The Acton Free Press.

THURSDAY OCTOBER 12, 1916

GROWING SMILES

A smile is quite a funny thing;
It wrinkles up your face,
And when its gone, you never find
Its secret hiding place.

But far more wonderful it is
To see what smiles can do;
You smile at one, he smiles at you,
And so one smile makes two.

He smiles at someone, since you smiled,
And then that one smiles back,
And that one smiles, until in truth
You fail in keeping track.

And, since a smile can do great good
By cheering hearts of care,
Let's smile and smile, and not forget
That smiles go everywhere!

WHAT IS MARGARINE?

Margarine is coming into use much more generally in Europe since the war made prices of butter prohibitive to people of the poorer classes. Originally composed of beef fat from slaughter house offal, with the addition of some essential oil, margarine is now made chiefly of oils pressed from nuts and seeds, the soye bean, and cotton seed among them, together with a blend of pasteurized skim milk. Physicians declare it to be perfectly wholesome. It is for the protection of dairymen that the use of any artificial butter is forbidden in Canada.

BURDOCK BLOOD BITTERS CURED DYSPEPSIA.

Unless the stomach is kept in good shape your food will not digest properly but will cause a rising and souring of food, a feeling of rawness in the stomach, pains in the stomach or a feeling as if a heavy weight were lying there.

Burdock Blood Bitters cannot be surpassed as a cure for dyspepsia and all its allied troubles.

Mr. James R. Burns, Balmoral, N.S., writes: "About two years ago I was badly troubled with dyspepsia, and could not get any relief. I tried most everything, not even the doctors seeming to do me any good. One day a friend told me to try Burdock Blood Bitters, as he had seen it advertised. I did so, and by the time the first bottle was gone I felt better, and after taking three bottles I was completely cured. I highly recommend it to all sufferers from dyspepsia."

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

LOST

The lawyer was arguing a complicated case, and looked up authorities back to Julius Caesar. At the end of an hour and a half, in the most intricate part of his plea, he was pained to see what looked like inattention. It was as he had feared. The judge was unable to appreciate the nice point of his argument.

"Your honor," he said, "I beg your pardon; but do you follow me?"

"I have so far," answered the judge, shifting wearily about in his chair, "but I'll say frankly that if I thought I could find my way back, I'd quit right here."

OH, SUCH A HEADACHE!

Nearly everyone has experienced nearly headaches at times. Disordered stomachs—clogged bowels—lead to it. Only one kind have I to recommend—Chamberlain's Stomach and Liver Tablets.

They put the stomach and bowels right. All druggists, 25c, or by mail from Chamberlain Medicine Co., Toronto.

CHAMBERLAIN'S TABLETS

Children Cry FOR FLETCHER'S CASTORIA

A Pleasant Purgative.—Parmelee's Vegetable Pills are so compounded as to operate on both the stomach and the bowels, so that they act along the whole alimentary and excretory passage. They are not drastic in their work, but mildly purgative and the pleasure of taking them is only equalled by the gratifying effect they produce. Compounded only of vegetable substances the curative qualities of which were fully tested, they afford relief without chance of injury.

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, severe headaches, bilious headaches, sick headaches, jaundice, sick stomach, etc.

Mrs. J. Shellsworth, 237 Albemarle St., Halifax, N.S., writes: "I take pleasure in writing you concerning the great value I have received by using your Milburn's Laxa-Liver Pills for a sluggish liver. When my liver got bad I would have severe headaches, but after using a couple of vials of your pills I have not been bothered with the headaches any more."

Milburn's Laxa-Liver Pills are, without a doubt, the best liver regulator on the market to-day. Twenty-five years of a reputation should surely prove this.

Milburn's Laxa-Liver Pills are 25 cents per vial, 5 vials for $1.00; for sale at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THE LINOTYPE'S OWN SONG

All things that be make grist for me,
For me the baseball twirls. For me there's news of crops and shops, and names of pretty girls, with interviews and murder news and hints for dress designs. I put 'em through the melting pot and cast 'em into lines.

The air may shake. The earth may quake, lands pass in fire, or drown; I note across the changing scene of field and sea and town. Men conquer there, men perish here; no offering I refuse; alike to me all things appear—a simple take of news. A deed of fame, a deed of shame, a deed of king or clown—I reach into the melting pot for type to set 'em down.

