

Dark Hair

"I have used Ayer's Hair Vigor for a great many years, and although I am past eighty years of age, yet I have not a gray hair on my head."
Geo. Yellott, Towson, Md.

We mean all that rich, dark color your hair used to have. If it's gray now, no matter, for Ayer's Hair Vigor always restores color to gray hair. Sometimes it makes the hair grow very heavy and long, and it stops falling of the hair, too.

If your druggist does not supply you, send us one dollar, and we will express you a bottle, by mail. Address: J. C. Ayer & Co., Lowell, Mass.

The Action Free Press.

THURSDAY, JULY 3, 1902.

Our Young Folks.

LIVE IN THE SUNSHINE.

Live in the sunshine, don't live in the gloom.

Carry some gladness to the world to illumine.

Live in the bright sunshine, and take this to heart.

The world will be gay if you'll do your part.

Live in the sunshine, and in the cold Open-air Christians live nobly and well.

Live where the joys are, and, seeking defeat.

Have a good-morrow for all whom you meet.

Live as the victor, and triumphing go through this queer world, beating down every foe.

Live in the sunshine, God meant it for you!

Live in the sunshine, and sing the day-day through.

CURE FOR CARELESSNESS.

A successful business man said that there were two things which he learned when he was eight-teen, which were ever afterward of great use to him—namely: "Never to lose anything, and never to forget anything."

The story of this lesson is printed in the *Country Gentleman*.

An old lawyer said to the young man with an important paper, giving him definite instructions what to do:

"But," inquired the young man, "suppose that I should happen to lose it, what shall I do then?"

"You must not lose it," said the lawyer, frowning.

"I don't mean to," said the young man, "but suppose it should happen to?"

"But I say you must not happen to," I shall make no provision for such an occurrence. You must not lose it."

"This put a new train of thought into the young man's mind, and he found that if he was determined to do a thing he would do it. He made such a provision against every contingency that he never lost anything.

He found this equally true about forgetting. If a certain matter of importance was to be remembered, he pinned it to a card, and fastened it there, and made it stay. He used to declare:

"When a man tells me that he forgot to do something, I tell him he might as well have said, 'I did not care enough about your business to think of a means.'"

"I once had an intelligent young man in my employ who seemed to sufficient excuse for having neglected an important task to say, 'I forgot.'"

"I told him that would not answer: 'If he' was sufficiently interested he would be careful to remember. It was because he did not care enough that he forgot. I drilled him with this truth.

"He worked for me three years, and during the last year of the three he was badly engaged in his respect. He did not forget a thing. His forgetting he found, but he was a lazy and careless habit of mind, and he cured it."

BOYS.

A young fellow, a reporter on a big newspaper, who turns out "copy" easily and in abundance, called the other day at a hardware shop.

"What do you require?" demanded the polite shopkeeper.

The brilliant reporter was engaged in thought and answered absently: "A pair of scissors."

"For what use?"

The reporter answered, with an intensely pensive air, "Scissors—to use in writing."

All women are not devoid of the sense of humor, and may judge by the way some wives manage their husbands.

SEVEN TO ONE

Sometimes the weight goes up that way when taking Scott's Emulsion. Seven pounds of new, healthy flesh from a one-pound bottle of Scott's Emulsion is on record.

Scott's Emulsion brings everything to its aid: good appetite, strong digestion, rich blood, new body strength, and above all the power to get all the good out of ordinary food.

For those who are in need of more flesh there is nothing better. Thin folks—try it!

Scott's Emulsion is made of pure cod-liver-oil, and is not adulterated with anything else.

We'll send you a bottle to try, if you like. SCOTT'S BOTTLE, CHICAGO.

THE ROCKEFELLER MAXIMS.

The most successful business men can be, should be and are the most successful Christian men.

There are three chief requisites for a successful business man. The first is honesty, absolute honesty; the second is industry and the third is perseverance.

Modern methods should be employed even at the expense of a few dollars. I am more than a Baptist, I am a Christian.

The chief thing in life is to do something to work.

The growth of a big business is merely a continuation of the first.

Without a minute, do them well. That is success.

A war may cost many lives, but it is for the good of the country at large.

Success comes by doing the common, every-day things of life incommunitarily.

COULDN'T FIGURE IT UP.

"Were they any triflingness in ancient Rome?" we asked of the actor's assistant.

