THE BPARK MINUTE

Oh, what will you do with the Minute The gay little, stray little Minute to Spare.

That comes from the clime

Of old Henty of Time, With never a worry and never a care Oh, what will you do with the Minute The dare little care little Minute

Who's only content So long as he's spent.

No metter however, whenever,

The wee little, free little Minute

Spare: And never refuse The Minute to use That's always so ready some hurden

to bear.

-By Frank Welcott Hutt.

JUST LET IT HURT

We were among the Tennessee mountains and came upon a log cabin children who were scampering about the plercing wind. sturdy lad of twelve or thirteen. He ling, dip the knife for a moment in told us his name in answer to our hot water. -- Canadian Farm. query : and then we asked him that of a little shaver of five or six, who was tagging him around like a shadow. "His name? He sin't got no name We jest call him Monkey. That's his name-jest Monkey-and he's mean.

"What does be do?" "Bothers? Bothers dad and mam and all the young once and me. bothers me when I work and when play."

"Do you have to work?" "Work? Well I should say. I but all the wood that's cut for this here

place." He was a worker sure enough. But he followed us over hill and vale through forest and clearing, through stubble fields and bramble patches. As he emerged from one of those massee of blackberry bushes which are so common in that region, I noticed that his little bare shine from his kness to his ankles were just streaming with

"When I" said I, sympathetically. That's nothin'."

"Don't it burt ?" "Hurt? You bet it hurts." "What are you going to do about

"Do? I ain't a-goin' to do nothin' but jes' let it burt. Now that is the kind of stuff not equeal, do not kick, do not put up your lip, but "jest let it hurt." It is not such a bad education as others for a boy to go stumbling berefooted around on a farm or through country village. I pity the boy who

Children Cry FOR FLETCHER'S CASTORIA

has pever done it. - Evangelist.

BARNING MAN'S WAGES

The fact that others shirk is a poor reason for porject to earn one's warps. The Young People's Weekly prints the following aneodote about a boy who was an bonest worker. One day, after a severe storm & large

number of men and boys were out on the roads of a country town to shovel out the drifts. Rach workman was paid a quarter of a dollar an hour, and as may be supposed, there was no very strict watch keep upon them: but one little fellow seemed to work with all his might, and his comrades laughed at him.

"Why. Jim, are you after the job of highway surveyor, or do you expect to ting in so?"

"Let's put him out; he is shortening our job; it 'twon't last till night, at this rate," laughed another.

"I am getting a man's pay for the first time in my life, and I mean to care it," said Jim. "I don't suppose the town cares, nor that I shall get feel a big sight better myself."

any more money at night: but I shall "You've begun right, Jim," said the behalf of the town, perhaps, but had business of his own where he appreciat

al workmen with a conscience. QUETTOMABLE TRUST

"Mother," said Bobby after a full week of obedience. "have I been a good boy lately?" "Yes, dear," replied his mother, "a very, very, good boy. "And so you really trust mo?" be trusts her little boy," she answered But the chastened child was not pacifled. "I mean really, really trust me you know,", he explained. "You, really, really trust you," nodded his mother. "Why do you ask?" "Just becauset" asid Bobby, diving his hands into his pockets and looking her in the face, "layen types me like you say you do, why do you go on hiding the jam?"

WALL MADE A MISTAKE man staying at a hotel ask the mustard.

"Bir, said the other, 'do you mis take me for a waiter?"

ply, "I only mistook you for a gentle-

Keep the Separater Clean. The separator is often the cause moor butter in the winter. The bow of the coparator collects most of the alth that finds its way into the milk and when it is lost without washing for ouveral days it becomes very foul water that 'had pessed over such been so contaminated. The separator the stone. Gin Pills are the best mediated be washed and scalded at least cine in the world, and, because they ease daily throughout the winter. The eace daily throughout the winter. The milk in it may not sour, but it gets them all the rest of my life. I will be rest of my lin

To save your strength when in the kitchen, keep a stool, which can is pushed under the work table out of the way when not in use, and sit down to do all the work possible.

ite brilliancy. Tell your husbands that a plentiful supply of stove wood, sawed and split will prove a great time saver next summer. Try to convince the men that the wood lot or the wood

shed is a better place to keep warm in than around the kitchen stove. They'll certainly enjoy their meals a great deal better if they have expended some energy on a wood pile. It is an excellent spring tonic. Gardening is dear almost to every

woman's beart. If you would like sarly tomatoes, now is the time to sow the seed. Warm a bouple o pots of earth before sowing the seed One gardener told me, to have suc cessful tomatoes, you must have matured plants. Halse your own and you are pretty sure of a good crop. The finest tomatoes I saw last year were home-grown plants.

