

# Does Your Back Ache?

In constant pain when on your feet? Is that dragging, pulling sensation you feel from morning till night? Why not put the medicine exactly on the disease? Why not apply the cure right to the spot itself? You can do it with

# DR. AYER'S Cherry Plaster

Immediately after the Plaster is applied, you feel its warming, soothing influence. Its healing remedy quickly penetrates down deep into the inflamed tissues. Pain is quieted, soreness relieved and strength imparted. No plaster ever made like this. No plaster ever acted so quickly, thoroughly. No plaster ever had such complete control over all kinds of pain.

Placed over the chest it is a powerful aid to Ayer's Cherry Pectoral; relieving congestion and drawing out all inflammation.

The Action Free Press.

THURSDAY, MARCH 30, 1899.

## The Young Folks.

**HEAR OUR VICTORIES.**  
Ere bells are ringing  
Till the world is dazed,  
Ere carols, blending  
Catch the trumpet's lead,  
Nature's voice is ringing:  
Hear her minstrel throng;  
From the leafy branches  
Pour their grateful song,  
Heaven and earth are ringing:  
Heaven to earth comes near;  
Heaven to earth comes near;  
Everywhere we hear,  
No who rules the stormy wave,  
No whose arm is strong to save,  
Come victorious from the grave,  
Drive, and drive forever.

## TIT FOR TAT.

Lord Monck, at one time governor of Canada, sat in the House of Commons for an English constituency. An Irishman himself, he was very prejudicial to the Irish members. Monday Vincent, a member from Tipperary, in the lobby one night, he stepped him on the shoulder and said, familiarly: "Well, Sonny, how are you?" The other answered by this form of address, rejoined: "I will thank you, my lord, not to deride my name of the last letter. Or if you do, pray add it to your own and call yourself 'Monkey.'" Argonaut.

Mr. Heric (after reading letter from his son at college)—John says he is a quarter back. Mrs. Heric—Well, and what's his quarter, and let him pay up. We can't afford to pay him in debt for the sake of a small sum like that.

The gibes of the infidel are as pitiful as the wooden-legged man's sores of shoes. The school may give knowledge, but only the home can give a true education.

Haggard's Yellow Oil cures, sprains, bruises, sores, wounds, cuts, frostbites, chilblains, stings of insects, burns, scalds, contusions, etc. Price 25 cents.

Men write the epitaphs in their achievements. Have you tried Holloway's corn Cure? It has no equal for removing these troublesome excrescences, as many have testified who have tried it.

Some people understand so many things that they never understand in accomplishing anything. Cannot Be Best—Mr. D. Steinback, Zurich, writes: "I have used Dr. Thomas' Electric Oil in my family for a number of years, and I can safely say that it cannot be best for the cure of group, fresh cuts and sprains. My little boy has had attacks of group several times, and one dose of Dr. Thomas' Electric Oil was sufficient for a perfect cure. I take great pleasure in recommending it as a family medicine, and I would not be without a bottle in my house."

Time is like money; the less we have of it to spare, the further we make it go.

**CASTORIA**  
For Infants and Children.  
The man who aims at nothing in life usually hits it.  
"Saved the Baby."—Dr. Fowler's Extract of Wild Strawberry saved my baby's life. She was cutting her teeth and was taken ill with diarrhoea very badly. My sister advised Fowler's Strawberry. I got her to eat it and it stopped the trouble at once. Mrs. Peter Jones, Warkworth, Ont.

**CURE THOSE UGLY PIMPLES**  
By Using Dr. Agnew's Ointment—any Form of Eczema, Itch, etc., Cured Eventually by Its Use.  
Not a skin blemish caused by redness, itching, burning, salt, itching, scalding, and other skin diseases, that will not quickly be removed by the application of Dr. Agnew's Ointment. One application will give relief, and after a few days the skin is cured. It is a safe and reliable remedy for all forms of skin diseases. It is a safe and reliable remedy for all forms of skin diseases. It is a safe and reliable remedy for all forms of skin diseases.

## MISSED THE POINT.

The Chicago Record writes another story touching the slowness—real or imagined—of Englishmen in catching the point of a joke. A party of travelling men were talking about photographs as they sat about the hotel fire.

"I heard an amusing story about an old farmer the other day," said one of them. "Interest always attaches to the doing of the agricultural classes," said the Englishman, hitching up his cane with a look of interest.

"The farmer had driven into town with his mules to sell a load of pumpkins, and stopped in front of a phonograph store. 'What air them fellows doin' in there with spots in their ears,' he asked. 'Those are talking-machines,' answered a man in the doorway. 'The farmer was a little incredulous, but finally left his mules and went in. The tubes were placed in his ears, he dropped the nickel in the slot, and a brass band began to play. 'What there?' shouted the rustic starting out of the store. 'Them mules o' mine won't stand no brass band.' At first the Englishman looked anxious, as if he expected to hear the rest of the story, then suddenly he burst out laughing. 'Great joke on the mule, eh?' he shouted.

