

The Acton Free Press

THURSDAY, JULY 16, 1914

TO-MORROW'S BRIDGE

There's a streak of trouble across my life.

"It is black and deep and wide,
Bitter the hour it comes.
When I cross its swelling tide,
But I smile and sing and say:

"I'll hope and trust always;
I'll bear the sorrow that comes to-morrow,
But I'll borrow none to-day."

THE SIN OF WORKING TOO HARD

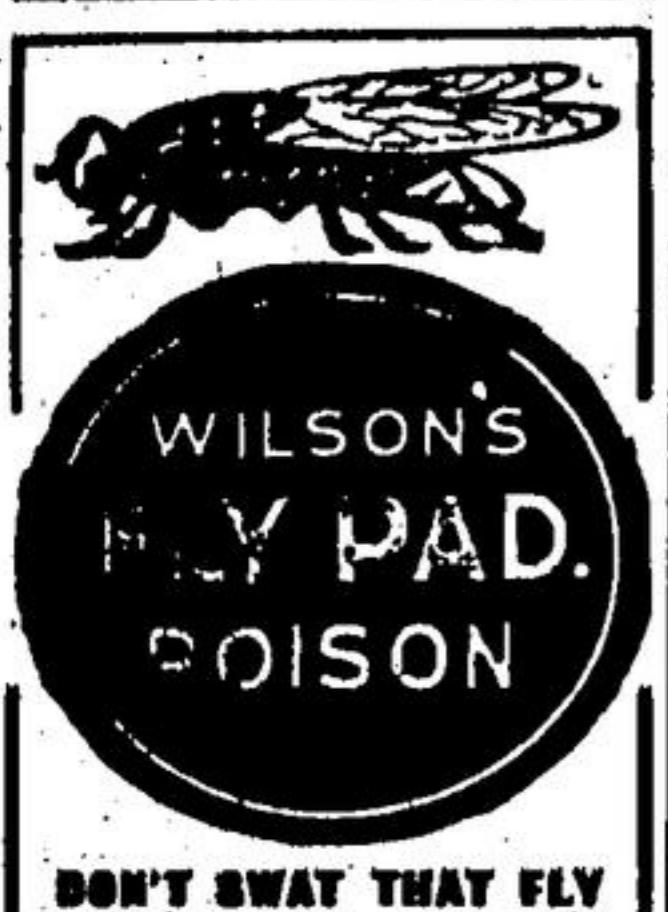
Relaxation while working is more effective and more often needed than relaxation after working, says the Sunday School Times.

"There is a sense of body, or of mind and spirit, that does not help the matter in hand but hinders it. A young swimmer who had but recently learned the art, was making his way through the pool with much effort. Another swimmer, who had been observing him and with kind interest said in passing:

"You are working too hard; don't try to fight to keep yourself afloat, the water will do that; relax all your muscles for a moment after each stroke, resting hard on the water without fear."

The learner heeded the word of the experienced swimmer, and found to his surprise that he could circle the pool in quicker time and without exhaustion by letting the water bear him up, and using all his force in the work of going forward.

And so it is possible to do all our work in the consciousness that the arms of Hira who holds the sun in the hollow of His hand are bearing us up. Let us relax the tense spirit and rest in faith on Hira, saving every energy to put directly into the task at hand, not blurring it by a concern over results or over some other undo task.



DON'T SWAT THAT FLY
and, leave the disease germs to be scattered through your house.

USE WILSON'S FLY PADS
and kill both the flies and germs.
Sold by Druggists and Grocers
all over Canada.

BUSHED DUCKS INTO DITCHES

An amusing incident occurred at Beachville, Ont., recently during the Governor-General's tour, when the royal train stopped there for a short time. The Duke of Connaught, accompanied by H.L.V. Whittlesey, general superintendent of the Grand Trunk at Toronto, were taking a stroll up the street. The residents heard that the train had stopped there, and made a rush for it. They failed to recognize the distinguished visitor and rushed both him and Mr. Whittlesey into a ditch. The ducks took it good-humoredly.

Hot corns are difficult to eradicate, but Holloway's Corn Cure will draw them out painlessly.

**Children Ory
FOR FLETCHER'S
CASTORIA**

THE COCONUT'S VALUE.

Apart from the utilization of its kernel for copra, over 80 distinct and separate methods have been found for the utilization of the coconut, with its blue covering and its products, the most important concern foods. Every year about eight thousand million nuts are cultivated; of this quantity 80 per cent are consumed in the East and elsewhere as food, 20 per cent are transformed into oil for use in the same regions, and only about 30 per cent find their way to the European and American markets. Coconut oil, of course, is used on a colossal scale for the manufacture of nut butter, margarine, soap, candles, and lard, and also as an illuminant and a fuel-oil. The coir or fibre shells which envelop the hard shell of the nut is used for rope, cordage, and cables.

