

**Health**

"For 25 years I have never missed taking Ayer's Sarsaparilla every spring. It cures my rheumatism, and it does me good in every way." — John P. Hodson, Brooklyn, N.Y.

Pure and rich blood carries new life to every part of the body. You are invigorated, refreshed. You feel anxious to be active. You become strong, steady, courageous. That's what Ayer's Sarsaparilla will do for you.

Ack your doctor what the virtues of Ayer's Sarsaparilla are. If you are not satisfied with his advice and still desire further information, follow his address and we will be pleased to send you free samples.

J. C. Ayer Co., Lowell, Mass.

The Actra Free Press.

THURSDAY, MARCH 10, 1905.

The Young Folks.

A HORN OF GIFTES.

Through Poverty keeps the door,  
Through the nail and Adams' ears,  
Never a man in the earth is poor  
With a gift of love and care.

I know, if the skies be blue,  
The storm with a storm of faze,  
God gives the world to you  
With a gift of honest love.

P. T. D. NEWTON'S CONVENTION.

**Patent Principals.**

First: When we undertake to fill your 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 of full strength as well as pure and fresh.

Third: Our customers are supplied with just what they ask for; substituted by us never.

Fourth: Our Cough Syrup is made of pure Camphor Compound.

If you are a sufferer from Kidney disease, Liver complaint, blood troubles, haemorrhage, neuralgia, or nervous prostration, we confidently recommend the use of Palmer's Cough Compound. This reliable and never disappointing medicine is a true disease balsam and system builder. We supply the genuine Palmer's Cough Compound. A. T. Brown, Acton Ont.

A speaking countenance is most expressive when the mouth is shut.

Anything you get for nothing usually is not worth that much.

Inflamed Nose and Throat.

And such diseases of the respiratory organs as bronchitis, weak lungs, cold in the head, and nasal catarrh, are treated with marvelous success on strictly scientific principles by Catarrhogenics. The medicated vapor of Catarrhogenics quickly traverses every air passage possible to be reached by any treatment. All soreness, pain, congestion and inflammation are at once dispelled, and by means of the healing powers of Catarrhogenics the inflamed tissues are quickly restored. Where Catarrhogenics is used colds last only ten minutes, cough half an hour, and catarrh, consumption, asthma and bronchitis flee as from fire. A trial will convince anyone of the startling merits of Catarrhogenics. Costs \$1.00, half size 5c. At drug-gists, or Palmer's Co., Kingston, Ont. Sold by A. T. Brown.

Sleekness in the interest we pay on life's mortgage.

Some girls give up a kiss as if they were having a tooth pulled.

Creams are like Burglars.

They come unexpected and when least welcome. Armed with a one-minute curse in a bottle of Nervilene, which relieves cramps and stomach pain in five minutes. In cold, summer complaint, diarrhea, indigestion and nausea, Nervilene is a remedy of remarkable potency, and acts promptly and satisfactorily at all times. The composition of Palmer's Nervilene expresses the highest medical progress of the age, which accounts for its superior merit. Price 25c.

Photographs have no brains, yet they talk fluently. The same may be said about dudies.

Dan's Kidney Pills act on the kidney, bladder and urinary organs.

These cure headache, weak back, rheumatism, diabetes, congestion, inflammation, gravel, Bright's disease and all other diseases arising from wrong action of the kidneys and bladder.

Any woman who regards health as her religion has never tried it.

Many people say they are "all right," now, easily started or upset, easily worried and irritated. Milburn's Heart and Nerve Pills are just the remedy such people require. They restore perfect harmony of the nerve centres and give new nerve force to shattered nervous systems.

An optimist is a man who satisfied with what he doesn't get.

A dishonest man suspects every honest man he encounters.

**FOOD FOR A YEAR.**

Meats..... 300 lbs.  
Milk..... 240 lbs.  
Butter..... 100 lbs.  
Eggs..... 27 doz.  
Vegetables..... 500 lbs.

This represents fair ration for one man for one year.

But some people eat and eat and yet grow thinner. This means a defective digestion and unsuitable food. To the notice of such persons we present Scott's Emulsion, famous for its tissue building. Your physician can tell you how it does it.

We send you a little free sample.

ROBERT & BOWMAN, Chelmsford, Essex.

**DRINK WEAKENS A NATION.**

By turning food products, as corn, rice and turnips, into strong drinks. Locking up capital in manufacture and sale.

Employing many men who could be usefully employed.

Destroying respect for law.

Increasing the number of criminals.

Developing coarse views, as gambling and Sabbath-breaking.

Rising up the costs of government.

Diminishing the earning capacity of laborers.

Opposing moral reform.

Fighting Christian institutions.

Wrecking many fortunes.

Bringing misery to women and children.

Wrecking happy homes.

Driving numerous victims to suicide.

Adding to the death rate.

Adding the loss of the soul. "Yea, worth less."

Do You Get A Fair Start Each Day?

A man's ability and his capacity for work depend practically on the kind of start he gets each day at breakfast. In professional office, warehouse or factory work, breakfast with its attendant satisfaction, or its discomfort, makes the character of the day and determines the quality of the work accomplished. A breakfast based on Matt Breakfast Food is eaten with a zest and relish that guarantee a stored-up energy for the day's work.