When starting for a drive on on a sunny southern slope, The only cold day I put a newspaper across evidences of prosperity were to be my chest under my coat. It is found in a broad of tow-headed little, wonderful how it protects one from the door yard. The oldest was a To cut an iced cake without crumb

SHE KNEW THE CHEESE The dignified person asked the polite

vaitrees if she had good cheese. "We have some lovely cheese," was the smiling answer. "You should only use 'lovely' qualify something that is alive," de-

clared the pedantic diper "All right," replied the young woman, "I am sticking to lovely."

WAS TROUBLED WITH HEART DISEASE AND MERVOUSNESS

SEVERAL DOCTORS COULD DO HER

NO GOOD. THRRE BOXES OF MILBURN'S HEART AND NERVE

PILLS COMPLETELY CURED HER. Mim Mary Lebens, Edison, Sask., writes:—"I was troubled with heart disease and nervousness for over two sit up at night being unable to breathe, and every little noise would make me shake and shiver. I tried several doctors, but they were unable to do me any good. A neighbor then advised me to try box of Milburn's Heart and Nerve Pills. As soon as I began to take them

I began to feel much better, and by the time I had med the third box I was completely cured. I would advise anybody suffering from heart disease and nervousness to try these pills. They will save. Milburn's Heart and Nerve Pills cure all heart and nerve troubles by their restorative influence on every organ and tissue of the body. Price 50 cents per box, or 3 boxes for \$1.35 at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

"The poor are the real optimists, the rich the possimists."-Mr. C. L. d

For Sprains and Bruises.-There nothing better for sprains and contas- action. ions than Dr. Thomas' Edectric Oil. It will reduce the swelling that follows a speale, will cool the inflammed fisch Nicholson. and draw the pain as if by magic. I will take the ache out of a brules and prevent the flesh from discolouring. It seems as if there was magic in it so speedily does the injury disappear under treatment.

"What we all want is a motive for our lives."-Canon Bilbrough.

CASTORIA For Infants and Children. The Kind You Have Always Bought

The place honors not the man the man who gives bosor to the place In the causes of infant mortalit cholers morbus figures frequently, and it may be said that complaints of the bowels are great distroyers of life. all mothers would avail themselves so effective a remedy as Dr. J. D. Ke logg's Dysontery Cordial many a little one would be saved. This Cordial can be given with safety to the smallest child, as there is no injuricus substance

BANK THING TWICE

A passenger on a New York-Claveland alconer on awakening in morning found under his berth. black shoe and one brown one. alled the porter and directed ble tention to the error. The porte cratched his woolly head in utter be

"Well," said the exasperated passes rer. "What's the matter ?" "Now, if that don't beat all !" plaimed the porter. "Dat's de sec lime die mornin' dat dat mistake's

DOCTORS COULD

BUT GIN PILLS DID

"During August last, I went to Montreal to consult a specialist as I had been suffering terribly with Stone in the Bladder. He decided tooperate but said the stone was too large to remove and too hard to crush. I returned home and was recommended by a friend to try Gin Pills.
They relieved the pain. I took two

boxes and went back to the specialist. He said the stone was smaller but he could not remove it although he tried for two hours and a half. I returned

HELP-ON-A-BIT

A little blaing added to the water in which glass is washed adds much to For Infants and Children.

> The Kind You Have Always Bought Alegeishie Preparation for Assimilating the Food and Regula-Bears the that the Stomacks and Bowels of

ININIS CHIEDRIN Signature Promotes Digestion Cheerfulness and Rest Contains neither Opum Morphine nor Mineral. NOT NABCOTIC. Charges of State in Contract Percent

A perfect Bernedy for Constipa-tion, Sour Stomach, Diarrhose, Worms Convulsions Feverish ness and LOSS OF SLEEP. Yac Simile Signature of Cheff Potator NEW YORK.

7 Don's 1361 515

EXACT COPY OF WEATHER.