Financial news, religious views, humility and pride, I make bedfellows of them all, each strictly justified. To me are screamed all agonies; to me all joy inclines. I put 'em through the melting pot and cast them into lines.

HOW TO KEEP WELL

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

HEADACHE.

HEADACHE IS A SYMPTOM, and not a disease. If you have a headache it is in most cases due to some bad habit. You eat too much, drink too much, sleep too little, strain the eyes too much, or work too continuously in bad air at some trying occupation. True there are headaches due to Bright's Disease or other organic diseases, but these are infrequent compared to those coming from causes which are remediable. Let us consider some of the common causes of headaches and see how this discomfort may be prevented.

(1) From over indulgence in beer, whiskey, or wine. The remedy is to cut them out, or so lessen the quantity to give your kidneys and skin a fair chance to eliminate the poison. If you have indulged, better get rid of the booze as quickly as possible. This may be done by a combination of two cathartic pills, a hot bath, hot cloths applied to the head, hot broth, and rest in bed.

(2) From biliousness or over indulgence in food. Nothing is better than a good dose of ordinary Epsom Salts and rest in a quiet, darkened room.

(3) Want of outdoor exercise. The city man (or woman) at a desk in a close room or the editor at work under constant strain from 5 p.m. to 1 a.m. with hurried meals is often the subject of headaches. All these people need more outdoor air and exercise. Golf, bowling or tennis, especially golf, with one-fifth the quantity of fresh meat, potatoes, and bread and the difference in fruit, vegetables and water will do more for sick people than all the headache cures in the world.

HEADACHE A SYMPTOM

(4) Eye strain, due either to defective eyesight or to trying eye work, causes lots of headaches. Headaches of this kind usually come on in the evening, (sometimes in the morning) after a trying day. They are usually in the forehead or temples. A simple way to test eye strain is for one to hang up a test-card in a well-lighted room, stand twenty feet by measure away from the card and see if you can read the line marked 20, first with each eye separately and then with both eyes, and if the letters are not clear-cut, distinct, and separate one's eyesight is faulty and glasses are required. Go to a first-class oculist and get the eyes properly fitted.

(5) Fatigue headache. Some people get headache from fatigue. These headaches develop towards the close of the day. The only cure is to avoid over-exciting oneself.

(6) Too light a breakfast. Many people, especially women, eat nothing for breakfast but tea and toast. This is insufficient to carry one along for four or five hours. After the long fast overnight one needs a good breakfast. It ought to be one of the best meals of the day. A good type of breakfast is—

Oranges or Grapefruit.
Cereals, with Milk and Cream.
Eggs; soft boiled, poached, or in omelette.
Toast and Butter.
A cupful of Hot Water, flavored with Cream and Sugar.

(7) Neurasthenia headache. A headache of this character is often described as a band about the head. There may be a feeling as though the top of the head is coming off, or it may be such as to make a man feel he is going insane. The way to prevent a headache of this character is to improve the general physical condition by good food, outdoor life, relief from excessive nervous strain and worry—especially from worry.

(8) Migraine. Boys and girls from eight to fifteen years of age frequently have headaches of a particular character. The subjects of these headaches waken in the morning with a heavy foggy feeling. There may be a disturbance of the eyes, such as flashes of light first in one eye then in the other. These symptoms are succeeded by headache, nausea, and sometimes vomiting. These headaches come on periodically without any apparent cause. They are often called sick headaches. They run in families. Some women have them well into the prime of life and are in bed in a darkened room with them for a day or two every month. This form of headache is called migraine. It is often confined to one side of the head, hence the name hemicrania. The best treatment is to use hot and cold applications to the back of the neck and cold to the forehead and top of the head. If the face is pale use hot applications; if flushed use cold.

The person addicted to migraine should lead a simple outdoor life with plenty of exercise and fresh air. He should eat lightly and simply, keep the bowels regular, and avoid any excesses. By these means the tendency to headache will probably disappear.

None of the remedies proposed, as will be seen, include headache medicines, for the reason that all headache medicine which have as their basis in one of the coal-tar products are injurious. Some are positively dangerous. Numerous people have been killed by their use, and the best course is to avoid their use entirely.

TWO GREAT PHRASES.

Which One of These Is it That You Are in the Habit of Using?

Did you ever reckon how many times a day you say "I can't" or hear it said?

Probably a much shorter stunt would be to count the number of times you hear or say, "I will."

