THURSDAY, JANUARY & 1013 DO SOMETHING

Do nomething for somebody, some While jogging along life's road; Help sometoe to carry his borden, And lighter will grow his load.

De samething for somebody gladly, Twill sweeten your every care : In sharing the sorrows of others. Your own are less hard to bear.

Do something for somebody, striving To help where the way seems long; And the bomeless bearts that languish Cheer up with a fittle song. Do comething for comebody always,

Whatever may be your creed -There's nothing on earth can help you So much as a kindly deed.

A BOY WITH A FUTURE

"Now, boys," said a schoolmaster. "what is the axis of the earth?" Johnny raised his hand promptly. "The axis of the earth," said he proudly, "is an imaginary line which passes from one pole to the other, and

on which the earth revolves." "Very good !" exclaimed the teacher "Now, could you hang clothes on that line, Johany ?"

"Yes, sir," was the reply. "Indeed," said the master, disappointed; "and what sore of clothes?" "Imaginary clothes, sir !"

IT PAYS

At the recent request of the advertising department we reprint this bit of logic from an unknown source : 'When a duck lays an egg she just waddles off as if nothing had hap-

'When a ben lays an egg there's a whale of a poise. The ben advertises. Hence the demand for bone' eggs instead of duck's

ABOVE THE AVERAGE Mrs. Wayupp-"How much eleepdo

I need, doctor?" Doctor-"Well, the average person needs about seven hours. Mrs. Wayupp-'Then I shall take about fourteen. I consider that I am that much above the average."

LET HIM HOLLER "You pever made a sound when your father spanked you just now,"

said a boy to his chum. "No," was the reply. "Father says It hurts him worse than it doss ma and if that's so be can do his own hol-

Costiveness and its Cure. - When the excretory organs refuse to perform their functions properly the intestines become clogged. This is known as costivaness and if neglected gives rise to dangerous complicants. Parmeler's Vegetable Pills will effect a speedy ours. At the first Intimation of this allment the sufferer should produce packet of the pills, and put bimed under a course of treatment. The good effects of the pills will be almost immediately evident.

ORIGINAL . ..

"Even if she can't cook you've got to give Green's bride credit for being o iginal."

"What has she done?" The other day she made a pumpkin pie with an upper crust."

Troubled With Weak Heart. Was All Run Down.

Many people are unaware of having anything wrong with their heart till some editionent, overwork or worry causes them suddenly to feel faint or disry, and have an all-gone stating acquation.

On the first sign of any weekness of the heart or serves, you should not wait until your case becomes so desperate that it is ping to take years to oure you, but avail rouself of a prompt and purfect ours by ming Milburn's Heart and Norve Pile. Mr. Thomas A. Stevenson, Harris, ak., writes: I was troubled with weak heart, and was all run-down for a long while. I was almost in despair of ever gotting well again, until a friend recommended me to try Milburn's Heart, and Nerve Pills. After the first box, I was much better, and three boxes cured me. I am now, as well as ever, and will highly recommend them to any one she troobled with a weak beart."
The price of Milburn's Heart and
Norre Pills is 50 cours per box, or 3 boxes For sale at all dealers or mailed direct a receipt of price by The T. Milburn Co., Limited, Toronto, Oak.

Children Cry FOR FLETCHER'S CASTORIA

WWITCHING THE BURNEOT

"Who is that homely woman over

"That, sir, is my wife." "Oh'! Do you know I was just thinking that it would have been better if I "danb good beed bad

There never was and never will be all ills to which flesh is bein. What would relieve one Ill in burn would aggravate the others. We have, how ever, in Quintne Wine, when obtained is a sound, unadulterated state of mentdy for many and erierous ille By its gradual and judicious use the finilest 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 life is a disease, and by tranquilizing refreshing stoop Imparts vigor to the notion of the blood, which being étimulated, courses through the veins strengthening the healthy, animal functions of the system, thereby making activity a necessary resul strengthening the frame and giving life to the digestive organs which naturally Gemand increased substailer -result, improved appetite. . Northrop & Lyman, of Toronto, have given to the public their especial Quining. By the opinion of scientists, the wine phoe mearest perfection of any on the market. All droggists sell it."

SUFFERED FROM Catarrh of the Stomach

For Thirty Years."

Catarra of the Stomach is generally second from some interference with the action of the liver, and is a analody-thataffects the whole body.

