

THE SHADOWS OF CHRISTMAS
The right must even conquer,
The light must win the day,
And to save the nation's honor
Our richest blood is shed.

He who craves, with his hands,
Power, good will, or the world,
That the world should be his,
And a selfish ambition,
O'er the world's throne should sit,
Come not to earth to die,
But in the shadows of night,
As a comforter, we pray.

For we're yielding up our dearest,
The prayers we raise, then hoarse,
As our sacrifice we pay,
But the right, we know, shall conquer,
As the sun, its rays to shed,
O'er the nations, on whose altars
Life and love have been shed.

—A. E. Russell.

WHEN CHRISTMAS GIVING IS EXTRAVAGANT
Christmas giving is extravagant when it means running to debt. You would not consider that your desire to remember your friends at Christmas thus justified you in putting your hand into the pocket of the man who sits next you on the street car, and helping yourself to his change. Nor does it excuse you for obliging some dealer to wait for his pay six months or over, after your friends have expressed their gratitude for your beautiful remembrances.

Christmas giving is extravagant when it requires too large a percentage of your income, when it is too high in proportion to what you pay for the necessities of life, for church work and charity. If for months before Christmas and for months after, you are skimming on your luncheon, putting along without proper underwear or over-shoes, then you are guilty of extravagance.

On the other hand, it is neither extravagant nor unchristian to deny yourself considerable in order to make your Christmas giving generous. If you walk to school or to the office to save your car fare, and read your magazines at the library, instead of purchasing them at the news stands, you should neither be pitied nor censured for extravagance. A little giving up is necessary to add zest to Christmas giving.

WORKING FOR WHAT YOU'RE WORTH
There is a story told of a farmer who asked to secure the services of a new hired man and asked what he would work for. "Oh," was a little doubtful and asked in turn, "How much will you pay?" "I'll pay what you're worth," the farmer answered and immediately he was on the job.

"You mean that," he exclaimed indignantly, "that I'm going to work for that?"

This attitude is typical of a great many young people. They expect to get out of the world a great deal more than they are worth to the world. But that is a great mistake. If you are not ready to work for what you are worth, you had better make yourself worth more, for that is the only way to get your wages raised and keep them rising.

Don't Allow Your Bowels To Become Constipated.
If the truth was only known you would find that over one half of the life of life is caused by allowing the bowels to get into a constipated condition.

When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the most sick headache, the sourness of the stomach, belching of wind, heart-burn, water brash, biliousness, and a general feeling that you do not want to be anything.

Keep your bowels regular by using Milburn's Laxative Pills. They will clear away all the effete matter which collects in the system and make you think that "life is worth living."

Mr. Hans McKelrick, Wakefield, Ont., writes: "For several years I was troubled with my bowels and did not get relief until I used Milburn's Laxative Pills. I had only taken them two weeks when my trouble was quite gone, and I had recommended them to all suffering as I did."

Milburn's Laxative Pills are 25¢ per box, 50¢ per box, 100¢ per box, 25¢ per box, 50¢ per box, 100¢ per box, 25¢ per box, 50¢ per box, 100¢ per box.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Ayer*

"IT CAN BE DONE"
"Patience and perseverance will accomplish all things," was a favorite saying of an old miller.

He made this remark on a train one day on the way to market, when a postman in the corner turned to him and said:

"Nonsense, sir. I can tell you a great many things which neither patience nor perseverance can accomplish."

"Perhaps you can," said the miller, "but I have never yet come across one thing."

"Well, then, I'll tell you one. Will patience and perseverance ever enable you to carry water in a sieve?"

"Certainly."

"I would like to know how?"

"Simply by waiting patiently for the water to freeze."

—Montgomery Journal.

Was Troubled With Nervous Prostration.
Many people although they know of nervous prostration do not know what the symptoms are. The principal ones are a feeling of fright when in crowded places, a dread of being alone, fear of being in a confined place, a horror of society, a dread of things falling from above, fright at seeing one's shadow, and disturbed and restless, unrefreshing sleep, often troubled with dreams.