## BE CLEAN AND LIVE!

### Paine's Celery Compound Is Nature's Great System Cleanser.

In all well-run mills, factories and mechanical establishments it is customary to close down for a short time each year in order to repair machinery. Unless this is faithfully attended to there will be irregularity in work, serious breaks, disasters and heavy financial losses.

It is the same with the human body. Its varied, delicate and complex machinery has been running without repairs for perhaps many years with disordered nerves, diseased liver and kidneys, and blood charged with poison germs and impurities. The human organs and machinery jarred, weakened and working stiffly and irregularly must be strengthened and made a harmonious whole, or the entire fabric will soon break down.

The annual work of cleansing and most pleasing results that come from the use of Paine's Celery Compound in March is pure, rich, bright red blood that courses through the entire system, carrying true life and strength to every part.

For many years, ere long, plagues, pestilence and cholera are banished, the skin becomes clear, the eye bright, the brain active, and the step firm and elastic.

Paine's Celery Compound is the one and only spring medicine and cleanser that people can implicitly trust as a health restorer; it is the choice of physicians and our best people proclaim the glad news that "it makes people well."

True art is not inventing but recognizing. No Need to Suffer.  
The agony of Rheumatism, Sciatica, Lumbago or Neuritis. Millburn's Rheumatic Pills cure you effectively—cure other remedies. Price 50 cents, all dealers.

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## James Disappeared.

Mr. James Elliott, White P. O., Ont., writes: "Last fall while I was travelling became troubled with colic, which got so bad I had to quit work. I started taking Burdock Blood Bitters and before I had finished one bottle the colic entirely disappeared."

"Remedy that which is unmeasurable, endures that which is immemorial." One Laxa-Liver Pill every night for thirty days makes a complete cure of biliousness and constipation. That is—just 25 cents to be cured.

Some persons have periodical attacks of Canadian cholera, dysentery or diarrhoea, and have to use great precautions to avoid the disease. Change of water, cooking, and green fruit, is sure to bring on the attacks. To such persons we would recommend Dr. J. D. Kellogg's Dysentery Cordial as being the best in the market for all summer complaints. If a few drops are taken in water when the symptoms are noticed no further trouble will be experienced.

A woman may forget an unkind word, but a compliment—never. Dr. Low's Worm Syrup is a safe, sure and reliable worm expeller. Acts equally well on children or adults. Be sure you get Low's.

A laugh is worth a hundred groans in any market. You Can't Tell. You don't know when the cough will stop. The cough of Consumption has just such a beginning. Take Scott's Emulsion now while the cough is easily managed.

That man is free who wishes n.o. to escape his present condition. The Best Pills—Mr. Wm. Vandervoort, Sydney, Ontario, writes: "We have been using Farnes's Pills, and find them by far the best pills we ever used." For Delicate and Debilitated Constitutions these pills not like a charm. Taken in small doses, the effect is both a tonic and a stimulant, mildly exciting the secretions of the body, giving tone and vigor.

**TRUE, BUT PUZZLING.**  
Some of the mistakes made by foreigners struggling with our friendly language are not so reasonable as made by a Japanese who was on trial in a western city, under a charge of defrauding his boarding-house keeper. On his own behalf he testified that he had paid his room rent.

"How much did you pay?" asked the attorney for the prosecution. "A quarter of seven," was the answer. The attorney looked puzzled, then glanced at the clerk, as did every one else in the room. Sure enough, it was a quarter of seven.

"Yes, it is a quarter of seven," said the attorney. "But I asked you what rent you paid." "A quarter of seven," repeated the prisoner.

"You don't understand. I want to know how much money you paid for your room." "I tell you over and over—a quarter of seven." In vain the attorney put his question in new forms; the "Jap" adhered to his own answer. Finally the attorney gave up in despair. It was concluded that the mind of the accused was feeble, and he was taken before the commissioners of insanity.

Then the mystery was explained; he had paid ten dollars and seventy-five cents for his room.

**Permanent Cure of Salt Rheum.**  
The permanent cure after prolonged week by week has placed Burdock Blood Bitters far above all other remedies in the estimation of the sick and suffering.

Even the severest and most chronic diseases that other remedies fail to relieve yield to the blood purifying, blood enriching properties of B. B. B.

Salt Rheum or Eczema—that most stubborn of skin diseases, which causes such tortures and is so difficult to cure with ordinary remedies—cannot withstand B. B. B.'s healing, soothing power.

The case of Mrs. Jas. Sanderson, Emerson, Man., shows how effective B. B. B. is in curing Salt Rheum at its worst, and curing it to stay cured.

