

**A TIME TO LAUGH:**  
You cannot cure a man with a hammer. You cannot weigh a grain with a gramophone. You cannot cure a man with a hammer. You cannot weigh a grain with a gramophone. You cannot cure a man with a hammer. You cannot weigh a grain with a gramophone.

**UNCLE JOSEPH'S MEDICINE:**  
Such headache, as Uncle Joseph had! And such a doctor! Their efforts left the patient worse than when he came in. However, a young doctor gave Aunt Polly a prescription which, he said, was sure to help if not cure.

Uncle Joseph was a strict temperance man. Not a drop of alcohol had he in his system. He was a man of principle—strong and unyielding where his well-trained conscience was concerned. The doctor's prescription was egg-nog. Aunt Polly was to prepare it at her bedtime, when sleep would follow and the headache disappear.

Very grateful the remedy proved, prepared under Aunt Polly's skillful hand, she was generous to a fault and perhaps mixed a little more than the prescription proportion of whiskey in the nightly draught.

As the headache was a real fact, Uncle Joseph's conscience did not forbid him to give the remedy a fair trial. His usual time for retiring was ten o'clock. When he was in bed Aunt Polly carried to him the fragrant steaming cup.

One night about two weeks after he began taking the nightly stimulant, Uncle Joseph grew restless at about a quarter to ten o'clock, and said: "Polly, I feel pretty tired; I think I'll go up and get ready for my medicine and sleep."

"Well, Joseph, it's only a quarter to ten, but you look tired, and I will prepare it now."

The next week, one rainy night, as the clock struck nine, Uncle Joseph's wife, his cheerful wife. It was "quite tired out, and would have his nog now."

"What makes you so tired to-night, Joseph?"  
"Well, working about the factory all day I suppose, Polly," and he drained his nightly remedy, and went off to sleep.

One week later Uncle Joseph's bed-time came at a quarter to nine o'clock. He went up-stairs, but just before Aunt Polly was ready for him, he called down: "Polly!"

"Well, Joseph, that's all right! I thought you were ready for bed!"  
"No I was, Polly, but I'm coming down to be with you till ten o'clock, and I shall never take another cup of nog!"

He came down, fully dressed, and Aunt Polly said: "Polly do you know why I have been getting tired so early of late? It is just because I was in a hurry for that medicine; and when a man begins to roll whiskey as I have been getting to do, there's a serpent lurking near. We'll both sit up till ten o'clock and then sleep the sleep of the just. Not another drop shall pass through my lips, Polly."

And he kept his word.  
JULIA P. BALLARD.  
**STRANGE PLACE FOR MILK:**  
One of our city children sent to the country by the Fresh Air society witnessed the milking of a cow for the first time.

He had followed the farmer to the barnyard and as the milk fell into the pail the child asked:  
"Is that the milk we drink?"  
The farmer and it was, and the younger remarked:  
"At home we keep the milk in a refrigerator. Do you keep yours in that thing?" Pointing to the cow.

A Tonic for the Debilitated.—Parasitic Vegetable Pills, by acting mildly but thoroughly on the secretions of the body, are a valuable tonic, stimulating the lagging organs into healthy action and restoring them to full vigor. They can be taken in graduated doses and so used that they can be discontinued at any time without return of the ailments which they were used to allay.

**WHAT SHE WANTED TO SAY:**  
"John, the cook has left."  
"Now don't worry, it is light to meet me with such news when I return home late from the office all tired out and hungry."  
"But, John, dear, I merely want to say the cook has left."  
"You, I know you 'merely want to say.' And I merely want to say that it's a great shame that this household is eternally disorganized. Other women manage to keep their servants. Why can't you?"  
"John, dear, I tell you the cook knew you would be late, so she left a cold chicken, a custard pudding and a pint of homemade on the dining-room table for you."  
"Well, dear, when I see the name of common intelligence didn't you say that at first?"  
Cheapest of All Medicines.—Considering the curative qualities of Dr. Fowler's Kidney Pills, it is the cheapest medicine now offered to the public. The dose required in any ailment is small and a bottle contains many doses. If it were valued at the highest it would be worth the price asked for it, but increased consumption has simplified and cheapened its manufacture.