Mr. George Lee, Victoria Harbor, Ont., writes: "I am writing to tell you of the experience I have had with Milburn's Heart and Nerve Pills. I was so nervous I could not do my own work, I did not want to leave my car, or would go any place. My nerves were bad for three years, and my heart was so bad it made me tremble all over. I took three boxes of your pills, and I never felt better than I am now. I weigh 20 pounds more than I did when I started."

Milburn's Heart and Nerve Pills are 50¢ per box, 3 boxes for \$1.25, at all druggists, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

BEYOND MAN
The "beat" man at a modern wedding is a survival of those stirring feudal times when the friends of the bridegroom under took as a social favor to frustrate all attempts made by possible and possible rivals to carry off the bride before the wedding could take place.

In Sweden, weddings formerly were solemnized under cover of darkness on this account.

Behind the high altar of an ancient church in Huesly, Gothland, a collection of long lances with sockets for torches have been preserved and may be seen by the curious.

These were served out to the groomsmen on such occasions, both for defense and illumination.

Naturally the groomsmen were the bravest and best among the friends when the groom could induce to serve him upon the occasion.

Children Cry FOR FLECHER'S CASTORIA
AT PAY SAW IT
An Irish farmer was asked if he used any of the commercial fertilizers on his land.

"No, sir," he replied. "To my notion there's nothing like the old natural kind."

"Nonsense, man," said the other. "The time is coming when a man can carry the fertilizer for an acre of land in one of his waistcoat pockets."

"An' he'll be able to carry the top in the other pocket, too, thinking."

To be worthy of trusts that our friends repose in is a noble achievement.

The best advertisement is the one that brings with itself.

The Cause of Dyspepsia.
The Symptoms and The Cure.
THE CAUSE.
Too rapid eating, eating too much, and too often, improperly chewing the food, eating too much stimulating food, and indulging in improper diet generally.

THE SYMPTOMS.
Variable appetite, rising and souring of food, heartburn, wind in the stomach, a feeling of weight in the stomach, flatulence, a feeling that your stomach has gone all wrong and that the food you eat does not seem to agree with you.

THE CURE.
BURDOCK BLOOD BITTERS.
Mrs. E. Williamson, Wheeler, Ont., writes: "I have been a sufferer for years from dyspepsia, and could scarcely eat anything. I tried Burdock Blood Bitters, and I am entirely cured. I have not been troubled since I took it, and that is two years ago. I can now eat anything I wish."

It is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Gift Problem Solved
Can you think of a better Christmas Present for your friends than a year's subscription to the Acton Free Press.

It is really 52 Christmas presents in one.

It is for a constant reminder of your friendship for a whole year to the person to whom you have it sent.

The FREE PRESS is an appropriate Christmas Present for your friends or your employees. It gives the Home News in attractive form.

To make your gift the more effective and valuable The FREE PRESS will announce your gift to the recipient or recipients, by means of a card which will be mailed to reach its destination on Christmas day. The card will carry the following message:

In Compliance with an order from
.....
we have placed your name upon our subscription list to receive
The Acton Free Press
for a whole year beginning with the issue of this week and we hope you will derive much pleasure and profit in reading the same each issue.

The Acton Free Press
Acton, Ontario

As The Result Of A Neglected Cold No Contracted SEVERE BRONCHIAL TROUBLE.
Mr. W. T. Allen, Halifax, N.S., writes: "I feel that I would be doing you and your great remedy, Dr. Wood's Norway Pine Syrup, a great injustice if I did not write and let you know the wonderful results that I have obtained from its use."