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Every person who receives and pays out money should have a chequing account. Payment by cheque is the most practical, convenient and safest method of handling all financial transactions. whether of a business or personal character. The return of cancelled cheques are vouchers for every sum paid out; they show what dis barsements have been made and to whom. Deposits are received by this Bank subject to chaque withdrawal. We pay the same attention to small depositors as we do to large ones and encourage their accounts, Interest allowed on all Savings accounts, compounded half

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ACTON BRANCH: F. A. MacLean

Hard and soft corns both yield to

Holloway's Corn Cure, which is entire-

ly safe to use, and satisfactory in

After Every Meal.

hence the difficulty of effecting a cure.

the distressing symptoms of dyspepsia and in a short time effect a cure.

for the last seven years and tried all kinds of medicine for it, but none of them ever cured me, for as soon as I would quit

out it affecting me in any way,
"Our boy is also using it; he always
complained of pain in his stomach and

all over, like rheumatism, and at the age

B.B.B. is manufactured only by The Milburn Co., Limited, Toronto, Out.

The camel desired borns and his ears

A Pleasant Puragtive.-Parmelee's

Vegatable Pills are so compounded so

sage. They are not drastle in their

substances, the curative qualities

Silence is the fence round wiedom.

A myrtle even in the desert remain

He who is proud in heart is as sinful

his punishment in the general dishe-

WARNED BY EXPERIENCE

A young man laughlingly boasted

that three pretty girls had expressed

their willingpoon to marry blm, and

that be practically decided to take the

one with the biggest bank account and

the langest row of houses, "Neverthee

marry for money, ted hald a very old coller, solomnly warping him, "When

me and our Botey Jane come beek fro

an' turned out our pocket an' there wor

in here. Not much between he war

equable sin blow me if Betsy Jana ain't allets ended by throwin that extra eighteenpunce in my testif.

lief wi thout change of lajury.

as the idelater.

than to have wealth.

catate finds a coin daily.

of ten had to stay home from school. If

and eats beartily."

were taken from him.

Mrs. F. C. Gross, Berlin, Out., writes:
-"I have been troubled with my stomach

Burdock Blood Bitters will relieve all

Manager

Children Cry FOR FLETCHER'S CASTORIA SCREEN IN DOUBT

"To help a man when he is down s to benefit society at large."-Mr. W "Now, sir, I hope we shall have no difficulty in getting you to speak up." said the barrister in a very loud, commanding voice.

THE POOR DYSPEPTIC "I hope not, sir," shouted the wit ness at the top of his lungs. "How dare you speak to me in that Suffers Untold Agony way?" shouted the lawyer, crimeon

in the face. "Because I can't speak no louder, Nearly everything that enters a weak, dyspeptic stomach acts as an irritant; sir," said the bostler. "Have you been drinking?"

> "I should infer so from your con duct. What have you been drinking? "Coffee," hoarsely vociferated the knight of the stable. "Something stronger than coffee,

eir, you've been drinking! Don't look using any of them, the same old trouble would come back. Last fall I was advised to try Burdock Blood Bitters, which I did, and used four bottles, and now feel so strong I can do all my house work nicely and can eat almost anything withat me like that, sir I" furiously. "Look at the jury, sir ! Did you have some thing in your ooffee, sir ?" "You sir." "What was it?" "Sugar."
"This man is no fool, my lord—he is

worse I" stormed the counsel. "Now, sir," turning to the witness, look at me. What besides sugar did hasn't quite used two bottles yet and is feeling good, can attend school regularly you take in your coffee this morning? The hostler collected his forces, drew deep breath, and, in a voice that could have been board half a mile away, bellowed out-"A spoon! spoon, an' nothing elee !"

Worms sap the strength and under mine the vitality of children. Stength on them by using Mother Graves' Worm Exterminator to drive out the as to operate on both the stomesh and parasites.

bowels, so that they act along the whole alimentary and excretory pas-WORK WILL BRING IT OUT If there is anything good in you, work but mildly purgative and the anything fine and promising, work pleasure of taking them is only equalwill bring it out. Talents do not as led by the gratifying effect they prorule, start up like the grass and wildduce. Compounded only of vegetable flowers do in the spring, obeying some magic, uysterious summons. They which were fully tested, they afford reare more like the grain which must be planted, watered, kept free from woods, and watched incresently until the time of barvest .--

-CURED-OF-CONSTIPATO

To be patient is sometimes better Mr. Andrews praises Dr. Morse's Indian Root Pills. He who walks each day over his Mr. George Andrews of Hallfax, N.S. When a liar speaks the truth badinds

ment never comes single-handed, and I have been a vicini to the many lineause that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from , me the one allment that caused so much. trouble, yet at last I read about these Indian Root Pills. That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial.

They have regulated my stomach and bewels. I am cured of constitution, and I claim they have no equal as a medi-

in here. Not much between us war Indian Root Pills have been curing con-there?— But whenlyer we've had a stipation and clogged, inactive kilneys. with all the aliments, which result from them. They cleanse the whole system and purify the blood. Bold everywhere at 35c, a how.

