

TO-MORROW'S BRIDGE

There's a stream of trouble across my path. It is black and deep and wide. Bitter the hour the future hath. When I cross the swelling tide. Do you lean and sing and say? "I'll hope and trust and say? "I'll bear the sorrow that comes to-morrow. But I'll borrow none to-day."

THE BEN OF WORKING TOO HARD

Relaxation while working. In more effective and more often needed than relaxation after working, says The Sunday School Times. There is a tendency 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 hand on the water without fear."

WILSON'S FLY PAD POISON. DON'T SWAT THAT FLY AND LEAVE THE MESSAGE TO BE SENT THROUGH YOUR HOUSE. USE WILSON'S FLY PAD AND KILL BOTH THE FLY AND PERMITS SOLD BY ALL DRUGGISTS AND GROCERS ALL OVER CANADA.

BURNED DUMB INTO DITORS. 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.F. Whitteberger, general superintendent of the Grand Trunk at Toronto, was 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. Whitteberger into a ditch. The duke took it good-naturedly.

Children Cry FOR FLETCHER'S CASTORIA THE DOGGANUT'S VALUE. Apart from the utilization of its kernel for copra, over 90 distinct and separate methods have been found for the utilization of the coconut, with its fibre covering and its products, the most important coconuts foods. Every year about eight thousand million nuts are cultivated; of this quantity 30 per cent are consumed in the East and elsewhere as food, 20 per cent are used for oil for use in the same way, and only about 30 per cent find their way to the European and American markets.

SUFFERED FOR FOUR YEARS From Heart Trouble and Nervous Prostration. Mrs. John Heron, Caledonia, Ont., writes: "I feel it my duty to let you know of the great benefit your Milburn's Heart and Nerve Pills did for me. I suffered for four years with heart trouble and nervous prostration. I was so bad that I could not go upstairs without sitting down at the top before I could get 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. I was doctoring with the doctor, but didn't get any benefit. I was advised to take Milburn's Heart and Nerve Pills, so I got two boxes, taken one box and I began to feel better and after I had taken eight boxes, I was cured. I feel like a new man and health again. I need to have your Heart and Nerve Pills are for sale at 25¢ per box for \$1.25 at direct on receipt. The Acton Free Press, Ltd., Toronto, Ont."

CHILDREN CRY FOR FLETCHER'S CASTORIA. A school inspector was testing a class's powers of observation. He made sure that the class saw that he had a gold mounted fountain pen in his waistcoat pocket. Returning, he stood with his coat thrown back and his vest displayed before him. "Now, boys," he told them what I have forgotten."

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

Bardeek Blood Bitters Cured Her. Mrs. D. 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 they all failed to help me. One day a friend told me to try Bardeek Blood Bitters, so I got a bottle, and before I had taken it my hands were better. I am not afraid to recommend it to anybody."

CHILDREN CRY FOR FLETCHER'S CASTORIA. Some men would do young if they would work for a living. The millennium, like most good things, is no hurry about showing up.

WOMAN WOULD NOT GIVE UP. Though Sick and Suffering, At Last Found Help in Lydia E. Finkham's Vegetable Compound. Richmond, Pa. "When I started taking Lydia E. Finkham's Vegetable Compound I was in a dreadfully run-down state of health, had internal troubles, and was so nervous and tremulously nervous and prostrated that if I had given in to my feelings I would have been in bed. As it was I had hardly strength at times to be on my feet and what I did do was by a great effort. I could not sleep at night and of course felt very bad in the morning, and had a steady headache."

CHILDREN CRY FOR FLETCHER'S CASTORIA. Beauty is nature's temporary gift to the fair sex. Revenge is sweet only to the very small individual.

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!

ZAM-BUK FOR CHILDREN'S SORES. FORESTALLING HIS HONOR'S SIN. Capitalist of Local Fire Brigade (to zealous fireman)—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 here.—London Opinion.

