'Yes, I know what it is I am asking A heart that is free from gulle; I desire to bask all the rest of my days In the light of a good woman's

"I know I have maked that priceless But not as a child might have done ; have saked for your love in exchange for my own, Which no other woman has wob.

"I know I have written your les Like a man I have questioned thee I am willing now to stand as you ask. Ho that you may question me. "I eartainly need a cook for my food

A mamutrees for stockings an In return I shall be the king which you seek. But remember you never must flirt

"I'll reign as a king in the kingdom of And reign as a good king should : But first I want you to be my queen, And then God might say 'it is good.

"You are young and fair! Yes, . know you are. And I know that your beauty will I will love you then, 'mid autumn

When the leaves fall dry and dead. "You ask is my heart an ocean deep, Is it free from rock and shoul? If you'll taunch your life upon its tide. You'll find that heaven's your goal. "I prunise you now I'll be good and

That is as man should be: But I sadly want a wife and a queen, To travel towards heaven with me. "I do not desire a laundress or cook, Though they can be had for pay; But a woman's heart and a woman's

I'm asking you for to-day."

LIMITATIONS OF THE PALATE

"A dish of stewed pipe-stems that turns out a pudding, and thin ye ato it for a vegetable!" a contemptuous Irish cook recently termed macaroni Salads she scorned equally as "furrin mossos"; shell-fish, certain meats, most soups and some vegetables she declared she could" niver bring me

Her mistress, who realized that bard-working maid, foolish or not must have plenty of food which she will est, explained the situation to s friend, who advised her to give the girl toave to fill gape whenever she would with milk, bacon and potatoes, "I've dealt with the same thing," she said. "It's the limitations of the untrained palate. There are often more don't-likes and won't-eats to be considered in the kitchen than in the

"A cosmopolitan appetite is strong evidence of a cultured mind, my husband declares; and he's always training the children to like things. He wolf, would it? makes stories about the dishes on the table, and sometimes he brings us home odd, new things to try-foreign fruits, and spley things in jars, and once bear steak. The boys were wild over it. And our children aren't nearly as fussy about food as-well, let me

give you an example. "A friend of mine owns a fine farm, and every year she has a half-dosen poor children from the city make a long stay there, and work outdoors, and learn gardening and farming. They like it, and work hard, and are immensely proud of their crops; bu every season when the baryest arrives and their products come to the test being actually cooked and served there is the same disappointment.

"With the exception of just two three commonplace staples, they don like them, and won't est them. T choice things, the delicacies and the rarities they promptly dislike and re-

"This year one sympathetic child " 'Never mind, Miss White,' she told her creat-fallen hostess, eagerly, 'I's seen just the same kind of stuff in the big market at home. It must be good to sell, if it ain't good to sat."

COULD NOT LET ANYONE TALK TO BER SHE WAS SO MERVOUS.

Diseases of the nervous system ar very common. All the organs of the body may be sound while, the nervous system is all upset, on account of the troubles and worry which fall to the lot of one who has to look after the troubles incident to bousskeeping, and when the nervous become unstrung the heart is also offented.

In Milburn's Heart and Nerve Pills is combined a treatment that will cure all forms of nervous disorder as well as act on the heart itself, and for this reason we would highly recommend them to all

run down women.

Airs. Wm. Smith, Tura Nova, Ont., writes:—"I wish to tell you that I have used Milburn's Heart and Nerve Pills. I was so nervous I could hardly let anyone talk to me until a neighbour told me to try your Milburn's Heart and Nerve l'ills. I got three boxes, and did not have to get any more as they completely cured my nervous system."

Milburn's Heart and Nerve Pills are
for sale at all dealers, or mailed direct on
receipt of price, 50 cents per box, 8 boxes
for \$1.25.

The T. Milburn Co., Limited, Toronto,

Intention is a pour thing without A Cure for Fever and Ague,-Die

turbance of the stomach and liver always precede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood, In these allmenta Parmaho's Vegetable Pills have been found most effective, abeting the fover and subduing the ague in a few days. There are many who are subject to these distressing disturbances and to three there is botter preparation procurable as

Kind words breed their kind als He who breaks his word smashes

Children Cry CASTORIA

MOSTAUTIE SUCKING MA

"What's the matter, Jingle?" asked lawkeshee, "You look worried." "I am worried," said Jingle. "I'm afraid that boy of mine is getting inregular in his habits." "That's too bad," sald Hawkener. What are his symptoms?"

