

THE LOST PRESERVE
The last preserve has been counted, and the slow-chow is running low. There are only a few tomatoes, and the peas are nearly gone. The jam and the jelly is depleted. The pickles and catsup fast. There's hardly a taste of chile. And it's up to the marinated. So why do we doubt it longer. That spring must be nearly here. There is no sign like a cellar. That is empty, or very near.

THE WIFE'S BEEF DICTIONARY
Loin—The loin of beef is subdivided into porterhouse or short ribs, T-bone and sirloin. The porterhouse consists of the first five or six ribs from the small end of the rib. Next to this come the T-bone steaks, regarded by many as the very choicest part of the loin. The last six or eight steaks next to the round are known as the sirloin. The tenderloin is the inside portion of the meat near the rib end of the loin.

ROUND AND RUMP—The rump is the fleshy portion of the thigh. After it is cut off the round extends on down to the shank, having only one bone near the center.

ROAST—The lower eight or ten inches of that portion marked chuck is known as the flank steak, and is much sought after. The balance of the flank is most used for sausage and hamburger, but can be boiled.

ROAST—The section of the first seven ribs and is usually used for roasts. The cuts nearest the loin are considered the choicest and sell for the most money. Next to the chuck the next is deeper and rather coarser.

CUTS—The lower eight or ten inches of that portion marked chuck is known as the "chuck." This lies just above the brisket and extends up to the lower portion of the neck. This is cut mostly for pot roasts and contains much lean meat.

PLATE—The plate is the lower portion of the carcass, below the ribs, and taking the covering of the belly. It is mostly used for boiling, but contains some good meat.

BRISKET—This takes in the portion between the shank and the clod, or lower part of the chuck. It makes fine pot roast or boiling meat.

SHANK—That portion of the shank from the knee or heel to the cut above is fleshy, though coarse, and is mostly used for boiling. The lower part is mostly bone and sinew, and is for soup and boiling. In the foreleg this is called the shin.

NECK—This part usually sells with a part of the chuck and is fit mostly for boiling. It is fleshy but coarse.

SINCE—In some markets the ends of sirloin and T-bone steaks, which run down into the flank, are cut off at the point where the flesh widens and are sold separately. These ends are coarser than the loin meat, but, properly cooked, are as good as any part of the animal.

Was Troubled With Liver Complaint For Three Years.

Mr. B. Nelson, North Sydney, N.S., writes: "I have used your Lax-Liver Pills for three years, and could get no relief. I was persuaded by a friend to try your remedy, and after taking one I got relief. After I had taken three more, I was cured completely, and I have not been troubled since, thanks to your valuable medicine."

THE BOY AND HIS FATHER

Paul Steffens, Sr., the lithographer, made the following translation of a paragraph in the "State Zeitung" entitled "What a Boy Thinks about His Father." Numerous copies have been made by Mr. Steffens' house and circulated.

MAMMY'S RECIPES

"Dear mamma," wrote a bride transported from a Southern family to the North, "please have Mammy Johanna send me her recipe for hot-cakes."

MEN

The following composition on men is credited to a little girl: "Men are what women marry. They drink and smoke and swear, but don't go to church. Perhaps if they were bonnets they would. They are more useful than women and also more sociological. Both men and women sprung from monkeys, but the women sprung further than the men."

CURIOUS FOODS

Man is the only animal that laughs, so the naturalists declare. To which may be added, that he is about the only animal that is an unalloyed feeder; all devouring; swallowing the animal, vegetable and mineral kingdoms indeliberately. That he pays the price of his catholic appetite, the fact that eighty-five per cent. of all the diseases that afflict his race come from the digestive organs, go to prove.

SCIENTISTS AND TEMPERANCE

One of the most influential friends of the temperance cause to-day is the scientist, giving facts as he finds them. Reluctantly he is questioning nature and giving to the world her answer. He is proving by experiments against which there is no argument, that no one can indulge ever so moderately in alcoholic stimulants without shortening his life, increasing the likelihood of his contracting disease, and decreasing his general efficiency.

NO APPETITE

This Remedy Will Restore It. "If you have no appetite for meals, can't work, can't rest and are annoyed with too frequent urination and a burning, scalding pain in making passages."

Booth's Kidney Pills

Booth's Kidney Pills, the guaranteed remedy for all kidney and bladder trouble. Take a few doses of Booth's Kidney Pills and wake up the sluggish kidneys and regulate the urine. Continued treatment will cure and heal the weakened kidneys, and restore the appetite in the natural way.

Nothing can make up for the losses that come from self-love.

Nothing can make up for the losses that come from self-love. Hear, and soft come both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

MINUTE BY MINUTE

When is our work too hard for us if we take it minute by minute, and find our burdens are too heavy. It is when we are doing the work of the future with the strength of the present, or facing to-morrow's trials with the courage meant for to-day, that both strength and courage give out.

MOTHERS! DO YOU KNOW

That when you put a saline onto your child's skin, it passes through the pores and enters the blood, just as surely as if you put it into the child's stomach?

AMBUK

AMBUK SHOULD BE IN YOUR HOME. All druggists and chemists sell this. Ambuk Co., Toronto, Ont.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of
In Use For Over Thirty Years
CASTORIA

BANK OF HAMILTON
Capital Paid Up \$2,750,000
Reserve & Undivided Profits \$3,850,000
Total Assets \$6,600,000

BECAME SO WEAK AT TIMES COULD NOT WORK.

Mr. George Hill, Grimsby, Ont., writes: "Just a few lines to let you know what Millum's Heart and Nerve Pills have done for me. I suffered greatly with my nerves and became so nervous and weak at times I could not work. A friend of mine advised me to try a box of your pills, which I did, and soon found great relief. They are the best medicine I have ever taken for the heart and nerves. I recommend them to any one suffering from heart or nerve trouble."

