

Weak?

I suffered terribly and was extremely weak for 12 years. I decided to turn to water. At last I felt better. My blood was purified. My stomach was cleared. My nerves were strengthened. My appetite was restored. My health was re-established. I feel like a new man. I feel like a new world.

No matter how long you have been ill, now you can be well today. Ayer's Sarsaparilla is the best medicine you can take for purifying and enriching the blood.

Don't doubt it, put your whole trust in it, throw away everything else.

Ayer's Sarsaparilla is made in Lowell, Mass., U.S.A.

The Actor Free Press.

THURSDAY, MAY 21, 1914.

Chr Young Folks.

HOUSE OR HOME.

A house is built of bricks and stone, of sills and posts and piers. But a home is built of loving deeds that stand a thousand years. A home, though but a humble cot, within its walls may hold a home of peace and plenty, rich in love's eternal gold. The men of earth build houses—halls and chambers, closets and parlors. But the women of the earth—God knows! The women build the home. Eyes could not stray from Paradise, for oh! no matter where, Her gentle presence is the way, In Paradise was there.

How to Get Up An Appetite.

Dietary food often follows grippe and fever, and is associated with a general weakness of the system. To impart a real zest for food, and give power to the stomach to digest and assimilate, no remedy can equal Ferrozine. This is a new and startling discovery. It strikes at the root of disease and by removing the cause, cures quickly and permanently. Ferrozine will quickly enable you to digest and digest anything. All druggists and medicine dealers sell Ferrozine.

The girl who listens to soft nothings, hopes they may eventually mean a great deal.

Ordinary Corn Cures Are Dangerous.

Because they contain acids, but Putnam's Corn Extracter is entirely vegetable in composition. It is perfectly painless, safe and sure to cure.

In a conversation between husband and wife she does the talking and he does the listening.

Amulet Nature.

You have been told to "hitch your wagon to a star," that nature will assist you. That's all right. There are times, however, when you should assist nature, and the springs of one of these lines.

Nature is now undertaking to cleanse your system—if you take Hood's Sarsaparilla, the undertaking will be successful, and your complexion bright and clear.

Give Holloway's Corn Cure a trial. It removed ten corns from one pair of feet without any pain. What it has done once it will do again.

A literary man claims to have cured himself of insomnia by reading portions of his own work.

Just What You Need.

Chamberlain's Stomach and Liver Tablets are just what you need when you have no appetite, feel dull after eating, and wake up with a bad taste in your mouth. They will improve your appetite, cleanse and invigorate your stomach and give you a relief for your food. For sale by A. T. Brown.

Any man who imagines he could keep house better than his wife is foolish if he ever mentions it.

Will you allow a cough to lacerate your throat or lungs and run the risk of catching pneumonia or influenza, when you can take a few tablets of Chamberlain's Cough Remedy? It will soothe the inflamed membrane, loosen the phlegm, and prevent the disease from spreading.

A man's curiosity never rivals that of a woman until someone casually remarks that his name appeared in yesterday's paper.

Get Rid of That Cough.

Before the summer comes. Dr. Wood's Norway Pine Syrup conquers coughs, colds, sore throat, bronchitis, whooping cough, and all diseases of the throat and lungs.

TOOK HER LITERALLY.

Thomas had been a carpenter; but owing to the illness in trade he had become a footman in the big house in the village. On the day of his engagement his mistress having a lady visitor in the drawing-room (and the host for the footman.)

"You will show this lady the front door, Thomas," she said.

"Yes, ma'am," replied Thomas, and having to the lady he requested her to follow him. On coming to the door, Thomas opened it and the lady was about to pass out when Thomas tapping her on the shoulder, remarked:

"This is the door, ma'am; good night; please let me know when you have thick white frosted moustaches, and I'll see about two pound tea, ma'am."—London Tit-Bits.

BACKACHE.

Backache is a forerunner and one of the most common symptoms of kidney trouble and weakness.

READ MISS BOLLMAN'S EXPERIENCE.

"Some time ago I was in a very weak condition, my back made me nervous and my back ached frightfully all the time, and I had terrible headaches."

"My mother got a bottle of Lydia E. Pinkham's Vegetable Compound for me, and it seemed to strengthen my back and help me at once, and I got well again, and before long I was able to do all my household work, and I feel as good as ever now."

Lydia E. Pinkham's Vegetable Compound cures because it is the greatest known remedy for kidney and womb troubles.

Every woman who is puzzled about her condition should write to Mrs. Pinkham at Lynn, Mass., and tell her all.

If a man is endowed with a generous mind, that is the very best kind of nobility.

Found at Last.

A liver pill that is small and sure, that acts gently, quickly and thoroughly, that does not grip, cause dizziness, or give a laxative effect, and is a sure cure for liver complaint, constipation, sick headache, etc.

Careless often landed, but the organic sticks to water and does all the work.

Was Very Weak and Nervous.

Heart Palpitated—Would Get Dizzy Spells—Many Canadian Women Troubled in this Way—Are You One of Them?—If So, Use Our Grand!

MILBURN'S HEART AND NERVE PILLS WILL DO IT.

Mrs. Denis Hogan, Hazelton, Ont., writes—During the year 1911 I was troubled very much with palpitation of the heart, followed by a dulling or sore pain in the stomach and a feeling of oppression. I was advised to try MILBURN'S HEART AND NERVE PILLS, I procured three boxes, and after taking them I have had a bad spell, and feel better than I have for years.

