

The Acton Free Press

MARCH 1, 1917.

FAIRY FASHIONS

The fairies read the Baby Leaf, And so they always know. When Nature's big department store Has something new to show. The latest shapes in sun tops Are all the rage. But give you, too, A filmy cloche-veil.

New models in the peacock gowns This season can be seen. With shoulders of satin and leaf In harmonizing green.

The girls depend on a make Of silk or organza dress, From caterpillar lace one Can hardly bear to turn.

Mid-thin display the fairies say, Although they are not rich, Their silver drop-top coats will melt Like any other cash.

—New Zealand.

ARTIST AND PAINTER

Among the many stories of Sir Frederick Leighton, the great artist, the following account of his visit to America is given. He noticed a sign-board, rudely painted by a local artist. The man after a few moments, remarked that it was a fine day. Leighton agreed, adding that a figure on the sign-board was out of proportion.

"Wherebeit out?" asked the surprised workman. "I'm thinking you're something wrong in your sight."

"If you'll get off that ladder I'll put it right for you," replied the R. A., good-humoredly.

"Aye, but can ye paint?" queried the other doubtfully.

"I have done considerable painting in my time," answered Leighton, as the other clambered down the ladder.

Then, taking the pallet, he climbed up and commenced to paint, and did not stop until he had completed the sign-board.

"Well, that's not so bad," was the rural workman's comment. "Art is not so paying now. Still if you like to do work for me, I'll give ye more than a due's rule."

"Thanks," replied Leighton. "My name is Leighton."

"Very pleased to know you, Mr. Leighton," replied the man, ignorant of what the name meant. "My name is Tom."

BREWARD OF VIRTUE

"Father, give me a good lickin'" and make me cry" was the astonishing request little Jimmy made.

"What makes you want such an absurd thing?" inquired father.

"You'll hit me and I'll holler with all my might and mother will wipe my face with her apron and give me a penny and I'll buy candy," came the bold rejoinder.

Children Cry FOR FLETCHER'S CASTORIA

To remove paint from glass rub with hot vinegar.

ether is good for removing grease stains from clothing.

To prevent accidents, paint the bottom of cellar steps white.

All sue puddings should be cooked a long time to make them digestible.

Add a teaspoonful of salt to starch when making, if a glosy finish is desired on lines.

Drive six brass-headed tacks in the iron board to take the place of a flat-iron stand.

FOR "LIVERISHNESS"

USE
MILBURN'S
LAXA-LIVER PILLS

THEY NEVER FAIL TO DO GOOD.

Mr. J. Shattock, Halifax, N.S. writes: "I take pleasure in informing you concerning the great value I have received by using your Milburn's Laxa-Liver Pills for a singular liver trouble which I had for a number of years, but after using a couple of vials of your pills I have not been bothered with the headache any more."

Mr. T. Milburn's Laxa-Liver Pills effectively allay the distressing symptoms from the system, and prevent as well as cure all complaints arising from a liver which has become inactive.

Each vial of Laxa-Liver Pills are 25c. a vial or 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price, by T. T. Milburn Co., Luttrell, Toronto, Ont.

THE SHORTEST DAY

A little day ran past. Without a word from me; I thought it ran too fast. But that could hardly be. Because a little girl next door, they say, found time to speak a happy word that day.

A little day was spent. Almost before I knew it, I was indeed a widow. And so, on a sudden at set of sun, You found very little you had done.

Sunday School Advocate.

The ease with which corns and warts can be removed by Holloway's Corns Cure is its strongest recommendation. It salves falls.

As a veritable charm is nothing so potent as Mother Graves' Worm Exterminator and it will give to the most delicate child without fear of injury to the constitutive tissue.

Children Cry FOR FLETCHER'S CASTORIA

GAVE HER A LESSON

"Have you any rage to sell?" said the ragamuffin to a thin-looking woman who was standing at her door. "No," replied the woman, "accepting those I am weak at the present time." If you want them you'll have to take me, too." The ragamuffin scowled the householder up and down, and a triumphant smile lurked around his lips.

"I'm very sorry, ma'am," he replied, as he made for the gate. "I'm only buying rage, not houses."

Linen pillow slips are a great comfort to an invalid.

A good and simple dessert is boiled rice and stewed figs.

MAGIC DAY BAKING POWDER

THIS WORLD CROWDED

Why, Lake Champlain, Frozen, Would easily hold All Its People.

There are on this globe about 1,200,000,000 inhabitants. Most of us, who look through the telescope, are apt to mention of this big number are not to speak of the "population" of the world. Yet if we explore a few moments, we shall better know what this represents. There is in my study room a portrait of a globe about fifteen inches high, depicting the earth. There is mounted a little atom about the size of the point of a pencil, at my rate, no small as to make it impossible to write the name of its name, Lake Champlain, upon it.

Now, in the case of Lake Champlain, there is a good deal of water, but the water is not crowded.

The globe depicts a make of water, but the water is not crowded.

From caterpillar leaves one can hardly bear to turn.

Mid-thin display the fairies say,

"Although they are not rich,

The silver drop-top coats will melt

Like any other cash."

—New Zealand.

HOW TO KEEP WELL

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

INFANT WELFARE—ARTICLE No. 4.

HAVING DEALT with the subject of artificial feeding by means of modified cow's milk, let us return to what has already been pointed out to be the best and most convenient food for the baby, viz., breast milk. The mother's milk is the easiest way. It is fresh, clean, and always tan. It is the easiest digested and when given to infants causes such as diarrhea and cure the disease when they occur in babies who have not had breast milk. It increases the resistance of a well-baby to disease, and it helps a sick baby to recover from all sorts of diseases.