Home symptoms are burning pale is the stomach constant vemiting, about enal thirst, increment reaching, etc. On the first signs of any of these symptoms Milbung's Lame Lives Pills should be taken. They are a specific for all dis-terders broking from wrong action of the

Mr. Michael Miller, Ellerslie, Alta., writes.—"I take pleasure in writing you concerning the great value I have received by using Millburn's Laxa-Liver Pills, for ratarrh of the stomach, with which used four viale and they completely

Frice, 25 cande a vial, 5 vials for \$1.00, at all dealers or mailed direct on recript of price by The T. Milbura Co., Limited,

PROVIDED FOR

entured to sak hubby whether the fact that she had money made any difference to him. "To be sure it does, my love," was

During the boneymoon the bride

be unexpected response. Whereupon wifey was a bit alarmed. "What difference?" who asked. "Why darling," continued the husband, "It is such a comfort to know that if I should die you'd be provided



As a mother you owe it to your family to give it a trial ! It ands pain and it beats I

It does not sound reasonable to say that matches are made is beaven when all the sulphur is in the other place. A new paper bill le said to be the best thing to clean eye glasses with. Paper bille bave often proven a great

40s box all Draggists & Stores.

aid to the vision. A monkey was operated upon at Omaha for appendicitie not long ago. This is one patient that the doctors didn't have to make a monkey of any-

CASTORIA The Kind You Rave Always Bonel

leved, a coroner jury is what they

erd down in Washington. The New Jerriey morquito is said are theumation. People of expen rnor have always said that it had reullar way of inducing animation. An Indiana cigarette fiend is no ensitive to the pricking of predice or pine. Needles and pine have no terror to the person who does not recall from the coffin nails.

Soft cores are difficult to cradicate at Holloway's Corn Ours will draw

Always Bought Avaetable Presumtion for Asclean ting the Food and Decimbathe Stonerin and Bowels of Bears the INTANTA CHIEDREN

Promotes Direction Cheerfulness and Rest Contains neither Opum Morphine nor Mineral. NOT NARCOTIC. Company of the Street Persons 差

Aperfect Remody for Constitution, Sour Stomach, Diarristee,
Worms, Convulsions, Peverish mess and Loss of SLEEP. You Simile Signature of CLAH PORTER NEW YORK.

14 Dosts 144

the after-belo of caster oil or any pur-

gative to complete their thoroughness,

because they are thorough in them-

will be found palatable by allebildren,

will end the worm trouble by making

the stomach and bowsle untenable to

the parasites. And not only this, but

the powders will be certain to exert

Ohildren Cry

FOR FLETCHER'S

CASTORIA

CORRECT COMMINATION

First Doctor-Well, what has be?

Record Ductor-It is a brautiful

sombination. He has appendiction

ACOLD

However Slight

MAY TURN INTO

BRONCHITIS.

You should never neglect a cold, how

will, in all possibility, develop into

over slight. If you do not treat it in time

Aunchitis, pneumonis, asthma, or some

On the first sign of a cold or cough it is

For this purpose there is nothing t

equal Dr. Wood's Norway Pine Syrup

a remody that has been universally used

You do not experiment when you get it

Mrs. Louis Calonde, Penetanguishene

Oat, writes: "When my little boy was

'amed into bronchitis. I tried every-

hing to oure him, even to doctor's medi-

"lne, but it did him no good. One day.

was advised to give Dr. Wood's Norway

Pine Syrup a trial, and before he had hall

a bottle used, he was cured. I would ad-

vies all mothers to try it, as good results

will follow. My home is never without

See that you get. "Dr. Wood's,"

put up in a yellow wrapper, 3 pine trees

cents. Manufactured only by The T

"WHAT THE FARMER CAN DO WITH CONCRETE"

these to any fermer upon request. This book has above thousands of Contilen farmers how to a their farms more profitable. In saking for it, you do not place yourself under the slightest obligation to buy coment, as to do mything classifer us: Simply ask for the book, by letter or post card, and it will be smalled at once. Address,

watering-troughs and

help to keep your

of the bern-yard. This manner of feeding is also wasteful, because the grain is trampled into the ground, in such a condition that not even a hog will out it. Concrete feeding floors, with concrete swill-

there are numerous imitations. It

the trade mark; the price, 25 and

Milburn Co., Limited, Toronto, Oct.

feeding-floors

trough will last forever. You need never waste time "patching it up.". Like all

live-stock healthy.