BUSHED UP-STAIRS

An Irishman discovered a part of the woodwork of a chimney on fire. He ran upstairs to his master, announced the alarming intelligence. A large kettle of water was on fire. "Why didn't you put out the fire?" he asked. "I can't," said "Why, you idiot, pour the water upon it." Bush, it's hot water, son."

SUFFERED FOR FOUR YEARS

From Heart Trouble and Nervous Prostration

Mrs. John Hersey, Caledonia, Ont., writes: "It feel it my duty to let you know of the great benefit your Millburn's Heart and Nerve Pills did for me. I suffered for four years with heart trouble and nervous prostration. I was unable to sleep at night, I would sit up all night, without sitting down at the table before I could go to my room. I couldn't sleep nor lie on my left side, for it would seem as though my heart would stop. I thought my time had come, but the doctor said with the doctor, but didn't see any benefit. Until advised to take Millburn's Nerve Pills, so I got two boxes, taken one box I began to feel better, and after I had taken one box and slept easier with a good night's sleep, and health again. I am glad to have your pills."

Nerve Pills are
brought for \$1.25 at
direct on request
from the Co. Limited.

**HAD SALT RHEUM ON HER
HANDS SO BAD SHE
COULD NOT WORK**

Barbeck Blood Bitters Cured Her

Mrs. B. Bell, Box 104, Newboro, Ont., writes: "Some time ago I was troubled with Salt Rheum on my hands, and it was so bad I could not do my work. I tried several medicines but nothing failed to help me. One day a friend told me to try Barbeck Blood Bitters, so I got a bottle, and before I had taken it my hands were better. I am not afraid to recommend H.B.B. to anybody."

There is only one way to get rid of all those obnoxious salt skin diseases, such as Keratoma, Salt Rheum, boils, pimples, warts, etc. It is by giving the blood a thorough cleaning by the use of Barbeck Blood Bitters.

This sterling remedy has been on the market for close on to forty years, and you will find that it will do all we claim for it.

Now that our name appears on the bottle, label and wrapper.

The T. Millburn Co., Limited,

Toronto, Ont.

TIME DEFINED A GENTLEMAN

There is an ancient British anecdote, still in perfectly good standing, which gives a definition of a "lady." This states that the mistress of a house on returning from an afternoon's shopping was informed by her household: "A lady was here to see you, Mum." Asked the maid: "How do you know it was a 'lady'?" said the housemaid: "Because she was covered with jewels and small of shiny somethin' awful."

A New Yorker who comes to Canada unusually as business, recalled the anecdote the other day in telling of a Canadian definition of a "gentleman" which he received some years ago.

"It was at a dance in Ottawa," he said, "the year before the Boer war. One of my partners was a sort of a milie who had virulent Anglophobia. She ran upon class distinctions, and she voiced some bizarre opinions as to the gulf between 'gentlemen' and all other men."

"Well, won't you please tell me exactly what is a gentleman?" I finally asked.

"She was puzzled, but just for a moment, Marquis ran around the room until they rested upon Lord Ave., the sidest was of the Marquis of Balfour.

"A gentleman," said my partner, "is a man who knows Lord Ave well enough to ask him for a match."

**Children Ory
FOR FLETCHER'S
CASTORIA**

Faultless in Preparation—Unlike any other stomach regulator, Fowlerville's Vegetable Pills are the result of long study of vegetable compounds calculated to stimulate the stomachic functions and maintain them at the normal condition. Years of use have proved their faultless character and established their excellent reputation. And this reputation they have maintained for years and will continue to maintain for years and will continue to stand at the head of the list of standard preparations.

Unless a man has stood at least one failure he is unable to appreciate success.

A good look is an excellent mind tool.

There are other pipe bands besides plumb-

beauty is nature's temporary gift to the fairest.

Revenue is sweet only to the very small individual.

CAKE BRIGHTNESS

Aunt Liza's former mistress was talking to her one morning, when suddenly she discovered a little pickaninnny standing shyly behind her mother's skirt. "It's this your little boy, Aunt Liza?" she asked.

"Yes, Miss; it's my Prescription."

"Goodness, what a funny name, auntie, for a child! How in the world did you happen to call him that?"

"Ah simply calls him dat tocah Ali has such hand wuk gettin' him filled."

A MATTER OF INITIALS

An engineer was repairing a rail line in South Africa found a cosy farmhouse, which he proceeded to occupy.

Promptly came a telegram which read as follows:

G. T. M. wants house.

The engineer wondered who "G. T. M." might be. On inquiry he found it referred to the General Traffic Manager.

