

DOES YOUR HEADACHE?

Are your nerves weak? Can't you sleep well? Pain in your back? Lack energy? Appetite poor? Digestion bad? Bolls or pimples? These are sure signs of poisoning. From what poisons? From poisons that are always found in constipated bowels.

AYER'S PILLS

They daily insure a steady and natural movement of the bowels. You will find that the use of Ayer's Pills will almost certainly relieve you of all the ailments mentioned above.

The Action Free Press. THURSDAY, JUNE 16, 1900. The Young Folks.

THE TINY LITTLE GIRL.

Mother says that a terrible cold got across it makes her mad. Wants to know if I can't do something, little girl, to you. Ticks a better whip than will. Says you're good but had a spell. I ain't home all day to see, so don't know how long you've been but I couldn't bear to whip her.

PAT AND THE DONKEY.

An Irishman, seeing a donkey ready maddid, and thinking of having a ride, jumped on his back.

A teacher in one of the Cleveland public schools said the other day to her class in English Composition:

Now, I wish every member of the class would write out a conversation between a grocer and one of his customers, introducing some palatible incident or reference.

Among the compositions handed in was the following by a sweet little girl whom you may have seen in the second O'Connell Throat & Mary E. Wilkins:

Highgate's Yellow Oil is prompt to relieve a sore to cure coughs, colds, sore throat, pain in the chest, horsecough, quiet, etc. Price 25 cents.

When you want to cut what ails you, warm it by the fire.

What is Scott's Emulsion? It is the best cod-liver oil, partly digested, and combined with the hypophosphites and glycerine. What will it do? It will make the poor blood of the anemic rich and red.

It will give nervous energy to the overworked brain and nerves. It will add flesh to the thin form of a child. It will give vigor and strength to the weary man.

WHY HE WAS IN PRISON.

An old whitewasher stood before the court as a witness. The lawyer for the defendant tried to confuse him.

GEMS OF THOUGHT.

The knowledge of the past is valuable, because without it our knowledge of the present and of the future must be a groping one.

LAUGHED BY ACCIDENT.

"Do you think it proper," said the man who was trying to keep his temper, "to laugh at a man who slips on a banana peel by accident."

A SURE REWARD WHEN PAINE'S CELERY COMPOUND IS USED.

The Only Medicine That is Able to Call a Halt to All Wasting and Dangerous Diseases.

If sick people—young and old—acted with greater promptness and decision, suffering, agony and misery would be vastly reduced.

To delay the work of regulating and bracing the nerves and purifying the blood is a serious mistake.

When the blood is sluggish, impure and poisoned, when the nervous system is unbalanced, when digestion is deranged, and the appetite poor and variable, be assured you are in a critical and delicate state.

At this time the use of Paine's Celery Compound will do a marvellous work for every rickety, sick and distressed man and woman.

GASTORIA

For Infants and Children.

Mr. W. T. Stred writes in the Review of Reviews for June: "Oliver Cromwell and the National Church of England" a piece of the Cromwell controversy just published in England.

Don't think a feverish condition handles the rain. Don't worry yourself and others with what isn't to be remedied.

Don't think a standing army isn't made to lay down arms. Don't think because brevity is the soul of wit that carmine is the soul of wit.

What is CASTORIA

Castoria is for Infants and Children. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup.

Castoria is an excellent medicine for children. Castoria is so well adapted to children that it is recommended by the highest authorities.

CAMPERS

Should take with them a supply of Dr. Fowler's Extract of Wild Strawberry.

Those who intend going camping in the mountains this summer should take with them Dr. Fowler's Extract of Wild Strawberry.

An onion out in half is the best thing to use for cleaning gilt frames. Use this to remove the dirt and then sponge the frame with tepid rainwater and pat it dry with a soft cloth.

Parallels the Pills possess the power of acting specifically upon the diseased organs, stimulating to action the dormant energies of the system, thereby removing disease.

Two Stratford Ladies

Ms. Elizabeth Baxton, Britania St., says: "I have suffered greatly with my stomach and bowels, and have used many remedies, but have not been cured until I took Dr. Fowler's Extract of Wild Strawberry."

Ms. Poland, Brunswick Street, says: "I have suffered greatly with my stomach and bowels, and have used many remedies, but have not been cured until I took Dr. Fowler's Extract of Wild Strawberry."

Ms. Gilmara, writes: "I have suffered greatly with my stomach and bowels, and have used many remedies, but have not been cured until I took Dr. Fowler's Extract of Wild Strawberry."

Permanent Cure of Cancer

Dr. Burdock's Blood Purifier is a permanent cure of cancer.

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CLEARING SALE

Kenney Bros. Have commenced a Clearing Sale for the next thirty days.

Economic Power is secured with a Canadian Steel Airmotor.

Ontario Wind Engine and Pump Co., Limited.

AT A LIVING PROFIT ONLY.

You Can Get It!

Undertaking... In all its branches. Calls day or night attended. Coffins delivered. Prices to suit every ones needs.

J. A. SPEIGHT & CO. Acton.

A Clothing Talk.

The well dressed have a decided advantage over the slovenly. Notice the reception given a man who is careful of his appearance.

HENDERSON & CO.

Maple Leaf Grain Mills. A complete line of Farm Implements and all kinds of Repairs.

RAILWAY TIME TABLE

GRAND TRUNK RAILWAY			
GOING WEST.	GOING EAST.	GOING WEST.	GOING EAST.
Mail, 10:00 a.m.	Express, 6:55 a.m.	Mail, 10:00 a.m.	Express, 6:55 a.m.
Express, 10:30 a.m.	Mail, 11:15 a.m.	Express, 10:30 a.m.	Mail, 11:15 a.m.
Mail, 12:15 p.m.	Express, 12:45 p.m.	Mail, 12:15 p.m.	Express, 12:45 p.m.

Welland Vale Bicycles. Call and see the new Welland Vale Bicycles at the Bicycle Store.

EVERTON AND EDEN MILLS

Best Flour. Bran, Middlings, Chop Feed, &c., for sale.

CASH PAID

FARM PRODUCE

AIKENHEAD PRODUCE CO. G. PARSONS, Manager.

PLANING MILLS

JOHN CAMERON, Architect and Contractor.

SPRING HAS COME

Milk Cans

With new ones of bright new heavy stock, made to order and to your satisfaction.

G. A. Pannabecker

REPAIRS PROMPTLY ATTENDED TO.

ENT

Patent Solicitors and Experts.

Gold Shipley & Muir Co. Limited.

Agent for the Dominion of Canada.