

## PULL YOUR FINGER ON YOUR PULSE

You feel the blood rushing along.

But what kind of blood? That is the question.

Is it pure blood or impure blood?

If the blood is impure then you are weak and languid; your complexion is wan.

You cannot sleep well and the morning finds you unprepared for the work of the day. Your complexion is sallow. You are troubled with pimples, boils, or come eruptions of the skin.

Why not purify your blood?

**AUER'S  
SARASPARILLA**

will do it. Take it a few days and then put your finger on your pulse again. You can feel the difference. It is stronger and the circulation better. Send for our book on Impure Blood.

If you are bilious, take Auer's Pills. They greatly aid the Saraspilla. They cure constipation also.

**Write to our Doctors.**  
Write them freely all the particulars about your trouble and we will send you a sample of our Saraspilla, without cost.

**AYER'S  
SARASPARILLA**

The Action Free Press.

THURSDAY, APRIL 6, 1890.

The Young Folks.

**THIS QUEER OLD WORLD.**

It is queer how things go by contraries here, Tis always cold or too hot.

And the prises we miss, you know, always ap-

pear.

To better than those that we've got.

It is always too wetter too dusty and dry,

And the land is too rough or too flat;

There's nothing that's perfect beneath the blu-

sky—

But—

It's a pretty good world for all that.

The trees will most think envies them that must be.

Ever pounding and digging for men,

And the man with the pick would be happy if he'd—

Might play with the brush or the pot;

All things go by contraries here upon earth;

Life's a little armpit and fat.

Man begins to complain on the day of his birth—

But—

It's a pretty good world for all that.

Refreshing Sleep  
COMES WHEN  
Milburn's Heart  
and Nerve Pills  
ARE USED.

Miss Margaret Brown, 607 Colborne St., London, Ont., says: "My mother has been afflicted with nervousness and general debility for a long time. She suffered a great deal with insomnia, and found it impossible to sleep.

I went to W. T. Street's druggists and got a box of Milburn's Heart and Nerve Pills, which she took, and derived no benefit from them; then I bought another box from Mr. Milburn, who gave me a wonderful lot of good, making her nervous system much stronger, giving her restful sleep and removing many other symptoms which previously distressed her."

I can truly say that these pills are a great remedy for any one suffering from nervousness, general debility, sleeplessness or headache.

Milburn's Heart and Nerve Pills are \$6.00 a box or \$3 for \$1.25, small druggists.

The drug that forgets & favors, sedates

gives an injury.

It never disappoints.

People who are troubled with any disease caused or promoted by impure blood or a low state of the system may take Hood's Saraspilla with the utmost confidence that its faithful use will effect a cure. Millions take it as a spring medicine, because they know by experience it is just what the system needs.

Hood's Pills are the best family cathartic and liver tonic. Gentle, reliable, sure.

Mr. Litchfield, the art dealer, when exhibiting some panels of the rarest, telegraphed for the return of one, saying: "Send panel eight by ten, Yarrow and Adonis, Litchfield." A puzzled clerk sent on the message to the city of Litchfield, and received the reply, "No such firm as Yarrow & Adonis known here. Try Manchester."

There are three conditions  
When the blood is poor;  
When more flesh is needed;  
When there is weakness  
of the throat or lungs.

There is one cure: that is  
Scott's Emulsion.

It contains the best cod-liver oil emulsified, or digested, and combined with the hypophosphites and glycerine. It promises more prompt relief and more lasting benefit in these cases than can be obtained from the use of any other remedy.

**SCOTT'S  
EMULSION**

is an excellent medicine for

the cure of

the diseases of

the blood.

It is a safe, simple, and

reliable remedy.

It is a safe, simple, and

reliable remedy.