The Acton Free Press

PHURSDAY, JANUARY 16 1913 EARLY AND LATE

Go to bed sarly, wake up with joy. Go to bed late, cross girl or boy. (he to bed early, ready for play : Go to bed sarly, no pains or ills; Go to bed late, doctors and pills.

(io to bed early, grow very tall;

(lo to bed late, stay very small,

WALLS OF CHIMBON OFFIRS

The decision to demalish the ancie wall surrounding Shanghai city is interesting sign of the times as well a the preliminary to an ambitious

scheme of development. . Scores of coolies, says North China News, are at work with plok and shovel on that portion of the city ram part which faces the street leading the old yamen. The wall, itself. several times wider than the alleyways along which pedestriant and rickshas make their devices and diff. they are because of constant friction cult way in that part of the city. The space acquired by the removal of the wall should therefore, if used to best advantage, be of considerable value.

It appears to have been suddenly discovered that the wall is useless as a means of defense and that it is an ugly

The first section to be removed is called out: that stretching from near the old yamen along by the great east gate to the United Fire Brigade buildings. The most or creek beneath the wall is be could get no further. "Oh." he to be filled in and it is reported a broad | murmured, "why didn't I get some maloo is to take its place.

The owners and inhabitants of shanties on the wall have been ordered to remove these and any feeces, material, A WOLDERFUL DISCOVERY etc., which would impede the progres of the work. An outery might have been expected, since the scheme had been strongly opposed, but the order was quietly accepted. In fact little interest seems to have aroused by the work, even though

loaugurates a striking change. Two of the principal gates in the city wall of Hangohow have been removed At Ounton the Republican Gov. ordered an investigation as to the population and the number of bouses along the walls Inside and outside the city. The officials deputed to the work, are report in a month, submitting a list of the bouses and residents, together with a scheme for the demolition of the tire city wall,

LOOK FOR HER

It is said that opportunity knock once at every man's door, but it mistake to once suppose that oppo tunity always presents hereelf as formal caller. For once that she an pounces becaulf with a thundering knock, there are scores of occasion when she hides herealf and waits for the keen-eighted investigator to discover her lurking place.

John Bunyan's prison cell did seem a favorable spot for making the soquelatance of opportunity, yet bere It was that he made an immorta name. The hearth fire of the Lincols cable refered no allurement to the much wought visitor, yet there the boy found her. You make a mietake If you alt down by your front door and wait for opportunity to come along and knock.

She may be concealed in your school books, or waiting for you on you father's farm, or hiding in some occupation you have never thought of as walt for ber. Look for ber.

WHAT A BOY SHOULD ENOW Joseph French Johnson, Dean of the New York University School of Commerce, Annunts, and Pinance, gives some interesting data on what a how should know when he leaves echool to enter business.

"He should know how to spell accurately any word," writes the Dean "He should know arithmetic thorough ly, and the English language and the why of it.' He should know at least a few of the important events of of doing nothing until you are absol-American history by beart:

"I would add to the boys equipmen besides a high-school education. special study of American business banking and stocks and honds. When the hoy gets out into-hosiness, if he goes at it from the hottom he become an expect and knows all about it, and be gets a good salary in the end : but tf he has learned to pick up things outside of his regular round-bits of knowledge and experience—he has noquired the first requisite of educa-

THOSE WHO ARE TO LEAD

Penf. George is especially emphatic on the subject of the benefits of higher on. "The question of the relative success of boys who sotes manufacturwithout high-school or college training," he says, "has then answered over and over again in the United States by the success and contribution to public welfare of those who have received more than ordinary educational advantages. The leaders in any Han of activity are, by virtue of their positions, charged with greater respon-sibilities for the general good. For men who are to direct the energies and thought of the majority, of the mencie a liberal education is essential. The whole movement, during the less two decades, has been to increase the demand for liberal training for those

who would enter the profession. Children Cry FOR FLETCHER'S

CASTORIA Some people are as unpopular as last year's popular some. Adding to as to keep out no sure eign of cowardine.