"He hasn't telegraphed home for money now for ten days," said Jingle. 'He used to be as regular as Tuesday with his appeals." - Harper's Weekty.

Strangled with Asthma is the only expression that seems to convey what is endured from an attack of this trouble. The feliel from Dr. J. D. Kellogg's Asthma Remedy is beyond measure. Where all was suffering there is comfort and rest. Breathing becomes normal and the bronchial tubes completely cleared. This unequalled remedy is worth many times its price to all who use it.

Nearly overy upe imagines he is getting more than his share of hard

Many a live wire gets short circuit-

You will always find that you will have to be the maker of your own

It is easier to be miserable than to be happy, and many follow the handi-



50e box all Druggists & Stores.

trial! It ends pain and it

THE REWARD OF VIRTUE Teacher-You see, had the lamb been obedient and stayed in the fold it would not have been eaten by the Boy (promptly) - No, maken; I

would have been eaten by us."

LAST, HE IS FREE OF LUMBAGO

Because He Took GIM PILLS

Winnipeg, Jan. 6th. "I have been a sufferer from Lumbago for some years past and during Christmas week had a very acute attack which confined me to the house. About the latter part of April, I met your Mr. Hill and mentioned my complaint to him. He advised me to take GIN PILLS. I have been taking them at intervals
during the early part of the present
winter, and up to date have had no
return of my old trouble—in fact. I feel
better than I have for years and think
that my old enemy has vanished for
good and all."

H. A. JUKES. H. A. JUKES.

OIN PILLS will protect your Kidneys and Bladder against the ravages of winter. No matter bow much you may dread cold weather, because you have been subject to Rheumatism or Lumbago, you will be free of pain if you take GIN PILLS.

50c. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 126

VERDICT OF COMMON SENSE One of the great life insurance com-

penjes of the United States has issued a warning to employers and employres against the use of stimulants smong working men. An urgent ples for babits of sobriety is made. Among other things the pemphist issued sets forth the following :

"Even a man who is ordinarily most caroful la simust certain to become headless when under the influence an intoxicapt, and a habitually careless man is often made positively reakless. Of course the use of latexicants during working hours should be positively prohibited. Regulations can property go even farther than this. No man should be allowed to go to work when he appears to be slightly under the influence of liquor. It i advisable not to employ, or continue in employment, met who are known to he stendy and hard drinkers. The regular new of intuxioants in any conalderable quantity is bound, in time to make a workman undesirable as regards both his liability to cause socident and his efficiency."

Suffered With A Lame Back COULD NOT STRAIGHTEN UP.

Many people fail to understand the significance of a lame, weak, sore or aching - When the back sches or becomes weak it is a warning that the kidneys are affected in some way. Heed the warning, cure the back and dispose of any chances of serious kidney trouble following.

Mr. C. Grace, Hamilton, Ont., writes:

"I was suffering with a lame teak, and for two weeks was not able to straighten up to walk, and hardly able to sit down

The Kind You Have Always Bought, and which that been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to decelve you in this. All Counterfelts, Imitations and "Just-as-good" are but Experiments that trifle with and cudanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Oustoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Oplum, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishmess. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipution and Flatulingy. It assimilates the Food, regulates the Stomach and Bowels, giving boalthy and natural sloop. The Children's Panaces—The Mother's Pricud.

CASTORIA

Bears the Bignature of The Kind You Have Always Bought In Use For Over 30 Years.

THIS MAN'S STORE IS CROWDED BECAUSE WE DO HIS PRINTING



CROWD YOUR STORE IN

Catalogues, Handbills, Folders and Commercial Forms Our Specialty

... Call at Chis Office For Jobwork ... THE ACTON FREE PRESS

WHY HE STARED AT HER "Tell mis, dear, is it because you

find me very pretty that you look at me all the time ?" -- 4 ... "Oh, no, ma'am, it isn't that, but papa says you are a two-faced woman and so I am searching for the other

A Corrector of Pulmonary Troubles. Many testimonials could be presented showing the great efficacy of Dr. Thomas' Relectric Oil in curing disorders of the respiratory processes, but the best testimonial is experience

Ohildren Ory-FOR FLETCHER'S CASTORIA

A POSER "He who puts his hand to the plow, screamed the crossroads orator, "mus

"What is he to do when he gets to in the blue jean queralls.-Youth's

What Lydia E. Pinkham's Vogetable Compound Did For Their Health-Their own Statements Follow.