**A GREAT SECRET**

In a small town in the Midlands there is a rich congregation which is not characterized by lavish liberality. Time after time the minister had vainly appealed to his people to contribute more generously to the funds of the church. The members would, indeed, give something, but it was nearly always the smallest silver coin of the realm that was placed on the plate.

A shrewd Scotchman who had recently come to the place and joined the church was not long in noticing the state of affairs, and a remedy soon suggested itself to his practical mind. "I'll tell you what," he said to one of the officials, "if you make me treasurer, I'll engage to double the collections in three months."

The offer was promptly accepted, and, sure enough, the collections began to increase until by the time he had stated they were nearly twice as much as formerly.

"How have you managed it, Mr. Sandymuir?" said the pastor, to him one day.

"It's a great secret," returned the treasurer, "but I'll tell you for confidence. The folk, I say, usually give three penny bits. Well, when I got the money every Sabbath evening I carefully picked out the six-penny and put them by. Now, as there's only a limited number of the six-penny pieces in a little place like this, and as I have made 'em at present under lock and key; the folk must give six-penny bits, at least, instead. That's the way the collections are doubled!"—Tit Bits.

**ITS MERIT IS PROVED**  
**RECORD OF A GREAT MEDICINE**  
A President Montreal Women Yoke Head Lydia E. Pinkham's Vegetable Compound Completely Cured Her.

The great good Lydia E. Pinkham's Vegetable Compound will cure any ailment of the women of America is attracting the attention of many leading scientists, and thinking people generally.

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"Well, Joseph, that's all right! I thought you were ready for bed!"  
"No I was, Polly, but I'm coming down to be with you till ten o'clock, and I shall never take another cup of nog!"

**THE ANNUAL HOLIDAY.**

That was a wise man who said that he could do a year's work in eleven months, but he could not do it in twelve; and although few persons could not put it so mildly, it is pretty generally recognized that the poorest economy is that which would cut off or forego the annual holiday.

Even those daily toilers who leave their country homes for a suburban or city city each night for their annual outing. If they do not wish to travel for it, let them stay at home, and take their rest where they belong. In this way the great value of the vacation is obtained—the rest is out of the rut, it is the rest, the momentous regularity of all that cries for relief.

The holiday may mean many things—change of air and scene, abstention from every form of work, or ardent engagement with sports. Any and all are good; but the great thing is to change the points of wear and tear, to have the wheels go round some other way. The "back that kills" is the same thing, at the same time, in the same way, until it is worn out, and then it is a woman who thought it would be such a rest to iron Monday and wash Tuesday.

This is why each individual should be that he is not always the back judge of the kind of rest needed. Each knows best where the grind comes, where the shoe pinches, and the choice of change should be guided by that knowledge. The worn-out teacher, who has all the year been overhauling her reason force, should spend her time of rest with those who have something to give her, some store of vitality and nervous energy on which she can draw in her turn. The woman who has spent a long winter troubled with domestic problems that life has become one long drawn-out irritation, should shut up her house, and let some other woman lodge and feed her.

Some measure of outdoor sport should be within reach of all, although the good of a vacation is often destroyed by too much ambition in this respect on the part of those unaccustomed to long or hard exercise. Those who wish to climb mountains or take long treks or indulge in vigorous exercises of any kind should begin very gradually, and keep well within their strength. It is safe to say that people exercise too much rather than not enough in their holidays. It is an customary to join fresh air with exercise in the same phrase that it is easy to forget that one can have all the fresh air one needs with only just as much exercise as one chooses.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
*Chas. H. Fletcher*  
The Kind You Have Always Bought  
In Use For Over 30 Years.

