

The Acton Free Press,
THURSDAY, DECEMBER 17, 1908

TRAINING DAY

"Hay-foot, straw-foot!"
"What was that they said?"
"Hardly knew my eyes right!"
Meant "I got straight ahead!"
Shambeling, sheepish, clumsy;
Awkward, like a boy?—
How they made spectators laugh
On Training day!

Very well! But after,
When the fighting came,
Was there no laughter?
No more cause for shame?

Grinnings grew fast;—
Pinned the treads,
As "Hay-foot, straw-foot,"

California were tattooed;

Lies on the frozen ground;
Naught to them it mattered
That scarce a stone was found,

That their feet were weary?—
Fighting to be free!

"Hay-foot, straw-foot!"
Step it with a will, dashingly,
Everything is droll.
As you mind your orders now,
Will the battle be?

"Hay-foot, straw-foot!"
Marched to victory?

—Margaret Vandergift.

TRAVELLER'S VALUABLE FIND

Travelling on the L. & R. Mr. Rivers, St. Paul Street, St. John, N.B., found a box of Zan-Buk, the great skin-healer. He was suffering from badly chapped hands at the time so applied the balm. He says:—"Zan-Buk eased the pain and smarting, healed the cracks, and made my hands quite smooth. Finding it so good, I kept a supply handy, and have since proved it really wonderful healing. It cures cuts, and burns rapidly, too. And I don't like now to be without a supply."

Mr. Rivers is only one of thousands who are glad they heard of Zan-Buk. There is no skin disease it will not relieve and cure. Its fame is spreading everywhere, and it is now regarded as Nature's great "first aid" in workshops, on the farm, or in the home. No traveller should have its box always ready for use. A little Zan-Buk rubbed regularly on the hands and face before climbing each will keep the skin clear and free from chaps, cold-sore, or disease.

If you have a, bruise, or some irritating skin disease, which has defied all ordinary remedies, apply Zan-Buk. It first cleanses a wound by killing off all harmful bacteria. Then it builds up new tissue cell by cell — just as a bricklayer lays row after row of bricks. Then it covers the wound with a new healthy skin, and the cure is effected.

Zan-Buk is also a cure for piles. It gives speedy relief and ends the throbbing, burning, itching, urethral, bladder, rectal, vesical, etc., pains due to bad piles, etc., cannot resist its powerful healing virtues. Purely vegetable, it is an ideal combination of power and purity. 25c: a box at all druggists and stores, or post free from Zan-Buk Co., Toronto, for price 3 boxes \$1.25. Reject cheap, harmful and dangerous substitutes.

Many infant weak lungs, and as a result, easily affected by the smallest cold, often result in the weakened point, these persons are continually exposed to attacks of cold and pulmonary disturbances. The speedy use of Bickie's Anti-Consumptive Syrup will be found a preventive and a protection, strengthening the organs so that they are not so liable to derangement from exposure or abrupt atmospheric changes. Bickie's Syrup is cheap and good.

NO GREAT LOSS

A small boy had been in the habit of supplying the evening paper to a certain minister, who discovered one evening that he had not the penny for payment. "What's all right," said the boy, "I can give it to-morrow night!" "How up to it!" replied the minister, impressively. "I may not be alive to-morrow night!" "Never mind," answered the boy, cheerfully. "It'll be no great loss." A shadow fell across the minister's face, and he is still wondering whether the boy, despite his look of innocence, was thinking solely of the penny.

CASTORIA
The Kind You Have Always Bought
of *Castor*

The victim of the dentist held up his hand. "Dentist, but I before you put the lid on my conversation will you answer a question?"

"Yes," said the dentist, selecting a square piece of rubber and snipping it with his scissars.

"Do people chew more on one side of the mouth than the other?"

"Sure," said the dentist, picking up the clamp.

"How interesting! Which side?"

"The inside," replied the dentist, slipping the clasp over his patient's lip.

There never was and never will be a universal panacea in one remedy for all ill-to-which flesh is heir. What would relieve one ill in turn aggravate the others. We have, however, in Quinine Wine, which obtained in a somewhat unadmitted state a remedy for many and grievous ills. By its gradual and judicious use the feebler systems are led into convalescence and strength by the influence which Quinine exerts on Nature's own restoratives. It relieves those to whom a chronic state of morbid despondency and lack of interest in life is a disease, and by tranquillizing the nervous disposed to sleep and enabling sleep—impairs vigor to the teeth and the blood, which being stimulated, runs through the veins, strengthening the healthy, animal functions of the system, and making activity a necessary result, strengthening the frame and giving life to the digestive organs which naturally demand increased substance—result, improved appetite. Northrop & Lyman of Toronto have given to the public their superior Quinine. By the opinion of scientists, the wine approaches nearest perfection of any in the market. All druggists sell it.

PUGSY'S LETTER

"Did you know that the mother of the Infants is the best teacher addressed to her?"

"A letter!" I exclaimed, in surprise. Mrs. Russell wrote me a sealed envelope addressed to "Miss Pussy, 27 Mayfield street, City." "Now," she said, "if you will kindly post that for me to-night, to-morrow morning you will see what Pussy will do when the mail comes."

Among the bundle of letters the postman brought next morning was Pussy's. Placing them all on the floor, Mrs. Russell said, "Now, Pussy, pick out your letter." In a minute Pussy had done so and laid her paw on the envelope addressed to her.

"Wait a minute more," said Mrs. Russell. "She'll open it and eat up all that is in the envelope." Retiring, she said this when Pussy had torn the envelope open and was enjoying her letter very much. How did she know which had to take?

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