"I think not," he replied. "You see, with the Roman system of numerals it would have required a cartload of chalk and a blackboard as long as from here to Halifax to enable a man to figure up the interest on a million loan at 8 percent, for one year and twenty days, and by the time he had summed it up and secured a telephone to connect the beginning of his figures the borrower would have died of old age.—Judge."

Marvelous Escape From Death.

PAINE'S CELERY COMPOUND

Does Wondrous Work For Mr. Geo. March.

AFTER FAILURES OF OTHER MEDICINES.

It is well known that terrible rheumatism and sciatica cause more suffering, more suffering, and agony than any of the other diseases that afflict humanity.

The great medicinal virtues of Paine's Celery Compound make it the only trustworthy specific for the cure of all forms of rheumatism.

Thousands of strong testimonial letters from the most prominent people prove that Paine's Celery Compound has completely banished rheumatism when all other treatment has failed.

Mr. Geo. March, Victoria Avenue, North, Hamilton, Ont., says:

"Having experienced all the pains and agonies of that awful disease rheumatism, for the past ten years, and having met with so many disappointments after using medicines of all kinds, I finally decided to try Paine's Celery Compound did for me when my very life was in peril."

"I was strongly recommended to give Paine's Celery Compound a fair trial for my troubles. I bought it and used it, and the results were simply marvellous."

"I was encouraged and overjoyed that I had at last found the medicine that could cure even such a long-standing case as mine. I continued the use of the Compound, and now find myself a new man in ever respect."

Paine's Celery Compound, also banished pain and troubles that I experienced in the region of my kidneys. I consider Paine's Celery Compound my health-giver and life-preserver."

The bicycle built for two has had its day, but it's different with the new one.

WANTED.

We would like to ask, through the columns of your paper, if there is any person who has used Green's August Flower for the cure of Indigestion, dyspepsia, and liver troubles that has not been successful, we will award them their results, such as some stomach, fermentation of food, habitual constipation, nervous dyspepsia, headaches, dependent feelings, sleeplessness—in fact, any trouble connected with the stomach or liver? This medicine has been well for many years in all civilized countries, and we wish to correspond with you and send you one of our books free of cost.

If you never tried August Flower, try one bottle first. We have never known of its failing to cure, and we are serious in the matter with you. Sold by Wm. Roskin.

Four years at college will fit any young man to go out into the world and walk for something to turn up.

The Penalty of a Vast Life.

It is paid for by an frightful condition of body and mind, by exhausted nerves, poor digestion, unsteady nerves and broken sleep. If you must and will live the killing pace, better keep in mind the untold poisons of Perognone, a wonderful tonic and restorer. Perognone is a blood purifier, a nerve strengthener, a brain invigorator. It creates appetite, induces perfect digestion, and undisturbed sleep, restores the vitality and strength lost by excessive living very quickly. Perognone will do you more good, try it. Price 50c per box or six boxes for \$2.50 at druggists. Sold by A. T. Brown.

Many a man's possible views of life are due to his acquaintance with himself.

Huggins's Yellow Oil cures sprains, bruises, sore wounds, cuts, frost-bites, chilblains, stings of insects, burns, scalds, contusions, etc. Price 25c.

"The superiority of Mother Gray's Worm Expeller is shown by its good effect on the children. Purchase a bottle and give it a trial."

The man who is pulled up with pride is the one who can scarcely contain himself.

The Cause of Dyspeptic Pains.

Improperly digested food usually forms gases that causes a painful distention of the stomach and pressure against the heart. This results in pain and distress, but Scovil's will relieve the distention, digest the gas, and ease the dyspeptic pains very quickly. Polson's Nervine is really an excellent remedy for dyspepsia, indigestion, nervous stomach complaint and all attendant and heretofore troubles. No household is complete without Nervine. Try a 25c. bottle.

Love's merchandise is jealousy and suspicion. There is danger in neglecting a cold. Many who have died of consumption dated their troubles from exposure, followed by a cold which settled on their lungs, and in a short time they were beyond the skill of the best physician. Had they used Polson's Consumptive Syrup, before it was too late, their lives would have been saved. This medicine has no equal for curing coughs, colds and all affections of the throat and lungs.

Let him not be a lover who has not courage. One laxative pill every night for thirty days makes a complete cure of biliousness and constipation. That is—just 25 cents to be cured.

