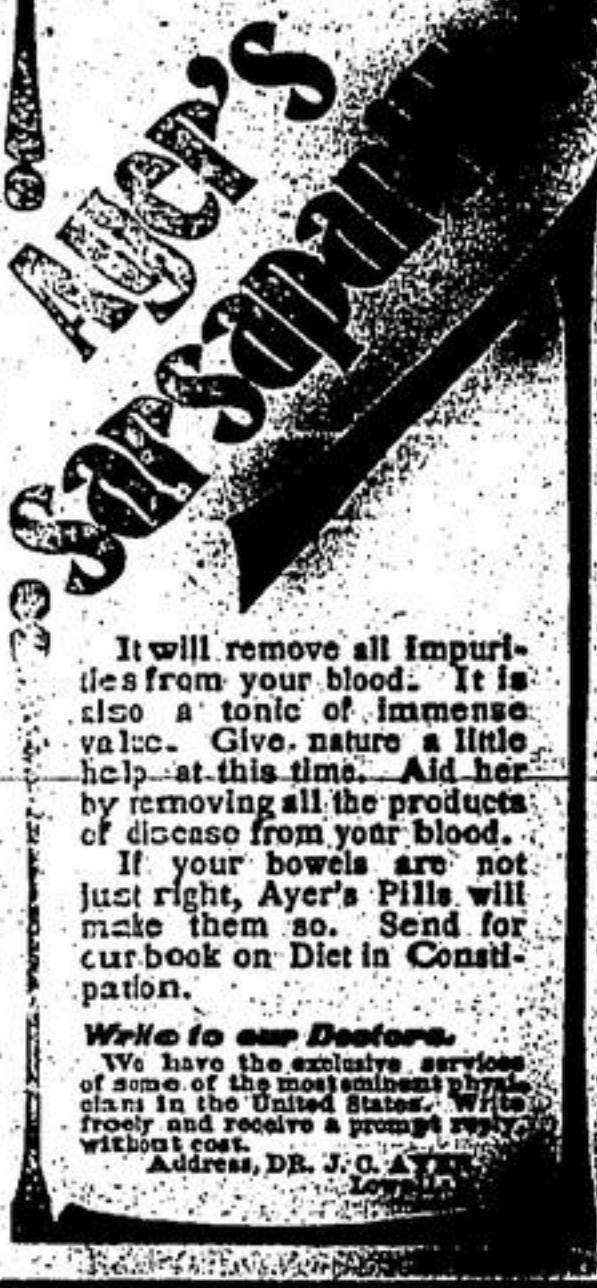


Have You Seen This?

Perhaps you have had the grippe or a hard cold. You may be troubled from rheumatism or slow fever, or possibly some of the children are just getting over their measles or whooping cough.

Are you recovering as fast as you should? Has not your skin been pale, your blood full of impurities? And isn't this the reason you keep so poorly? Don't delay recovery longer but

Take



The Action Free Press.
THURSDAY, APRIL 20, 1899.

The Young Folks.

JEWELS.

A diamond "in the rough" is a diamond "as rough" as through yet it may not sparkle. It will never be found. Of course, some one must find it; And then some one must grind it, Or it will never be ground. But when it's found, and when it's round, That diamond's destined to be bright. Just flashing out its light!

O, teacher in the Sunday School, Don't think you're "done enough." The world won't your class may be, And you'll be "done enough."

Perhaps you think he's "grinding you!" And possibly you're right. But it may be you need grinding To hurried you up bright.

The lack of money is the root of a great many evils.

Relief in Six Hours.

Diseasing Kidney and Bladder Disease relieved in six hours by the "South American Kidney Cure". This remedy is a great surprise and delight on account of its exceeding promptness in relieving pain in the bladder, kidneys, back and every part of the urinary passages in male or female. It relieves retention of water and pain in passing it almost immediately. If you want quick relief and cure this is your remedy.

Sold by A. T. Brown.

A man is apt to have decided views when his wife decides them for him.

Tobacco Heart.

Mr. W. J. Johnson, Curtis St., St. Thomas, Ont., says: "I had trouble with my heart for two years, caused by excessive use of tobacco. I used one box of Milburn's Heart and Nerve Pills and have not suffered from palpitation since.

Nature is mother, and habit is the stepmother.

Sovereign Diarrhoea.

"Dr. Fowler's Extract of Wild Strawberries cures my child of a severe attack of diarrhoea, and I highly recommend it to mothers as the best medicine for bowel complaints of children." Mrs. O'Flynn, North Valley, Ont.

Imitation is not considered the sincerest flattery at the patent office.

Don't Tell Anybody.

If no one should tell you about it, you would hardly know we were cod-liver oil in Scott's Emulsion, the basis is so nicely covered. Children like it, and the parents don't object.

It seems queer that a playwright should frequently gain a play wrong.

Rheumatism Cured in a Day.

South American Rheumatic Cure, for Rheumatism and Neuralgia, radically cured in one or two days. An action upon the system is remarkable and mysterious. It is a "cure" for the cause, and the disease immediately disappears. The first dose usually heals. 15 cents.

Sold by A. T. Brown.

The president of a gas company naturally has a high income.

If there is a history of weak lungs in your family, take Scott's Emulsion.

It nourishes and invigorates.

It enables you to resist the disease. Even if your lungs are already affected, and if besides the cough you have fever and emaciation, there is still a strong probability of a cure.

