

Gray Hair

"I have used Ayer's Hair Vigor for over thirty years. It has kept my scalp free from dandruff and has prevented my hair from turning gray."—Mrs. F. A. Soule, Billings, Mont.

There is this peculiar thing about Ayer's Hair Vigor—it is a hair food, not a dye. Your hair does not suddenly turn black, look dead and lifeless. But gradually the old color comes back—all the rich, dark color it used to have. The hair stops falling, too.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Put on the name of your nearest express office. Address: Dr. J. C. Ayer & Co., Lowell, Mass., U.S.A.

The Actor Free Press

THURSDAY, AUGUST 21st, 1901.

The Young Folks.

A VOICE IN THE CHORUS.
Up in the music loft I heard
A voice of sweetest tone,
Like whistling of a happy bird
That loved to sing alone.
As singer I was never planned;
No teacher had I e'er,
To rise to such a height as stand
Beside her in the choir.
I love her and I thank you with
Another glad heart,
For I had met her in the past,
And she was in the choir.
Her voice sings, and my heart replies,
In joyful tones,
"I've reached a goal to which I've
Striven long and hard."
—George Hilditch in "Town and Country."

THE FIT OF THE BLUES.

The best way to drive away "the blues" is to spend an hour or two in the park with a bright companion, passing the time in the pursuit of some sport or other, such as tennis, golf or croquet—anything that will drive one's thoughts into a fresh channel and hold one's attention. One feels "down" because he is impossible for hours of solitude to be so permanent, but a good deal can be done to discourage depression from increasing by one occupying one's self with some subject of interest, and more especially by entering into the pleasant and sorrowful of others. One of the best tonics for the "blues" is a cold bath—which gives a healthy shock to the system that breaks the morbid chain of thought from which one is suffering, corrects one's mind and is likely to cause a healthy reaction. The charm, freshness and innocence of little children is a happy diversion, and to watch their simple joy often makes our own hearts throbb with gladness, and we forget our own troubles for a moment in their pleasure. It is, as a rule, far more easy to shake off "the blues" in the summer time than in the winter, for the great heat, open air, is more inviting in May than December.

ANGELS WITH CUDS OF TO-BACCO.

The Rev. Mr. H.—was a good man, but very fond of chewing tobacco. One day he was caught in a shower in Illinois, and going to a cabin near by, knocked at the door. A sharp-looking old lady answered his summons. He asked for shelter. "I don't know you," she replied, suspiciously. "Remember the Scriptures," said the domestic, "be not forgetful to entertain strangers, for thereby some have entertained angels unawares." "Angels don't come round with out of tobacco in their mouths," she replied, and slammed the door in his face.

DISAPPOINTED.

"With the idea of naming my boys," said a white-haired man, so that there could be no mistake as to a shower in Illinois, and going to a cabin near by, knocked at the door. A sharp-looking old lady answered his summons. He asked for shelter. "I don't know you," she replied, suspiciously. "Remember the Scriptures," said the domestic, "be not forgetful to entertain strangers, for thereby some have entertained angels unawares." "Angels don't come round with out of tobacco in their mouths," she replied, and slammed the door in his face.

THINGS ARE NOT ALWAYS WHAT THEY SEEM.

Biquit's Daughter—"I was so very sorry to hear you had lost your poor horse. What had happened to you?" "Well, not exactly, Miss. You see, I like this. He was insured for five pounds in the club, they gave me thirty shillings for his carcass at the kennels, and he nobbed cost me a guinea three years ago!"—"Hush."

THE MAKING OF CHARACTERS.

Do not let us suppose that character requires great circumstances for the making. Character can be made in poor conditions. There are huge manufacturing plants in this country, with magnificent machinery, with chimneys belching forth clouds of black smoke to pollute the air, where they turn out carpets of most beautiful aspect, which would almost make you ill to look at, and which perish quickly in the using.

THIN CHILD.

If a child is thin, let him take a little of Scott's emulsion of cod-liver oil. Some children like it too well; begin with a little. A half or quarter-teaspoonful is enough at first, if the stomach is weak; but increase, as you find the stomach will bear.

DON'T KNOW ITS VALUE.

The biggest lump of gold ever found east of the Rockies was used for years in the hotel of a capitalist in the northern part of Colorado to keep the door ajar. The only reason why a great many people use the little as an emulsion of cod-liver oil is because they have never dreamed that it has a better use.

VARIETIES.

"Every hard day, that you would rather not do, that it will not do you any good, or struggle or one effort to do, but a blessing in it. Not to do it is to miss that blessing. Every heavy load that you are called to lift will be lifted in some strange way or another. Among the cuttings in the files in a horizontal position, the middle one of a thousand Hinds, black and watch maker, who passed his life in the hope of being taken to hand by a friend, and set against the wall to come. On the fifteenth day of August, 1900. In the nineteenth year of his age."