Matt Breakfast Food is the ideal cereal to commence the day with.

It pleases the nose with the flavor of miod delicious and the food value is extraordinary. One package of Matt Breakfast Food will make a meal for twenty-five people.

Listen patiently to every man's complaint, good or bad, and forget the most of it.

Grow Inside.

Little children should grow not only outwardly, but should develop strong hearts and lungs and other vital organs to prepare for adult life. Scott's Emulsion is an excellent medicine for growth both outside and inside.

The symptoms of inflation are but little, if any, evidence of hypertension.

**Ordinary Corn Cures Are Dangerous.**

Because they contain acids, but Putman's Corn Extract is entirely vegetable in composition. It is perfectly painless, safe, and sure for cure.

One sewing machine and two phonographs will do the work of man.

Solid Gold, \$2.50  
Lead Gold Pill 1.50  
5 yrs. (gold Pill 1.00)  
Lead Glucose, 100

We guarantee perfect satisfaction.

**GOBLE OPTICAL CO.**

93 Yonge Street, Toronto.

Don't call yourself a friend and be thinking all the time what the other side of the friendship can do for you.

There is to be a difference of opinion on most subjects, but there is only one opinion as to the reliability of Mother Graves' Worm Exterminator. It is safe, sure, and effectual.

Unless a man is willing to meet his bill he tries to dodge his debts.

**Get Rid of That Cough.**

Before the summer comes. Dr. Woods' Norway Pine Syrup conquers coughs, sore throat, hoarseness, bronchitis, and all diseases of the lungs.

It requires something besides a range to throw out a cold audience—so say a singer.

Wherever there are sickly people with weak hearts and disordered nerves, Milburn's Heart and Nerve Pill will have an effectual medicine. They restore enfeebled, enervated, exhausted, devitalized or over-worked men and women to vigorous health.

Ambitious people must always be appalled.

Attacked with cholera or summer complaint, any kind sent at once for a bottle of Dr. J. D. Kellogg's Dysentery Cordial and use it according to directions. It acts with wonderful rapidity in subduing that dread disease that takes the strongest men and that destroys the young and delicate. Those who have used this cholera medicine say it acts promptly and never fails to effect a thorough cure.

Give a man his choice of marking friends or money and he doesn't hesitate more than half a second.

It rapidly does lung irritation spread and deepen, that often in a few weeks a simple cough culminates in tubercular consumption. Give lead to a cough, there is always danger in delay, get a bottle of Bleeker's Anti-Consumptive Syrup, and cure yourself. It is a medicine unequalled for all throat and lung troubles. It is compounded from several herbs, each one of which stands at the head of the list in exerting a wonderful influence in curing consumption and all lung diseases.

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Don't be afraid to take advice.

DOAN'S KIDNEY PILLS

The Great and Well-Known Kidney Specific for the Cure of all Kidney and Bladder Troubles.

Mrs. F. Bertrand, Breche a Manon, writes: "I think it nothing but a miracle that Nervilene has done for me. For months I was badly troubled with a sore back, and various pains in the body. I took Nervilene, and I was greatly relieved, and with another box I was completely cured. I have had no trouble since."—Dr. Palmer's Vegetable Pill.

Nothing jars a chronic invalid like being told that he is looking well.

If you would know a young lady's faults get chummy with her girl friend.

An End to Headache—Biliousness, which is caused by excessive bile in the stomach, has a marked effect upon the nerves, and often manifests itself by severe headache. This is the most distressing headache one can have. There are headaches from cold, from fever, and from other causes, but the most excruciating of all is the bilious headache. Parmelos Vegetable Pill will cure it—cure it absolutely. It will disappear as soon as the pills operate. There is nothing finer in the treatment of bilious headache.

Many a girl doesn't realize how well off she until after she gets a headache.

**Breeding Medicines.**

A new spring medicine Burdock Blood Bitters has no equal. It tones up the system and removes all impurities from the blood, and takes away that tired, weary feeling so prevalent in the spring.

HERE IS PROOF.

Mrs. J. V. Skene of Slough, Eng., has used Burdock Blood Bitters as a spring medicine for the past year and has found them to be the best. When I feel tired and have no desire to eat I get a bottle of B.B.B. It purifies the blood and builds up the constitution better than any other remedy.

It has equal as an spring medicine. It has been used by thousands for a quarter of a century with unequalled success.

IT IS PROOF.

A new spring medicine Burdock Blood Bitters has no equal. It tones up the system and removes all impurities from the blood, and takes away that tired, weary feeling so prevalent in the spring.

They Are Not Violent in Action—Some persons, when they wish to cleanse the stomach, resort to opium and other purgative salts. These are speedy in their action, but serve no permanent good. They produce incipient chills, and if persisted in they injure the stomach. Not to mention the act on the intestines. In a beneficial way, Parmelos Vegetable Pill answers all purposes in this respect, and have no superior.

If you are pleased at finding faults, you are displeased at finding perfect.

BUCKINGHAM'S DYE & CO., LTD., TORONTO.

It is on every page of the genuine Laxative Bromo-Guinine Tablets.

For remedy that we wish to have day.

Children Cry for CASTORIA.

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