

My Hair

"I had a very severe sickness that took off all my hair. I purchased Ayer's Hair Vigor and Applied Vigor, and it brought all my hair back again."

W. D. Quinn, Marseilles, Ill.

One thing is certain—Ayer's Hair Vigor makes the hair grow. This is because it is a hair food. It feeds the hair and the hair grows, that's all there is to it. It stops falling of the hair, too, and always restores color to gray hair.

\$1.00 bottle. All druggists.

If your druggist cannot supply you, send us one of our sample bottles and we will send you a dozen.

Address: J. C. YELLS CO., Lowell, Mass.

The Action Free Press

THURSDAY, AUGUST 15th, 1901.

The Young Folks.

THE BUTTER BETTY BOUGHT

Billy Boats bought some butter:
"But," said she, "this butter's bitter!"
I put it in my batter.
It was a bit of butter,
But a bit of butter,
Will not make my batter bitter."
She bought a bit o' butter,
Bitter than the bitter butter.
She bought a bit o' butter,
But a bit of butter.
Bought a bit o' butter.

KEEP YOUR LANTERN BY YOU.

The words were—somewhat sharply spoken by the conductor of an evening train.

"Keep your lantern by you. If anything should happen you may be at one end of the car, and your lantern at the other."

The brakeman was a new hand who had just come on board. The conductor met him at the rear end of the last car, and the above words were spoken. We glanced forward as the brakeman passed toward the front end, and then, to our surprise indeed, we saw his lantern hung up in a corner. While he was talking to the conductor, suspending his lantern, he began to think.

We thought of other brakemen inexperienced brakemen who sometimes put their lamps where they would be of little use in an emergency.

There are people who make a profession of religion, who seem like shining lights in the church, but who do not take their religion with them in their daily life. They leave the lantern hung up somewhere where it can do them little good in a special hour. There are young people who go to places where they cannot take their religion with them. And that is how shall they be prepared to help others who are in danger—but still, they give light to others when the emergency arises! "Ye are light of the world," Jesus said to his disciples, but they who are to give light to the world must bear their light about with them. "Let your light so shine before men," again said the Saviour; "that they, seeing your good works, may glorify your Father which is in Heaven."

Do not forget that if we neglect to let our lights shine brightly they are in danger of being put out entirely, and other light-bearers put into place.

DON'T WORRY.

Bishop Vincent gives these helpful rules for conquering worry:

Consider what must be involved in the truth that God is infinite and that you are a part of His plan.

Cultivate a spirit of gratitude for daily mercies.

Realize worrying an enemy which destroys our happiness.

Realize that it can be cured by persistent effort.

Attack it definitely as something to be overcome.

Realize that it has never done, and never can do the least good, it wastes vitality and impairs the mental faculties.

Morale your muscles and conquer your aversions.

Help and comfort your neighbors.

The world is what we make it. Forward then! Forward in the power of faith, forward in the power of truth, forward in the power of friendship, forward in the power of freedom, forward in the power of love, forward in the power of God!

Treat men and they will be true to you; treat them gently and they will show themselves great, though they make an exception in your favor to all their rule of trade.

PUNTINACITY DID IT.

A foxy boy applied for a job. "Do you want a boy?" he asked of the manager in the office, standing behind his desk. "I have a boy," replied the manager, smiling. "The boy stuck his cap on the back of his head. "Well, say, mister," he inquired, "do you have to have a boy?" The manager collapsed. "I'm sorry to say we do," he said, "and I guess you're about what we want."

BOTHY HE SPOKE.

Guest (indignantly)—"Waiter, there are feathers in the soup!"

Waiter (dissipating it)—"Why, so there are. I thought I was giving you gravy soup. It's chicken broth, sir; coats nice—price more. (Changes figure on the bill.)

BABY LAUGH

It belongs to health, for a baby, to eat and sleep, to laugh and grow fat.

But fat comes first; don't ask a scrawny, baby to laugh; why, even his smile is pitiful! Eat comes first.

The way to be fat is the way to be healthy. Scott's emulsion of cod-liver oil is the proper food, if he needs it; but only a little at first.

Will send you a little book for you like, SCOTT & BOWNE, Charlottetown.

ROYAL HOUSEHOLD RULES.

New regulations have been adopted for the government of the royal household, similar to those in vogue at the Royal Palace, where the Queen lives, living as Princess of Wales for the last century. Prince has been created and hangs in prominent place in the corridors of the castle: "Twelve Good Rules Found in the Study of Charles I. of Blessed memory." A note admonishes members of the household to observe them. They are as follows:

1. Profane no divine ordinance.
2. Touch no slate matters.
3. Urge no words.
4. Blame no quarrels.
5. Maintain no ill opinions.
6. Encourage no vice.
7. Repeat no grievances.
8. Reveal no secrets.
9. Make no parsons.
10. Make no bad company.
11. Make no long malice.
12. Lay no wagers.

NEEDLESS WORRY.

A clerk was standing behind the counter of a telegraph office a large town when an old farmer came in and asked for "one of them pieces of paper what folks send telegrams on."

The clerk showed him where to find pencil and form. The old man went off, and when he had completed his message he handed it over the counter with the remark:

"How much ull that stand on in, mister?"

He paid the money and was just off when he was asked by the clerk for two or three words, as he was unable to make them out. "What have you got?" he asked.

The old man turned back, and in a very sharp voice replied:

"Look here, young man, don't you be so importunate; there is that going to right. Easy to take, easy to operate.

25c. All druggists.

DYSPEPSIA AND INDIGESTION.

If the patient of the following symptoms has been troubled with severe dyspepsia and indigestion, he should take Dr. G. H. Health's "Dyspepsia and Indigestion" concoction by the spoonful three times a day.

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