A hundred years cannot repair a woman's loss of honor. Liver Pills That's what you need; something to cure your biliousness and give you a good digestion. Ayer's Pills are liver pills. They cure constipation and biliousness. Gently laxative. All druggists.

They Take Weeks.

Ordinary remedies sometimes take weeks, to even relieve cases that Catarhizine cures at once. Intake of Catarhizine five minutes now and again and it cures a cold. Intake of Catarhizine five minutes four times a day and it cures a common cough.

Intake of Catarhizine five minutes every hour and you guarantee it will cure every case of catarrh, bronchitis, asthma, hay or throat trouble, deafness. It is very pleasant to convenient to use, quick to relieve, and certain as the breeze to cure. Large size, complete, price, \$1.00; small size, 25c. at Druggists. Sold by A. T. Brown.

Drunkennes, which makes men forgetful, makes them forgotten.

MILBURN'S HEART & NERVE PILLS. Have you been smoking a good deal lately and feel an occasional twinge of pain round your heart? Are you short of breath, nerves unaged, sensation of pins and needles going through your arms and fingers? Better take a box of two of Milburn's Heart and Nerve Pills and get cured before things become too serious. As a specific for all heart and nerve troubles they cannot be excelled. A true heart tonic, blood purifier and nerve restorer, they cure nervous prostration, palpitation of the heart, after effects of the triple, etc. Price 50c per box or 3 boxes for \$1.25 at druggists, or will be sent on receipt of price by The Y. Milburn Co., Limited, Toronto, Ont.

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Love, a cough and a smoke are hard to hide.

Dr. J. D. Kellogg's Dyspeptic Cordial is prepared from drugs known to the profession as thoroughly reliable for the cure of cholera, dysentery, diarrhoea, griping pains, and summer complaint. It has been used successfully by medical practitioners for a number of years with gratifying results. If you suffer from any of these complaints try it. The medicine that will cure you. Try a bottle. It sells for 25 cents.

Don't go slaking to a famous stream.

Milburn's Sterling Headache Powder cures the worst headaches in from five to twenty minutes, and leaves no after-effects. One powder 5c., 10 powders 50c., 100 powders \$2.50.

Love knows no labor.

Children Cry for CASTORIA

Death wrenches from the hand the scepter as well as the scepter.

Chicago & North-Western Ry from Chicago, August 2 to 10. The new Overland Limited, the luxurious every-day train, leaves Chicago 8 P. M. Only three days en route. Unrivalled scenery. Variousoveries. Unravelling room, sleeping cars and compartment cars, observation cars (with toilet). All meals in dining cars. Buffet, Library Cars (with bar). Only three days en route. Per other fast trains 10.00 a. m. and 11.30 p. m. daily. The best of everything. Daily and personally conducted tourist car excursions to California, Oregon and Washington. Apply to your nearest ticket agent or address, H. H. Bennett, 2 East King St., Toronto, Ont.

When marriage is a failure it isn't always due to financial stringency.

The Hot Weather Tonic. Makes men better acquainted with their resources of strength and endurance.

Many find that they are not so well off as they thought and that they are really overworked and depressed by the heat.

What they need is the tonic effect of Hood's Sarsaparilla which strengthens the blood, promotes refreshing sleep, overcomes that tired feeling, creates appetite.

The dead beat can always be distinguished by the sense of touch.

Attention in the world of homeopathic medicine has been its very source of progress, as in politics and religion.

The dilatation of opinions, and the individuality of men have been parent to the disengagement by which the standard of these bodies have been elevated. So with most of our presentiares—formal in illustration of which facts stands the world famous empy to general debility and languor Quinine Wine, and when taken, obtainable in its genuine strength, is a marvellous tonic of vitality and stimulant, to the general health of the system, Quinine Wine and its improvement, last, from the first discovery of the great virtues of Quinine as a medical agent, been one of the most thoroughly all-around remedies ever offered to the public.

It is one of the great tonics and natural life-giving stimulants which the medical profession have been compelled to recognize and prescribe. Messrs. Northrop & Lyman, of Toronto, have given to the preparation of their pure Quinine Wine the great care due to its importance and the standard excellence of the article which they offer to the public, comes into the market purged of all the defects which skilled observation and scientific opinions are pointed out in the less perfect preparations of the latter.

EXCUSES.

