

## Tired Out

I was very poorly and could hardly get about the house. I was tired out all the time. Then I tried A. T. E. Sarsaparilla. It only took two bottles to make perfect, perfectly well." — Mrs. N. S. Swinney, Princeton, Mo.

Tired when you go to bed, tired when you get up, tired all the time. Why? Your blood is impure, that's the reason. You are living on the border line of nerve exhaustion. Take Ayer's Sarsaparilla and be quickly cured. A. T. E. Sarsaparilla

Send for our free booklet, "A Cure for Tiredness." It shows all the good things Ayer's Sarsaparilla does. Price 10 cents postpaid.

J. G. Ayer Co., Lowell, Mass.

The Action Free Press

THURSDAY, MAY 7, 1902

Mr Young Folks.

IN SPRINGTIME.

In spring, when the green gets back in the trees, And the sun comes out and stays, And you feel well with a good tight squeeze! And you think of your barefoot days; When you start to work and you want to move. And you and your wife agree, 'Tis time to spend up the garden. When the green gets back in the trees— Well, work is the least o' my fears. When the green, you know, gets back in the trees!

When the green gets back on the trees, You'll feel like a man again, In a brand 'round again, In that kind of a lazy, "go-easy-pease."

Old galls they have around in; When the green 'll hold where the hickory stood.

And the chick's riz, and the breeze, Coaxed the bloom in the old dogwood, And the green gets back in the trees.

I like, as I say, in such times as these, That when the green gets back in the trees.

When the whole tall-leaveders of winter pull out and gone, And the sap it thaws and begins to move.

And the sweat it starts out on A. feller's forest, a' gittin' down At the old spring on his knees—

Kind of like Joe's a' loiterin' round, When the green gets back in the trees.

Joe's a' potterin' round as I done please, When the green, you know, gets back in the trees.

—J. W. RILEY.

They are a powerful Nervine.—Dyspepsia causes derangements of the nervous system, and nervous debility once engendered is difficult to deal with. There are many testimonials as to the efficacy of Parmelee's Vegetable Pills in treating this disorder, showing that they never fail to produce good results. By giving proper tone to the digestive organs, they restore equilibrium to the nerve centre.

A thin paste made of whiting and old tea is a splendid mixture with which to clean mirrors.

Pound at Least.

A liver pill that is small and sure, that acts quickly, and thoroughly, that does not grip. Laxo-Liver Pills possess these qualities, and are a sure cure for liver complaint, constipation, sick headache, etc.

To conceal the truth is to conceal the heart.

Mild in Their Action.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there as other pills do. Therefore, the most delicate can take them without fear of unpleasant results. They can, too, be administered to children without imposing the penalties which follow the use of pills not so carefully prepared.

A finely religion will never warm this cold world.

Hogyard's Yellow Oil is prompt to relieve and sure to cure coughs, colds, sore throat, pain in the chest, hoarseness, quinsy, etc. Price 25c.

Patience is a fruit plucked only in the gardens of pain.

Many people say they are "all nervous," easily startled or upset, easily worried and irritated. Milbury's Heart and Nerve Pills are just the remedy such people require. They restore perfect harmony to the nervous centres.

Heights of consecration may follow the depths of convictions.

There is no form of kidney trouble, from a backsore down to Bright's disease, that Dean's Kidney Pills will not relieve or cure. If you are troubled with any kind of kidney complaint, give Dean's Kidney Pills a trial.

ARE YOU AGEING?

Dr. Holmes used to say he was "seventy years young." Some men are old at half that figure.

Age is not in years. It is in the blood. Scott's Emulsion helps to keep you young by keeping your blood young, by supplying it with an abundance of rich, pure, vital nourishment; carrying constant life and renewal to every fibre of your body. It will help you to rob advancing years of half their sting.

We send you a sample free upon request.

SCOTT & BROWN, Toronto, Ont.



Mrs. Hughson, of Chicago, whose letter follows, is another woman in high position who owes her health to Lydia E. Pinkham's Vegetable Compound.

"Money seemed but poor and paltry compared to health, yet I could not afford to pay for Lydia E. Pinkham's Vegetable Compound brought me good health. I suffered for several years with periodic weakness and indigestion, and Lydia E. Pinkham's Vegetable Compound relieved me of both trouble. My appetite was flightful, and I would lie awake for hours, and could not sleep, until I lay down in a dark room in the dark, when I retired. After reading one of its advertisements I decided to try the merits of Lydia E. Pinkham's Vegetable Compound.

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