Hallburton, P.E.L :- "I had a doctor the womb, so I have been taking Lydia . Pinkham's Vegetable Compound and t has done me a lot of good. All the bearing-down poins have vanished. I have gained ten pounds in weight, the discharge is all gone, and I feel better than I have for a long time. I think any woman is foolish to suffer as I did for

the sake of a fow dollars. "You can use my letter as a testimenial It may encourage other poor women who suffer as I dit to use your Vegetable Compound." - Lira. Goo. Collicure. Hallburton, Lot 7, P.D.L.

Road What This Woman Says: New Moorefield, Ohio .- "I take great pleasure in thanking you for what your VegetableCompound bad bearing down pains, was dixxy and

gpt up those bearing

own whins would come back, and the cetor said I had female trouble. Lydia A Pinkham's Vegetable Compound was the only medicine that helped me and I

THOUSANDS OF PEOPLE SUFFER UNTOLD ACONY Dyspepsia.

It is one of the most prevalent troubles of civilized life, and the poor dyspeptic cannot even enjoy a mostly it bout distres-ing after effects, for pearly everything that anters a weak dyspeptic stomach acts as an irritant. Burdock Blood Bitters will regulate' the stomach, stimulate secrebut the best testimously is experience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes as no other preparation of the saliva, and gastric juice to facilitate digretion, remove acidity, and tone up the entire system.

Mrs. Dennis Hebert, Bt. Boniface, Man., writes:—"I have used Burdock Blood Bitters, with great success, for dyspepsia, indigestion and sour stomach. I was terribly troubled with my stomach.

r months, and spent a let of money rithout getting any relief, until I hap-bened to see about a woman using it, and her trouble seemed the same as mine. I tried one bottle, and was so nuch relieved, I bought five more, and two taken them, and I now can cat anyidne I wish." \landsctured only by The T. Milburn . Limited, Toronto, Oat.

Fasting from the word is not the proper way to develop a hunger for

Warts are disfigurements that dis- think?" appear when treated with Holloway's

BORIED WEALTH People who put gold in tin horse

and hury it underground, or bide greenbacks in a mattrees, are guilty of economic fally. Maney buried noney useless. It ought to be working twenty-four hours a day, carning just se truly as its owner earns. That old fashion of hearding money

Instead of lovesting it, is happily dying out, but an even more serious economic blunder is still prevalent. Thousands of young people bury the powers which should be busy earning money. one in a hundred is running at full capacity, so to speak. The majority of us put in actual use only a small fraction of our powers. The rest are buried somewhere, and we would have s hard time to unsarth them for an

If it is wasteful to bury money which might be drawing three or four per bent, in a savinge bank, it infinitely wasteful to bury shility which rightly used is good for a bundred per cent.

BRINGING HER TO TIME "How do you like your, new coo

Mrs. Throggins?" "She's a treasure. I always tell ber. on know lo wake me up in the mornng not later than seven o'clock. So the come and taps at my door and says: "Th' clock'll strike seven in about three minutes, ma'am. Then I turn over and walt to hear the clock strike, and the next thing I know hear it striking sight. I can't soold her you see ! I get my sleep, and discipline is mulatuland, 'Cleverisi't it."

WHAT TO AVOID

HEE SATURDAY LETTER

The pretty school-teacher of a small town not long ago, became aware, as who walked through the street from the post office, where she had just midled a letter to her flance, of someone following her and calling her name. She turned, and confronted the fat postmaster, berebeaded and an plectically crimson, buffing toward her with something clutched in his outstretched hand.

"I been chasing ye most two blocks," he panted. "Couldn't make ye hear, someways! Here's this letter you just posted-hasn't got his name on, see? " 'Well, she must be deep in,' says to San Duckett. This is the second thus she's been two maxed to put the address on when she wrote to him." " Bure It's blm ? saye Sam.