These two sentences contain the whole story of character. They are the metal from which men shape success or failure.

We hammer and forge this metal as we will.

With "I can't" we cast a weight which fastens us down. With "I will" we shape a marvelous spring which lifts our lands up at the height of our ambition.

After awhile we cannot move the weight at all, but in the end we cannot resist the spring. It raises us in spite of ourselves, for "I will" has become a habit.

Sometimes a man who has weighted himself down by repeating "I can't" says envviously, "Nothing succeeds like success." And this is true, but he forgets that back of the first success was an "I will" and then another and then another.

"I can't," "I will." These are the two most important sentences in any man's vocabulary.

Would we not better reverse the number of times most of us use them every day?

Her Trousseau.

Frederick Lemaitre, the celebrated actor, was somewhat parsimonious. When his daughter was about to marry Lemaitre agreed to provide the "dot" and the trousseau. "Dot," it may be observed, is the French equivalent for the English "dower."

When the notary came to complete the contract and was reading the terms Lemaitre said: "The daughter of Frederick Lemaitre has not need of a dot. M. Le Notaire, strike out the dot."

The prospective son-in-law was present, and he had the courage to reply: "The daughter of Frederick Lemaitre can easily clothe herself with the fame of her father. M. Le Notaire, pray strike out the trousseau."

A Warning.

"What are you doing in my room?" asked the man who was awakened by a burglar.

"I'm robbing the place."

"You merely think you are. Everything here was bought on the instalment plan, and if you take the property you'll be responsible for the balance. You're not robbing anybody. You're running into debt."

Got Him Guessing.

"Why those claws, my dear?"

"I thought you were fond of them," explained the innocent young bride. "You seem to partake of them downtown every day."

Then he looked fixedly at her, but could arrive at no conclusion as to her motives.

The Proper Spirit.

"That ticket seller has the right idea."

"In what way?"

"He doesn't act as though he was doing me a personal favor to sell me tickets of admission to his theater."—Detroit Free Press.

Ambiguous.

Wife (shaking her husband)—John, wake up! That's three times I've roused you. Now go and attend to the doors and windows. You don't expect me to stay up, do you? Hub (groutchily)—I wish you would.—Pittsburgh Press.

Proof of It.

"Marriage is a lottery with very few prizes."

"Of course it is. The best man never gets the bride."—Boston American.

One today is worth two tomorrows.—Franklin.

HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:—

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 516 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice,—it will be confidential.

Countless have been the cures worked by Holloway's Corn Cure. It has a power of its own not found in other preparations.

Children Cry FOR FLETCHER'S CASTORIA

No man is so busy that he hasn't time to make a few enemies.

Nearly Lost Little Girl from DYSENTERY

She Was Cured By Using DR. FOWLER'S Extract of Wild Strawberry.

Dysentery manifests itself with varying degrees of intensity, but in well marked cases the attack is commonly preceded by loss of appetite, and some amount of diarrhoea, which gradually increases in severity, and is accompanied with griping pains in the abdomen. The discharges from the bowels succeed each other with great frequency, and the matter passed from the bowels, which at first resemble those of ordinary diarrhoea, soon change their character, becoming scanty, mucous or slimy, and subsequently mixed with, or consisting wholly of, blood.

Never neglect what at first appears to be a slight attack of diarrhoea or dysentery may set in. Cure the first symptoms by the use of Dr. Fowler's Extract of Wild Strawberry.

Mrs. John Peterson, Radville, Sask., writes: "I cannot speak too highly for Dr. Fowler's Extract of Wild Strawberry. I nearly lost my little girl, aged three years. I took her to the doctor, and he told me her temperature was 104, and forbid me taking her out to our home, six miles from town, but I was forced to go on account of leaving my small baby home. We managed to get her home, but the fever did not go any lower, and we thought we would lose her sure, as she was so bad with dysentery she even passed blood. A neighbor came in and brought Dr. Fowler's Extract of Wild Strawberry, and told me to give her a few doses. This we did, and the next day she took a change for the better, but it was quite a time before she was on her feet again. I do believe if it had not been for 'Dr. Fowler's,' my little one would have died."

The genuine "Dr. Fowler's" is manufactured only by the T. Milburn Co., Limited, Toronto, Ont. Price, 35 cents

FATS DIRT GILLETT'S LYE CLEANS DISINFECTS

NEWS TOPICS OF THE WEEK

Important Events Which Have Occurred Here and There

WEDNESDAY.

