

THE SHORTEST DAY

A little day for you... A little day for me... A little day for the world...

CURING A BACKBITER

"There goes an ass as ever walked," remarked Giles Diglow as he glanced out of the window of the Hitts shop...

"Well, then you know as likely a man as we've got amongst us; upright in his dealings and liberal as a breeze to his means...

"You are getting to be a regular back-biter, Giles," Uncle Moses went on, in a voice treacherous with earnestness...

"I'm not a back-biter. A back-biter says things behind your back that he wouldn't dare say to your face. I speak my mind as I see fit, but I never say a word about a man that I wouldn't be perfectly willing to have him hear."

"Giles took his departure, much offended, and Walter Haines was left as the only remaining visitor at the shop."

"Well," said Walter, as he slid into a still easier position in his chair. "Uncle Moses took quite a place for him. But it didn't do him a particle of harm. I'd like to see some one give Giles a lesson that he would remember. Look here, Andrew, you heard Giles say that he wouldn't say anything about a man he wouldn't be willing to have him hear. Now look at the man who said that. He said he wouldn't say anything about a man he wouldn't be willing to have him hear. Now look at the man who said that. He said he wouldn't say anything about a man he wouldn't be willing to have him hear."

"What is he taking an unfair advantage of Giles?" asked the shoemaker a little doubtfully.

"That's the way he was perfectly willing to have anyone that he was talking about hear him."

"All right," said Andrew. "Only you mustn't talk back at Giles any more. He's been talking back of himself, you know."

Walter Haines had so difficulty in understanding his friend, and the four were talking about the dirty curtain in the shop when Giles Diglow came to that evening.

"Almost satisfied, Giles," said the shoemaker. "Hit down a minute. Hearty or town tonight for a wonder. Jack Wood was here a few minutes ago, though." He added casually.

"Jack Wood," said Giles, as he sank into a chair, "is a clever, well-meaning chap, whose all is said and done. He wouldn't have a squint."

Andrew waited for further comment, but Giles, looking to the side, said, "George Glover is generally round where Jack is. George Glover is about as strong a man in his town as I know of."

"I don't see why you couldn't do considerable of a man's work if he should take a notion to." A girl Andrew called the name of some of the boys in the town, "he said at length."

"Ran Nowell is as good a judge of shoes as there is in town according to my way of thinking," remarked Giles and with that he stopped.

By this time the shoemaker was having some difficulty in controlling his countenance, but he persevered. "Hear anything of Wab Haines since he was in here this afternoon?"

WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



DELECTABLE SUBSTITUTES

To anyone who wants the full official title of Canada's new Governor-General here it is, according to the Canadian Gazette:

His Excellency the Right Honourable Victor Christian William, Duke of Devonshire, Marquess of Hartington, Earl of Devonshire, Earl of Burlington, Baron Cavendish of Keighley, Knight of the Most Noble Order of the Garter; One of His Majesty's Privy Council; Knight Grand Cross of the Most Distinguished Order of St. Michael and St. George; Knight Grand Cross of the Royal Victorian Order; Governor-General and Commander-in-Chief of the Dominion of Canada.

Feasible, pure, restful, and sickly children, who are confined to warm. Mother Graves' Warm Extremities will relieve them and restore health.

"I hope you give no credit for having some sense."

"No, that isn't what I give you credit for."

"No. I give you credit because I know I can collect from your dad."

Stick Headache and Biliousness CURED BY MILBURN'S LAXA-LIVER PILLS.

Mr. Willard Tower, Hillsboro, N.H., writes: "I have suffered something awful from stick headache. At times it would become bilious, and would have severe pain in my stomach after eating, and morning."

When the liver becomes sluggish and the tongue becomes coated, the stomach and bowels become constipated, and the blood is impure, and various headaches occur. Milburn's Laxa-Liver Pills clean the bowels, purify the blood, and cure the headache.

COULDN'T STAND THEM. A well known Clyde shipbuilder tells the following story.