It ion's half as far from virtue to vice as it is from vice to known a

AW ARISONA SANDROW.

Our of the prottient sights to be wirnessed in travelling . through Arizona is the sandbow, which Invariably fullows those much dreaded sand storms of that region. Of course, everybody has seen a

rainbow, which is simply a reflection of light on the particles of moleture in the atmosphere. Well, the sandbow is caused by the reflection of light on peculiar sand particles which are left floating in the air after the storm.

This sandbow is not so brilliant as the rainbow, nor are the second and third bows often eres within the first so distinct as in the regular minbow but the sight is just af impressive and wonderful; and when one first sere the sendbow, he wonders whether his eye is decriving him, an out of place does it seem.

If we could examine the sand of the anadbow..we would find out, so scientists say, that it is not an ordinary sand that so refracts and reflects the light, but peculiarly pollahed uniform spherules which have a decidedly pearly fueter, these particles being as or rubbing together while swirted through the air during the sandstorm. -Beatrice M. Parker, in Michigan Obriction Advocate.

PAT AND HIS PURCHASE

An Irishman was in the habit of impediment to the development and getting drunk. His wife told him improvement of the native quarters. he must not come home when he was The work was put in hand and im- drunk. One night he became intoxiadiately the order went forth from cated and remembered his wife's comthe Town Hall Works Department mand. To appears her he bought that it was to be executed without some chrysanthenums. When he reached the bottom of the stairs she

"Have you been drinking?" "No." be appeared. "I have been buying you some chrys-chrys-" and

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the discovery of Eam-Bak. Just think! As seen as a single thin layer of Zam-Buk is applied to a wound or a sore, such injury is insured against blood poison! Not one species of microbe has been found that Zam-Buk

Then again. As soon as Kam-Buk is applied to a sore, or a cut, or to skin disease, it stops the smarting. That is why children are such friends of Bam-Buk. They care nothing for the science of the thing. All they knew is that Zem-Buk stops their Mothers should never forget

Again, As soon as Zam-Buk is apslied to a wound or to a diseased part, the cells beneath the skin's surface are so atimulated that new healthy those is quickly formed. This forming of fresh healthy tissue from below is Nam-Buk's secret of healing. The times thus formed is worked up to the surface and literally casts off the diseased times above it. This is why Eam-Buk cares are permanent. Only the other day Mr. Marsh, of 101 Delorimier Ave., Montreal, called upon the Zam-Bek Company and told them that for over twenty-five years he had been a martyr to ecsema. His hands were at one time so covered with scree that he had to sleep in

months it cured him. To-day-over three years after his cure of a disease he had for twenty-ave years-he is still cured, and has had no trace of any return of the ecsema! All druggists sell Zam-Buk at box, or we will send free trial box if you send this advertisement and a la. stamp (to pay return postage). A6-

gloves. Four years ago Eam-Buk was

introduced to him, and in a few

Any man who shaves himself is ap-

dress Zam-Buk Co., Toronto.

to cut his best friend. Many mothers have reason to bles Mother Graves' Worm Exterminator affording any unusual chance. Don't because it has relieved the little ones of suffering and made them bealthy.

> A girl doesn't think much of her parents' idea of marriage.

Ohildren Cry FOR FLETCHER'S CASTORIA

PAYING TOO DEAR

It is well to be careful about making mistakes, but almost the biggest mis take possible is to go on the principle utely sure. People who wait for certainty in everything are very much like a man who sits down by the side of a stream, waiting for it to run by before he crosses. All the people worth while make mistakes, and to reduce your number of blunders at the cost of remaining inactive, is to pay tue dear for a reputation of infallibility.

THE DOORWAY TO SUCCESS Sometimes our failures are a door way by which we enter into a wider success. Many a man whose name is honored wherever it is spoken, would have died unknown if he had succeed-He failed and tried again with wondereducation as an actual help in getting ful results. The boy who is in any danger of getting discouraged over early failures, should read biography ing and commercial pursuits with or and see how many of these temporary fallures make permanent successes.