Publishy Manager

STREET STREET, STREET,

Canada Coment Gourgeany Limited

so years old he caught a cold which

ther serious throat or lung trouble.

st run on for an indefinite period.

for the past twenty-five years.

pephritis, laryngirls and \$1,000.

tive organs.

most beneficial influences in the diges-

salvas. One dose of them, and they

900 Drops

For Over

A MILLERY STRANGE PEAR Some delvers into the mysteries of A Scotchman named Sandy, wh the evolution of man now claim that the human race originally began life was the proprietor of the village wind in the form of trees. There are a mill, came home to dinner one day few "sticks" left to bear out the theory. with a very glum look on his face Miller's Worm Powders do not seed "Why, Sandy lad, what's the mat-

> "Matter ?" said Sandy, "have ye m "Heard what ?" queried his wife.

ter with yel" said his better half on

"Why," replied Sandy, "somebody's about to open another windmill in the village." "Well," said his wife, "that won't affect us, will it? The Lord will see that our living is not taken away

"Ab," said Sandy, "it's all verra weel to talk that way, but there's hardly soop wind to drive my cometimes and I don't know how we shall get on when there's two of us to abare It?"

BELNG POLITE

The mayor of a French town had in accordance with the regulations, to make out a passport for a rio and highly respectable lady of his acquaintabon, who, in spite of a slight disfigurement, was very valu of her personal appearance. His native politeness prompted him to gloss over the defect, and after a moment's re-Beetlon to wrote kmong the items personal description : "Eyes dark heautiful, tender, expressive, but one of them missing."

Wretched from Asthma. Strongth of body and vigor of mind are leavi tably impaired by the visitations of asthms. Who can live under the cloud of recurring attacks and keep body and mind at their full efficiency ? Dr. J. D. Kellogg's Asthma Remed dissipates the cloud by removing the cause. It does relieve. It does restore the sufferen to normal bodily trim and

mental happinass. If the proposed short trousers for man come into style we may be able to are how some men support themselves. Many men ant as if they were . "et many" that we should think their wives would feel as if they had committed bigamy.

no physician for ordinary the when you have at hand a hottle of De. Thomas' Beleetric Oil. For coughe colds, sore throats, broalchist troubles it is invaluable, for scalds, burns bulece, sprains it is unsurpayed, while for cuts, sores, ulcers and the like it is an unquestionable bealer. It needs no testimonial other than the use, and that will satisfy anyone as to its effec-

Askustor

this book

The Kind You Have Signature

For Infants and Children.

A physician was called in to examine a young girl who was threatened with a dervous breakdown, so that her parents were fearing the necessity of taking her out of school. As she entored the room where he was walting for her, he noticed that she limped alightly, and asked her if she were

WASTING ENERGY

The girl colored high and explained that her shoe burt her a little, and sho was rather annoyed when he proceeded to examine it, and questioned ber as to bow long she had been wearing it before attending to what she considered the purpose of his call. Hhe was atili more surprised at his prescription. "Get yourself a pair of comfortable abose," he said, "show which don't pinch, and with low heels. And after a week, if you are not better, send for me and I will come." But it was not proresary to call in the specialist again, after the slight, negging pain presed to rasp the sensitive nerves.

An immense amount of energy goes o waste through enduring unneces sary discomfort. Girls, more frequently than their brothers are offenders in this respect, though the young man whose neck is encircled with a red ring when he takes off his collar at night and the one who heaves a sigh of relief when he removes his shoes, are not rere speciment. But an amening number of girls, suffer uncompitatingly from a dress that is too tight, a collar that is too high, a shoe not suited to the shape of the foot, and use up simple endurance nervous enough to accomplish something seally worth while. - By Richard Miller.

DOCTORS ADVISE OPERATIONS

Saved by Lydia E. Pinkham's Vegetable Compound.