"Whenever I saw a backbiting I think of a dinner that was given in honor of two Turkish noblemen. I sat near the younger of the noblemen. He glittered with gold embroidery and great diamonds. He was a real prince, and his manners and some of his errors were both ludicrous and painful."

CHILDREN ORY FOR FLETCHER'S CASTORIA. The Poor Man's Friend.—Put up in small bottles that are easily portable and sold for a very small sum. Dr. J. C. Fletcher's Castoria Oil possesses more power in concentrated form than one hundred times the quantity of many unguents. It is cheap and the whole stock is complete without fail.

Had Weak and Dizzy Spells. WAS CURED BY MILBURN'S HEART AND NERVE PILLS.

Mrs. J. B. Nicholls, Litchford, Ont., writes: "I was weak and run down, my heart would palpitate, and I would feel dizzy spells. A friend advised me to take your Heart and Nerve Pills, so I started at once, and found that I felt much stronger, and my heart was ever so much better in a short time. I cannot praise your medicine too highly for what you have done for me. My husband has also been bothered with heart trouble ever since childhood, but finds quick relief by using your valuable pills."

CHILDREN ORY FOR FLETCHER'S CASTORIA. In no matter not to be made to force the future. Still, it would be comforting when one wants to place something on the position.

WISH CONSTITUTION. A Congressman received almost daily letters from a constituent asking for assistance, with emphasis on peas. The demand for peas got so heavy that the Congressman was moved to write this letter: "I am sending you a half dozen more packages of peas as requested. Say what you are trying to do then, then plant the whole State in peas!"

HOW TO KEEP WELL

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

SCHOOL HYGIENE AND SANITATION. REMOVAL of school rooms is usually done by means of the fumes of sulphur or formaldehyde. It is doubtful if, done in the haphazard way it is usually carried out, it is worth the expense.

WHAT SHOULD BE DONE? The best safeguards are cleanliness and the simple use of disinfectants. The objects in the school-room which are frequently handled, such as door-knobs, railings, gymnastic apparatus, toilet fixtures, etc., should be thoroughly cleaned once a week and gone over every day.

DO NOT spit on a state, floor, or sidewalk. Do not spit on the hand or sleeve. Do not pick the nose or wipe the nose on the hand or sleeve. Do not put the fingers in the mouth when turning the leaves of a book. Do not put pencils in the mouth or wet them with the lips. Do not put money into the mouth. Do not put pins in the mouth. Do not put anything in the mouth except food and drink. Do not swap apples, candy, chewing gum, half-eaten food, whistles, toys or anything that is put into the mouth. Never cough or sneeze in a person's face, or your face to one side. Keep your face and hands clean. Wash your hands with soap and water before each meal.

PREVENTING PARALYSIS VS. OTHER COMMUNICABLE DISEASES. Great catastrophes have great lessons, and the greater the catastrophe the greater the lesson. Immediately after the outbreak of a communicable disease, it is essential to prevent the recurrence of similar accidents in the future.

THE Beauty of a Clear Skin.—The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blotches on the skin. Paralysis is caused by the blood poisoning the nerves. The blood is purified by the liver. The liver is purified by the use of medicine. Ladies, who will fully appreciate the value of these pills, can see them with the certainty that the effect will be most gratifying.

BEAUTY OF WORK. The beauty of work depends upon the way we do it. When we are overworked each morning to attend to an emergency that must be attended to before we can get to work, we are overworked. We are overworked when we are overworked. We are overworked when we are overworked.

CONSCIENTIOUS. Mrs. Jones had a new maid, who appeared at the door of the library one afternoon, where her mistress was reading.

"There's no coal, miss," said the domestic, "and the fire is out."

"No coal, miss?" said the domestic, "and the fire is out."

"Why didn't you tell me there was no coal, miss?" replied the girl, "then there was coal."

