

THE WAY

Just a little every day. Seeds in darkness swell and grow. They break through the soil...

LUMBERING IN ENGLAND

THAMES VALLEY LOOKS LIKE AN AREA IN CANADA

Description Given by Correspondent of the Work Being Done in the Forests of the Old Land by the War Office in Dominion.

The events of the last two years have often seen, have drawn the people of the British Empire into the solid united body. At Virginia Water they might be said to have done more for in this picture...

TRIUMPH OF YOUNG CHEMISTS

Toronto Men Discover Jealousy Guarded German Secret

It is believed that among other commodities brought over to the United States by the German submarine were quantities of the German remedy known as "Salvarsan"...

Demands Exceed Supply

Mr. W. D. McPherson, chairman of the Soldiers' Aid Commission of Ontario, announces that at present the demand for men in excess of the supply...

LESS AND MORE

Not less, breathe more. Not less, walk more. Not less, think more.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always Learn Signature of J. R. Livingstone

It will surprise many to learn that this disease was still seen 3,400 years ago.



HOW TO KEEP WELL

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

INFANT WELFARE—ARTICLE No. 2.

The Mother. The mother should endeavor to maintain her health to the highest point before and after the baby's birth. She should do no heavy work for at least four or five months after the baby's birth.

Artificial Food. If for any reason the mother is unable to breast feed her baby, artificial food must be used either partly or entirely. Then we are obliged to seek and recommend the best form of artificial food...

THE FORMULA—Six Months.

A full-term baby will usually take in twenty-four hours: Cream—Two ounces. Sterilized Milk—Two ounces. Boiled Water—Two ounces. Sugar of Milk—Six level teaspoonfuls.

WAS TROUBLED WHOOPING COUGH

WITH HER LIVER FOR FIVE YEARS

When the bowels become constipated the stomach gets out of order, the liver does not work properly, and then follows the violent sick headache, the pain of the stomach, belching of wind, heartburn, and flatulences.

Children Cry FOR FLETCHER'S CASTORIA

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

Children Cry FOR FLETCHER'S CASTORIA

Telegraphic specialties have been invented for persons who are so extremely near-sighted that ordinary lenses do not affect the defect.

WAS WEAK and RUN DOWN SUFFERED WITH "NERVES"

Many women become run down and worn out by their household cares and duties under such conditions as to find themselves with shattered nerves and weak hearts.

Children Cry FOR FLETCHER'S CASTORIA

Telegraphic specialties have been invented for persons who are so extremely near-sighted that ordinary lenses do not affect the defect.

Children Cry FOR FLETCHER'S CASTORIA

The Oil of the People—Many oils have come and gone, but Dr. Thomas' Electric Oil continues to make a name for itself.

UNSIGHTLY PIMPLES COVERED HIS FACE.

H. B. B. Cured Him.

All diseases and blemishes of the skin are caused by the blood being in an impure condition. The best blood purifier on the market to-day is Burdock Blood Bitters.

SUNDAY SCHOOL

Lesson VII.—First Quarter, For Feb. 18, 1917.

THE INTERNATIONAL SERIES.

Text of the Lesson, John iv, 43-54. Manry Veras, 49-51—Golden Text. Matt. vii, 13—Commentary Prepared by Rev. D. M. Stewart.

The story of today is called the second miracle in Galilee, and it was wrought at the same place as the first. It was at Cana. Verse 43, chapter 4, Matt. vii, 13.

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Children Cry for Fletcher's



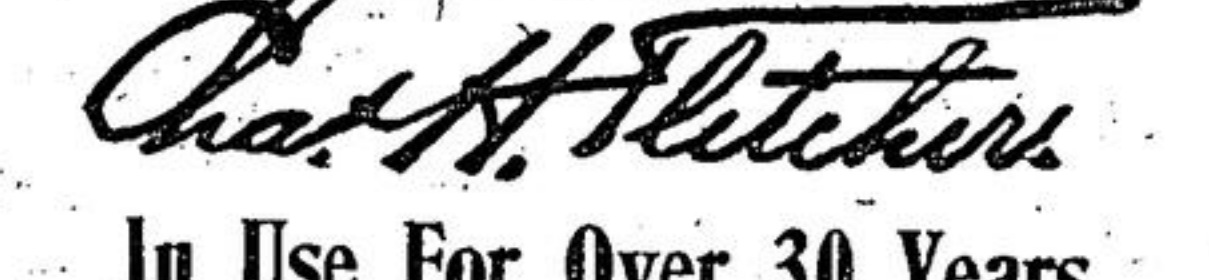
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Williams.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and soothing Syrup. It is pleasant, contains neither Opium, Morphine nor other Narcotics, and always gives relief.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTRAL COMPANY, MANUFACTURERS

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Our grocery stock is now most complete including the well known "Sunlight" brand. Canned Peaches, Apricots, sliced Pineapple, etc.

RUSSELL'S

Mill St. Acton

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President: Sir H. Montague Allan, C. V. O., 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.

L. B. Shorey - Manager

February 15th Thursday Telephone Book.

New Issue of the

Copy the next Telephone Directory closes on the above date.

Order your telephone now, so that your name will be in the new issue!

Report changes required to our Local Manager to-day.

The Bell Telephone Co. of Canada.

M. SAXE, Merchant

MILL ST. ACTON

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46c. We are paying 46c. this week for Cream at Acton Creamery.

MILL ST. ACTON M. SAXE.

GRAND TRUNK RAILWAY SYSTEM

LANDOWNER TRAINS

Table with columns for train numbers, routes, and times. Includes routes like Montreal to Toronto and Toronto to Montreal.

GOOD THINGS TO EAT

J. R. Livingstone's

- Fresh Groceries, Fresh and Salt Meats, A special line of Sausages and Hamburg Steaks, Vegetables, Canned Goods, Home Made Pickles, Confectionery, All Grocer's Sundries.

Orders gladly received. Promptly delivered. The children's courtesy dealt with.

We want to make 1917 our biggest business year.

J. R. Livingstone

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ACTON ONT.

ACTON LIVERY

AND BUS LINE

Having purchased the livery and goodwill 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.

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Mill St. Acton Ont.

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