Swarthmore, Penn. - "For fifteen years I suffered untold agony, and for one period of nearly two years I had hemdoctors told me I would bave to tindergo an operation,

orrhages and the but I began taking Lydia E. Pinkham's Vegetable Compound and am in good bealth now. I am all over the Change of Life and cannot praise your Vegetable Compound

too highly. Everywoman should take it at that time. I recommend it to both old and young for female troubles."-Mrs. EMILY SUMMERSCHIL, Swerthmore, Pa. Canadian Woman's Experience: Fort William , Ont -"I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done forme. I was week and tired and I could not rest nights. A friend recommended your Compound and I soon gained health and strength and could not wish to sleep better. I know other women who have taken it for the name purpose and they join me in prais-ing it. "---Mrs. WM. A. Burry, 631 South

Vicker Street, Fort Williams, Ontario. Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pink-ham's Vegetable Compound has the virtne to help these women it will help any other woman who is suffering in a like

If you want special advice write to Lydia E. Pinkham Medicine Co. (coufdontial) Lynn, Mass. Your letter will be opened, read and answered by a woman and hold in strict confidence.

matter of bard luck. There is usually some other reason for a man being always looking for work.

Relief for the Depressed .- Physical and mental depression usually have the stomach and liver, as when these organs are decanged in their action the whole system is affected. Try Parmelee's Vegetable Pills. They revive the digestive processes, act beneficially on the nerves and restore the spirits as no other pills will. They Ready-made Medicine, - You need are cheep, simple and spre, and the effects are lasting.

Children Cry FOR FLETCHER'S CASTORIA

WORK TOO CHEAP

"Are you paid anything for aweary ing I' the Ray, Peter Mackensle once saked a commercial traveller into whose society he was thrown. "No." said the traveller, "I do it

".gailf ton "Well" oried the famous prescher. you work cheep. You lay selde your character as a gontleman, lufflet pain on your friends, break a commandment, and lose your own soul-and for nothing! You certainly work chesptoo cheep.".

All Skin Diseases ARE OCCASIONED BY BAD BLOOD.

No one can expect to be free from som form or other of skin trouble unless the blood is kept in good shape.

The blood can easily be purified and the skin disease cured by the use Burdook Blood Bitters, that old and widely known blood medicine. It has been on the market for over

35 years and its reputation is unrivalled. Mrs. Lillo Mitchell, Guelph, Ont. writen: "I was troubled with ecsema. My body was covered with awful itching skin truptions. Although I tried many different remedies I could get nothing to give me relief. Finally I got a bottle of Burdock Blood Bitters, which completely oured me."

Manufactured only by The T. Milburg Co., Limited, Toronto, Oat.

A soucker" sometimes finds it bard o keep tie bend above water.

Introductory Offer!

For the remainder of this month we will pay your railroad fare to Guelph and retuin if you buy your

Electric Fixtures from our show-Crand Display! Large rooms.

Better than the Toronto

prices! Come and see.

The Guelph Electric Works Geo. E. B. Grinyer & Co. Props.

26 W. Market Square Guelph, Ont.

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Every person who receives and pays out money should have a chaquing account. I'ayment by chaque is the most practical, convenient and talest method of handling all financial transactions, whether of a business or personal character. The return of cancelled chaques are vonchers for every sum paid-out; they show what disbersements have been made and to whome Deposits are received by this Bank subject to choque withdrawel. We pay the same attention to small depositors as we do to large ones and encourage their accounts.

laterest allowed on all Saviers accounts, compounded ball

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ACTON BRANCH: F. A. MacLean

Manager

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 Sold at all stores. Insist on Storey's.

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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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We Have a Large Assortment of Type Ready to Serve You

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What You Want,-The Way You Want It And When You Want It

THE ACTON FREE PRESS

THE GRAND TRUNK BAILWAY



Excelsion Bakery

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MAPLE SYRUP and

HUNRY HEINZ'S PICKLES 57 varieties OVSTERS and FISH

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Best lines CALL TO-DAY

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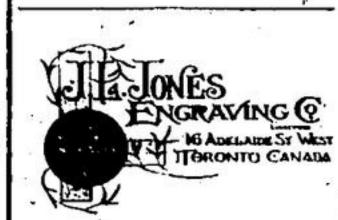
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Artistic Cemetery Work



Your chopping will be done quickly and well, on either plates or stones, if taken to the-

ROCKWOOD Chopping Mills

The best at lowest prices.

Oatmeal

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Now on View Better than ever. 30 h. p., 5 passenger, \$1350. 45 h. p., 5 passenger, \$1950 all fully equipped and guaranteed. Delivered in Toronto. Also the Gramm and Garford Motor Trucks.

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