**THE MERCHANTS BANK OF CANADA**  
Established 1864  
Chartered by Dominion Government  
HEAD OFFICE MONTREAL. 710 Branches  
Interest added four times a year.  
President—SIR H. MONTGOMERY ALLAN. Vice President—JONATHAN HOBSON, Esq.  
General Manager—E. F. HERBEN.  
Capital Paid up, \$5,000,000.00 Deposits over \$12,000,000.00  
Surplus .. \$1,000,000.00 Total Assets, \$13,000,000.00  
**SAVINGS BANK DEPOSITS**  
One Dollar, or upwards, will open an account. Money withdrawable any time, no delay.  
**FARMERS' SALE NOTES**  
We have special facilities for collecting these. We will cash them at once if desired, at a low rate of interest.  
**JOINT ACCOUNTS**—When requested, we will open accounts in two names, so that either one may draw the money, husband or wife, etc.  
Acton Branch W. S. CHISHOLM, Manager.

**The Triumph of the Time!**  
**CANADIAN NATIONAL EXHIBITION**  
1907 TORONTO 1907  
August 26th to September 9th  
Our Country's Resources Canadian Progress Our Country's Industries  
\$400,000 In New Buildings \$400,000 In Premiums \$15,000 In Premiums \$40,000 In Special Attractions \$40,000  
Industrial Activity National and Historical All That's Best in Magnificent Battle Spectacle UNRIVALED ENTERTAINMENT FEATURES  
Single seats for round trip and excursion rates on every line of travel.  
For all information address:  
W. K. GEORGE, President J. O. ORR, Manager and Secretary, City Hall, TORONTO.

Nothing is more tedious than the pursuit of pleasure as an occupation.—Huxley.  
**MILBURN'S HEART and NERVE PILLS**  
SAVED HER LIFE  
Mrs. John G. Jensen, Little Rocker, N.H., writes: "I was troubled with a knife-like pain through my heart. I tried many remedies, but they seemed to do me more harm than good. I was then advised by a friend to try Milburn's Heart and Nerve Pills and after using two boxes I was completely cured. I cannot praise them enough for the world of good they did for me, for I believe they saved my life."  
Price 50 cents per box or 3 boxes for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.  
My way is to go straight forward and aim at what is right.—Bishop Ashbury.  
**CASTORIA**  
Bears the Signature of *Chas. H. Fletcher*  
Foundation Principles  
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 substituting is never allowed.  
Fourth: We have our own pharmacy, and our own methods of compounding.  
Fifth: If you are a sufferer from kidney disease, liver complaint, blood troubles, rheumatism, neuralgia or nervous prostration, we confidently recommend the use of *Burdock Blood Bitters*. This valuable and never failing medicine is a true blood purifier and system builder. We supply the genuine *Paine's Compound*. A. T. Brown, Acton, Ont.

**W. S. CHISHOLM**  
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**YOU HAVE YOUR CHOICE**



**FOR WHICH OF THESE TWO ENVELOPES WOULD YOU RATHER WORK?**

What are you—a \$10.00 a week man, or a \$30.00 a week man? You men who are getting \$10.00 a week now and want \$30.00—have you \$20.00 worth of extra brains and experience to sell your employer? As a straight question of value, if your employer were paying you \$30.00 a week instead of \$10.00, have you three times the skill and knowledge to give him?

If you have nothing more to give than what you are giving now, it is hardly reasonable to expect him to give you more salary. The directors of Business Systems, constantly installing new systems throughout the Dominion, are asked frequently to recommend men or women for higher office positions.

In order that they may be in touch with men of whom they know enough to recommend for high class positions, they have caused to be started Business Systems Commercial School, a new commercial school different from any existing "business" college. Students of Business Systems Commercial School, when they enter a business house, don't have to go in as juniors to learn the work, for if they are not sufficiently practical to step in and take charge of any office they are no good enough for our diploma—and they are not graduated.

The work taught by Business Systems Commercial School is thoroughly practical throughout and is grounded upon the methods used by the largest commercial houses in Canada. So great is the demand for men of the right calibre, that every graduate can be placed in a good position the moment he has finished his course. If you really desire to equip yourself to hold down a first class office position, write us for booklet on our course and methods. Do it now before you forget. Fall term begins Sept. 3rd.