Colonel Sir Percy Sherwood of the Canadian Police is gazetted a K. C. M. G. of London.

The British steamer Wyncote, from Philadelphia for Glasgow, has arrived in the Mersey with fire in her after hold.

Word has been received that the 125th Battalion, now at Bramshott, expects to form part of the 5th Division to be sent to France.

Alfred Jury, the Canadian Emigration Agent at Liverpool, is seriously ill, and is not expected to recover. He is formerly of Toronto.

The Spanish Government has sent a note to Berlin protesting energetically against the torpedoing of Spanish steamers by German submarines.

A telegram from Montreal received yesterday in Guelph announced the death of the Rev. John C. Coffee, B.J., a former resident of the latter city.

The Norwegian steamer Bufjord has been sunk, according to a Lloyd's despatch from Barcelona. The crew was landed. The Bufjord measured 1,489 tons net.

Wilfred Orchard, aged ten, son of Mrs. Johanna Richard, William street, London, was terribly mangled and instantly killed late yesterday afternoon at the William street crossing of the Michigan Central.

Mr. J. W. Flavelle, chairman of the Imperial Munitions Board, is leaving early in October for England. It is understood that the object of his visit is to take up the question of Canada's contracts this winter.

THURSDAY.

The Quebec Legislature is summoned for the 7th of November.

Galt Board of Trade proposes forming a joint stock company to erect a hotel.

A shell-making plant at Welland, finding women excel men, will employ two hundred of them.

The Provincial License Commission will test the salability of so-called "wines for invalids."

Two wounded British officers, bound for Canada, held up at Ellis Island, New York, were released.

The Toronto Board of Education has recommended the inclusion of Russian in the high school curriculum.

John Connolly, Liquor License Inspector for South Renfrew for 25 years, has been appointed for Renfrew county.

It has been announced unofficially that the Province of Ontario will give $1,000,000 to the Canadian Patriotic Fund.

The labor leaders in New York are disappointed with the first day's results of the sympathy strike, only 125,000 having quit work.

Welland County Recruiting League passed a resolution calling upon the Government for conscription, and will ask recruiting leagues through the Dominion to endorse this action.

It is now feared that Henry Sieguin and Theodore Leroy, missing members of the crew of the Roberval, which foundered in Lake Ontario, near Oswego, Tuesday, are lost.

Sir Thomas White, Minister of Finance, following a conference with bankers, cabled Canada's offer of an advance to the Imperial Government of $50,000,000, to be available for purchase of munitions and supplies here.

Robert Beecher, sixteen years old, was found guilty at Simcoe of killing John Simons of Forestville, Norfolk county, Ontario, but Mr. Justice Clute allowed him to go on suspended sentence, owing to provocation and the lad's previous good character.

FRIDAY.

A German steamer was sunk in the Gulf of Bothnia.

Italian troops raided strong Austrian positions on the Asiago plateau.

The city of Paris loan of $50,000,000 was oversubscribed ten times in less than twelve hours.

The 164th Battalion (Dundas, Glermont, and Glengarry) is to go to the front as a killed regiment.

The Dominion Trades and Labor Congress, in session in Toronto, asks for the repeal of the Industrial Disputes Act.

The G. T. R. freight embargo against acceptance of shipments less than a carload from Niagara Falls to Toronto has been lifted.

Mrs. Hugh M. Abercrombie while fishing along the Fraser River near Mission, B. C., touched a power wire with her rod and was killed.

Not one arrest for drunkenness in twelve days under the new prohibition regime, and a scarcity of other court cases, is Belleville's record.

In Hamilton kindergarten classes and Sunday schools are ordered closed by the Medical Officer of Health on account of infantile paralysis.

The Ontario Cabinet has approved formal agreements under which twenty-five municipalities will next January vote on by-laws for building of Hydro-radials running between Port Credit, St. Catharines, and Bridgeburg.

Canada's payment of separation allowances to wives and dependents of soldiers now totals more than $3,000,000 a month, and the Patriotic Fund, in addition, is expending about $1,000,000 a month among 75,000 families.

General Alderson, Inspector-General of the Canadian forces, has vacated his appointment on employment with the Imperial forces. Major Lash, Toronto, is now employed in the Canadian militia office in London.

SATURDAY.

Fourteen battalions at Camp Borden and Niagara have received warning to be ready to proceed overseas.

Representatives of municipalities in Niagara district approved the general routes proposed for Hydro radials.

Hon. G. Howard Ferguson, Minister of Lands, Forests, and Mines, denies the report that the Appleton, Wisconsin, Pulp & Paper Company had secured through his department any pulp lands.

Manitoba Bonchers recorded their full confidence in the judges of that Province and resented any insinuations against their honor.

Hon. John Costigan, the last survivor of the first session of the first Parliament of the Dominion, died at Ottawa in his eighty-second year.

The Trades and Labor Congress of Canada voted at Toronto yesterday to ask the Ontario Government to permit the retail sale of wine and light beers.

Stiffer punishment is provided for desertion from the expeditionary forces and with regard to seamen disobeying orders on merchant marine ships requisitioned for war service.

The entire child population of the Bear Island Indian reserve, Timagami Lake, is afflicted with measles, two deaths have occurred, and there is need of a physician and medical supplies.

The German Deputy Minister of War has been dismissed from office.

A French aviator winged three enemy planes in two minutes and a half.

Great praise was rendered by General Joffre to Haig's victorious troops.

It is reported that a life-belt from the German merchant submarine Bremen, long overdue, was picked up off the Maine coast.

The London Daily Chronicle says the Food Price Committee will recommend a meatless day each week for every one excepting manual laborers. It declares retailers are profiting excessively.

MONDAY.

Six more vessels, four of them British, are reported sunk.

Coal prices in Woodstock to-day go up from $8 to $8.50 cash and $9 credit.

Londoners contributed $3,500 in a tag day on Saturday for the Secours National.

Lieut.-Colonel W. D. Allan, of Toronto, has died from illness contracted at the front.

Port Hope has had not a single arrest nor any police court case in two weeks under prohibition.

Registrations at the University of Toronto and the theological colleges is sadly diminished owing to the war.

John Grange, a farmer, of Amabel township, was killed by a train as he was crossing the track. He was somewhat deaf.

Samuel Milburn of Colfax, Ia., Nich. P. Kirscht, address unknown, and Oliver Butler, Chatham, were killed at Chatham by a fall from an 80-foot smokestack, which collapsed.

The Dominion Trades and Labor Congress concluded its session in Toronto on Saturday, after passing many resolutions, including one asking for the exclusion of Asiatic labor.

During its two weeks' operation in Toronto prohibition has made good, returns showing a remarkable decrease in drunkenness. Business is also reported to have improved in different quarters.

Speaking to the Canadian Press, Lloyd George, Minister of War, said yesterday that the Canadians at Courcelette "were in advance of the land. Thank God we have more of them coming," he added.

Two dogs while coon hunting in Malahide are reported to have crawled two miles through a fourteen-inch drain, but got stuck in one of twelve-inch diameter and were finally released, apparently unharried, by a farmer who heard a noise under his feet.

TUESDAY.

The 110th (Perth) Battalion has been reorganized into three companies.

The latest Greek Cabinet has resigned, owing to pressure from the Allies.

Vegetables and fruits in the Niagara district have been damaged two nights by frost.

A few Canadians are to be taken for the Royal Flying Corps, to be trained without expense to themselves.

Stuart Taylor was committed for trial on a charge of shooting Constable Mitchell at Burlington, with intent to kill.

Norman Graham, nine years old, fell down an old elevator chimney at Owen Sound, nearly 150 feet, and was instantly killed.

The Directors of National Service have been named for the several military districts, and are shortly to confer in Ottawa as to their duties.

The police are investigating an alleged conspiracy on the part of three Germans from Detroit to blow up three canning factories in Kent County.

George Morrill of Danville and John Smith, Richmond, Que., were killed when an automobile went over a thirty-foot embankment near Nicolet Falls.

Dr. Evelyn Windsor, physician for the Calgary School Board, is going on active service with the A.M.C., the first Canadian woman doctor to go to the front.

A court composed of Lieut.-Col. Spittal, Lieut.-Col. Greer, and Major Linton commenced investigations yesterday into charges against three non-commissioned officers of the Toronto Base Hospital.

Extensive deposits of nickel ore were found in the Island of New Caledonia by Professor W. G. Miller, Provincial Geologist and member of Ontario's Nickel Commission, and Mr. Thomas Sutherland, Inspector of Mines.

Threaten to Raze Roumanian Capital

LONDON, Oct. 3.—"In their latest raid on Bucharest," says The Times Bucharest correspondent, "the German aeroplanes dropped proclamations declaring that Bucharest will be laid in ruins soon unless Roumania hastens to make a separate peace."

Sores Flee Before it.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Eclectric Oil, which acts like magic. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

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

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

Quick temper is an illumination in honor wous dedsalf esteem.

An excuse is the only thing that's easy to find when you're looking for it.

Heart Palpitated

Would Have to Sit Up in Bed. FELT AS IF SMOTHERING.

Mrs. Francis Madore, Alma, P.E.I., writes: "My heart was in such a bad condition I could not stand any excitement, and at times when I would be talking my heart would palpitate so that I would feel like falling. At night, when I would go to bed and be lying down for a while, I would have to sit up for ten or fifteen minutes, as I would feel as though I was smothering. I read in the daily paper of a lady who had been in the same condition as I was, and was cured by using Milburn's Heart and Nerve Pills, so I bought a box, and they did me so much good, my husband got another, and before I had used half of the second box I was completely cured. I feel as though I can never say enough in favor of your Heart and Nerve Pills."

Milburn's Heart and Nerve Pills are composed of the very best heart and nerve tonics and stimulants known to medical science, and are for sale at all dealers, or will be mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

Price, 50 cents per box, or 3 boxes for $1.25

Children Cry for Fletcher's

CASTORIA

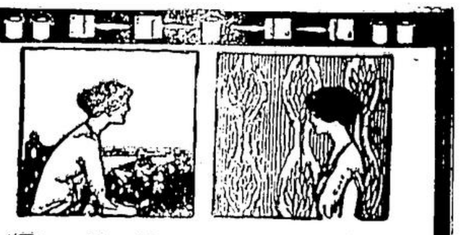
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE **CASTORIA** ALWAYS
Bears the Signature of
Chas. H. Fletcher.

In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.



Pretty Women Prefer Plain Walls

Why? Because walls of solid shades provide better backgrounds for beautiful faces, figures and frocks than those which are "cluttered up" with intricate wall-paper patterns.

One important reason for the rapidly-growing popularity of

FRESCO-TONE

The easily applied, artistic wall finish

is that artistically-inclined women have discovered how well it sets off their beauty and that of their dresses, pictures, curtains, and furniture. Its soft, velvety colors, may be selected to harmonize with any style of furnishings, and, being non-fading and washable, Fresco-Toned walls preserve their original beauty for many years.

And the most gratifying fact of all—to many women—is that Fresco-Tone, in spite of its superiority, costs less than ordinary qualities of wallpaper.

For beauty, cleanliness, durability and economy, use Fresco-Tone.

C. C. SPEIGHT
ACTON - ONTARIO

our local agents, will give you suggestions for color schemes and supply you with genuine Fresco-Tone.

BRANDRAM-HENDERSON LIMITED
MONTREAL · HALIFAX · ST. JOHN · TORONTO · WINNIPEG

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

CAPITAL ... $7,000,000
RESERVE FUNDS AND UNDIVIDED PROFITS ... 7,250,084

THE MERCHANTS BANK OF CANADA

Sir H. Montague Allan, C. V. O., President.
D. C. Macarow, General Manager.

SAFETY

This Bank is one of the oldest established institutions in Canada. It is the Pioneer Bank of Acton, and offers every courtesy to depositors. Interest allowed at the highest current rate on Savings Bank Accounts.

365 branches in Canada. Extending from the Atlantic to the Pacific. Farmers business solicited and money loaned for the purpose of stall or grass feeding cattle, etc. Cheques on any Bank or outside point cashed.

ACTON BRANCH

R. L. Whitman - Manager

THE GRAND TRUNK RAILWAY

PASSENGER TRAINS

The following is the time at which passenger trains call at Acton:

GOING EAST		GOING WEST	
No. 86	7.12 a.m.	No. 17	1.11 a.m.
No. 36	9.03 a.m.	No. 29	8.17 a.m.
No. 80	11.24 a.m.	No. 31	10.30 a.m.
No. 82	3.26 p.m.	No. 33	2.21 p.m.
No. 34	7.52 p.m.	No. 35	5.16 p.m.
		No. 37	9.12 p.m.

Reduce the Cost of Living

Put up lots of Fresh Fruits

WE SELL
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