Suffered With Kleney Trouble

For Ton Years. Those who have never been troubled with kidney trouble do not know the suffering and misery which those af-flicted undergo.

Week, lame or acking back comes from

the kidneys, and when the kidneys are out of order the whole system becomes deranged.

Dosn's Kidney Pills go right to the seat of the trouble, and make their action of the trouble, and make their action regular and natural.

Miss Mary Deley, Pennfield Ridge, N.B., writes:—I now take great pleasure in expressing payadf for the benefit. I have obtained from your wunderful medicine, Donn's Ridney Pills. Having been a sufferer with kidney trouble for the less ten years, and having spent hundreds of delege in the so-called Queck sums. It is a really deleged to benefit what regions at the second deleged to be seen advised as the less than the hard to be seen advised to be seen advised to be seen advised to be seen advised to the less than the seen advised to the less than the le

The Kind You Have Always Bought, and which has 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 deceive you in this. All Counterfeits: Imitations and "Just-as-good" are but Experiments that trifle with and endanger the bealth of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric. Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotle substance. Its age is its guarantee. It destroys Worms and allays Poverishness. It cures Diarrhop and Wind Colic. It relieves Teething Troubles, cures Constinution and Flatulency. 'It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sloop. The Children's Panaces-The Mother's Friend.

CENUINE CASTORIA ALWAYS

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

A man can't be as active as he would like to be in civic affairs and at the same time do justice to ble family.

follows the taking of ordinary pills. but a health-giving medicine most This is one reason for the popularity of benefical to the young constitution these celebrated pills, but the main and as such it has no superior. reason is their high tonical quality as a medicine for the stomach.

Paint heart seldom escapes fair

A man who boys his sweetheart pre sonts on long credit is not yet in condition to become a good provider. A man feels as if he is making a record for self deulal when he doesn't smoke all day because his throat is so

CASTORIA For Infahts and Children. The Kind You Have Always Bought-Signature of Chart Hilltoher.

If you would strike a man favorably never bit him in the vicinity of the

Dust Causes Asthms. Even a little speck too small to'see will lead to agonies which no words can describe. The wall of the breathing tubes contrace and it seems as if the very life must pass, From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest and health,' It relieves the passages and normal breathing is firmly established again. Hundreds of testimonials received au-

pually prove its effectiveness.

WANTED A QUOTATION Scotland the male students are not allowed to visit the residing lady boarders. One day a male student was caught in the set of doing so and was court-martialed. The rector, addressing, said: "Well, Mr. M .--. The penalty for the first offence is 2s. 6d., for the second 54, for the third 7s. 6d., and so on, rising half-a-crown

each time un to 25." In solemn tones the trepesser said How much would a season ticket

WAS SO NERVOUS COULD NOT EAT OR SLEEP.

There are many people who become worn, weak and miserable because their nerves become so unstrung they cannot sleep, and whosever there are ones troubled in this way they will find that Milburn's Heart and Nerve Pills will restore the deranged nerves to full life and activity.

They do this by their invigorating effect on the nerve centes, and will tone up the whole system to a perfect condition.

Mr. George McBeath, Round Hill,

N.B., writes:—"I take the pleasure of writing to tell you the great benefit Milburn's Heart and Nerve Pills did for I was so nervous I could not eat or sented to try Milburn's Heart and Pills, and have only taken two boxes, and am able to work as well as ever, and ean est and sleep as well as ever, and I can't praise your medicine too highly. My wife is taking them now for palpitation of the heart and is improving

The price of Milburn's Heart and Nerve Pills is 50 cents per box, 8 boxes for \$1.25.
For sale at all dealers or mailed direct on receipt of price by The I'. Milburs Co., Limited, Toronto, Ont.