CHILDREN ORY FOR FLETCHER'S CASTORIA. The Poor Man's Friend.—Put up in small bottles that are easily portable and sold for a very small sum. Dr. J. C. Fletcher's Castoria Oil possesses more power in concentrated form than one hundred times the quantity of many unguents. It is cheap and the whole stock is complete without fail.

Had Weak and Dizzy Spells. WAS CURED BY MILBURN'S HEART AND NERVE PILLS.

Mrs. J. B. Nicholls, Litchford, Ont., writes: "I was weak and run down, my heart would palpitate, and I would feel dizzy spells. A friend advised me to take your Heart and Nerve Pills, so I started at once, and found that I felt much stronger, and my heart was ever so much better in a short time. I cannot praise your medicine too highly for what you have done for me. My husband has also been bothered with heart trouble ever since childhood, but finds quick relief by using your valuable pills."

CHILDREN ORY FOR FLETCHER'S CASTORIA. In no matter not to be made to force the future. Still, it would be comforting when one wants to place something on the position.

WISH CONSTITUTION. A Congressman received almost daily letters from a constituent asking for assistance, with emphasis on peas. The demand for peas got so heavy that the Congressman was moved to write this letter: "I am sending you a half dozen more packages of peas as requested. Say what you are trying to do then, then plant the whole State in peas!"

CHILDREN ORY FOR FLETCHER'S CASTORIA. In no matter not to be made to force the future. Still, it would be comforting when one wants to place something on the position.

WISH CONSTITUTION. A Congressman received almost daily letters from a constituent asking for assistance, with emphasis on peas. The demand for peas got so heavy that the Congressman was moved to write this letter: "I am sending you a half dozen more packages of peas as requested. Say what you are trying to do then, then plant the whole State in peas!"

J. H. CROCKER IS HOME

In the larger struggle for the supremacy of these islands when the sun shone on the life of J. H. Crocker, who is, what he is, needs little explanation, for there in that one Crocker, and none can usurp the place he holds in the affection of scores of the men of Toronto and Canada.

J. Howard Crocker is home again. The announcement of his coming has already cheered the hearts of his comrades of the past, for the bonds of friendship are ever green, and the personality, the influence of which was so strongly felt when he was in his old sphere of activity in this country, has radiated through space from far-off China. As the physical director of the Central Young Men's Association of the Canadian towns in the Olympic games at London, and as the Y.M.C.A. worker and leader in various activities, this man was known to thousands of men and women of his own country, and to hundreds of his own people in the far East. There he worked for the past five years in association with the last two as national secretary for physical work, in this capacity he has performed a notable service in bringing modern physical education to the attention of the people of the far East. He has been through his masterful promoting work which has been so successful in success, and China made her initial entry into athletic endeavor in a way that started the whole world practically helpless, empty. It was through his masterful promoting work which has been so successful in success, and China made her initial entry into athletic endeavor in a way that started the whole world practically helpless, empty.

Mr. Crocker has done a grand work in the far East. There he worked for the past five years in association with the last two as national secretary for physical work, in this capacity he has performed a notable service in bringing modern physical education to the attention of the people of the far East. He has been through his masterful promoting work which has been so successful in success, and China made her initial entry into athletic endeavor in a way that started the whole world practically helpless, empty.

To friends in Canada, Mr. Crocker's departure for the far-off East of last year, and his return here, while there was always the sense of personal and national loss, the return of Mr. Crocker to Canada was a disappointment. J. Howard Crocker had done a marvelous thing: he had stepped out of the sphere of life in which he was an inspirational force and example of insatiable value, and he had given himself to a nation where his possibilities of service were greater a hundred fold. Hear his own words:

"What joy to have a part in the regeneration of a nation and the bringing in of the day of robust, healthy life!"

This is the Crocker spirit. Those who have known him will look upon a word and a deed as the work of a backing vision, the soul of the man who is a leader in a great and noble work. Who can call that a man like him like this as having on the world's history? China is a nation that is making its way in the world, and it is in the hands of men like Mr. Crocker that the future of the nation is being written. Can a nation afford to be without that spirit of idealism and idealism that makes its recreation of national and international value in the hands of men like Mr. Crocker that the future of the nation is being written. Can a nation afford to be without that spirit of idealism and idealism that makes its recreation of national and international value in the hands of men like Mr. Crocker that the future of the nation is being written.

In the past, the re-education of the Chinese nation by the Young Men's Christian Association has come to be recognized as the agency for the promotion of athletic activities and physical education. As the head of this work, Mr. Crocker, therefore, has been a most successful leader in the re-education of the Chinese nation. In the past, the re-education of the Chinese nation by the Young Men's Christian Association has come to be recognized as the agency for the promotion of athletic activities and physical education. As the head of this work, Mr. Crocker, therefore, has been a most successful leader in the re-education of the Chinese nation.

Being a good dresser is a fine thing for either a gentleman or a doctor. It is said that it takes two to make a quarrel, but as a matter of fact one person can make an unlimited number of quarrels to do so.

Many Women Suffer From Pains in the Back. When the back begins to ache it is a sure sign that there is something radically wrong with the kidneys. What you want is a kidney medicine. Doan's Kidney Pills are not a cure-all, but a medicine for the kidneys only. I feel several kinds of pills, but none of them seemed to do me any good. At last I was advised to try a box of Doan's Kidney Pills. I had used five boxes and to-day I feel like a new woman. I cannot recommend them too highly.

The Useful Husband. The new Ontario war tax on annuities has caused few complaints. It is the man who is not a useful husband who is the cause of the trouble. Woodbine recently, however, had a rough time with him. He appeared at the door of his wife's room, and was not aware of the imposition of the tax.

Had Severe Cold ON HER LUNGS. RAISED PHLEGM AND BLOOD. Never neglect what at first seems to be, but a slight cold. You think perhaps you are strong enough to fight it off, but colds are not so easily fought off in this northern climate, and if they are not attended to at once will sooner or later develop into some serious lung trouble such as bronchitis, pneumonia, and perhaps that dreadful disease, consumption.

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

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

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

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

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

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

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

CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of J. H. Crocker. In Use For Over Thirty Years. CASTORIA. 900 DROPS. 35 DROPS - 35 CENTS.



An Advertisement in the Free Press is the Direct Line to the Result You Seek. If your destination is a new job, a Pass Pass adv. is often "quicker and best." And while it may require a little patience to reach it, the goal is worth greatly more than the cost of reaching it.

CHAMBERLAIN'S TABLETS. No more Dyspepsia for Us. There isn't a member of the family who doesn't suffer from indigestion, sick headaches, biliousness, fermented stomach, etc. If so or so will take Chamberlain's Stomach and Liver Tablets. They cleanse the stomach and bowels and stimulate the liver to healthy activity and tone up the whole system. Take one at night and you're right in the morning.

THE MERCHANTS BANK OF CANADA. CAPITAL RESERVE FUNDS AND UNDIVIDED PROFITS \$7,000,000. THE MERCHANTS BANK OF CANADA. President: Sir H. Montague Allan, C. V. O., D. C. Macrae, General Manager.

ACTON BRANCH. R. L. Whitman - Manager. Buy Made-in-Canada Goods.

THE GRAND TRUNK RAILWAY. PAMPHLET TRAINS. The following is the time at which passenger trains will be running:

Reduce the Cost of Living. Put up lots of Fresh Fruits. WE SELL GRANULATED AND ICING SUGARS AND EVERYTHING IN GROCERIES. J. R. LIVINGSTONE WILL BY. 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. Stone & Wellington The Foundry Nurseries (Established 1847) TORONTO ONT.

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. ACTON LIVERY AND BUS LING. Having purchased the livery and good will of the business 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. In all countries. Ask for our INVENTORS' ADVISER, which will be sent free. HARRIS & HARRIS. 364 University St. MONTREAL.