

Aching Joints

In the fingers, toes, arms, and other parts of the body, are joints that are inflamed and swollen by rheumatism—that acid condition of the blood which affects the muscles.

Gouty persons are never, especially after sitting or lying long, and their condition is commonly worse in wet weather.

"I suffered dreadfully from rheumatism, but have recently cured by Hood's Extract, for which I am deeply grateful." Miss Frances Martin.

"I had an attack of gout, which left me weak and listless, and was unable to move. I began taking Hood's Extract, and this medicine has done wonders in curing me, in saying it saved my life." M. J. McMichael, Trenton, Ont.

Hood's Sarsaparilla

Removes the cause of rheumatism—and outward application can. Take it.

The Actor Free Press.

THURSDAY, SEPTEMBER 17, 1903.

I WOULDN'T BE CROSS.

I wouldn't be cross, dear, I'm never cross while—
Discover the vexation by wearing a smile;

Let up a disaster, a trouble a load,
Just most the thing boldy and never—

I wouldn't be cross, dear, with people at home;
They love you so fondly; whatever may come,

You may come on the kinfolk around

Oh, loyally true in a brotherly land!

So, since the fine gold far exceeds the dross,

I wouldn't be cross, dear, I wouldn't be cross.

I wouldn't be cross with a stranger, she, no!

To the neighbors we meet on the life path, we go

Thinking to give them good cheer to the poor;

To clear out the flint stones and plant the soft grass;

No, dear, with a stranger in trial or loss,

I perchance might be bold, I wouldn't be cross.

No bitterness sweetens, no sharpness may heal.

The round high the soul is too proud to feel.

No envy hath peace; by a fret and a far

The beautiful work of our hands we may mar.

Let happen what may, dear, of trouble and loss,

I wouldn't be cross, dear, I wouldn't be cross.

—Margaret E. Sangster.

A Kiss In Corn

Always follows the use of Putnam's

Painless Corn Extractor which cures all kinds of corns in 24 hours, without pain. Putnam's gave the best results. Use it.

One-half of the idiots are children of parents who have made fools of themselves with drink.

The Proper Treatment for a Sprained Ankle.

As a rule a man will feel satisfied if he can hobble around on crutches two or three weeks after spraining his ankle, and it is usually two or three months before he has fully recovered. This is an unnecessary loss of time, for in many cases in which Chamberlain's Pain Balsam has been promptly and freely applied, a complete cure has been effected in less than one week's time, and in some cases within three days. For sale by A. T. Brown.

When two girls exchange confidences about their experiences with a man it is a sign neither will tell what she knows.

Strength and vigor come of good food, duly digested. "Force" a ready-to-serve wheat and barley food adds no burden, but sustains nourishes, invigorates.

The greatest bet ever made was the alphabetical.

Some persons have pernicious attacks of Canadian hives, dysentery or diarrhea, and have to use great precaution to avoid the disease. Change of water, cooking and green fruit leads to being on the attack. To such persons we would recommend Dr. J. D. Kellogg's Dysentry Cordial as being the best medicine in the market for all summer complaints. If a few drops are taken in water when the symptoms are noticed no further trouble will be experienced.

Some men take to religion as a political aftermath.

Cures Billions.

We have tried Laxa-Liver Pills, and find that an excellent medicine for indigestion and biliousness.

J. McCallum, Stratford, Ont.

The use of alcoholic drinks as a beverage is prolific of misery and suicide.

If you can't sleep on account of a raging toothache, Law's Toothache Gun will stop the ache and give you ease. Price 10c., all medicine dealers.

Life insurance companies take into serious account the drink habits of an applicant for insurance.

OIL FOR THE BODY

You can't lose an atom without feeling it. The body is like an engine, a watch, a machine; must be kept in good order to run right.

That's the reason Scott's Emulsion is so successful in all wasting diseases. It feeds, nourishes, and strengthens when ordinary food won't.

Doctors say Scott's Emulsion is the best nourishment for those who are not as well as they should be—young or old.

We'll send you a sample free upon request.
SCOTT'S BALSAM, Toronto, Ont.

Be Quick.

Not a minute should be lost after a child shows symptoms of cholera infantum. The first unusual looseness of the bowels should be sufficient warning. If immediate and proper treatment is given, serious consequences will be averted. Chamberlain's Colic, Cholera and Diarrhoea Remedy is the only reliance of thousands and thousands and by far all they have often said their children's lives have been saved by this medicine. Every household should have a bottle. Get it today. It may save a life. For sale by A. T. Brown.

