

WHO HAVE NOT STRIVEN?

Struggle from the mighty how this truth is... they fall and they alone, who have not striven...

SLACKERS GET BACK

Fredrick Palmer, the war correspondent, was talking about England... "Everything is war, war, war, over there," he said...

QUIET BUSINESS

Two old settlers at smoking in a cabin far away in the backwoods... "I had a great time of it," said the one...

Every 10c Packet of WILSON'S FLY PADS. ALL KILL MORE FLIES THAN 50 WORTH OF ANY STICKY... (CATCHED)

Could anything better illustrate the point of self-sacrifice than the following anecdote? One morning day, when his comrades were nearly prostrated...

Children Cry FOR FLETCHER'S CASTORIA. The following passage took place between counsel and witness in a disputed will case...

BURDOCK BLOOD BITTERS CURED DYSPEPSIA. Unless the stomach is kept in good shape your food will not digest properly...

Another Forestry Battalion Called. The War Office has called for another Canadian Forestry Battalion of 1,500 men...

CASTORIA For Infants and Children. In Use For Over 30 Years. Always bears Signature of Charles H. Fletcher.

ROYAL YEAST MAKES PERFECT BREAD

REORGANIZATION ENDED

Ontario Boards of Trade Want Better Forest Protection. Twenty-two of the leading Boards of Trade of Ontario have made recommendations to the Ontario Forestry Commission...

The second proposition, as outlined by the Board of Trade, is the sale to valuable timber tracts caused by settlers' law should be made under some form of control...

Timber destruction in all parts of Canada is going on at a rate which, if unchecked, must lead over 5,000,000 acres of timber land to be lost...

When it is considered that the timber holders' natural associations in the Quebec Province have built up excellent systems of forest protection at a cost of about one-third of a cent per acre for forest protection...

"Silent Run" the Latest. Lieut.-Colonel Neil F. MacNab, C.V.O., of Colborne, Ont., received an interesting letter from his son, Lieut. Ted MacNab, of the 4th Battalion, 1st Brigade, C.P.A., in Belgium...

Home is Best. Willie Jones was playing with the Robinson children next door. When luncheon time came Mrs. Robinson asked him if he would like to stay...

Help for Asthma. Neglect gives asthma a great advantage. The trouble, once it has secured a foothold, fastens its grip on the bronchial passages tenaciously...

HOW TO KEEP WELL

BY JOHN W. H. McCOLLUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

JOHN BROWN had noticed for some time that he was not up to the mark. In the morning he felt very well, but through the day he became tired, sleepy, and a little feverish...

Consumption. One afternoon he felt a warmth behind his breastbone, and at the same time he had a salty taste in his mouth. Following a tickling in his throat he coughed and brought up a few teaspoonfuls of bright red blood...

Answers to questions pertinent to public health will front time to time. If it is not advisable to reply through this column, answer will be made by letter if stamped envelope is enclosed.

THE AWFUL WAR. Captain John Stevenson was a recent arrival from the "backcountry" and spent a night in a hotel with his overcoat on his back...

Children Cry FOR FLETCHER'S CASTORIA. AN UNLUCKY NUMBER. A man dining at a cafe observed that though he had ordered one dozen oysters he was served only eleven...

A Sluggish Liver CAUSES LOTS OF TROUBLE. Unless the liver is working properly you may look forward to a great many troubles arising, such as constipation, headache, bilious headache, sick headache, jaundice, sick stomach, etc.

Children Cry FOR FLETCHER'S CASTORIA. Some men know more than their wives, but they keep it strictly to themselves for obvious reasons. Happiness often consists in a judicious rebuke of the things to be forgotten.

Children Cry FOR FLETCHER'S CASTORIA. It is easy to discredit yourself by credit-giving overstatements. The man who boasts that he is trying to lose his chance. Who knows? In a man lucky because he is happy or merely happy because he is lucky?

HAVE YOUR WASTE PAPER.

Canada Wastes Every Million Postable Every Week. Waste in any form is extravagant, but when the material represented by the natural occurrence of our country, it is all the more to be deplored.

Every day all the countries in the world are storing up a serious shortage of paper-making material, including old paper. In an endeavor to overcome this shortage, they are drawing heavily upon Canadian supplies...

What is CASTORIA. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other Narcotics...

GENUINE CASTORIA ALWAYS Bears the Signature of Charles H. Fletcher. In Use For Over 30 Years. The Kind You Have Always Bought.

THE SCOTCH RHYME. As soon as Scotland was invaded he decided to interfere. The following is an absolutely true and authentic story, given with a full and complete list of names...

Children Cry FOR FLETCHER'S CASTORIA. The British Columbia Government is actively engaged in investigating new markets for its lumber produced from her immense forests.

Blue and Black Suitings. Owing to war conditions, really pure dye woads and dyes are almost impossible to procure—really fast dye cloth, blues and blacks, pure wool goods...

R. E. NELSON. Merchants Tailor. 346 Broadview Ave. Toronto, Ontario. PROPRIETOR—Williams Mfg. Co., Limited. PRINCIPAL—Mr. P. M. Douglas.

M. Saxe's Store News THIS WEEK. Special Sale of Boots and Shoes. Special Sale of Rag Carpet 30c. yard. Full line of Groceries. M. SAXE. Acton Creamery. This is a permanent business. We have a well-equipped creamery. It is profitable to us and will be continued without interruption.

Children Cry for Fletcher's CASTORIA. The Kind You Have Always Bought, and which has been in use for over 30 years.

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Scenic River Cruise 100 Mile Daylight Round Trip to Wallaceburg. The following is an absolutely true and authentic story, given with a full and complete list of names...

EMPIRE BUSINESS COLLEGE. The only College in Canada teaching all Typewriter Keyboards. SIX MONTH'S COURSE. DAY \$40, NIGHT \$20.

Blue and Black Suitings. Owing to war conditions, really pure dye woads and dyes are almost impossible to procure—really fast dye cloth, blues and blacks, pure wool goods...

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CEMENT. K. COOPER, ACTON, CEMENT CONTRACTOR FOR BRIDGES, Silos, Walks, Floors, Walls etc. Also Agent for De Laval Silos, Separators etc. High grade Portland Cement for sale.

THE GRAND TRUNK RAILWAY. The following is the time at which passages take effect at Acton:

Reduce the Cost of Living. Put up lots of Fresh Fruits. WE SELL GRANULATED AND ICING SUGARS AND EVERYTHING IN GROCERIES.

SUMMER SESSION. Now open in Shaw's Business School, Toronto, continues until August 25th, when Fall Term begins. No vacations. Enter any time. Free catalogue. Write W. H. SHAW, President.

ACTON LIVERY AND BUS LINES. Having purchased the livery and goodwill of the business from Mr. A. McCann, I solicit with confidence the patronage of the public.

ELLIOTT'S Business College. Fall Term opens August 21st. Was asked to fill more than thirty times as many positions as they had previously filled the last twelve months. Write today for the last twelve months. Write today for the last twelve months. Write today for the last twelve months.

J. JONES ENGRAVING CO. 1100 BROADVIEW AVE. TORONTO, CANADA.

W. WILLIAMS. Mill Street Acton. All Lines of Footwear at Right Prices. All Men's Rubbers at Bargain Prices.

CEMENT. K. COOPER, ACTON, CEMENT CONTRACTOR FOR BRIDGES, Silos, Walks, Floors, Walls etc. Also Agent for De Laval Silos, Separators etc. High grade Portland Cement for sale.

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