When woman gets the ballot that old saying will have to be ravised shout politics making strange bedfel-

An Oil for All Men. The sallor, the pd. A way of getting around the soldier, the fisherman, the lumberman, difficulty is to reverse the position of the out-door labour and all who are the hooks and eyes, putting the books expined to lainry and the elements will on the under instead of the upper and in Dr. Thomas Bologirio Oll atrue | flap. After becoming secustomed 10. and faithful friend. To ease pain, to relieve dolde, dress wounds, subdue ling. lumbago and overcome rheumatism, it has no equal, Therefore, it should have a place in all home medicines and bose taken on a journey. "....

ually the things take outh to being over 30. weldo not want told.
Whether the own be of old or new growths is must 'yield to Rolloway's

Often littleness makes a human fall

Worms are encouraged by morbic An Easy I'll to Take.-Some per- conditions of the stomach and bowels, sons have repugnance to pilis because and so subsist. Miller's Worm Powder of there nameraling taste... Parmelee's will alter the conditions almost im-Vegetable Pills are so prepared as to mediately and will sweep the worms make them agreeable to the most fas- away. No destructive parasite can tidious. The most delicate can take live in contact with this medicine, them without feeling the revulsion that | which is not only a worm destroyer,

KEEPING BETTER TIME

They were at the skating rink. '(leorgo," she asked, as they rounded the bend, "to your watch correct ?" "Yes," replied George, with a merry laugh; "it is keeping better time since I put your plature inside the case." "Oh, you flatterer! How could that

"Well, you see, when I placed your picture inside the case I added another

THERE ARE MORE DEATES From PHEUMORIA

Than Any Other Lung Trouble

Proumonia is nothing more or less than what used to be called "Inflammation of the Lungs." Consumption may be contracted from the great cave.

others, but as a rule moumonia is caused py exposure to cold, and wet, and if the pold is not attended to immediately serous results are tiable to follow. There is only one way to prevent

posumonia and that is to oure the cold on its first appearance.

Dr. Wood's Norway Pine Syrup contains all the essence and tung bealiage powers of the famous Norway Pine tree-Mr. Hugh McLcod, Esterhany, Bank., writes:-"My little boy took a very severe cold, and it developed into pneumonia. The doctor said he could not live. I got some of your Dr. Wood's Norway Pine Syrup, and he began to improve. Now he is a strong healthy child, and shows no sign of it ever coming

The price of this remedy is 25 and 50 cents per bottle. It is put up in a yellow wrapper; 3 pine trees the trade mark. and is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

HOUSEHOLD HINTS

When mice trouble you, bunt their entrances to the pantry or cupboard and plaster them with a mixture of soft soap and red pepper. A square place of cotton, pasted at

such corner of a table offcloth before using it, will provent the corners from wearing out as soon as they otherwise

Soak a compion floor mon in con il, it will make a good dust absorber. Sonk the mop thoroughly, then hang it out in the air for a few days. It will then be ready for use. A muddy skirt can be washed easily

and white, if you will take some sour milk, dijute it with water and soak the skirt in it over night. Then week in the usual way. Sometimes hamburg steak is dr and tasteless. Put two or three table-

spoons of fresh cream or milk and few bread grumbe in with it. You will find it juley and delicious. No matter how parefully a frock aundered, if books and byes are per prints whenever a hook has been iron.

it. there will be no difficulty in fasten-If men want to beat woman's suf frage, they should put a provision in the law that in order to exercise the privilege of voting the women must