"All right," he murmured, "if he can use heliographos so can I."

He wired back:

G. T. M. can G. T. H.

Two days later came a very indignant and self important gentleman. It was the general traffic manager. In coldly polite tones he asked the engineer what he meant by sending such an insolent message to his superior.

The engineer said innocently:

"Why, it wasn't insolent."

"Wasn't insolent, oh?" snorted the great man. "What do you mean, then, by saying I can G. T. H."

"Simply an abbreviation," explained the engineer sweetly. "I wired that the G. T. M. the general traffic manager, can G. T. H.—get the house." —Philadelphia Ledger.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the

Signature of

Geo. Patterson

Women Have Been Telling Women

for forty years now Lydia E. Pinkham's Vegetable Compound has relieved the millions who suffer from female complaints. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? — Mrs. Frank Clark, 2145 N. Tulip St., Richmond, Pa.

WHY HE COULDN'T DO IT

He was a young lawyer who had just started practising in a small town and hung his sign outside his office door.

It read: "A. Swindler." A stranger who called to consult him saw the sign and asked: "My goodness, man, look at that sign! Don't you see how it reads? Put it in your name — Alexander, Ambrose or whatever it is."

"Oh yes, I know," said the lawyer reluctantly, "but I don't exactly like to do it."

"Why not?" asked the client. "It looks mighty swell as it is. What is your first name?"

"Adam."

THE SUMMER COMPLAINT OF INFANTS

Many Children Die from this

Trouble When They Could

be Cured by the Use of

DR. FOWLER'S EX-

TRACT OF WILD

STRAWBERRY

A remedy which will quickly offset the vomiting, purging, and the profuse diarrhoeas accompanying a case of this

Mrs. George Hersey, Bognor, Ont., writes: "I can recommend Dr. Fowler's Extract of Wild Strawberry for Cholera Infantum. My little girl was so sick I did not think she lived, but we could not bear to lose her, for when we moved her, her brother died. Dr. Fowler's Extract of Wild Strawberry and the first dose helped her, and one bottle cured her. I recommended it to my sister whose child was also ill, and it cured her also. Then again I had another child who was ill, and they have found that it is a good medicine to have in the house all the time."

There are many preparations on the market, but I can make no claim to make the name cure as Dr. Fowler's Extract of Wild Strawberry is the only one that is safe, non-toxic, non-repetitious, so called strawberry compounds are nothing more or less than rank imitations, and are liable to be a detriment to your health.

When you are free for Dr. Fowler's Extract of Wild Strawberry, it is a good medicine to have in the house all the time."

STOP!!

This is where you will find the latest blockings in Dev-

as well as the latest thing in SOFT HATS. We have a style

to fit all countenances, at a price to fit your purse.

Write, phone or call personally.

BEFORE YOU SELL SEE ME

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood!

Zambuk is purely herbal. No petroleum coloring. Use it always.

50c. Box of 12 Dampfs and Sticks.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the

Signature of

Geo. Patterson

LIVE STOCK DEALER

ACTON, ONT.

Cattle, Sheep, Lambs and Hogs

Write, phone or call personally.

BEFORE YOU SELL SEE ME

FORSTALLING HIS MEMORY INH

Capital of Local Fire Brigade (to jealous firemen)—Here, I say, old chap, don't put the fire out too quickly. The mayor's coming along, and he'll be awfully disappointed if it's out before he gets home—London Opinion.

Unless worms be expelled from the system, we'lll not be healthy. Mother Gruve's Worm Exterminator is the medicine extant to destroy worms.

And many years of thought tips out to be true.

Mother Gruve has a gay old time than to say this:

"Bliss, peeps and Sister Lucy and Brother Frank and Uncle Fred and Aunt Mary, and make me a good boy. Amen."

"Then looking up into his mother's face, he said:

"I suppose you noticed that you weren't in it."

GETTING EVEN

A little boy had been punished by his mother one day, and that night at bed-time he vowed this:

"Bliss, peeps and Sister Lucy and Brother Frank and Uncle Fred and Aunt Mary, and make me a good boy. Amen."

"Then looking up into his mother's face, he said:

"I suppose you noticed that you weren't in it."

DAMAGES FOR "THE MISSES"

A man had taken his wife for a trip on a motor bus. There was a smash, and a number of people injured. Some time afterwards he met a friend, who said:

"Hello, did you get any damages out of that motor accident you were in?"

"Oh, yes," he said; "I got damages. I got \$100 for myself and \$30 for the motor bus."

"The misses?" said the friend. "Was she injured?"

"Oh, yes," he said; "She was injured. I had the presence of mind to hit her a clip on the head just before we were taken to hospital."

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