Children Cry FOR FLETCHER'S CASTORIA

It's better to be disappointed in love than in alimony. It takes more than one thief to organize a steal trust. Hores Heal Quickly.—Have you a persistent sore that refuses to heal? Then, try Dr. Thomas' Colobacterin Oil in the dressing. It will stop itching, carry away the proud flesh, draw out the pus and prepare a clean way for the new skin. It is the recognized healer among oils and myriads of people can certify that it healed where other oils failed utterly.

CAN YOU GUESS THESE?

"When is a pie a post? When it is browned. Why can we send no more dispatches to Galt? Because he is dead. Why is the letter Y like a young spendthrift? Because it lures us away. Why is your shade like a friend? Because it follows you only in sunshine. Why is a banker's clerk necessarily well informed? Because he is continually taking notes."

SNAPPY

"Ten cents' worth of onion pepper," said the little boy in the suburban store. "Onions!" echoed the astonished clerk. "Why, my little man, I guess you mean cayenne pepper." The little fellow was doubtful. "Maybe I do, mister," he hesitated, "but mamma said it was the kind of pepper that had a sharp bite, so I thought it was 'onion'."

NOT GOOD ENOUGH

No one is good enough who does not take advantage of every influence which will help to make him better. The young man who thinks himself good enough to get along without the church, is taking the wrong attitude. It may be that you are as good as an acquaintance when it is church members, but that is not the point. Are you as good, as you would be if you took advantage of the greatest uplifting social force in the world to-day?

"I had been given up to die by three of our best doctors,

I could not stand it to be on my feet and I was so swelled by the abdomen I could hardly breathe. But thanks to Dr. Miles' Heart Remedy and Nerveine I am able to be about the streets, a walking advertisement of the curative qualities of your remedies, although I am 70 years old.

Children Cry FOR FLETCHER'S CASTORIA

The transition from winter's cold to summer's heat frequently puts a strain upon the system that produces intestinal complications, always painful and often serious. A common form of disorder is dysentery, to which many are prone in the spring and summer. The very best medicine to use in subduing this painful ailment is Dr. J. B. Colburn's Dysentery Coughet. It is a standard remedy, sold everywhere.

THE SHORT CUT

It is not easy to do the thing one does not like to do. If in addition to the difficulty of achievement, you must conquer your own inclinations, your task is made doubly hard. Sometimes the shortest way to achieve what you are after is first to conquer your dislike. Learn to enjoy the work that you at first find distasteful, and everything else will come easy.

Children Cry FOR FLETCHER'S CASTORIA

Headaches affect all ages and both sexes alike, but the greatest number, especially the more effected through the nervous development and more delicate organization of the system. Headache Hood Bitters has, for years, been curing all kinds of headaches, and if you will only give it a trial we feel sure it will do for you what it has done for thousands of others during the past thirty-five years.

Children Cry FOR FLETCHER'S CASTORIA

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SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound. "For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had backache and headache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the house. The doctors gave me medicine to ease me at those times, and that ought to have an operation. I would not listen to that, and when a friend of my husband told me that Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like a new woman. I can do my own housework, hoe my garden, and milk a cow, and am as well as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl."

Contracted a Heavy Cold. It Became a Lung Splitting Cough.

Mr. J. H. Richards, 1823 Second Ave. East, Vancouver, B.C., writes: "Allow me to write a few lines in praise of your Dr. Wood's Norway Pine Syrup. Last fall I contracted a heavy cold which left me with a hacking cough and every time I would get a little more cold this hacking cough would become a lung splitting one. It kept on getting worse and I kept on spending money buying different cough remedies until a friend asked me if I had ever tried Dr. Wood's Norway Pine Syrup. I told him I was willing to try anything I thought would cure, and on the same day bought two bottles. Before half the first bottle was used my cough began to get much easier, and by the time I had used a bottle and a half my cough had gone. I am keeping the other half bottle in case it should come again, but I am sure I have a positive cure. Let me recommend Dr. Wood's Norway Pine Syrup to all who suffer from a cough or throat irritation of any kind."

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THE GRAND TRUNK RAILWAY

PARMENOIR TRAINS
The following is the time at which passenger trains leave at Acton:

Train No.	Time	Destination
No. 4	6:28 a.m.	Montreal
No. 12	10:15 a.m.	Montreal
No. 18	10:50 a.m.	Montreal
No. 24	11:30 a.m.	Montreal
No. 30	12:15 p.m.	Montreal
No. 36	1:00 p.m.	Montreal
No. 42	1:45 p.m.	Montreal
No. 48	2:30 p.m.	Montreal
No. 54	3:15 p.m.	Montreal
No. 60	4:00 p.m.	Montreal
No. 66	4:45 p.m.	Montreal
No. 72	5:30 p.m.	Montreal
No. 78	6:15 p.m.	Montreal
No. 84	7:00 p.m.	Montreal
No. 90	7:45 p.m.	Montreal

ACTON LIVERY

BUS LINE
The undersigned respectfully solicits the patronage of the public, and informs them that Wall Street and Acton Livery can always be secured at his stables.

EDUCATION FOR PROFIT

The successful experience of hundreds of bright young men and women, who are now securely holding enviable positions in the great world of business and finance, began in a thorough course of training at the

W. GIMSON

PAINTER - PAPER HANGER
PICTURE FRAMER, ETC.
Begs to inform the ladies of Acton and surrounding vicinity that he has been appointed Agent for three of the largest Wall Paper houses in Canada.

..PAPER.. MAKERS

GEORGETOWN, ONT.
BOOK, NEWS AND COLORED PAPERS
JNO. H. BARBER

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CHALF TONES
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