

Coated

Look at your tongue. Is it coated? Then you have a bad taste in your mouth every morning. Your appetite is poor, and food disagrees with you. You have frequent headaches and are often dizzy. Your stomach is weak and your bowels are always constipated. There is an old and reliable cure:



Ayer's Pills

Don't take a cathartic dose and then stop. Be sure you take a laxative dose each night, just enough to cause one good free movement of the bowels.

You feel better the very next day. Your appetite returns, your dyspepsia is cured, your headaches pass away, your tongue clears up, your liver acts well, and your bowels no longer give you trouble.

Price, 25 cents. All druggists. I have taken Ayer's Pills for 20 years, and I consider them the best medicine. They do me more good than half a box of any other pills I have ever tried.

THE ACTON FREE PRESS.
THURSDAY, MARCH, 28th 1901.

The Young Folks

THE FIVE PAIRS OF TWINS.

Polly, Polly, Polly, tell the five pairs of twins. The story is so good, so true, so interesting. The four first children were born on the 1st of February, 1892, and the five pairs of twins were born on the 1st of February, 1893.

Children Cry for CASTORIA.

No grace is more necessary to the Christian worker than fidelity. It is the humble man that excels in all his work, and there is no man to whom the weary feel—B. J. Nichol.

FAT BABY

Fat is the cushion that nature fills out and surrounds the little ones with, to protect their tender parts—the same with kittens and puppies—fat is not tender. Fat, they must have; and fat they must be.

If your baby is anyway short of his rights, give him Scott's Emulsion of cod-liver oil.

LUCK COMES TO THE BELLOVY.

"Luck," said a man who believes in it, "comes to different people in different ways. I know a man who is so lucky about his work that he is always getting a man on his back."

THEY USED CLEAN ONES.

The head master of a boarding school in the city of Montreal is very particular about the behavior of his scholars during meal-times.

EPITAPH.

The natural antipathy between rhyme and grammar is exemplified in this inscription upon a grave in Dumfries, Scotland:

THE BEST FRIEND OF THE MOTHER, WIFE AND DAUGHTER.

Paine's Celery Compound

The Great Spring Medicine that Restores Ailing Females to Perfect Health.

Children Cry for CASTORIA.

People who talk too much are sure at some time or other to get snubbed.

A NURSE'S NOBILITY.

Miss J. H. H. is a noble woman, professional nurse, publishes the following letter, which will be read by those who are desirous of knowing the difficulties which she has overcome.

PROOF FROM ONE OF MANY.

MONTREAL, QUE., Jan. 26th, 1901. I have been suffering for 12 years from kidney trouble. I had terrible backache, and my head was so dizzy that I could not see the ground.

WHY GIRLS CANNOT THROW.

Boys from time immemorial have made all manner of sport on the subject of the inability of girls to throw a stone.

WATCH

More who leather is worn out by sweating than by bustling. Do not worry about changes for usefulness while a simple present duty remains unperformed.

ARE A SURE CURE FOR

Nervousness, Sleeplessness, Nervous Prostration, Loss of Energy, Brain Fag, Pain and Dizzy Spells, Headaches, Migraine, Neuritis, Linitis, After Effects of La Grippe, Palpitation of the Heart, Anemia, General Debility, and all troubles arising from a run-down system.

Children Cry for CASTORIA.

There is no use hiding from a friend what is known by an enemy.

The Torture of ECZEMA Prevented Sleep.

Mr. Paul Lariviere, Montebello Station, Melton Co., N.S., writes as follows: "I shall always praise Burdock Blood Bitters as the best remedy for skin diseases."

MONEY TO PATENT GOOD IDEAS.

THE PATENT RECORD, Baltimore, Md.

Don't Despair.

Even if you are troubled with backache and do not know how to get rid of it, you can be absolutely cured by them.

THE FAC-SIMILE SIGNATURE OF

CASTORIA

KING QUALITY RUBBERS

A FINE RUBBER SO ELASTIC AND EASY TO WEAR, BECAUSE FOR A FINE SHOE THEY ARE ALL RUBBER.

CHILDREN CRY FOR CASTORIA.

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What is CASTORIA?

Castoria is for Infants and Children. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It contains neither Opium, Morphine nor other Narcotic substance. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers.

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