**BUSINESS SYSTEMS COMMERCIAL SCHOOL**  
48-52 SPADINA AVENUE (Near King) TORONTO, ONT.

**Perfect Contentment**  
Comes to the man who is comfortably clad—that means light weight Negligee Shirts, Cool Straw Hats for warm weather. It's astonishing how much the shirt will do, and we are prepared to astonish you in just that kind of shirt. Just see our values in Shirts and Straw Hats.  
**R. E. NELSON**  
GUELPH

**DOAN'S KIDNEY PILLS**  
CURE ALL KIDNEY TROUBLES.  
Mrs. Miriam Revey, Marmora, Ont., writes: "I was troubled for five years with my back. I tried a great many remedies, but all failed until I was advised by a friend to use Doan's Kidney Pills. I did so, and two boxes made a complete cure. I can heartily recommend them to all troubled with their back. You may publish this if you wish."  
Price 50 cents per box or 3 for \$1.25, at all dealers, or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.  
Without content, we shall find it almost as difficult to please others as ourselves.—Greville.

**Chamberlain's Cough Remedy**  
ALWAYS CURES  
And is Pleasant and Safe.  
Happiness is the shadow of contentment, and rests or moves forever with the original.—Buckeloh.  
**CASTORIA**  
Bears the Signature of *Chas. H. Fletcher*  
No man's life is too short if he has fulfilled the tasks of virtue in a virtuous manner.—Epictetus.  
**TO CURE A COLD IN ONE DAY**  
Take a Laxative Bromo-Quinine Tablet. It dissolves the mucus if it fails to cure, and is safe on each side.  
When we set up a purpose beyond our own enjoyment and for the happiness will follow us in its turn.—Wilbur.  
These two desirable qualifications, pleasant to the taste and at the same time effective, are to be found in Mother Gray's Worm Exterminator. Children like it.  
It is always safe to do right; and the trusted expediency is simple justice.—Whittier.

**Excelsior Bakery**  
We are headquarters in Acton for Bread, Cakes, Pastries, etc., of first-class quality.  
We also carry a splendid stock of Groceries and Confectionery.  
**T. Statham & Son**  
Mill Street, Acton

**Is It Footwear You Are Looking For?**  
If that's the case go to **Williams' Shoe Store**  
I carry a full line of boots, shoes, rubbers, etc., for people of all ages and sizes. Fall and winter stock now ready for your inspection.  
Wm. Williams The Shoe Man  
Mill Street Acton

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**THE GRAND TRUNK RAILWAY.**