"The Liver Pills act So Naturally and Easily." Such a statement, coming from

the cashier of a bank, shows what confidence responsible people have in these pills. Mr. A. L. Wilson after trying them wrote:

"I have used Dr. Miles' Morve and Liver Pile and also your Anti-l'ala l'ille, on myself, with good results. The Liver Pills art so naturally and so eastly that I scarcely know that have taken a pill. Frequently being troubled with headache take an Anti-Pain Pill and get immediate relief in every case." A. I. Wilson, Sparts, Ill. Mr. Wilson was for a number of years cashler of the First

National Hank of Sparts.

Dr. Miles' Nerve and Liver Pills

are different from others. Many kinds of liver pills are "impossible" after one trial on account of their harshness. Dr. Miles' Nerve and Liver Pills do not act by sheer force but in an easy, natural way, without griping or undue irritation. They are not habit forming.

MILES MEDICAL CO., Yeronto, Cam.

"One of the mistakes of the day is the crase for the crowd in all th few years ago some eighteen tons of coal near his residence set up comchurchen."-Rev. Samuel Collier. A Thorough Pill .- To clear th tomach and bowels of impurities irritants is seccesary when their action upon took his wheelbarrow and workis irregular. The pills that will do the work thoroughly are Parmelee's Vege table Pills, which are mild be setion but mighty in results. They purge painlessly and effectively, and work permanent curr. They can be used without fear by the most delicately constituted, as there are no painful el fects preceding their gentle operation.

Mrs. W. R. Hodge, Fielding, Sask, writes:—"A few lines highly recommend-ing Donn's Kidney Pills. For this last WHEN THE CAR STOOD STILL When the street car stuck climbing year I have been troubled very much the steep grade in the city the other with masty sick headaches, and a weak aching back, which caused me much day it was not brosum there was concling in the way. The rails were misery, for I could not work, and had no ambition for anything. My kidneys were very badly out of order, and kept me as kmooth as glass and as shining, without a single obstruction. The fact fro.n sleeping at nights. I tried many kin s of pills and medicines, but it seemed of the matter was that it was too easy The motorman produced a pall of sand almost in vain. I began to give up in espair of ever being well and strong again, when a kind neighbor advised mo from somewhere and the rails were thoroughly sprinkled. And then to try Doon's Kidney Pills, which I did and am thankful for the relief I obtained grinding and creeking, the car went from them, for now I am never troubled on. That little difficulty was just with a spre Lack or sick beadaches. what it needed.

Many a youth stands still on the track of life, not because the secent is too hard but because it is too easy. Everything comes to him without an effort. His father gives him all the spending money he wants. His family name is good enough so that he is socepted socially without being put under the necessity of making himself agreeable. When he is ready to go into business there will be a place open OVR for him because he is his father's son. No wonder that he makes a failure of life. Oh, for some blessed difficulties to bring his submerged manbood to the surface | Ob. for a little sand on the track!



"Take my edvice? I have proved Zam-Buk best for excess and skin As a methor you owe it to your family to give it a trial ! It ends pain and it 50e box all Propy de & Stores.

Without law, civilization perishes. The ass complains of the cold even

BRONCHITIS

Was So Choked Up She Could Hardly Breathe,

Bronchitis is an acute inflammation o the macus membrane lining the air tubes of the lungs, and should never be no glected, for if it is very often the disease becomes chronic, and then it is only short step to consumption. On the first sign of bronchitis De

Wood's Norway Pine Syrup should be taken, and thus prevent it becoming Mr. John D. MacDonald, College Grant, N.S., writes, My little girl,

seven years old, caught a bad gold which developed into broughlitis. Bhe was a choked up she could bardly breathe Reading about your wonderful medicine Dr. Wood's Norway Pine Syrup, I decided to try a bottle, and with such good results that I got another which completely sured her, I cannot say too much in its praise, and would not be without it in the

Dr. Wood's Norway Pina Syrup is trees the trade mark; price, 25 cents. Minufactured only by The T. Milburn

The death in Hydney of Mr. Walter Hall, a Mount Morgan millionaire, recalls the story of the discovery of the famous Queensland gold mine. It

Gold Mine Remence.

sounds more like some startling flo-tion than a piece of real life. It was a portion of a selection sero

age was very poor, and his existence,

which he maintained by keeping a few

libad of cattle, was miserable enough

two brothers named Morgan, prospec-

tors, passed his Yamshackle hut, built

unsuspectingly over untold wealth, and partook of the hospitality which

Gordon offered to them as to all other

travelers in the bush. Something

attracted the trained eyes of the two

brothers, and, picking up felly a tow

samples of stone, they hade Gordon

They reappeared soon afterwards.

and offered to buy his poor selection

from him, and he congratulated him-

self on getting rid of it at \$5 an acre.

Even then the Morgans had no idea

of the real value of their new pro-

proposed to a Rockhampton resident

in order to buy mining machinery,

and eventually this gentleman and

three others put in \$2,500 each. In a

few years they and the Morgans were

Distinguished Coal-Heavers.

The learned English judge who re-

order to test a case submitted for his

judgment was, after all, only copying

the excellent example ant by Judge

Moss, who on one occasion traveled

specially to Bathenia to investigate

ed them blmself with both hands.

Mr. Justice Warrington has also

tolled as hard as any coal-heaver.

bustion, and all his servants there

were called upon to remove it urgent

ly to the open. His lordship there-

WEAK ACHING BACK

Geused Her Huch Misery.

for mine and can highly recommend them

Limited, Toronto, Ont.

a male of half their interest for \$10,000

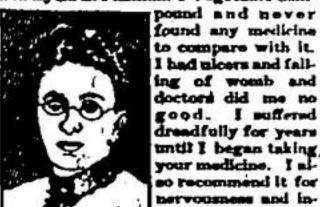
One day, about thirty years ago,

man named Gordon, but the

For Years, Restored To Health

Canadian women are continually writing us such letters as the two following. which are heartfelt expressions of grati-

tude for restored health: Gianford Station, Out .- "I inve ta-



HENRY CLARK, Glanford Station. Out. Chesterville, Ont. - "I heard your nedicines highly praised, and a year ago began taking them for falling of womb

and overlan trouble. "My left side pained me all the time and just before my periods which were irregular and painful it would be worse. To sit down caused me pain and sufferthe conditions under which quarrying | ing and I would be so nervous somewas done, to help him decide a law- times that I could not bear to see any suit. He seized the trucks and push- one or hear any one speak. Little specks would float before my eyes and I was always constipated.

"I cannot say too much for Lydia E. Pinkham's Vegetable Compound and Liver Pills, for there are no medicines like them. I have taken them and I recommend them to all women. You may publish this testimonial." - Mrs. STE-PHEN J. MARTIN, Chesterville, Ontario,

First: When we undertake to fill undivided attention and best the patient's welfare is our first consideration.

Second : We guarantee our drugs to with just what they ask for ; substitut

PADIN'S CELEET COMPOUND. If you are a sufferer from kidney rhoumatism, bouralgie or berve prostration, we confidently recom mend the use of Paine's Colery Compound. This reliable and never disappointing medicine is a true disease banisher and system builder. We "I will always my Doan's Kidney Pills supply the genuine Paine's Colory Compound. A.T. Brown, Acton, Out

Price, 50 cents per hox, or 3 hoxes for Children Cry \$1:25, at all dealers or mailed direct on receipt of price by The T. Milbara Co. FOR FLETCHER'S CASTORIA

When ordering direct specify " Donn's."



COME IN AND PLACE YOUR ORDER WORK IS RIGHT --- PRICE IS RIGHT

THE ACTON FREE PRESS Warmest Kind

For Cold Weather Tougher horsehide will never be found, because the best is used for Storey's Gloves and Gauntlets. And yet the skin, because carefully tanned by the chrome process, in made pliable, insuring · extraordinary wear resistance. Waterproof and fire-proof -the best working gloves on the market



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To the contrary, we make it the most important factor. So, if you favor us with your patronage, you will enthusiastically endorse us.....

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Your chopping will be

done quickly and well,

on either plates or

stones, if taken to the-

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CASPER BRAUN

Statham & Son

ACTON



until I began taking your medicine. I aldigestion." - Mrs.

HEINZ'S PICKLES 57 variation OVSTARS and PIBH PRUIT and VECK-TABLES CONFECTIONER

Foundation Principles your prescriptions, we give them our The Berlin Steam Granite and

be of full strength as well as pure and keums, Monuments, Markers and Head stones, and all kinds of Third: Our costomers are supplied

ng is never allowed. Wm. Hemstreet diseast, liver complaint, blood troubles

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Oatmeal Flour Shorts Bran The best at lowest prices.

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The Best Quality of **MANITOBA**

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Oats.