## A Pneumologist Speaks.

Prof. J. W. Crozier writes from Pennsylvania: "I was troubled with palpitation of the heart which became very severe. Treating of Millburn's Heart and Nerve Pills I determined to try them, and after taking them for about a week I was cured."

"What do you think about this universal peace movement? 'It will do to quarrel about as well as anything.'"

**DR. WOOD'S NORWAY PINE SYRUP.**  
A positive cure for all Throat, Lung and Bronchial diseases. Healing and soothing in its action. Pleasant to take, prompt and efficient in its results.

Mr. Chas. Johnson, Dear River, N.S., writes: "I was troubled with hoarseness and sore throat, which the doctor pronounced Bronchitis and recommended me to try Dr. Wood's Norway Pine Syrup. I did so, and after using three bottles I was entirely cured."

A young woman described the effect of music upon her by declaring: "I am always saddest when I sing." A most ungallant male quietly remarked: "There are others."

**Dr. Agnew's Catarrhal Powder**  
The most wonderful effect of this remedy over colds, catarrhs, and all the most serious cases in from which the sufferer is not to be cured in a short time. The most eminent nose and throat specialists of the world have written their qualified endorsement. In all cases of the kind, it is sure to cure.

Dr. Warren Bentley writes: "While in Newark, N. J., conducting religious work, I was troubled with catarrh and used Dr. Agnew's Catarrhal Powder. It gave me great relief. I have since used it in many cases and have found it to be a most reliable and highly recommended remedy for all cases of the kind. It is a most valuable and highly recommended remedy for all cases of the kind. It is a most valuable and highly recommended remedy for all cases of the kind.

Sold by A. T. Brown.

"I called this evening, Miss Shook, to ask you to be my wife," said a suitor. "I am sorry to say, my friend, that you have made a mistake in calling," replied Miss Shook.

There never was, and never will be, a universal panacea, in one remedy, for all ills to which the human body is liable. The very nature of many diseases being such that were the germs of other and differently seated diseases rooted in the system of the patient what would relieve one ill, in turn would aggravate the other.

Why is the letter E like a pig's tail?—Because it is the end of pork.

Every eyelid should carry a bottle of Haggard's Yellow Oil. It has no equal for taking out inflammation, reducing swelling or relieving pain. Price 25 cents.

The best method of showing sincere regret for past shortcomings is not to do so again.

**Women Need**  
From those terrible side-aches, back aches, headaches, and other ailments which are due to impure, imperfectly filtered blood—the kidneys are not getting right and in consequence the system is being poisoned with impurities.

**DOAN'S KIDNEY PILLS**  
The only pills for women's greatest trouble, kidney disease. Mrs. Harry Fleming, St. Mary's, N.B., writes: "I have used Doan's Kidney Pills several times and have found them to be a most reliable and highly recommended remedy for all cases of the kind. It is a most valuable and highly recommended remedy for all cases of the kind. It is a most valuable and highly recommended remedy for all cases of the kind."

## IRISH SMARTNESS.

"Bad luck to them Atraydeas," said a Dublin carman the other day when an officer handed him a shilling after driving from Richmond Terrace to the Kildare Street Club. "Why?" asked the gentleman. "Sure they've killed all the officers that was in the army." The officer was so pleased with the veiled insult that he doubtless returned it.

An old gentleman was begged by his nephew to give up whiskey, as the abstinence would undoubtedly lengthen his days. The uncle wrote back: "My dear boy I tried your advice for one day, and upon my soul you're right; it was the longest day I ever put in."

"Why are Irishmen always laying bare the wounds of their country?" asked some one in the House. Because they want them redressed," thundered Major O'Grattan.

A Cure For Indigestion.  
Sugar will keep you from getting lazy. As a fact, that is what a medical authority says, who has been making some recent experiments on the source of muscular exertion. He administered a liquid containing 80 grains of sugar to a person who had heavy daily work to do, and who was kept in ignorance of the nature of the experiment being tried upon him. On the days when the sugar was omitted, it was observed that the laborer was unable to accomplish so much work as he had less ease in doing it than on the days when he ate the sugar. It is said by some that a person who habitually eats sweets has great muscular endurance.

Fame is not the result of some one great act, but rather of the thousand minor acts that precede it.

**THE FAC-SIMILE SIGNATURE OF**  
*Chas. H. McMillen*  
**APPEARS ON EVERY WRAPPER.**

**You Can Get It!**  
A Parlor Suite  
A Sideboard  
A Bedroom Set  
An Extension Table  
A Lounge, a Stand, a Mattress and Springs  
Or any other article in furniture requirements,  
AT A LIVING PROFIT ONLY.  
ALL GOODS DELIVERED.  
Undertaking: ..  
In all its branches.  
Calls day or night attended.  
Coffins delivered.  
Prices to suit every one needs.