Children Ory CASTORIA READY FOR OFFORTUNITY

Opportunity without fitness makes one ridiculous. A young man who was studying for the ministry had naver learned the art of extempore speech, all his nublic utterances being worked out beforehand in the most palpetaking manner Lossible. One day he was called on to make a few remarks in a gathering where a number of men of influence and position were. This was the young man's golden opportunity had he been ready for it. He had a chance to make a good impression on those who later might have belped him. But this failure to develop himself along this very important line caused him to make very different impression. He stumbled, stammered and contradicted himwilf, and floundered desperately some two minutes, and then sat down to the undiaguised relief of his bearers. Get ready for your apportunity. If

t will make you ridiculous. ----The Bowels Must Act Hashbily .- lo nunet allments the first care of the medical man is to see that the bowals are open and fully perform ing their functions. Parmelee's Vegetable Pills are so compounded that certain ingredients in them act on the bowels solely and they are the very best medicine available to produce healthy action of the bowels. Indeed there is no other specific so serviceable in keeping the digestive organe in

you fall to do so, the chances are that

"NOTHING BUT LAZINESS"

Indolence accounts for more fallures in life than any other single thing. "There's nothing the matter with him but just laxinous," said a kindly disposed person, attempting to excuse a young man who was falling short of the expectations of all his friends. But the speaker could hardly have pronuunced a more blighting sentence. Nothing but laxiness ! And yet that comprehends all weakness.

A HEADACHE.

Headache is not a disease in itself, but is often a source of great suffering, and its presence is likely symptomatic of some disease lurking in the system.

To get rid of the headache, and thus prevent more serious troubles, it is absolutely necessary to cleanse the system of all waste and poisonous matter, and keep the bowels well open, the clogging of the bowels being one of the principle causes of headache. Burdock Blood Bitters regulates the bowels, and makes their movement free and natural. A cure for beadarbe: a medicine that curre where others fail.

Mrs. L. Hanks, Mt. Hanley, N.S., writes;—"Beveral years ago I was a constant sufferer from headache. I was all run down, and nothing seemed to do me any good. I read of Burdock Blood Bitters, and decided to give it a trial. The result was marvellous, the headsche stopped entirely, and I feel better in every way. I can safely recommend B.B.B." Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

THE MAMMOTH CAVE

Elbert Hubbard not long ago visited the far-famed Manimoth Cave in Kentucky. He found clumps of wil lows and grasses grown up before Its entranes. The large hotel that entertained bundreds of guests was falling down and in ruins, Only a single family of farming people lived near

How is it, he said, that so many people once journeyed to visit this wonderful place and so few now? He inquired around. He soon got an answer to his question. It was this: The man who once advertised-the Dr. Wood's Norway Pine Syrup will | Mammoth Cave so extensively a few of the advertising manager the great

cave, with all its wonders, dropped out It is the same old story. People won't know what your goods and your own are unless you advertise. An enterprising man for twenty-five years advertised the Mammoth Cave and got thousands of people there Every-fellow used to take ble gir here on their honeymoon. But not it is obscured by a lungle. No one

knows about its wonders. : Why?

The advertising man died .- Trades

man, Grand Rapids, Mich.

MOTHERHOOD SUGGESTIONS

Advice to Expectant Mothers

The experience of Motherhood is a trying one to most women and marks distinetly an epoch in their lives. Not one woman in a hundred is prepared or understands how to property care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it Is over her system has received a shock from which it is hard to recover. Following right upon this comes the peryous strain of caring for the child, and a distinct change in the mother results!

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right beauty. The unexplainable thing is that, with all the evidence of shattered serves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial. Every woman at this time should rely

upon Lydia H. Pinkham's Vogetable Compound, a most valuable tonic and invig-center of the female organism. In many bomes GIS ones shildless there ere now children be-

women normal,

ham's Vegetable

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KOR your patronage during 1912, and wish to increase our Acton shipments. Therefore for a short time only we will share halt our usual profit with you and offer you this month our special seven room outfit of electric fixtures, complete with shades, for the hair-raising price of \$12.00. These fixtures retail regularly at \$15.00 Special prices on other sets all this month.

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Guelah, Oat.

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Manager

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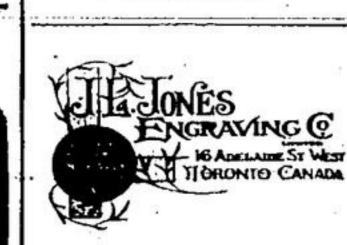
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