

Colds

"I had a terrible cold and could hardly breath. I then tried Ayer's Cherry Pectoral and it gave me immediate relief." — M. G. Layton, Sudie, Ill.

How will your cough be tonight? Worse, probably. For it's first a cold, then a cough, then bronchitis, or pneumonia, and at last consumption. Coughs always tend downward. Stop this downward tendency by taking Ayer's Cherry Pectoral.

There are few cures for an ordinary cold, but just right for a headache, fever, sore throat, and even a cold, is Ayer's Cherry Pectoral. It has been used for over 50 years.

The Action Free Press
THURSDAY, FEBRUARY 20, 1902

The Young Folks.

A PING PONG PLAINT.
And played on a ping pong court;
She enjoyed, and dinned and boured about.
In a way she had not ought.
She loved a ping pong player,
Who had some charming strokes,
For he was an ardent ping pong fan.
The strongest part of this love affair,
A right good old fashioned game.
He struck her every time they met,
Which made her jump with glee.
They never moved or spoke a word
When the players had left the hall,
And she was a ping pong ball.

A Warning.
To feel tired after exertion is one thing; to feel lived before is another.
It's not the bitter in laziness—it isn't but it's a sign that the system lacks vitality, is running down, and needs the tonic effect of Hood's Narsapilla.

It's a warning, too—and sufferers should begin taking Hood's at once.

Buy a bottle to-day.

Some women who shine in society forget to exhibit their polish at home.

Ringing in the Ears.

This is an unfailing sign of Catarrh, and it's not checked until ultimately result in deafness. The simplest remedy is Catarrhogen, which if applied a few times daily, prevents the catarrhal condition from spreading. Catarrhogen quickly stops the ringing in the ears, head noises, gives permanent relief to catarrhal deafness. For catarrh in any part of the system bronchitis, asthma, lung or throat trouble, Catarrhogen is a specific, and is guaranteed to permanently cure or your money back. Large size, \$1.00; trial size 25c. Druggists or Pulson & Co., Kingston, Ont. Sold by A. T. Brown.

When a man gets too lazy to give advice there is no earthly hope for him.

The Demon, Dyspepsia.—In olden time it was a popular belief that demons moved bodily through ambient air, seeking to enter into amorous and trouble-making. At the present day the demon, dyspepsia, is at large in the same way, seeking habitation in those who, by carelessness or unwise living, invite him. And he enters a man it is difficult to dislodge him. He that finds himself so possessed should know that, a valiant friend, to do battle for him with the unseen foe is Parmeau's Vegetable Pills, which are ever ready for the trial.

Some folks are never satisfied unless they can get you one better.

Only fools sacrifice the certainties of to-morrow for the uncertainties of to-morrow.

Toothache Cured in One Minute.

Saturate some batton with Pulson's Nervine and place in the cavity in the tooth. Rub the painful part of the face with Nervine, blue in a hot flannel, and the toothache will disappear immediately. Nervine is a splendid household remedy for cramps, indigestion, summer complaints, rheumatism, neuralgia and toothache. Powerful, penetrating, safe and pleasant for internal and external use. Price 25c. Try Newlin's. Sold by A. T. Brown.

After a man gets off one witty remark he is expected to give a continuous performance.

Doctor the Horse.

Mrs. Thompson, Roland, Man., writes: "My husband would not be without Higgyard's Yellow Oil in the house, as he uses it a good deal for doctoring up the horses and cows down it splendidly." Price 25c.

A woman's idea of a shopping expedition is to visit every store in town without buying anything.

Astronomy catches the multitude.

MIRROR, SCALES, ETC.

There was a man. And his mirror said "sallow skin." And his scales said "losing weight." And his friends did wag their heads, as he passed by. But being a prudent man he forthwith swallowed daily certain pleasant doses of Scott's Emulsion.

Then his mirror said "sunny face." And the scales sunk beneath his weight. And his friends looked upon him with amaze.

(Note.—This is no fable—but is true history).

We send you a little to try, if you like.

SCOTT'S BOWLS. Canada.

THE RISING TIDE.

We are winning. We shall win. The news that comes to us from every quarter of the globe is full of encouragement.

The restrictive legislation passed by the General Parliament holding good, Prohibition being made in South Africa. The liquor traffic is shrinking under the pressure of public opinion in New Zealand. Australian colonies are making great progress.

South of the line that separates us from the United States the advance is rapid. Nearly every day sees the extinction of the legalized liquor traffic in some county or town. Our news columns are evidence of this.

In Canada it is the same, with this difference that lately the rapid development of public sentiment has not been accompanied by corresponding legislative expression. Every part of the Dominion is ripe for this.

The pressure of the public on Parliament and Legislature is growing continually stronger. Future certainty predicts in the near future results that will probably be the greater because of the extent to which the forces have been restrained. We have good reason to thank God and take courage.

First: When we undertake to fill our subscriptions, we give them our undivided attention and best care. The patient's welfare is our first consideration.

Second: We guarantee our drugs to be full strength well pure and fresh.

Third: Our customers are supplied with just what you ask for; substituting for the allowed.

PALMER'S CELERY COMPOUND.

Reasons a Sufferer Who Was in a Peculiar Condition.

The liver, the largest and one of the most important organs of the body, is, to thousands of young and old, a source of suffering. It has been truly said that a diseased liver means physical and mental tortures and dangers. The common symptoms of liver complaint are loss of appetite, nausea, vomiting, forced breathing, constipation, impure blood, headache, depression of spirits and a host of other evils.