The following are some excuses for absence from school, collected by a school teacher:

"King Matthew." Excuse him for not being there yesterday. My love is a pet goat and it is up his pants on his back and he can't get his pants on his legs. So please excuse me.

"Respected Ma." Please excuse Willy for absence. He fell down stairs last before school time and we feared his internal injuries were hurt at first, but now that they aren't—The doctor says that no part of his anatomy was hurt but the boweling of the way—dumb of the outside side and also his hip hurt same. So kindly excuse me.

"Dear Miss W." The non-appearance of Evelyn Lusko at school yesterday was unavoidable necessarily occasioned by indisposition superinduced. I fear my by own lack of forethought in permitting her to partake of unsuitable food and indisposed through indigestion necessitating the absence of Evelyn from school. Kindly pardon an overfond mother's lack of judgment and excuse my daughter's absence for which I am fully responsible. If not altogether responsible for I should have made my will power superior to hers and thus saved her from the manifestation of injurious concomitants. I beg to assure you that it will not occur again.

A boy who had been absent for two days came to school on the third day, bringing the following brief but comprehensive note "excuse me": "Teacher: Sam has been playing hockey. Please let—J. I. Harbison, in the Christian Endeavor World."

The Druggists are Agreed.

That the most reliable cream and wart remover, in Putnam's Painful Cream and Wart Extractor, which has been used with universal satisfaction for more than thirty years. We recommend Putnam's. Sold by A. T. Brown.

To those to whom home is a prison, virtue is a penance.

DOAN'S KIDNEY PILLS

When passion is upon the throne, reason is out of doors.

The proprietors of Paroel's Pills are constantly receiving letters similar to the following, which explains itself. Mr. John A. Beam, Waterloo, Ont., writes: "I never used any medicine that cured my Paroel's Pills for dyspepsia or liver and kidney complaints. The relief experienced after using them was wonderful." As a safe family medicine Paroel's Vegetable Pills can be given in all cases requiring a cathartic.

We are not born for ourselves, but for God and our country.

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THAT'S THE SPOT!

Right in the small of the back. Do you ever get a pain there? If so, do you know what it means? It's a Backache.

A sure sign of Kidney Trouble. Don't neglect it. Stop it in time. If you don't, serious Kidney Troubles are sure to follow.

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What is CASTORIA

Castoria is for Infants and Children. Castoria is a harmless substitute for Castor Oil, Purge, 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 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 so well adapted to children that I recommend it as superior to any prescription known to me.
M. A. ANCIUS, M. D., Brooklyn, N. Y.

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

THE FAC-SIMILE SIGNATURE OF *Chas. H. Fletcher* APPEARS ON EVERY WRAPPER.

R. E. NELSON

73 WYNDHAM ST., GUELPH.

New Neckties, New Fancy Sox
New Colored Shirts, New Colored Hats
New Straw Hats.

All the latest Novelties—Up-to-date Goods.
Goods marked in plain figures. One price to all.

R. E. NELSON
MERCHANT TAILOR AND MEN'S FURNISHER
GUELPH

Imported Goods.

We have just received Three Crates of Crockery, imported direct from the manufacturers, consisting of White Stone Ware and containing:

100 Dishes Cups and Saucers
50 Dishes Plates, 6 in. 7 in. and 8 in.
5 Dishes Jugs, Assorted Sizes
White Bowls, Different Sizes

Also a case containing:
Handsome Bedroom Sets.
Burry Bells, Fancy Jugs, Glass Bells.
Napkins, Pepper and Salt and other goods.

You will know where a complete list is wanted above goods.

R. E. NELSON
MERCHANT TAILOR AND MEN'S FURNISHER
GUELPH

DE FOWLER'S EXT-OF-WILD-STRAWBERRY

FOR
DIARRHOEA, DYSENTERY,
COLIC, CRAMPS,
PAIN IN THE STOMACH,
AND ALL
SUMMER COMPLAINTS.

It is a safe and sure remedy for the relief of all these troubles. It is a pleasant, rapid, reliable, medicinal.

EVERY HOUSE SHOULD HAVE IT.
AND YOUR DOUGHERT FOR IT. TAKE NO OTHER.

PRICE, 35c.

Caution is in a very great hindrance to conversion from sin.

Sold by Wm. Roskin, 25c.

6 and 5 yr. Gold Fill 1.00

7 yr. Gold Fill 1.00

8 yr. Gold Fill 1.00

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