"A certain well known railway conductor has a reputation of being after the minor details of his great business with a keen eye. One morning, while out inspecting the work that was being done on a railway, he picked up a hot lying beside the line. Then he walked to where the 'hot' was lying on the road. 'Look here,' he called out to one of the workmen 'how is it that I find bolts lying about here? Why, where did you get that?' 'I found it in the hole of the workman.' 'No, did you not?' cried the workman. 'I'm much obliged to you, sir, for I've been hunting for that bolt all the forenoon, and wasted a morning's worth of your money. I know you were missing.' The august conductor concluded that workman could give him the bolt he was looking for, and he went on his way, and left in silence.—Tribune.

SAFE BUSINESS RULES.

Business men, in business hours, stand only to business matters. Social calls are best, adapted to the social circle. Make your business known in few words, without loss of time. Let your dealings with a stranger be most carefully considered, and tried friendship duly appreciated. A man will not soon root, and a man of honor will be satisfied. Leave "Tricks and Trade" to those whose education was never completed. Treat all with respect, confide in few, wrong no man. Be never afraid to say No, and always prompt to acknowledge and rectify a wrong. Leave nothing for tomorrow that should be done today. Because a friend is polite, do not think his time valuable. Have a place for everything, and everything in its place. To preserve long friendship, keep a short credit. The way to get credit is to be generous; the way to preserve it is not to be too much. Be true; have short accounts. Treat no man's appearance; they are often deceptive, and assumed for the purpose of obtaining money. Be generally well. The rich are generally plain men. He well satisfied before you give a credit that to whom you give it is safe man to be trusted. Keep your engagements and promises. Always be on time.—Selected.

Children Cry for CASTORIA.

"Well begun is half done," says the proverb, but you can't convince the professional digger that such is the case. Thataching head can be instantly relieved by taking one of Milburn's Sterling Headache Powders. 1 powder Co. 8 for 10c., 10 for 25c.

A pretty tall story—the top floor of a modern city story.

Regular action of the bowels is necessary to health. Laxative Pills are the best occasional cathartic for family or general use. Price 15c. Any drugist.

DOAN'S KIDNEY PILLS

CURE
BACKACHE
LAME BACK
RHEUMATISM
DIABETES
BROU'S DISEASE
DIZZINESS AND ALL
KIDNEY & URINARY
DISEASES
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AB TO TOMMY ATKINS.

Certain persons in England, and notably George Marshall, the novelist, have gone into print to explain their dislike to "Tommy Atkins" as the sobriquet of the British soldier. A popular notion has sprung up that the name is peculiarly the idea of Rudyard Kipling, then which nothing could be farther from the truth, although it is not to be denied that Mr. Kipling, more than anybody else, has made the nickname famous.

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A SPIDER'S INSTINCT.

A correspondent sends us a remarkable instance of adaptation of instinct in a trap-door spider. Says the writer: "A friend of mine noticed near his camp a trap-door spider on the front of his tent. It was its hole, pulling the lid down as it disappeared. The lid seemed so tight and perfect a circle that the man who passed it was a little doubtful as to whether it was a spider's hole. He stepped on it, and under his foot it moved and slid through a hole in the tent, and he was left with a hole in his tent. The spider had probably been swept out of the tent with rubbish."

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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. Castoria destroys Worms and allays Feverishness. Castoria cures Diarrhoea and Wind Colic. Castoria relieves Teething Troubles, cures Constipation and Flatulency. Castoria assimilates the Food, regulates the Stomach and Bowels of Infants and Children, giving healthy and natural sleep. Castoria is the Children's Panacea—The Mother's Friend.

Castoria.

"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."—Dr. J. C. Watson, Lowell, Mass.

"Castoria is so well adapted to children that I recommend it as superior to any preparation known to me."—Dr. A. A. Adams, M.D., Lowell, Mass.

THE FAC-SIMILE SIGNATURE OF

Chas. H. Fletcher.
APPEARS ON EVERY WRAPPER.

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By our Windows You CAN SEE THEM.

Men's Tan Bals, \$3 to \$5, now \$2.17.
Misses' Button and lace, were \$1.45, now 90c.
Children's Button and Lace, were \$1.25, now 60c.

NEILL, THE SHOE MAN.

GUELPH.

Trading Stamps.

Furniture AT COST.

J. A. SPEIGHT & CO.

Have decided to clear out their stock of Furniture, all lines, at cost prices. There will be bargains for everybody who wants furniture for any room in the house. A short time will be allowed for payment of goods, purchased, if cash is not convenient.

J. A. Speight & Co.,

Warerooms foot of Willow St. ACTON.

Oil Spraying In Winter with the



FOR THE BLOOD

Dear Sirs,—I write to say that I have used Burdock Blood Bitters with excellent results. Last spring my daughter got all run down and was very thin and weak. Her face was covered with red spots and a large blot formed on her cheek. I procured 2 bottles of B.B.B., and by the time she had finished them the spots and blot disappeared and she has got strong and fleshy again. I consider B.B.B. the best blood medicine known.

Children Cry for CASTORIA.

Price, 35c.

GRAND TRUNK RAILWAY.

When you want FLOUR and OATMEAL, GET OUR GUYTON AND OGDON MILLS BRAND.

W. BARBER & BROS.

Paper Makers
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Fastest Shoe on Earth

Call and examine the merits of this superior shoe. Made in all modern styles of lasts and best grades of leather. All sizes, AA to EE widths, for ladies and gentlemen.

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