Any one victim of liver complaint? Do you experience any of the symptoms I have mentioned above? If so, do not fail to make immediate use of Palmer's Celery Compound, the only medicine that directly strikes the root of the trouble, and that infused new life into every inactive organ. Mrs. Rachel McLean, Guelph, Ont., cured by Palmer's Celery Compound, A. T. Brown, Action. Ont.

One who makes his word good is seldom in want of a bondman.

We have no hesitation in saying that Dr. J. D. Kellogg's Dysentery Cordial is without doubt the best medicine ever introduced for dysentery, diarrhoea, cholera and all summer complaints, diarrhea, etc.

It promptly gives relief and never fails to effect a positive cure. Mothers should never be without a bottle when their children are teething.

You may choose your own company and then find out that you have made a great mistake.

MILBURN'S HEART AND NERVE PILLS.

Have Restored Thousands of Canadian Women to Health and Strength.

There is no need for so many remedies to suffer—pains, rheumatism, convulsions, faint and dizzy spells and the numerous troubles which render the life of women a round of sickness and suffering.

Women at the change of life, who are nervous, subject to hot flashes, feeling of pins and needles, palpitation of the heart, etc., and tired over the trying time of life by the use of this wonderful remedy.

It has a wonderful effect on women's hysterical fits, pains and neuralgia, and gives color to the pale cheek and sparkle to the eye.

They build up the system, renew vitality, improve the appetite, quicken the heart, etc., and give a new lease of life to the old.

The more glassess a man looks through the more queer things he sees.

Some men achieve justice and some have it thrust upon them.

It will Prolong Life.—De Soto, the Spaniard, lost his life in the wilds of Florida, whether he went for the purpose of discovering the legendary "Fountain of perpetual youth" said to exist in that unknown country. While Dr. Thomas' Electrolyt Oil will not perpetuate youth, it will remove the bold pains that make the young old before their time and harass the aged into untimely graves.

Probably the most unsatisfactory thing on earth is compulsory love.

All kinds of coughs and colds, bronchitis, whooping cough, pains in the chest, wheezing, hoarseness, sore throat and asthma, yield to the healing properties of Dr. Wood's Norway Pine Syrup. Price 25c.

He who gives himself airs of importance exhibits the credentials of impotence.

A Magie Pill.—Dyspepsia is a foe which men are constantly grappling but cannot exterminate. Subdued, and to all appearances vanquished in one, it makes its appearance in another direction. In many the digestive apparatus is as delicate as the mechanism of a watch or scientific instrument in which even a breath of air will make a variation.

With such persons disorders of the stomach ensue from the most trivial causes, and cause much suffering. These Parmeau's Vegetable Pills are recommended as mild and sure.

If a good face is a letter of recommendation, a good heart is a letter of credit.

Sick With Worms.

Mr. J. D. May, South Stukely, P. O., wrote the following: "One of my children took sick with worms and after trying everything without getting relief we purchased Dr. Law's Worm Syrup which acted promptly and effectively."

Do what good thou canst unknown, and be not vain of what ought rather to be felt than seen.

Nervous Complaints.

There is just one cure and that is plenty of food for the blood and nerves, which is best supplied in Parmeau's, which no blood-bruiser, nerve tonic or strength producer is better. Parmeau's promotes healthy digestion, which results in improved nutrition. The blood grows rich and red, furnishes stability to the entire system, and the store of nerve force and energy increases daily. A rebuilding of the constitution, new spirit, health and strength, all come from the use of Parmeau's. This marvelously removed, is sold by druggists for 50c, a box, or six boxes for \$2.00. By mail from Potosi & Co., Kitchener, Ont. Sold by A. T. Brown.

Devote each day to the object, then in time and every evening will find something done.

Sold Gold... \$2.00
Gold Pill... 1.00
5 yr Gold Pill... 1.00
Gold Glass... 100

We guarantee perfect satisfaction.

GLOBE OPTICAL CO.,
33 Yonge Street, Toronto.

The Doan Kidney Pill Co., Toronto, Ont.

Nutrition For Nursing Mothers.

MALT BREAKFAST FOOD.

Is a Marvelous Strength-Giver.

The large majority of our Canadian medical men are convinced that Malt Breakfast Food is the best morning diet for nursing mothers, as it provides a full measure of nutrition for the maintenance of health, strength and vigor. Malt Breakfast Food wonderfully increases the quality and flow of milk. Malt Breakfast Food is the most easily and most readily digested of all cereal foods, and it is largely grown in the health, strength and happiness of mothers. Working and full women should use Malt Breakfast Food morning and evening; it will quickly build them up, and give them pure blood and a well-balanced nervous system. Ask your grocer for Malt Breakfast Food.

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Gold Glass... 100

We guarantee perfect satisfaction.

GLOBE OPTICAL CO.,
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The Doan Kidney Pill Co., Toronto, Ont.

Mr. Job Costello, Minersville, Pa., writes: "In the Spring of last year I became ill with a severe attack of rheumatism and walked many days. Let us say I was taken with a very lame back, and was compelled to stop work. The trouble would not go away, and I was unable to get rid of it. I then took a box of Doan Kidney Pills and before I had taken half the whole box I was completely cured and able to proceed with my work. I take great pleasure in telling others that all farmers who have suffered as I have, do well to take Doan Kidney Pills."

We send you a little to try, if you like.

SCOTT'S BOWLS. Canada.

IMMENSE OPPORTUNITY.

FOR COTTING A BEAUTIFUL WATCH AND CHAIN FROG—NO MONEY REQUIRED—EVERY MAN, WOMAN, BOY OR GIRL OR CHILD HAS THE SAME OPPORTUNITY UNDER OUR SYSTEM.