**PASSENGER TRAINS**  
The following is the time of each passenger train that calls at Acton.  
DAILY TRAINS  
No. 4 (Acton to Toronto) Leaves Acton 12:25 pm  
No. 5 (Toronto to Acton) Leaves Toronto 12:25 pm  
No. 6 (Acton to Toronto) Leaves Acton 1:15 pm  
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No. 163 (Toronto to Acton) Leaves Toronto 6:15 pm  
No. 164 (Acton to Toronto) Leaves Acton 7:05 pm  
No. 165 (Toronto to Acton) Leaves Toronto 7:05 pm  
No. 166 (Acton to Toronto) Leaves Acton 7:55 pm  
No. 167 (Toronto to Acton) Leaves Toronto 7:55 pm  
No. 168 (Acton to Toronto) Leaves Acton 8:45 pm  
No. 169 (Toronto to Acton) Leaves Toronto 8:45 pm  
No. 170 (Acton to Toronto) Leaves Acton 9:35 pm  
No. 171 (Toronto to Acton) Leaves Toronto 9:35 pm  
No. 172 (Acton to Toronto) Leaves Acton 10:25 pm  
No. 173 (Toronto to Acton) Leaves Toronto 10:25 pm  
No. 174 (Acton to Toronto) Leaves Acton 11:15 pm  
No. 175 (Toronto to Acton) Leaves Toronto 11:15 pm  
No. 176 (Acton to Toronto) Leaves Acton 12:05 pm  
No. 177 (Toronto to Acton) Leaves Toronto 12:05 pm  
No. 178 (Acton to Toronto) Leaves Acton 12:55 pm  
No. 179 (Toronto to Acton) Leaves Toronto 12:55 pm  
No. 180 (Acton to Toronto) Leaves Acton 1:45 pm  
No. 181 (Toronto to Acton) Leaves Toronto 1:45 pm  
No. 182 (Acton to Toronto) Leaves Acton 2:35 pm  
No. 183 (Toronto to Acton) Leaves Toronto 2:35 pm  
No. 184 (Acton to Toronto) Leaves Acton 3:25 pm  
No. 185 (Toronto to Acton) Leaves Toronto 3:25 pm  
No. 186 (Acton to Toronto) Leaves Acton 4:15 pm  
No. 187 (Toronto to Acton) Leaves Toronto 4:15 pm  
No. 188 (Acton to Toronto) Leaves Acton 5:05 pm  
No. 189 (Toronto to Acton) Leaves Toronto 5:05 pm  
No. 190 (Acton to Toronto) Leaves Acton 5:55 pm  
No. 191 (Toronto to Acton) Leaves Toronto 5:55 pm  
No. 192 (Acton to Toronto) Leaves Acton 6:45 pm  
No. 193 (Toronto to Acton) Leaves Toronto 6:45 pm  
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No. 195 (Toronto to Acton) Leaves Toronto 7:35 pm  
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No. 197 (Toronto to Acton) Leaves Toronto 8:25 pm  
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No. 199 (Toronto to Acton) Leaves Toronto 9:15 pm  
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No. 201 (Toronto to Acton) Leaves Toronto 10:05 pm  
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No. 203 (Toronto to Acton) Leaves Toronto 10:55 pm  
No. 204 (Acton to Toronto) Leaves Acton 11:45 pm  
No. 205 (Toronto to Acton) Leaves Toronto 11:45 pm  
No. 206 (Acton to Toronto) Leaves Acton 12:35 pm  
No. 207 (Toronto to Acton) Leaves Toronto 12:35 pm  
No. 208 (Acton to Toronto) Leaves Acton 1:25 pm  
No. 209 (Toronto to Acton) Leaves Toronto 1:25 pm  
No. 210 (Acton to Toronto) Leaves Acton 2:15 pm  
No. 211 (Toronto to Acton) Leaves Toronto 2:15 pm  
No. 212 (Acton to Toronto) Leaves Acton 3:05 pm  
No. 213 (Toronto to Acton) Leaves Toronto 3:05 pm  
No. 214 (Acton to Toronto) Leaves Acton 3:55 pm  
No. 215 (Toronto to Acton) Leaves Toronto 3:55 pm  
No. 216 (Acton to Toronto) Leaves Acton 4:45 pm  
No. 217 (Toronto to Acton) Leaves Toronto 4:45 pm  
No. 218 (Acton to Toronto) Leaves Acton 5:35 pm  
No. 219 (Toronto to Acton) Leaves Toronto 5:35 pm  
No. 220 (Acton to Toronto) Leaves Acton 6:25 pm  
No. 221 (Toronto to Acton) Leaves Toronto 6:25 pm  
No. 222 (Acton to Toronto) Leaves Acton 7:15 pm  
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No. 224 (Acton to Toronto) Leaves Acton 8:05 pm  
No. 225 (Toronto to Acton) Leaves Toronto 8:05 pm  
No. 226 (Acton to Toronto) Leaves Acton 8:55 pm  
No. 227 (Toronto to Acton) Leaves Toronto 8:55 pm  
No. 228 (Acton to Toronto) Leaves Acton 9:45 pm  
No. 229 (Toronto to Acton) Leaves Toronto 9:45 pm  
No. 230 (Acton to Toronto) Leaves Acton 10:35 pm  
No. 231 (Toronto to Acton) Leaves Toronto 10:35 pm  
No. 232 (Acton to Toronto) Leaves Acton 11:25 pm  
No. 233 (Toronto to Acton) Leaves Toronto 11:25 pm  
No. 234 (Acton to Toronto) Leaves Acton 12:15 pm  
No. 235 (Toronto to Acton) Leaves Toronto 12:15 pm  
No. 236 (Acton to Toronto) Leaves Acton 1:05 pm  
No. 237 (Toronto to Acton) Leaves Toronto 1:05 pm  
No. 238 (Acton to Toronto) Leaves Acton 1: