

The Action Free Press

THURSDAY, APRIL 15, 1909

JUST FOR FUN

Old Mother Tiddy, sick and shy,
Pretended she was going to die,
And sent for Doctor Macie, nearby,
Her eyes were there, her heart, her eye,
A longing for fresh hot meat.
And since there seemed no reason why
Himself that want would satisfy,
He said, "I'll give you a cold key;
But from afar who heard him cry,
'I'll give you absent treatment!'"
—N.Y. Times.

DE LIBERAL

There can be no greater mistake than that a business man can make than to be mean in business. Everybody has heard the proverb of penny wise and pound foolish. A liberal expenditure in the way of business is always sure to be a capital investment. There are people in the world who are shortsighted enough to believe that their interest can best be promoted by grasping and clinging to all they can get and never letting a cent slip through their fingers. As a general thing, it will be found, that the man who believes that he is most liberal is most successful in business. Of course we do not mean it to be inferred that a man should be prodigal in his expenditures; but that he should show his customers if he is a trader, or those whom he may be doing any kind of business with, that all his business transactions, as well as social relations, he acknowledges the everlasting fact that there can be no permanent prosperity or good feeling in a community where benefits are not reciprocated.

Foundation Principles

First: When we undertake to fill your prescriptions, we give them our undivided attention and care.

The patient's welfare is our first consideration.

Second: We guarantee our drugs to be of full strength as well as pure.

Third: Our customers are supplied with just what they ask for; substituted on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

PAINLESS CURE

If you are a sufferer from kidney disease, liver complaint, bloodstained rheumatism, neuralgia or nervous prostration, we confidently recommend the use of Palme's Colic Compound. This可靠 and never disappointing medicine is a true disease balsamer and system-curer. We supply the genuine Palme's Colic Compound, A.T. Brown, Acton, Ont.

Adversity is a trial of virtue to the wise man, and an occasion of sin to the fool.—St. Ambrose.

The man who sits on the fence is fond of talking about taking high ground on all questions.

The Oil for the Athlete.—In rubbing down the muscles and joints after a hard race than Dr. Thomas' Electric Oil. It renders the muscles and sinews pliable, takes the soreness out of them and strengthens them for the strains that may be put upon them. It stands pre-eminent for this purpose, and athletes who for years have been using it can testify to its value as a lubricant.

You may know how much a man is really worth by seeing how much he puts in after singing, "Here, Lord, I give myself away."

CASTORIA.
The Kind You Have Always Bought
of
Cast H. Fletcher

credibility to the guilt of others is often due to the word of conscience within ourselves.

They Sooth Excited Nerves.—Nervous affections are usually attributable to defective digestion, as the stomach dominates the nervous centre. A course of Doane's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves of irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

BEING SWINDLED

Francis - Wilson, the conundrum apportion of certain curiosities, wherein he believed he had been swindled, with a laugh:

"The greatest drawback in knowledge is that it reveals so many traps and snares to us. One summer, for instance, I was 'doing Switzerland.' In the neighbourhood of Geneva, where the Swiss talk French, I climbed a little peak one fine morning, and on my arrival at the chalet at the top I heard the pretty handmaiden call in to the kitchen in excellent French:

"Quick, mother, quick! Here's a tourist. Put some milk on the fire. You know they always like it warm from the cow."

There never was and never will be a universal panacea in one remedy for all ills to which flesh is heir. What would relieve one ill in turn would aggravate the others. We have, however, in Quinine Wine, which obtained in a sound, undiluted state a remedy for many and grievous ills. By its gradual and judicious use, the convalescent 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 tranquillising the nervous disposed to sound and refreshing sleep—imparts vigor to the action of the blood which being stimulated, courses through the veins, strengthening the healthy, and invigorating the weak, thereby making activity a necessity, and 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 Wine. By the opinion of scientists, the wine approaches nearest perfection of any on the market. All druggists sell it.

CASTORIA.

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"SPONGE CAKE" LEMON PIE

"Quite an improvement on the ordinary lemon pie with the fussy meringue, which is always so difficult to get just right, is the 'sponge cake' pie, which any woman can make. The ingredients are: Juice and grated rind of one large lemon; one cupful of sugar; two eggs; two tablespoomfuls (rounding) of flour; one cupful of milk. Put the sugar into the yolk and beat. Add the milk. Fold in the stiffly beaten whites, being careful not to beat the mixture after the whites are added. The white rise to the top while baking and form a sort of meringue, so the pie is really as good to look at as to eat."

YOUR DANGER BEGINS WHEN YOUR BACK ACHES.

It is the First and the Sure Sign of Kidney Disease.

Doan's Kidney Pills

sure the aching back by curing the aching kidneys beneath, for it is really the kidneys aching and not the back.