" Course I ach,' says I. 'He's the mily one she writes to reglar, Sat'days. Her bome folks get their letters welt Sundays, and she malls it Monday on the way to school. Course It's

"Tie, sin't it ma'am ? Well, so told Sam, and I'd ha' saved all this bother and addressed it for ye only for remembering that with scarlet fever and messles prevailing the way they be just now, a strange hand might give the pore feller a start. So I follered ye instead. My, but you're a brick goer. Thought I'd never ketch

"I'm very much obliged, I'm sure, and it was very careless of me, indeed, said the girl, handing him hack the latter addressed. "But you say I've ade this same mistake before became of my letter then?"

"Oh, there wa'n't any epidemics around then," replied the postmaster, easily. "I just put on the address "But-to whom? How could you know who It was for I' she asked !

ittle startled. "Hat'rd'y noon, same's this one," he replied cheerfully. "It's always him Sat'rd'ya, now sin't it?" .

The pretty teacher's eyes flashed wide, then she dimpled, blushed and laughed. It was not possible to anul half the time. this elderly, fat Cupid, so openly and innocently interested in her love af-

"Yes," she admitted, proudly, "Saturdays it always is him. Thank you."

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

The sincere preyer must always some from a beart that feels depend-

Wherever a man's place is, there he ought to remain in the hour of danger; he should not think of death or anything but diagrace. And this, O men of Athens, is a true saying .- Socrates. It is a Liver Pill.-Many of the ailments that man has to contend with have their origin in a disordered liver, which is a delicate organ, peculiarly susceptible to the disturbances that come from irregular habits or lack of care in eating or drinking. This accounts for the great many liver regulators now pressed on the attention of sufferers. Of these there are none superior to Parmelee's Vegetable Pills Their operation though gentle is effective, and the most delicate can use

If you cannot be free, be as free a

The way to get ahead of the davil I to move on ; he doesn't run very fast There is no more effective vernifuge

on the market than Miller's Worm Powers. They will not only clear the atomach and bowels of worms, but will prove a very serviceable medicin for children in regulating the infantile watem and maintaining it in healthy condition. There is nothing a their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in full assurance that they will utterly destroy all worms.

JOURNALISM Young Reporter-"These new cologes of journalism will turn out

great number of journalists, don't you Old Reporter "Sure thing." Young reporter- 'Some competition

n the game, ch ?" Old Reporter-"Oh, I guese not!" Young Reporter-"Why?" Old Reporter-"Well, we shall be a shy of newspapermen as ever."

FELL AWAY TO A SHADOW.

All Her People Thought She Had CONSUMPTION.

Mrs. Wm. Martin, Lower Ship Harbor Bent; N.B., willes:-"I am sending you r testimonial of my cure by Dr. Wood's Norway Pine Byrup: Last May I took a cold, and it settled on my lungs. I gut so bed I could not rest at night. I had two doctors to treat me but gut no relief "All of my people thought I had Consumption. I had fallen away to shadow, I had given up all hopes of ever getting better again until my daughter went to a store one day and bought me a bottle of Dr. Wood's Norway Pine Syrup. After taking half of it I felt botter, so I got two more, and thanks to them I am well to-day, and able to do my house work. I cannot say too much in its praise, and I shall always keep it in

Dr. Wood's Norway Pine Syrup contains all the lung bealing virtues of the famous Norway Pine tree which makes it Abe very buil proparation for Coughs, Golds and all Throat and Long Troubles. See that you get "Dr. Wood's" when you sak for it. There are many imita-

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Ordinary dish-water only cleans the surface. Put a dash of Gold Dust into the water, and it will go to the bottom of things, drive out every bit of dirt, every germ, every hidden particle. Gold Dust cleanses as well as cleans.

We promise you this, if you use Gold Dust: Your dishes will be sweeter and cleaner than ever before, and you will save at least half the

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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 extraordinary fire-proof market.



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Every person who receives and pays out money should have a chaquing account. Payment by cheque is the most practical, convenions 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 disbursements have been made and to whom. Deposits are received by -this Bank subject to cheque withdrawal. We pay the same attention to small depositors as we do to large ones and encourage their secounts Interest allowed on all Savings accounts, compounded half

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ACTON BRANCH: F. A. MacLean

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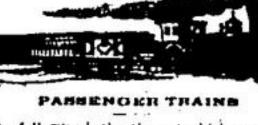
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To the contrary, we make it the most important factor. So, if you favor us with your patronage,

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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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