"Last spring I happened to contract a cold. Of course, this is a common occurrence, and I did not take any particular notice of it at the time. However, it did not break up as quickly as colds generally do with me, so after two weeks, and no sign of improvement, I began to get alarmed, and went to my local physician who informed me that I had contracted severe bronchial trouble as a result of neglecting my cold. He prescribed some medicine for me, which I took for about two weeks without any sign of improvement. I was getting pretty much discouraged by this, but one day a friend happened to be in to whom I was relating my trouble, and he advised me to try Dr. Wood's Norway Pine Syrup, saying that he had obtained very beneficial results from its use in a similar case. I took his advice and procured several bottles from my druggist. After taking the first bottle, I decided to improve, and from that day I was in my usual health. I could not say an excellent showing for your remedy, and can highly recommend it to anyone afflicted as I was. I shall always put in a good word for it whenever the opportunity offers itself."

You can procure Dr. Wood's Norway Pine Syrup from any druggist or dealer, Price, 75¢ and \$1.00. The genuine is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Acton's Electric CHOPPING MILL!
OPEN EVERY DAY
The favorite farmer's chopping mill is now open every day. No long waits or disappointments. Chopping and rolling both satisfactorily done.

B. F. CALDWELL,
Proprietor
ACTON, ONT.

Mathews, Photo
Mill Street Acton

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OPEN EVERY DAY
The favorite farmer's chopping mill is now open every day. No long waits or disappointments. Chopping and rolling both satisfactorily done.

B. F. CALDWELL,
Proprietor
ACTON, ONT.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Ayer* In Use For Over Thirty Years **CASTORIA**

900 DROPS
CASTORIA
The Pleasantest Preparation for Regulating the Bowels and Expelling the Bile and Bileworms.
FOR INFANTS AND CHILDREN
Promotes Digestion, Relieves Nausea and Flatulency, and Gives Optimum of Strength and Health. NOT NARCOTIC.

Exact Copy of Wrapper.

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The Acton Free Press
Acton, Ontario

THE DAY CAME
The careful husband had given his wife some money to put into the family sinking fund, but she had spent it. Two or three days later she asked for more.

"What's gone your money, Miss Monday?" he inquired in the well-known manner of husbands under similar circumstances.

"Yes, but I spent it."

"Spent it? I thought you had laid it away for a rainy day?"

"Oh, I did, Henry," she smiled sweetly. "I bought a rubber, an umbrella and a pair of rubbers with it."

Holeproof Hosiery
FOR CHRISTMAS GIFTS, handsomely boxed ready for mailing, 3 months guarantee on 3 pairs either ladies' or gentlemen's hosiery, 6 months guarantee on ladies' and men's Cashmere Hosiery. Get your supplies now.

MR. NECKWEAR, handsomely boxed, a very special line just to hand.

MR. NECKWEAR, beautifully boxed and very choice goods, exclusive patterns, and styles.

MR. NECKWEAR in individual boxes, the best and most exclusive in the trade.

R. E. NELSON
Merchant Tailor
Man's Furnisher
Wendland Street
GUELPH - ONT.

Acton's Electric CHOPPING MILL!
OPEN EVERY DAY
The favorite farmer's chopping mill is now open every day. No long waits or disappointments. Chopping and rolling both satisfactorily done.

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Proprietor
ACTON, ONT.

There Should Be
Music in Every Home
ON CHRISTMAS MORNING

Will there be a Victrola in your home this Christmas?

You can search over the whole world and not find a gift that will so pleasantly and so perfectly bring all the music of the world to every one of the family.

VICTROLA IV - \$20.00

New Records For December 1914
Two Beautiful Old Christmas Hymns
While Shepherds Watched (Christmas Hymn) (Hymn by Nahum Tate set arr. from Handel) Victor Oratorio Chorus (Sears Willis)
"Your King and Country Want You"
Issued by request of Sir G. E. Foster, K.C.M.G., Acting Premier and "LAND OF HOPE AND GLORY" by Lyric Quartette
PRICES: For Two Selections

A. T. BROWN
MILL STREET
ACTON

DUSTBANE
Sweeps Carpets and Floors Without Dust
Save Hours of Hard Work
No Dusting To Do

IS MADE IN CANADA
Under Canadian Patents
It Stands for Quality in Sweeping Compound

Some grocers for the sake of a few cents extra profit may offer you the "Just as Good Kind."