They act directly on the kidneys and make them strong and healthy, thereby enabling the kidneys to circulate throughout the whole system.

Mr. Frank Pusey, Woodstock, N.H., writes: "I was a great sufferer with backache for over a year, and could get no relief until I took a course of Doan's Kidney Pills and now I do not feel any pain whatever, and can eat and sleep well again, nothing could do before."

Doan's Kidney Pills cost 50 cents per box, or boxes for \$1.25 at all drugstores, and direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

Cherishing the memory of slight injuries is like filling the pillow with thorns.

A Pill for All Seasons.—Winter and summer, in any latitude, whether in Torrid zone or Arctic temperature, Parmeleo's Vegetable Pill can be depended upon to do their work. The dyspeptic will find them a reliable ally, and will keep them with him everywhere. They are made to any climate and are warranted to keep their freshness and strength. They do not grow stale, a quality not possessed by many pills now on the market.

Gentleness of speech has made the most wifely to be as the heart of a little child and filled many a troubled wife with peace.—Robertson.

CASTORIA.

The Kind You Have Always Bought
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If you really want to know the world you will do more than investigate its shadows and sample its garb and cane.

The merits of Bickley's Anti-Consumptive Syrup are a sure remedy for colds and colds are attested by scores who know its power in giving almost instant relief when the throat is sore with coughing, and the whole pulmonary region disordered in consequence.

A bottle of this world-famed Syrup will save doctor's bills, and a great deal of suffering. Price 20 cents at dealers.

Put off thy cares with thy clothes; so shall they strengthen thy labor; and so shall thy labor sweeten thy rest.—Quintus.

Afflicted for years with a Diseased Liver.

Mr. L. R. Davitt, Berlin, Ont., letter known, perhaps, as "Smallpox Ben," has

MILBURN'S LAXA-LIVER PILLS

He has also used them for his patients when nursing them, and is a well-known fact that small-pox sufferers must keep the herbs well regulated.

His troubles are not over yet. I have been afflicted for years with a diseased liver, and have tried all kinds of medicines, but of course got no relief. Five years ago I tried Mr. Milburn's Laxa-Liver Pills, and have been well since then. I have nursed different patients inflicted with small-pox, and in each case I have given them Bickley's Syrup, and in each case I have been successful.

My wishes are that all persons suffering with stomach or liver trouble will try Mr. Milburn's Laxa-Liver Pills, with entire satisfaction. I have every opportunity and I hope that if at any time I cannot get the pills, I will be fortunate to find some other good medicine.

Milburn's Laxa-Liver Pills are 25 cents or vital 5 vials for \$1.00, at all dealers and will be mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

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A FEW CONTRASTS

The bust of Longfellow sits a noble in Westminster Abbey. Can one of us imagine that Harriett will find a place there?

Every young student in Europe has learned of the noble Harriet Martineau, the author of "American Life in England." Yet to link industrialism with the name of one of these three would be a profanity.

Jay Cooke in his day was a financier even larger in the public eye than Harriman. Cooke was one of the chief figures in the dispensing of the government during the dark days of the Civil War, a work compared to which the railroad career of Harriman does not yet compare. Still, how many of the students of that day and now know of Cooke and of the tremendously important work he did?

JACK COULD READ

"Miss Molly," the pleasant-faced teacher of the Vernon school, was having great difficulty teaching Jack to read. This new word was "cow" and she had exhausted her usual devices. At last she riveting the word, she wrote it in large letters on one part of the blackboard and in small letters at another place. Pointing to the large word she said: "Now, Jack, this is now."

Jack, placing his pointer on the small word, she asked: "Now, Jack, what is this now?"

Quick as a flash came the response:

"My golly, Miss Molly, it must be a calf!"—Debilator.

SPRING Skin Troubles

Mother who have used Zam-Buk know now it cures

Spring Skin Troubles in Children or Adults. Mothers who have not yet tried it should note these facts:

Zam-Buk was unknown ten years ago, yet such is its

merit that to-day it has become the standard active in

the homes of four continents!

Zam-Buk is purely herbal;

contains no poisonous colouring matter; is used by leading

medical men in the British Army and Navy; used

by all best fitted to know the needs of the skin. Make

Your family happy!

Zam-Buk

Miss J. G. Bates, of Uncle Tom's Cabin, says: "Zam-Buk cured my three children, who were all broken up in various ways, in an instant that it was pitiful to see them. These were all treated all remedies previously applied, but I am glad to say Zam-Buk beat them."

Miss G. Thompson, of Alliston (Ont.), says: "My face and hands were one mass of pimpls and acne, and when rubbed, broke into scars. Whoever put water over them and then applied Zam-Buk treatment resulted in a perfect cure."

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