The nursing Mother. The mother should remember that the nursing of her baby is her most important business in life for the time being. Everything else must be secondary to it. Food, exercise, and outdoor air are all important to the supply of breast milk. The food should consist of the greatest variety of nutritious articles.

The quantity of food should be sufficient to satisfy the baby's appetite, but she should have a lunch in the middle of the forenoon, afternoon, and at bed-time. These lunches should consist of milk or gruel. She should have about a quart of liquid food daily in addition to the three regular meals.

The Mother's Nipples. The nipples should receive attention. In order to prevent cracking it is useful to wash the nipples once night, twice day, and a glass of milk during the night.

Caster Oil—One ounce.

These ingredients should be thoroughly mixed up together in a clean jar and kept in a cool, shaded place.

The nipples sometimes crack at the top or at the base where they join the breasts. The danger of cracks in the nipple itself in that they may lead to infection and abscesses.

The friction of the clothing and the action of the cloth is quite important. In a long, cold winter, however, the use of sheet should be a sure protection against the cracking of the nipples, with the attendant risk of infection.

If cracks do occur it is useful to wash them with 70 per cent alcohol and paint with compound (nitrate of benzoin) (Fraser's Salve) twice a day.

Composition of Breast Milk. Breast milk is composed of fat 4 parts; sugar 7, protein 7, (or albumen), 1.60; salts .20, and water 87.50, making up 100 parts. The fat is mainly oleic acid, and the protein is casein, with a small amount of whey protein.

In tubercular and chronic wasting diseases, sprouting from the breast should be stopped.

(To Be Continued.)

Had Pneumonia

DR. WOOD'S

NORWAY PINE SYRUP

CURED HIM.

A cough is an early symptom of pneumonia. It is at first frequent and hacking, and is accompanied with a little, tough, colorless expectoration, which soon, however, becomes more copious and of a rusty red color, the lungs becoming congested and the bronchial tubes filled with phlegm making it hard for the sufferer to breathe. Males are more commonly attacked than females, and a previous attack seems to give a special liability to another.

The first sign of a cold or cough you should get a bottle of Dr. Wood's Norway Pine Syrup and thus prevent the cold from developing into some serious lung trouble.

Mr. E. Charles, North Toronto, Ont., writes: "Two years ago my husband had a very bad attack of pneumonia, and the doctors said he was getting consumption.

A friend came to see me and said me and my husband were getting consumption. Dr. Wood's Norway Pine Syrup I got three bottles and they seem to quite clear his chest of the phlegm, and now he is fine and well."

I shall never be without it in the house; it is a very valuable medicine."

Dr. Wood's Norway Pine Syrup is put up in elegant grapefruit jars, the trade mark size 25c and 60c.

The genuine is manufactured only by T. T. Milburn Co., Luttrell, Toronto, Ont.

A purely Vegetable Pill—The chief ingredients of Milburn's Vegetable Pill are mandrake and dandelion, sedative and purgative, but perfectly harmless in their action.

They cleanse and purify and have a most healthful effect upon the secretions of the digestive organs. The dyspeptic and all who suffer from liver and kidney ailments will find in these pills the most effective medicine in concentrated form that has yet been offered to the suffering.

Children Cry FOR FLETCHER'S CASTORIA

With so thorough a preparation at hand as Miller's Worm Powders the mother who allows her children to suffer from the ravages of worms is unwise and culpably careless. A child subjected to the attack of worms is usually unhealthy and will stint in its growth. It is a merciful act to rid it of these destructive parasites, especially when it can be done without difficulty.

How It Ended.

"And what do you call our ought to attend

a visitor on one of our battleships."

"I responded the jolly tar, "we'd told to do something else, and then we'd told to do something else, and then we'd told to do something else, and then we'd told to do something else."

"But he thinks it's his business to show everybody else how to attend to his business."

Biology.

"Biology says you ought to attend to your own business."

"Yes. But he thinks it's his business to show everybody else how to attend to his business."

How Indigestion.

BURDOCK BLOOD BITTERS

CURED.

A madam lady of uncertain age entered a shop with the idea of purchasing a parrot. She insisted on seeing and at last decided upon a pair of bright, bright-colored birds.

"That's a good bird, indeed," said the idealist.

"But he has one fault," he grumbled.

"What's that?" the idealist asked.

"He doesn't like his food."

The spouter faded wistfully. "Then I must have him," she said promptly. "It will be almost like having a man in the house."

It is wise to put a little salt in the water in which vegetables are washed.

Water pots off cabbage-leaves because they are covered with a very fine dust.

Dark clothes ate the washers because they attract more heat from the sun.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears

Signature of

SUNDAY SCHOOL.

Lesson IX.—First Quarter, For March 4, 1917.

THE INTERNATIONAL SERIES.

Text of the Lesson, John vi, 1-21—Memory Verses, 10, 11—Golden Text, Matt. vi, 11—Commentary Prepared by Rev. D. M. Oates.

This miracle of the feeding of 4,000 men, besides women and children, with a few loaves and fishes is the only miracle recorded in each of the four gospels, and is known to all. It is the one the one we are to do.

The Miracles of the Mother. The mother should remember that the nursing of her baby is her most important business in life for the time being. Everything else must be secondary to it. Food, exercise, and outdoor air are all important to the supply of breast milk. The food should consist of the greatest variety of nutritious articles.

The Mother's Nipples. The mother should remember that the nursing of her baby is her most important business in life for the time being.

The Friction of the Clothing. The friction of the clothing and the action of the cloth is quite important.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.

The Friction of the Cloth. The friction of the cloth is also important to the supply of breast milk.