Don't ask for a tin of sweeping compound. SAY—DUSTBANE

Follow printed directions on each tin and get results

Dustbane is a Disinfectant and Dust Killer
Packed in barrels and tins for store and school use

Order a Tin To-Day

The Merchants Bank OF CANADA
ESTABLISHED 1854 312 Branches in Canada

THRIFT is rightly described as "Economic Management." A shrewd business man is spoken of as thrifty because he saves. Perhaps only a dollar at a time, perhaps more, but the real secret of his success lies in the principle of saving. One dollar will start an account with this bank. All local cheques cashed at par.

CAPITAL PAID UP - \$1,000,000.
RESERVE FUNDS AND UNDIVIDED PROFITS - 7,524,784.

ACTON BRANCH:
F. A. MacLean - Manager

Storey's Gloves
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, is made pliable, insuring extraordinary wear resistance. Waterproof and fire-proof—the best working gloves on the market.

Sold at all stores. Insist on Storey's.

W. H. Storey & Son
Acton, Ont.

Keep the Wheels Turning BUY MADE-IN-CANADA GOODS

THE GRAND TRUNK RAILWAY
PASSENGER TRAINS
The following is the time at which passenger trains leave Acton, Ontario:

TRAIN	TO	LEAVE ACTON	ARRIVE
NO. 1	TO	7:15 a.m.	10:15 a.m.
NO. 2	TO	8:15 a.m.	11:15 a.m.
NO. 3	TO	9:15 a.m.	12:15 p.m.
NO. 4	TO	10:15 a.m.	1:15 p.m.
NO. 5	TO	11:15 a.m.	2:15 p.m.
NO. 6	TO	12:15 p.m.	3:15 p.m.
NO. 7	TO	1:15 p.m.	4:15 p.m.
NO. 8	TO	2:15 p.m.	5:15 p.m.
NO. 9	TO	3:15 p.m.	6:15 p.m.
NO. 10	TO	4:15 p.m.	7:15 p.m.
NO. 11	TO	5:15 p.m.	8:15 p.m.
NO. 12	TO	6:15 p.m.	9:15 p.m.

AUTUMN Millinery Opening
MISS FLORENCE MURRAY
Has held her Fall Millinery Opening in her new quarters on Main Street, the KENNEY STORE, recently occupied by Swackhamer, Grayson, and is ready with a full line of the latest styles in Millinery for Ladies, Misses and Children. Cordial invitation to all.

FEED
NOBLE'S Flour and Feed Store
Bran
Shorts
Mixed Chop
Oat Chop
Gluten Meal
Molassine.

ROBERT NOBLE, Ltd.
J. L. WARRER, Manager
Willow St. Acton Ont.

Rockwood Chopping Mills
All chopping will be done speedily and well on plates or stones.

Flour - Oatmeal
Bran - Shorts
The best at lowest prices.

HARRIS & CO., Limited
ROCKWOOD - ONT.

ACTON LIVERY - AND - BUS LINE
Having purchased the Livery Business and good-will of the estate of the late John Williams I respectfully solicit the patronage of the public. Comfortable rigs will always be supplied at reasonable charges.

For the present Mr. George Hall, who has had the management of the stable the past year, will continue in charge. He will always be found courteous and obliging.

BUS SERVICE ALL TRAINS

AMBROSE McCANN
Mill St. - Acton, Ont.

BOOTS, SHOES & RUBBERS
All Lines of Footwear at Right Prices
All Men's Rubbers at Bargain Prices

W. WILLIAMS
Mill Street Acton

PATENTS
OVER 25 YEARS' EXPERIENCE
Scientific American
WILLIAMS & CO. 222 Broadway, New York