

"AWAY BACK HOME"

Away back home I know the folks
Will think this is my home
And I'll be glad to see them all
When I get home again

HOW TO ENJOY SUNDAY

- 1. Stay at home Saturday night and get acquainted with your family. Retire a little earlier than usual.
2. Get up early on Sunday to help to do the necessary work of the house.

KEEP THE BOWELS REGULAR AND AVOID CONSTIPATION.

When the bowels are not kept regular they become clogged up with waste and poisonous matter, causing constipation, biliousness, sick headaches, pimples, and all kinds of liver troubles.

DISTRIBUTION OF SEED OAT AND POTATOES

To Ontario Farmers From the Dominion Experimental Farm at Ottawa
By instructions of the Hon. Minister of Agriculture a distribution of superior sorts of grain and potatoes will be made during the coming winter and spring to Canadian farmers.

CASTORIA

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

Hard and soft corns both yield to Holroyd's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

HOW TO KEEP WELL

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

THE AMOUNT OF FOOD one eats is determined by one's weight, the amount of work one does, the season of the year, and to some extent, by one's digestion.

Table with columns: Amount, Protein, Fats, Carbohydrates, Calories. Rows for Breakfast, Dinner, Supper.

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CONDITIONAL FORGIVENESS

Harry and James, brothers, were in their playroom for some recreation after supper Harry hit James and in the midst of the quarrel the nurse happened in with the news that it was time to retire.

Children Cry FOR FLETCHER'S CASTORIA

The Oil of the People—Many ailments have come and gone, but Dr. Williams' Pink Pills for Pale People remain the same.

DIARRHOEA

Was Caused By Change of Diet, Etc.
Diarrhoea arises from many causes such as change of diet, change of water, change of climate, catching cold, the eating of unripe fruits, or anything that will cause an indigestion of the bowels.

Children Cry FOR FLETCHER'S CASTORIA

No, Castoria, a milder effect does not at all ways lead to constipation.
Opportunity is said, knocks but once, but a peasant's knock is all the time.

Had Weak Back and Kidneys.

When the back becomes weak and starts to ache and pain it is a sure sign that the kidneys are not performing their function properly.
On the first sign of backache Doan's Kidney Pills should be taken and serious kidney troubles prevented.

DOES AN EDUCATION PAY?

Does it pay to learn to make life a glory instead of a grind? Does it pay to open a little wider the door of a narrow life? Does it pay to add power to the levers of the microscope or telescope? Does it pay to know how to take the dry, dreary drudgery out of life? Does it pay to taste the exhilaration of feeling one's powers unfold? Does it pay to push one's horizon farther out in order to get a wider outlook or clearer vision? Yes, it pays.

NO ALUM



NEWS TOPICS OF THE WEEK

It is freely reported in Ottawa today that General Sir Sam Hughes is to be on the ocean on his way back to Canada.
Lord Colonel the Hon. Guy Victor Daring has been killed in action. He was a Unionist member of Parliament for Winchester in 1910.

According to special despatches from Athens, the German, Austrian, Bulgarian, and Turkish ministers have called on the new foreign minister, Theodor Delugan, in his office.
John Geddes, 68, took a walk in Toronto, 76 years of age, who fell downstairs at his home Monday night and fractured his skull, died in St. Michael's Hospital yesterday morning.

THE HINDAY

The Canadians at Courcellette captured singly of the Prussian Guard.
A stationer from former Chief of Staff von Falkenhayn says the Germans are short of guns and ammunition.

WIFE TOO ILL TO WORK

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.
Indianapolis, Indiana.—"My health was so poor and my constitution so run down that I could not do any work. I was thin, pale and weak, weighed but 100 pounds and was in bed most of the time. I bought Lydia E. Pinkham's Vegetable Compound and took it for a few days and I can truthfully say Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave today but for it. I would tell all women who are troubled with any kind of trouble to try Lydia E. Pinkham's Vegetable Compound."

Children Cry FOR FLETCHER'S CASTORIA

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of nervousness, if not actual danger. The child can be spared much suffering and the mother much anxiety by the best worm remedy that can be got, Miller's Worm Powder, which are sure deaths to worms in any stage.

Children Cry FOR FLETCHER'S CASTORIA

Arrested in Berlin on a charge of seditious anti-war agitation, 130 Socialists have been recently imprisoned in the Mannheim service.
The Mannheim service, through the death of Sir Arthur Markham, was won by the Tories, with a total election candidate, with 7,597 votes.

COULD NOT SLEEP

Nerves Were So Bad.
To the thousands of people who are tossing on sleepless beds night after night, to whose eyes sleep will not come, to whose hearts and nerves this or that blessing of sound, refreshing slumber, because they restore the equilibrium of the deranged nerve centers, thus restoring strength and vitality to the whole system.

THE GRAND TRUNK RAILWAY

Following is the time at which passenger trains will arrive and depart:

Table with columns: Train Name, Arrival, Departure. Rows for various routes like Montreal, Toronto, etc.

CASTORIA

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

Reduce the Cost of Living

Put up lots of Fresh Fruits.
WE SELL GRANULATED AND ICING SUGARS AND EVERYTHING IN GROCERIES.
J. R. LIVINGSTONE MILL ST. ACTON

A Reliable Agent WANTED

In every good town and district in Ontario where we are not represented Territory reserved for the right man. Highest commissions paid. Attractive advertising matter. Splendid list of new specialties for season 1914-1917, including the new Wonderful Raspberry, N. Hagle.

Grain Chopping

Well Done and Quickly at only 5 cents per bag.
HARRIS & CO. Limited ROCKWOOD ONT.

When You Need BOOTS SHOES

At Any Time BUY FROM W. WILLIAMS ACTON ONTARIO
FAMOUS FOR Satisfactory Footwear REASONABLE PRICES

Five Cents is all you need pay for the best and purest soap in the world

Sunlight Soap.
The inducements offered with common soaps cannot make up for the purity of Sunlight Soap. It costs US more to make pure soap; but it costs YOU less to use it, for Sunlight pays for itself in the clothes, as it does not wear and rub the fabrics like common soaps do.
5c. a bar at all Grocers.

Empire Business College

The only College in Canada teaching all Typewriter Keyboards.
SIX MONTH'S COURSE DAY \$40, NIGHT \$20
Expert instruction in Pitman's Shorthand, Typewriting, Bookkeeping, and all other subjects necessary to equip you with a thorough business education.
346 Broadview Ave. Toronto, Ontario.
PROPRIETOR—Williams Mfg. Co., Limited PRINCIPAL—Mr. P. M. Douglas

ACTON LIVERY AND BUS LINE

Having purchased the livery and bus line from Mr. A. McCann, I solicit with confidence the patronage of the public.
Comfortable rigs supplied at reasonable rates. Special attention to supplying conveyances for weddings and funerals. Motor Cars furnished when required.
BUS MEETS ALL TRAINS
L. E. ATKINSON ACTON ONT

CEMENT

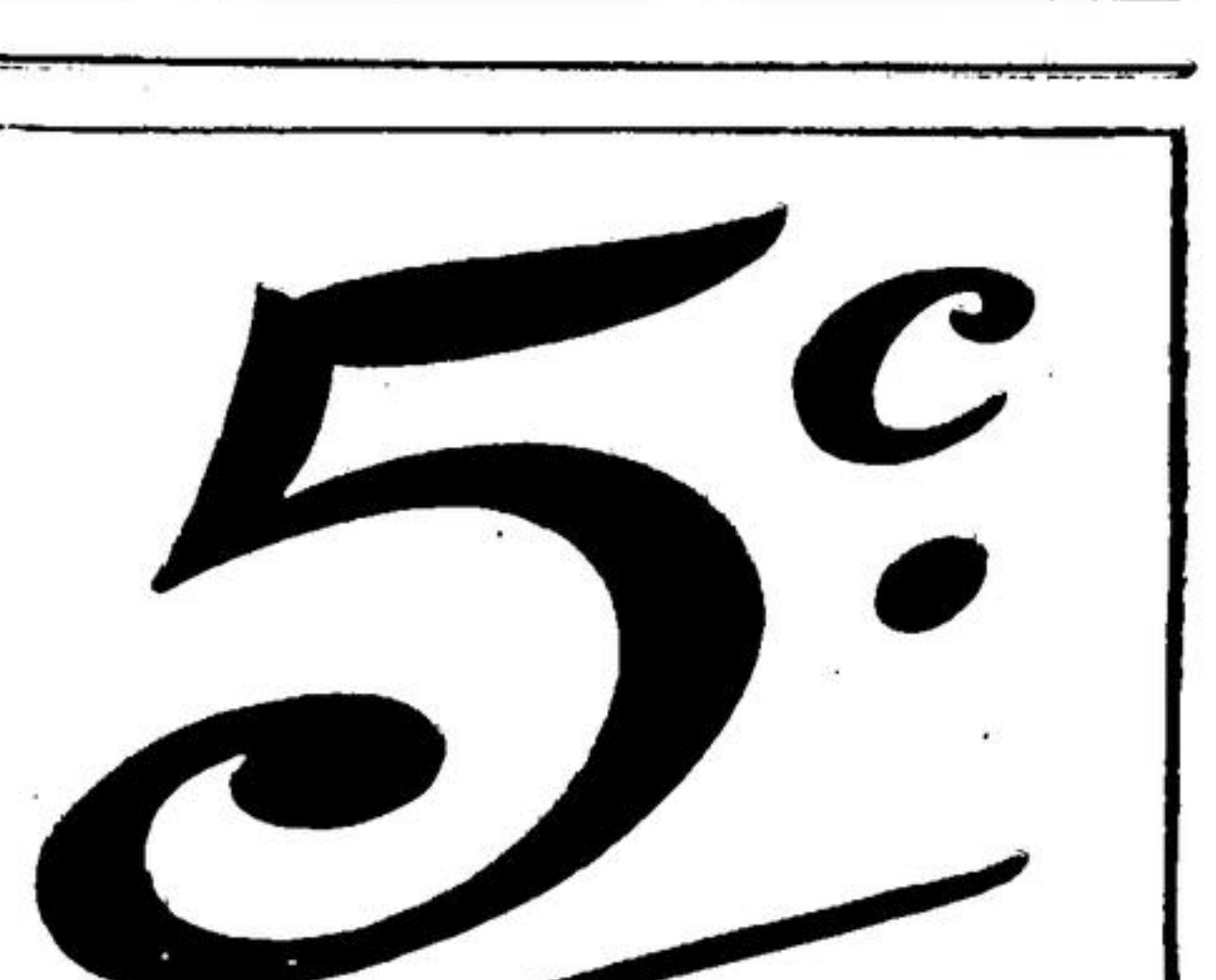
K. COOPER, ACTON, CEMENT CONTRACTOR for Bridges, Silos, Walks, Floors, Walls etc. Also Agent for De Laval Silos, Separators etc. High grade Portland Cement for sale.

PATENTS PROMPTLY SECURED

10 countries. Ask for our INVENTORS' ADVISORY, which will be sent free. MARION A. MARION, 301 University St. MONTREAL

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