

THE BUSY DAY

My eyes have little signs of being busy... This is my busy day... Why, when I'm busy I just race...

NEWS TOPICS OF THE WEEK

WEDNESDAY

A profit of \$21,823 is shown on the year's operation on the Niagara Hydro system... A portion of the Toronto Golf Club grounds will be used for the raising of vegetables...

THURSDAY

The American Senate declared for war by a vote of 82 to 6... The National, a London newspaper, writes: "I take pleasure in writing you concerning the great value of your Laxa-Liver Pills..."

FRIDAY

The American Congress voted for war early this morning... Six hospital ships have been sunk by the U-boats since the war began...

CASTORIA

For Infants and Children In Use For Over 30 Years... It is the greatest pleasure I can give you to recommend it to any other suffering woman...

ROYAL YEAST CAKES HAS BEEN CANADA'S FAVORITE YEAST FOR OVER 30 YEARS... MAKE PERFECT BREAD

HOW TO KEEP WELL

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

THESE ARE COMMONLY CAUSED BY indigestion or indigestion of any acute illness. Rarely are they due to brain disease...

Colic and Contagious Diseases. Acute colic is very contagious. Children with colic or sore throat should be kept away from other children...

Whooping Cough. Whooping cough doesn't begin with the "whoop." It begins like any other cough, and after several days the whooping sound begins...

Constipation. If the baby has not had a movement for 48 hours, give him a small amount of castor oil or warm steamed or a suppository of soap glycerine...

Diarrhoea. Children often have diarrhoea as a result of large amounts of adenoids or with the course of a cold. Diarrhoea is dangerous as it develops into a running, watery, diarrhoea...

FOR "LIVERISHNESS" USE MILBURN'S LAXA-LIVER PILLS. THEY NEVER FAIL TO DO GOOD.

Many women are kept in a state of fear of death, become weak, worn and unable to do their household, social or business duties...

FOR "LIVERISHNESS" USE MILBURN'S LAXA-LIVER PILLS. THEY NEVER FAIL TO DO GOOD.

Wise mothers who know the virtues of Milburn's Laxa-Liver Pills always have it at hand, because it proves its value.

How to avoid Operations. Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ill peculiar to their sex...

Marinette, Wis.—"I went to the doctor and he told me I had to have an operation for a tumor... I had to have it removed, and I hated to have it done as I had been married only a short time..."

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything..."

Bellefonte, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation..."

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PREPARING THE SOIL

First Things to Do in Getting the Garden Ready.

FEW TOOLS ARE NECESSARY

Information on Digging, Planting, and Transplanting Which Will Help the Amateur to Get Started Right.

The soil is the workshop in which to grow many of the constituents which go to make up plant food. These foods must be so treated that they will be in such a condition that they may be readily taken up by the slender rootlets of the plant...

It is possible to add some manure to your soil and work it into the soil before planting time. This manure may be obtained from various sources...

It is necessary in all gardens that the soil be turned over at one time or another during the early spring in order that it may be made loose and aerated...

PLANTING OF SEEDS. When it has been determined that the soil is suitable for planting and the weather is nice and warm, it is necessary that the seeds be planted in the garden...

TRANSPLANTING. The city dweller who has not the opportunity to grow plants of first-class quality of such vegetables as tomatoes, cabbages, etc., should be able to grow other appliances such as a hotbed...

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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 Dr. J. C. Fletcher...

What is CASTORIA? Castoria is a harmless, substance for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance...

GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Fletcher. In Use For Over 30 Years. The Kind You Have Always Bought.

Comrades! If you cannot carry a rifle, you can serve your country on the farm.

"The plow is our hope," declared Right Hon. David Lloyd George, the Prime Minister of Great Britain. The tremendous significance of these words in the face of a world shortage of food must be a matter of concern to all.

Help the farmer increase production. At this supreme hour when ample food production is one of the indispensable means of victory, the country faces a serious shortage of men and boys on the farms.

Boys. Decide now to help in the war. If you are between the ages of 14 and 18, and have good term record, you can secure promotion at school by enlisting for farm service...

Men. The Department appeals to retired farmers, to men who can spare at least a portion of their time, to all men who can arrange their affairs so as to help some farmer. Every man is invited to enlist for farm service.

Ontario Department of Agriculture. W. H. Hearst, Minister of Agriculture. Parliament Buildings, Toronto.

"MAPLEHURST" Now on the Market. 35 CENTRALLY LOCATED BUILDING LOTS for prompt sale at very reasonable prices.

Choose Yours TO-DAY. This new "Maplehurst" subdivision, with its numerous building lots, in splendid situation is now open to purchasers.

Robt. Wallace, Acton. For full particulars as to prices, terms, etc., call on Robt. Wallace, Acton.

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GRAND TRUNK RAILWAY SYSTEM

PASSENGER TRAINS. The following is the time at which passenger trains will arrive at Acton:

Table with 4 columns: Train Name, Arrival Time, Departure Time, and Notes.

GOOD THINGS TO EAT

J. R. Livingstone's. Fresh Groceries, Fresh and Salt Meats, A special line of Canned Goods and Preserved Fruits, Confectionery, Canned Goods, All Groceries' Sundries.

Orders daily received. Promptly delivered. The children's favorite. We want to make 1917 our biggest business year.

J. R. Livingstone. Groceries and Provisions. ACTON ONT.

Robt. Noble LIMITED

We have a good supply of SEEDS on hand for the spring trade. Red Clover, Alkali, Alfalfa, Timothy and Blue Grass, etc.

J. L. WARREN MANAGER. TELEPHONE NO.

ACTON LIVERY AND BUS LINE

Having purchased the livery and good-will of the business from Mr. A. McCann, I solicit with confidence the patronage of the public.

L. E. ATKINSON. Acton 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.

PATENTS PROMPTLY SECURED. 364 University Ave. MONTREAL.

Buy Made-in-Canada Goods.