This is the season of the year when the world is a dull and unpredictable business.

After Vacation.

Just as it is harder to set a ball in motion than to keep it in motion, it is harder to take up any line of work again, after the summer vacation, than to keep on with it.

The effects of the strain are seen in changed looks, diminished appetite, and broken sleep.

Now is the time when many clerks, bookkeepers, teachers, pupils and others should take a tonic, and we think the best is Hood's Sarsaparilla, which acts on the whole system, builds it up, and wards off sickness.

What is a miserable old world when to rid it of tribulation were dealt out to each of us according to our foul deserts.

Sleeplessness.—When the nerves are straining and the whole body given up to wretchedness, when the mind is filled with gloom and dismal forebodings, the result of derangement of the digestive organs, sleeplessness comes to add to the distress. If only the subject could sleep there would be oblivion for a while and temporary relief. Parameico Vegetable Pills are not induce sleep, but will act no beneficially if the subject will wake refreshed and restored to happiness.

It is sometimes well to remember that if you don't say thing you will have no occasion to regret it later.

Fatty Acid. Two.

It is not reasonable to expect two weeks of quieting to overcome the effects of fifty weeks of confinement.

Take a bottle of Hood's Sarsaparilla along with you. Three doses, daily, of this great tonic will do more than anything else to refresh your blood, overcome that tired feeling, improve your appetite, and make your sleep easy and restful.

Don't be surprised to find yourself on your upper if you sit around waiting for a dead man's shoe.

MILBURN'S HEART AND NERVE PILLS.

Their curative power is quickly manifested. They purify and revitalize the blood, brighten the brain and kidney, strengthen the nerves from the first few doses.

Price 10c. per box or 3 boxes for \$1.45 at all dealers.

The Y. Milburn Co., Limited, Toronto, Ont.

What is that which every one can divide, and no one can see where it is divided? Water.

Why are balloons whistled? Because they not only blow their stays and let their petticoats fall, but they positively crib their bladders.

Loosing flesh is indeed a bad sign. Take Scott's Emulsion for it. For weak digestion, for defective nourishment, for consumption, take Scott's Emulsion. It restores flesh because it strikes at the cause of the loss.

The pursuit of felicity reminds one of the absent-minded man who swam a river to get a drink of water.

CASTORIA. See the signature of Dr. H. Fletcher.

Miss Alice Baley, of Atlanta, Ga., tells how she was permanently cured of inflammation of the ovaries, escaped surgeon's knife, by taking Lydia E. Pinkham's Vegetable Compound.

I had suffered for three years with terrible pains at the time of marriage, with a bad case of the trouble was until the doctor pronounced it inflammation of the ovaries, and proposed an operation.

I felt very ill, but did not want to undergo an operation, and so I decided to try it. Great was my joy to find that I actually improved after taking two bottles a day for a month by Dr. H. Fletcher's Vegetable Compound, and was in excellent health.

Miss Alice Baley, 50 North Boulevard, Atlanta, Ga.—\$2.00 postpaid.

The signs of inflammation and disease of the ovaries are accompanied by a sense of tenderness and heat low down. In the side, with occasional shooting pains. The region of the ovaries sometimes shows some swelling.

Lawyers can stir up strife and create trouble, but doctors are obliged to let well enough alone.

Hayward's Yellow Oil is a good remedy for rams or hens. It relieves swelling, allays inflammation, takes out pain, and cures cuts, burns, bruises, sprains, quinsy, sore throat, etc. Price 25c.

Unless a man has plenty of money or a wife who can cook, eating is a nuisance.

Dysentery causes the deaths of more people than small pox and yellow fever combined. In an army it is dreaded more than a battle. It requires prompt and effective treatment. Chamberlain's Colic, Cholera and Diarrhoea Remedy has been used in nine epidemics of cholera in the United States with perfect success, and has cured the most flagrant cases, both of children and adults, under the most trying conditions. Every housekeeper should have a bottle at hand. Get it today. It may save a life. Sold by A. T. Brown.

Young's Saving's Bank.

Putnam's Capital Reserve Fund.

Young's Savings Bank.

Canada Permanent Mortgage Corporation.

President: G. R. GOODHAR.

Vice-President: J. H. BRADY.

2nd Vice-President: W. H. BEATTY.

We invite you deposit account, and we repeat it to you that the deposits of your bank are safe.

Every account will be held in trust for you, and your Post Office will be held in trust for you.

Young's Savings Bank.

Canada Permanent Mortgage Corporation.

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