

Get the Most Out of Your Food

You don't and can't if your stomach is weak. A weak stomach does not digest all that is ordinarily taken into it. It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are uneasiness after eating, fits of nervous headache, and disagreeable belching.

"I have been troubled with dyspepsia for years, and tried every remedy I could find, but never got anything that gave me relief except Dr. Scott's Sarsaparilla. I can't praise this medicine too highly for the good it has done me. I always take it without fail." W. A. Nusker, Bellville, Ohio.

Hood's Sarsaparilla

Strengthens and tones the stomach and the whole digestive system.

The Actor Free Press

THURSDAY, JULY 24, 1901.

CROSSING BRIDGES.

No doubt that bridge will be safe and strong.

"When you reach it, so do not fear, Just keep up your smile, and the every word, For half life's trouble and grief and loss Is dreading the bridges we never cross."

Keep your eyes on the shining way, Now it is fair and clear, And enjoy the trees and the flowers gay.

That bloom in your path, my dear, For that thought will come, with a thrill of pain, That we "may not pass this way again."

But stop if you meet with a burdened soul.

And give just a word of cheer, While you're walking to the final goal, Help others to reach it, my dear, And who can tell? that "bridge" may be.

A blessing disguised both for you and me.

There is a point.

Because you haven't met Catarhozone is the best reason why you should wait no longer. It will cure the Catarhozone that makes your breath so heavy and your hearing so poor. Catarhozone is a scientific cure for Catarho, Bronchitis and Asthma, recommended by doctors and druggists as a certain cure. Mr. Henry A. Taylor, the oldest druggist in Halifax, says "Catarhozone gives satisfaction whenever it goes. It is simple and convenient to use, and enjoys fully three times the sale of any other Catarho remedy sold in the city." Catarhozone is guaranteed to cure, and if it fails you can have your money returned. Price \$1.00 for two months' treatment. Small size 25c. Druggists or Polson & Co., Kingston, Ont.

Don't let a dollar go so large in your sight that you cannot see around it.

There is danger in neglecting a cold. Many who have died of consumption dated their trouble from exposure, followed by a cold which settled on their lungs, and in a short time were beyond the skill of the best physician. Had they used Bleek's Anti-Consumptive Syrup, before it was too late, their lives would have been spared. This medicine has no equal in curing colds, coughs and all afflictions of the throat and lungs.

Don't waste time in vain regrets if healing will repair the mistake.

Much distressing sickness in children caused by worms. Mother Graves' Worm Externalizer gives relief by removing the cause. Give it a trial and be convinced.

Don't live in the expectation that it will never be found out.

Pimplies and blotches, how unightly, sometimes disgusting, mortifying to the sufferer and unpleasant to all. An evidence of poor blood and lowered vitality of the eliminating organs. They need toning up—the whole system does. You can quickly bring about the improved condition by using Ferrozone. Poisons are driven out of the body; organs grow stronger, the blood richer, the nerves stronger. Pimplies and blotches disappear, color becomes good. Glad! I did try and was how much joy can be gotten out of a box of Ferrozone.

Don't forget that if you listen to those who say you have no right to complain when you are its subject.

A Clear, Healthy Skin.—Eruptions of the skin and the blotches which blight beauty are the result of impure blood caused by unhealthy action of the liver and kidneys. In correcting this unhealthy action and restoring the organs to their normal condition, Parmentier's Vegetable Pills will at the same time cleanse the blood, and the blotches and eruptions will disappear without leaving any trace.

A plain woman takes pride in her looks, a beautiful woman in her manners.

MOTHER AND CHILD

Scott's Emulsion is cod liver oil made almost as palatable as milk. It is easy and soothing to the weak stomach; it checks the tendencies of children toward thinness.

Scott's Emulsion gives strength to weak mothers because it creates healthy flesh and new blood.

Nursing mothers will find a special value in Scott's Emulsion because it insures a flow of rich, nourishing milk for the baby. More and better than a medicine, Scott's Emulsion is a food.

Send us a sample free upon request.

SCOTT & BOWEN, Toronto, Ont.

BE JUST WITH THE LITTLE OMES.

Many a woman who would not think of lightly breaking a promise, is guilty of breaking her word to her children. She promises whatever is convenient at the moment, and apparently thinks that the breaking or keeping of these promises is a matter in which she can please herself, and that her children have no right to consider themselves aggrieved if she does not do so.

A mother who acts thus does her child grievous harm. She forgets that the sense of justice is strong in quite a little child, and that it is natural and reasonable that he should expect his parents to be as good as their word, and to fulfill their promises, even at the cost of convenience.

Promises should not be lightly broken, and that her children have no right to consider themselves aggrieved if she does not do so.

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Don't give advice that you are not willing to follow.

A Standard Remedy

Used in Thousands of Homes in

Canada for nearly Sixty Years and has never yet failed to give satisfaction.

The normal woman is capable of one love and 50 affairs.

Be There Will Wisdom Points the Way.—The sick man pines for relief, but he dislikes spending for the doctor, which means bottles of drugs never consumed. He has not the resolution to load his stomach with compounds which really did not benefit him at all. I feel like another person now. My aches and pains have left me. I am well again. I am not spending so good a sum for you. Dr. Scott's Sarsaparilla is a great remedy. Lydia E. Pinkham's Vegetable Compound brought me health and happiness in a few short months, and was worth more than all the medical doctor's which really did not benefit me at all. I feel like another person now. My aches and pains have left me. I am well again. I am not spending so good a sum for you. Dr. Scott's Sarsaparilla is a great remedy. Lydia E. Pinkham's Vegetable Compound brought me health and happiness in a few short months, and was worth more than all the medical doctor's which really did not benefit me at all. I feel like another person now. 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