Price 50c per box, or 3 for \$1.25; all dealers or The T. Milburn Co., Limited, Toronto, Ont.

WAS VERY WEAK AND NERVOUS.

Many men pray for their daily bread and hustle for their nightly children.

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

Profit is not without honor in any country, but it is often dishonorably acquired.

There is no form of kidney trouble from a backache down to Bright's disease, that Dan's Kidney Pills will not relieve or cure.

Mr. Higball, said the landlady, why are you stirring your coffee so strenuously?

I am trying the physical culture cure on it for weakness, responded the comedian humorist.

The Ladies' Favorite.

Laxative Liver Pills are the ladies' favorite medicine. They cure constipation, sick headache, biliousness, and dyspepsia without griping, purging or sickening.

Johnson—He said I was an indolent fellow. What do you advise me to do about it?

Jackson—See a good veterinarian.

An Irishman says it is folly to fly with a colored man, because if the latter gets a black eye it does not show.

CHILDREN CRY FOR CASTORIA.

Never put off till to-morrow what you can do to-day.

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, sea sickness, 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.

72 PIECES OF NEWSHEET MUSIC FREE.

Send for 72 pieces of newsheet music free. The music is selected from the best composers and is suitable for all occasions. It is a valuable addition to any music collection. The music is free of charge, but a small contribution is required to cover the cost of the music.

BRITISH TROOP OIL LINIMENT.

Sprains, Strains, Cuts, Wounds, Ulcers, Open Sores, Bruises, Still Joints, Bites and Stings of Insects, Coughs, Colds, Contracted Cords, Rheumatism, Neuralgia, Headache, Stomach, Sore Throat, Quinsy, Whooping Cough and all Painful Swellings.

A LARGE BOTTLE, 25c.

Nothing is troublesome that we do willingly.

CHILDREN CRY FOR CASTORIA.

Children Cry for Castoria. It is a gentle laxative and is suitable for all ages. It is a reliable remedy for all ailments of the bowels. It is a safe and effective medicine for all ailments of the bowels.

A Big Quarter's Worth.

It is always found in a bottle of Putnam's Nervine, the best nerve tonic known. It cures nervousness, headache, indigestion, backache, rheumatism, neuralgia, toothache, headache, sick stomach, and is good for everything. It is a reliable remedy for all ailments of the nervous system.

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BURDOCK BLOOD BITTERS.

It purifies and enriches the blood. Acts on the Kidneys, Liver, Stomach and Bowels. Cleanses and invigorates the entire system from the crown of the head to the soles of the feet.

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CONVENIENT DEARNESS.

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"I guess I would get along better if I was deaf. It is often a good thing to be deaf. There is a deaf old woman I know up in the east region."

"Once I went to see this woman, and she asked me to stay to tea. I thanked her and said I would, but I was not expected home before dark. She had been hearing pretty well up to this point, but now she got very deaf of a sudden. She had to ask her domestic to get the salt."

"The salt, ma'am," exclaimed the daughter, "that he thanked you, but he can't stay, as he is expected home before dark."

"At this the old woman looked relieved, and I departed."

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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 use has been for 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.

THE FAC-SIMILE SIGNATURE OF

Chas. H. Fletcher.

APPEARS ON EVERY WRAPPER.

SPECIAL DISCOUNT

Do you want any kind of FURNITURE just now—If so—don't buy till you see our goods and prices—A very SPECIAL DISCOUNT till T OCK-TAKING.

Parlor Suites—Bedroom and Dining Room Suites—Mattresses and Couches are all included in our sale—Besides all kinds of Fancy Furniture—Call and see us or telephone.

J. M. STRUTHERS.

BOUQUER WYNDHAM, GUELPH.

JUST PAINT

Your house with THE SHERWIN-WILLIAMS PAINT.

And you'll give it the best possible protection.

S. W. P., when rightly used on a proper surface, does not powder, flake off or crack. It forms a tough, durable film that holds its gloss, looks well, and wears for the longest time.

There's no other paint made that satisfies so well. There's no other paint sold that is so economical.

G. D. PRINGLE, GUELPH.

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Sun Savings and Loan Co.

HEAD OFFICE - TORONTO, ONT.

Any deposit Capital \$5,000,000.00

Monthly maturity shares are paid Monthly installments of 50c per share for 12 months when payments cease—\$6000 paid in maturity value \$10000.

Money to loan at 5% straight loan or repayable in monthly installments on application to

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Write for our interesting book "How to get a Patent" and "How you are benefited by a Patent" and we will tell you how to get a Patent and how to protect your rights. We will also tell you how to get a Patent and how to protect your rights. We will also tell you how to get a Patent and how to protect your rights.

J. J. JONES & CO.

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Acton Pump Works

in front Acton

If you are in need of a good Pump, either for wood or iron, come to Acton Pump Works.

—Cleaning Tanks—
—All Repairs Promptly Attended to—
—Wells Cleaned—

Statham's Bread

is always in favor

Fresh Scum, Hams and Lough-Nut every day. All kinds of Cakes on hand. Breads made to order. Wedding Cakes a specialty.

T. STATHAM & SON

Bakers and Grocers.

MAIN ST. ACTON.

W. M. COOPER

MERCHANT TAILOR

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Write for our interesting book "How to get a Patent" and "How you are benefited by a Patent" and we will tell you how to get a Patent and how to protect your rights. We will also tell you how to get a Patent and how to protect your rights. We will also tell you how to get a Patent and how to protect your rights.

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