, 1898.

BRANTFORD CALVANIZED

Steel Wind Mills and Towers. For Power and Pumping, with In-ternal Gear, Patent Roller and Ball Bearings.

Maple Leaf GRAIN GRINDER

TWO SIZES FOR ANY POWER. No. 1 has 10-inch reversible burrs. No. 2 has 8-inch single burrs. Both have ball-bearing burr plates, rollers, springs and shake feed. Grind fine and fast with least power. Always guaranteed. A trial given. Hundreds in use.

GOLD SHAPLEY SMITH CO. LTD. BRANTFORD CAN.

JOHN McQUEEN, AGENT FOR ABOVE, — ALSO FOR — Frost and Wood Binders and Mowers. A full line of all kinds of Farm Implements and Repairs.

..You Want.. Worth & Wear, Style & Strength, Choice & Cheapness.

The combination is offered in our stock of new and fashionable goods, which includes all things new and desirable in the line of **Boots, Shoes and Rubbers.**

Williams' Boot & Shoe Store, Mill Street, Acton.

Georgetown Electric Works T. J. SPEIGHT, Proprietor. Manufacturers of DYNAMOS, ELECTRIC MOTORS, WATER MOTORS, and HYDRAULIC RAMS.

"Early to Bed, Early to Rise Stick to Business and Advertise." NOW is the time to advertise. People are going to have money to spend this winter, as they have not had for years. Enquire at the FREE Press office for rates and space.

IF YOU WANT WOOD ENGRAVING PHOTO ENGRAVING

FOR TWENTY SEVEN YEARS **DUNN'S RAZOR** THE GROOM'S BEST FRIEND LARGEST SALE IN CANADA.

60 YEARS' EXPERIENCE **Scientific American.** MUNN & Co., 110 Broadway, New York.