CHILDREN CRY FOR FLETCHER'S CASTORIA. NO ROOMS LEFT. "My dear," said the young husband, "did you speak to the millman about those logs to be cut on the mill?" "Yes, I told him about it this morning and he explained it satisfactorily. I think it quite a credit to his, too."

CHILDREN CRY FOR FLETCHER'S CASTORIA. GETTING EVEN. A little boy had been punished by his mother one day, and that night at bedtime he prayed this: "Bless papa and Sister Lucy and Brother Frank and Uncle Fred and Aunt Mary, and make me a good boy. Amen."

WHAT HE FORGOT

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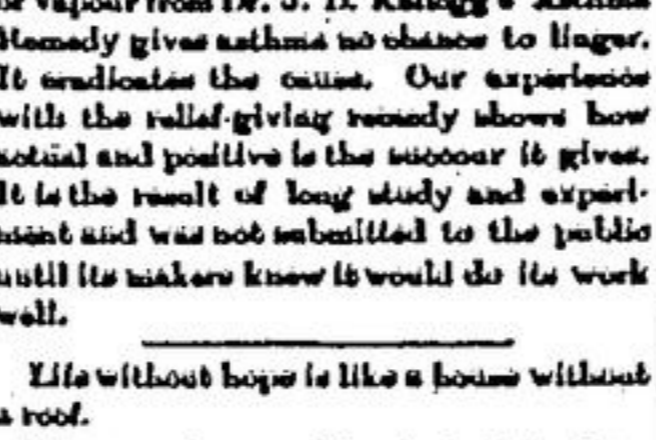
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ROYAL YEAST MAKES PERFECT BREAD. LIVING WITHIN YOUR INCOME. Not to live within your income is to be dishonest. Some young men profess their inability to do this when they are earning more than the wages of heads of families who are bringing up several children on less than the first-named wage earner spends on himself.

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SLANDER AND LIBEL

The Former Becomes the Latter if You Publish It. If you ask a lawyer what kind of dispute gives rise to the largest number of contested cases in Britain, apart from ordinary claims for debts, he would probably say libel and slander. Do you know precisely what is the difference between these two things? Very few people seem to have a really clear idea.

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CAST. The Kind You Have Always in Use For Over 30 Years. Castoria is a harmless substance, containing neither Opium, Morphine, nor any other dangerous substance. It is a safe and reliable remedy for all ailments of the stomach and bowels, giving relief to the Children's Panacea.

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GENUINE CASTORIA BEARS THE SIGNATURE OF CHAS. H. STEVENS. The Kind You Have Always in Use For Over 30 Years.

Acton's ELE CHOPPING. Chopping (E. R.) Thursdays, Fridays SATISFACTION GUARANTEED FLOUR AND FEED.

B. F. Caldwell. Geo. Patterson. LIVE STOCK DEALER. ACTON, ONT. Cattle, Sheep, Lambs and Hogs Write, phone or call personally. BEFORE YOU SELL SEE ME.

STOP!! This is where you will find the latest fashions in Dress as well as the latest thing in SOFT HATS. We have a style of hats especially for young men, and let us show how well we can please you. The new STRAW HATS and PANAMAS are here for your inspection. R. E. NELSON. Merchant Tailor, Main's Furveler, Wyndham Street, GUELPH, ONT.

MATTHEWS, PHOTO. An ordinary visiting card and bent it at the ends to make it look like a little stool. Now place it on the table and invite your friends to blow it over. This is a very easy game, but they may try in vain to do it. It can be accomplished, however, by blowing sharply on the table itself, at some distance from the card, so that the air under it which upsets it.

Store Mitts. If you want a pair of gloves, Calf or Buckskin, Sheep or specify Storey's. In no other value. To prove it, slip on a Knit Wrist and Lined Kind of genuine horsehide. Waterproof, getting for warmth and comfort. Sold at all stores. Every mitt on Storey's. W. H. STOREY & Co., Acton.