

# Stop Coughing

Every cough makes your throat more raw and irritable. Every cough congests the lining membrane of your lungs. Coughing irritates your throat and lungs in this way. Put the parts at rest and give them a chance to heal. You will need some help to do this, and you will find it in

# Ayer's Cherry Pectoral

From the first dose the quiet and rest begins; the tickling in the throat ceases; the spasm weakens; the cough disappears. Do not wait for pneumonia and consumption but cut short your cold without delay. Dr. Ayer's Cherry Pectoral should be over the lungs of every person troubled with a cough. Write to the Doctor.

The Action Free Press

THURSDAY, NOVEMBER 10, 1909.

## The Young Folks.

### THE DIFFERENCE.

A dear little boy who was hard at play sat down on the ice one day, one day, but down on the ice in a sudden way. His hands flew up and his feet flew out. And he felt very sad and his heart a doubt; but he swallowed hard and he winked quite fast.

### CASTORIA

For Infants and Children.

The germ of consumption are everywhere.

There is no way but to fight them.

If there is a history of weak lungs in the family, this fight must be constant and vigorous.

You must strike the disease, or it will strike you.

At the very first sign of failing health take Scott's Emulsion of Cod-liver Oil with Hypophosphites.

It gives the body power to resist the germs of consumption.

Always take the part of an absent person who is concerned in company, so far as truth and propriety will allow.

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## A PRINCE OF HIS DIGNITY.

There is an amusing story of the little German Crown Prince, who seems to have inherited some of the pleasing qualities of his father. The prince was driving out with the governess. As usual the German prince observed the little ones, or lifted their hats to him as he passed, to which the young prince replied by raising his bonnet. At last the Crown Prince got bored with having continually to acknowledge the salutes of the populace. Flinging himself back in his carriage he said to the governess: "I am tired now and shall not lift my bonnet any more to them, no matter how much they cheer." "You are a naughty boy," replied the governess, "and unless you acknowledge the salutes of the people I shall not continue to drive with you." The little Crown Prince sat up immediately. "Coachman," said he. The coachman looked around. "Stop the carriage, coachman," continued the little one; "this lady will set out," he added with a lordly wave of his hand towards his governess.

## WOMAN'S AIM.

"A woman," said the corn fed philosopher, "gets mad at a man if he be awkward in making love and gets madder if he makes love as if he had lots of experience." "And that is the aim," said the philosopher. "In the society to mislead the great soul on the world's stage it should not be overlooked that a Denver woman threw a stone at a man and succeeded in knocking off his hat.—Denver Republican.

## Sores Healed.

Nothing like B.B.B. for healing sores and ulcers, no matter how large or how chronic they may be. B.B.B. applied externally and taken internally according to directions will soon effect a cure. It sends rich, pure blood to the part, so that healthy flesh soon takes the place of the decaying tissue.

## HEART PAINS

The Heart and Nerves are Often Affected and Cause Prostration of the Entire System.

A Kingston Lady Testifies to Her Experience in the Use of Milburn's Heart and Nerve Pills.

People who suffer from any disease of disorder of the heart-nervous system, such as Palpitation, Skip Beats, Smothering or Sinking Sensations, Sleeplessness, Weakness, Pain in the Head, etc., should not afford to waste time trying various remedies, which have nothing more to back up their claims than the bold assertions of their proprietors.

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## ABOUT READING NEWSPAPERS.

I see that Bishop Poses in his address to the class seeking admission to conference, advised the young ministers to give steady attention to the daily newspapers.

## WOMAN'S AIM.

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# THE VERY PROTEUS OF ALL DISEASES.

IT IS COMMONLY KNOWN AS GRIPPE.

Paine's Celery Compound the Only Medicine that Can Cope with the Dread Visitor.

The old enemy gripe is now prevalent in many sections of the land, and, as in the past, it is the same old insidious foe—fatal and deadly.

The late eminent English physician, Sir Morrell MacKenzie, held that gripe was the result of "poisoned nerves." He compares it to an extraordinary disturbance in the telegraph system produced by a thunderstorm, which is nothing compared with the freaks played by the living conductors in the human body when the governing centres are out of gear.

It is certain that the majority of medical men now agree about the theory of poisoned nerves, which explains the almost infinite variety of the attacks that mark the disease. The profound impression made on the nervous system by the poison, explains all the after-effects of the malady, and more especially that curious loss of vital energy experienced by victims of gripe.

In past seasons, when gripe was epidemic, the most able and thoughtful doctors prescribed Paine's Celery Compound, a medicine that acts directly on the nerves of the body, cleansing them from all deadly poisons, toning and bracing up the entire system. In this way fresh vitality is quickly bestowed and sound health restored.

The mysterious visitor gripe may pass many of us this autumn and winter; we have, however, no guarantee that we shall be spared, so that it behooves us all to be prepared for the arch enemy.

To those who are run down, weary, tired, sleepless, nervous, who have periodical headache and debility, we say, "Use Paine's Celery Compound to fortify the system for all emergencies." Practically strong men and women are not readily attacked by gripe; the half-well and weakly mortals are the first victims. At the same time precaution and prevention are all-important; the balancing of nervousness, sleeplessness, languidness, debility and headache should be first thoughts with old and young.

To safely guard against gripe and all common diseases, Paine's Celery Compound is the one effective medicine—the only sure preventative of danger.

Do not be misled by dealers who attempt for the sake of large profits, to substitute something that is just as good; where health is concerned there is no other medicine that can take the place of Paine's Celery Compound and give satisfaction to those who are anxious of securing a new life.

**SEE THAT THE FAC-SIMILE SIGNATURE OF EVERY BOTTLE OF**

*Dr. H. P. Moore*

**IS ON THE WRAPPER OF EVERY BOTTLE OF**

**SHOREY'S READY-TO-WEAR CLOTHING**

**SHOREY'S READY-TO-WEAR CLOTHING**

**LATEST USES OF GLASS.**  
The latest use of glass is instead of gold as a material for stopping decayed teeth. It appears splendidly and is far less conspicuous than the yellow metal. Of course it is not ordinary glass, but is prepared by some new patented process, which renders it soft and malleable. Glass, too, is being extensively used for church bells. It can be toughened so that there is no risk of its cracking, and the tone is said to be beyond anything yet invented, perfect, soft and sonorous.

**WHERE WAS THE SCOUT?**  
An illustration of the ridiculous and amusing way in which a chorus choir will sometimes run together the words of a hymn is afforded by the remark of a small boy in