The oil in the Emulsion feeds the lungs, stimulates the circulation, and the glycerine softens and heals the lungs.

Concen. Power, Chemist & Druggist.

HER FIRST SOUFFLE.

"I have cooked a little surprise for you, my dear," said Mrs. Honeybridge, "An almond souffle, for after dinner. I got the receipt from that new cookery book that came as a wedding present, and the instructions are really most clear. Happy isn't it, a book like that! I'm sure the thing will turn out a success."

Edwin smiled a dubious sort of Abyssinian-Gold smile and temporized about the success as he looked at the souffle.

"Can't say I like it," he said, after the first mouthful. Sure you got the instructions, right, darling? It tastes very funny."

"Oh, yes," responded Angelina, with tears in her eyes. "I can say them by heart now. Book just bear me," and she folded down the volume.

"Take half a pound of grated almonds."

"Quite right," interrupted Edwin, following with his finger.

"One pound of castor sugar; mix well with the whites of three fresh eggs."

"Correct," said her spouse, who she continued breathlessly.

"Add two ounces of white pepper."

"Pepper! Great goodness!" said the unhappy man, as he turned over the leaf.

"Two large carrots chopped into dice, a spoonful of mustard, four chopped onions, and..."

"Stop! Stop! You must be wrong. I'm sure. Why, my dear, I thought so. You are muddling up almond souffle with Irish stew. You've been cooking the leaves of this blessed cookery book." Washington Star.

ALL PROVIDENTIAL.

"Everthing happens providential," said the old citizen. "I had two miles to do on me last year, before they'd just ten minutes for the sheriff driv' up to levy on 'em. Then my house boms down at the very minute they was comin' ter sell it fer back taxes, and right long 'bout that time year Uncle James took and died three days after the insurance man had given him a policy for \$5,000! Everthing is providential in this world; an happen for the best!"

WOMAN'S INFLUENCE.

Has Made Paine's Celery Compound the Great Home Medicine.

A Spring Remedy It Meets the Wants of Women in Every Sphere of Life.

When weakly, sick and broken down women are seen to gain health and vigor from day to day from the use of Paine's Celery Compound, no room for doubt is left to the most skeptical individual. Medical science devised Paine's Celery Compound, a medicine uniformly successful in banishing the troubles that afflict the great majority of women, and honest physicians are always pleased to recommend it.

It is a well known fact that all the women who have recovered health and strength by means of Paine's Celery Compound were induced to use it through the influence and persuasion of other women—sisters, mothers or friends.

In the spring time, when women are weak, overworn, nervous, have tired feelings, dyspepsia, headache, rheumatism, neuralgia, chronic bronchitis, etc.—of course unless it is for those which the self-same women themselves, when they suffer from day to day from the use of Paine's Celery Compound, will quickly banish all dangers and suffering. It will impart that strength, health and vivacity that makes women wondrous and admired.

Paine's Celery Compound is at present carrying on this joyous transformation work all over Canada, and women, young and old, of all ranks and conditions, bless the memory of Dr. Phelps, who conferred such a blessing on their sex.

Dear women of our country, why continue in misery and suffering when such a friend as Paine's Celery Compound is within such easy reach, and ready to do for you all you so much desire?

Do not be deceived by any of the many nervous, bitter, saraparilla or advertised pills; they cannot bestow that part of great health and happiness. Paine's Celery Compound has given not health and life to your friends; it will not fail in your particular house of need. Bear in mind that Paine's Celery Compound makes sick people well.

Men are seldom as good as they pretend to be, or as bad as they are said to be.

CASTORIA
For Infants and Children.

Castoria is understood to be positively the fairest appearance as a bride. We have no hesitation in saying that Dr. J. D. Kellogg's Utensyant Cordial is without doubt the best medicine ever introduced for dysentery, diarrhea, cholera and enteric complaints, sore-throats etc. It is a safe medicine and never fails to affect a positive cure. Mothers should never be without a bottle when their children are teething.

Whispers have but a brief hand to mouth existence.

The Proprietors of Parmeter's Pills are constantly receiving letters similar to the following, which explains itself. Mr. John A. Beam, Waterloo, Ont., writes: "I never used any medicine that can equal Parmeter's Pills for Diarrhea, or Liver and Kidney Complaints?" The relief experienced after using them was wonderful. As a safe family medicine Parmeter's Vegetable Pills can be given in all cases requiring a cathartic.

The physician always has business on the brain.

CHAPTER III.
In the shadow of life, when the vigor of youth is dimmed, and the body grows old, the spirit of life is still strong, and was in a dreadful condition. His legs, from the sole of his foot to his body, were swollen, raw, and ran a bluish water, which appeared to him to be pitch until he was often in great agony.

After trying several remedies, we resolved to give Dr. H. P. Moore's Canadian Talking Machine Pills. He was a man who was still strong, and who had a great appetite. We saw our boy entirely restored to health, and the spirit of life again.

The following is Mr. K. Kirkegaard's letter:

"With gratitude I can testify to the wonderful curative powers of Burdock Root Balsam. Eight years ago our little son, John A. Beam, Waterloo, Ont., was ill with a sore throat, and was in a dreadful condition. His legs, from the sole of his foot to his body, were swollen, raw, and ran a bluish water, which appeared to him to be pitch until he was often in great agony."

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