

HEALTHY HAIR

A man with a thin head of hair is a marked man. But the big bald spot is not the mark most men like.

Too many men in their twenties are bald. This is absurd and all unnecessary. Healthy hair shows man's strength. To build up the hair from the roots, to prevent and to cure baldness, use—

AYER'S HAIR VIGOR

It always restores color to faded or gray hair. Notice that word, "always." And it cures dandruff.

\$1.00 a bottle. All druggists.

"My laurels calling me strangers a great deal, I would naturally feel hollow every time I looked at my hair. It was so thin and the bald spots were so numerous that I had lost all confidence in myself. My Hair Vigor less than three months has given me a fine head of hair again. I tell everyone what I had, and they all say, 'Yes, it is true.' Dr. Ayer's, 100 Main Street, Chicago, Ill."

We have a book on "The Hair and Skin," which will tell you all you do not obtain in the Vigor, write the Doctor about it.

Dr. J. G. LYNN, Lowell, Mass.

The Acton Free Press

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The Young Folks.

THE CHILDREN IN HEAVEN.

"Oh, I wish for you little ones!" says—"Hold the children up in heaven;"

"There's a dear little boy coming home to-day;

"He's almost ready to fly away;

"Let's get ready to live in;

"Open those doors for the new little boy;"

"Hold the children up in heaven."

"God wanted him where his little ones meet;"

"Hold the children up in heaven;"

"The king calls down from the angel's

"Hold the children up in heaven;"

"For the dear little boy has gone to sleep;"

"The shadows fall and the night clouds sweep;

"Ow! the earth wept to live for;

"Ow! who'd that weep for their dear little boy?"

"Hold the children up in heaven."

"My little darling, arise and come;

"To the place you used to be in Father's house;

"Let us go and watch at the gate of joy;

"Ready to welcome the new little boy;"

"Hold the children up in heaven."

"Down from the earth do you hear than

"Hold the children up in heaven;"

"For the dear little boy has gone to sleep;"

"The shadows fall and the night clouds sweep;

"Ow! the earth wept to live for;

"Ow! who'd that weep for their dear little boy?"

"Hold the children up in heaven."

"My little darling, arise and come;

"To the place you used to be in Father's house;

"Let us go and watch at the gate of joy;

"Ready to welcome the new little boy;"

"Hold the children up in heaven."

A SALT BATH AT HOME.

For those who cannot have the privilege

of a dip in the sea at their pleasure, a salt bath at home is easily attainable. Sea salt may be purchased at any druggist in five pound boxes, costing twenty-five cents a box. One large handful in a tub of cold water will produce a thoroughly invigorating bath. It should, of course, be followed by a good soak rubbing with a moderately rough towel. The bath should not be so strong as to splash water before drying, as salt water has a tendency to roughen the skin. Care should be taken to keep the hair from becoming matted by the salt water, which destroys its texture and gives it a grayish appearance. If the tresses should accidentally share in the salt bath, they must be well rinsed with fresh water as soon as possible.

HOW TRUE MEN ARE GROWN.

It is not easy, but effort—not family, but difficulty, that makes men. There is, perhaps, no station in life in which difficulties have not to be encountered and overcome before any decided measure of success can be achieved. These difficulties are, however, our best instructors, as our mistakes are the fountain of our best experience. Charles James Fox was accustomed to say that he hoped more from a man's failure, and yet went on in spite of his failure, than from the buoyant nature of the successful.—*Bunites Self Help*.

A frugal, rich father and a spendthrift son.

Temperance and labor are the two best physicians; this one sharpens the appetite—the other prevents indolence to excess.—*Rousseau*.

ANEMIA

is thin blood. It causes pale faces, weak lips, weak nerves and lack of vitality. A blood-enriching, fat-producing food-medicine is needed.

Scott's Emulsion

goes to the root of the trouble, strengthens and enriches the blood, and builds up the entire system.

For Anemic girls, thin boys, and enfeebled mothers, it is the Standard remedy.

Scott's Emulsion
10c. per fl. oz., all druggists.

SCOTT'S DOWNTOWN PHARMACY

Ottawa, Canada.

Children Cry for CASTORIA.

10c. per fl. oz., all druggists.

SCOTT'S DOWNTOWN PHARMACY

Ottawa, Canada.

BUGAN AS A FOOD.

The craving for sugar is said to be natural, and particularly in children, who are continually in motion, and in those doing work requiring great physical exertion. Sugar is a heat and energy-producing food, and in moderate amounts is readily digested and assimilated. An excess of sugar, however, causes an acid condition of the stomach.

In many cases it supplies heat produced food in a form more readily assimilated than either starch or fats or oils. It is especially useful in warm weather or warm climates, as it supplies energy to the body without the over-heating effects of large quantities of fat. "In India it is said that workers must have, daily, large amounts of food well-seasoned with sugar." The employer must feed it or lose his workers. All tropical lands the condition of diet, fat, and other sweet foods is very large.

"The food value of candy may be expressed by the amount of the sugar contained (72 to 90 per cent), but the wholesomeness of the other ingredients must be taken into account."

"We are told that, although sugar is a valuable food, it is concentrated form of nourishment, and should be eaten in moderation, especially by those leading a sedentary life."

LIFE'S VICTORIES.

"Thank God, temptation is not sin; there is very plain boundary line between them. The Devil is not well."

"Yield not to temptation.

For yielding is sin.

My temptation becomes my sin only when I yield to it; my tempter cannot sin for me, or compel me to sin against my will. Even should only when she concealed, Christ was sorely tempted, but He did not sin, for His will was not won over. "My son, if sinners enter into your home, then consent not to it." Your temptation is your trial, but not your transgression. If, however, you yield to temptation, then it is your transgression. This savage believes that the soul of every he who enters into him and increases his power. So it is with every temptation you vanquish."—James Wellie, D. D.

HYPOCRITISM A DELUSION.

"Simple—it won't work."

Hypnotic—Hypnotism. Tried it on the butcher. Looked at him fixedly until I had his undivided attention, then I said very slowly and with emphasis, "This—bill—is—paid."

"Hows—And what did the butcher say?"

"Hypnotic—He said, 'You're a liar!'"

Though I look old, yet I am strong and lusty, for my youth never did apply red and robust liquor to my blood."—Shakespeare.

Dr. Petty's never fail to give relief and they cure all men honest trial."

No one can lay himself under obligation to do a wrong thing. Persons, when once of his friends asked his services in an unjust cause, excused himself, saying, "I am a friend only as far as the other."—Miller.

Where others fail, there Dr. Petty's pills prove their power to cure.

A doctor is the first person you see on entering the world, and often the last you see leaving it. You begin with a doctor's bill and end with one.

CASTORIA

For Infants and Children.

The best medicine for Infants and Children.

Castoria.

Castoria.