**J. A. SPEIGHT & CO. Acton.**

**WYETH'S Malt Extract**  
WON'T LAST LONG.  
NURSING MOTHERS: It is the best tonic. Produces a copious flow of milk and strengthens the whole system.  
CHILDREN: Makes the little ones healthy and strong.  
REV. A. L. BROWN, Chemist & Druggist.

The way of the transgressor, as a general rule, is to plead not guilty. "ONE OF THOUSANDS."

Miss Lily Cox, 2 Gladstone Ave., Toronto, contracts acute catarrh through taking a severe cold some two years ago. Her suffering was very distressing at times. She tried several remedies, but none gave her any relief. Dr. Agnew's Catarrhal Powder was recommended to her—One application gave instant relief, and when she had used four bottles she says she was entirely cured. Sold by A. T. Brown.

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**TOO WEAK TO SEW.**  
An Ottawa Lady Relates Her Experience for Benefit of Others.

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And a complete line of Farm Implements and all kinds of Repairs.  
To my pleasure Mr. John T. Elliott, who resides on the property, will attend to the wants of customers.

**JOHN McQUEEN**  
Agent for the above, has changed his warehouse to building on W. B. Smith's property, John Street, where he may be seen.

## What is

# CASTOR OIL

Castoria is Dr. Samuel Pitcher's prescription for Infants and Children. It contains neither Opium, Morphine nor other Narcotic substance. It is a harmless substitute for Paregoric, Drops, Soothing Syrup and Castor Oil. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays Feverishness. Castoria prevents vomiting Sour Curd, cures Diarrhoea and Wind Colic. Castoria relieves Teething troubles, cures Constipation and Flatulency. Castoria assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. Castoria is the Children's Panacea—the Mother's Friend.

**Castoria.**  
"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."  
Dr. C. C. Osmond, Lowell, Mass.

**Castoria.**  
"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me."  
H. A. Acheson, M. D. Brooklyn, N. Y.

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A Parlor Suite  
A Sideboard  
A Bedroom Set  
An Extension Table  
A Lounge, a Stand, a Mattress and Springs  
Or any other article in furniture requirements,  
AT A LIVING PROFIT ONLY.  
ALL GOODS DELIVERED.  
Undertaking: ..  
In all its branches.  
Calls day or night attended.  
Coffins delivered.  
Prices to suit every one needs.

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## Job Printing

In the FREE PRESS job department you can get anything from the finest Wedding Stationery to the most startling Poster. Every order receives prompt, careful attention.

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## RAILWAY TIME TABLE

**GRAND TRUNK RAILWAY**  
GOING WEST. GOING EAST.  
Mail—10:02 a.m. Express—8:55 a.m.  
Mail—12:25 p.m. Express—11:00 a.m.  
Mail—7:15 p.m. Express—5:45 p.m.  
Mail—10:02 p.m. Express—8:55 p.m.

**ROCKWOOD ELEVATOR**  
AT G. T. R. STA. TORON.  
Highest Cash Price for Wheat, Oats, Peas, Barley, Rye, Buckwheat, Etc.

**GEO. J. THORP, QUELPH and ROCKWOOD.**  
Highest Cash Price for Wheat, Oats, Peas, Barley, Rye, Buckwheat, Etc.

**EVERTON and EDEN'S MILLS**  
The place to get the  
**..Best Flour..**  
Bran, Middlings, Chop Feed, &c., for sale.

**Henry Hortop.**  
**Sun Savings and Loan Co.**  
HEAD OFFICE - TORONTO, ONT.  
Authorized Capital - \$5,000,000.00

Ten-year maturity shares are paid Monthly Instalments of 50c. per share for 120 months, when payments cease—\$60.00 paid in—maturity value \$100.00.  
Money to loan at 5% straight loan or repayable in monthly instalments on application.

**R. J. McNabb, Agent, Acton.**  
Bring your Custom Logs in and Take the Lumber Home with You.

**SAYERS' Lumber & Planing Mills, Nassagaweya.**  
P. SAYERS, Proprietor.  
Has constantly on hand a full line of Lumber, Lumber, Shingles, Cladding, Posts, Wood, etc. Custom Logs and Bill Staff cut to order on short notice. Planing and Matching done to the best of satisfaction. Prices very cheap and made to suit the customer's pocket.

**COOPER & AKINS THE TAILORS.**  
WE are going to make Suits up at a BIG REDUCTION during this month in order to make room for our Spring Stock.

So if you need a SUIT or OVERCOAT now is your opportunity. During this month call and inspect our Stock. Prices will be right and all work guaranteed first-class and up to date.

**COOPER & AKINS, MAIN ST., ACTON.**

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