The Acton Free Press.

THURSDAY, MAY 24th, 1917

THE MORNING SUMMONS

When the mist is on the river and the haze
is on the hills,
And the promise of the springtime all the
ample heaven fills;
When the shy things in the wood haunts,
and the hardy on the plains,
Catch up heart and feel a leaping life
through winter's sluggish veins;

Then the summons of the morning like a
bugle moves the blood,
Then the soul of man grows larger, like a
flower from the bud.

For the hope of high endeavor is a cordial
half divine,
And the banner cry of Onward calls the
laggards into line.

There is glamour of the moonlight when
the stars rain peace below,
But the stir and smell of morning is a
better thing to know;
While the night is hushed and holden and
transpierced by dreamy song,
Lo! the dawn brings dew and fire and the
rapture of the strong.

—Richard Barton, in Atlantic.

FROM HIS SIDE

"Now, sir," said the bullying counsel sternly to the witness from the country, "I want you to tell me plainly whether an effort has or has not been made to make you tell a very different story!"

"Yes, sir. Several persons have tried to get me do that, but they couldn't."

"Now, sir, upon your oath I wish to know who those persons are!"

The witness scratched his head and at last replied:

"Well, I guess you've tried about the hardest."

Had Weak and Dizzy Spells.

WAS CURED BY

MILBURN'S

HEART AND NERVE PILLS.

Mrs. J. S. Nicholls, Listowel, Ont., writes: "I was weak and run down, my heart would palpitate, and I would take weak and 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 it has done me a world of good. My husband has also been bothered with heart trouble ever since childhood, and finds quick relief by using your valuable pills."

Milburn's Heart and Nerve Pills have been on the market for the past twenty-five years, and are universally known as the very best remedy for all troubles arising from the heart or nerves.

Milburn's Heart and Nerve Pills are 50c. per box, 3 boxes for $1.25, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

Whether the corn be old or new growth, it must yield to Holloway's Corn Cure, the simplest and best cure offered to the public. 23

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

What we know about others and don't tell sometimes makes us feel very superior and virtuous.

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.

Mrs. L. Melanson, Plympton, N.S. writes: "I am sending you this testimonial, telling you what a wonderful cure Doan's Kidney Pills made for me. For years I had suffered so with my kidneys I could hardly do my housework. I used several kinds of pills, but none of them seemed to be doing me any good. At last I was advised to try a box of Doan's Kidney Pills. When I had taken the first box I found relief. I have used five boxes and to-day I feel like a new woman. I cannot recommend them too highly."

Doan's Kidney Pills bear the trade mark of a Maple Leaf and are put up in an oblong grey box. See that you get "Doan's" when you ask for them.

Price 50c. a box, 3 for $1.25, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

When ordering direct specify "Doan's."

Sometimes we run across a man who is such a poor hunter that he can's even find fault.

A small amount of truth will tincture an immeasurable quantity of gossip.

Lots of folks are aching for a scrap who are afraid to begin it.

Children Cry

FOR FLETCHER'S

CASTORIA

Salt put on an ink stain freshly made will loosen the mark.

Vinegar in washing with water cleanses grease, brightens china, and is a good disinfectant.

Sick Headache and Biliousness

CURED BY

MILBURN'S

LAXA-LIVER PILLS.

Mrs. Willard Tower, Hillsboro, N.B., writes: "I have suffered something awful with sick headache. At times I would become bilious, and would have severe pains in my stomach after eating, and have a bad taste in my mouth every morning. I told some of my friends about it and I was advised to use Milburn's Laxa-Liver Pills. This I did and they cured me."

When the liver becomes sluggish and inactive, the bowels become constipated, the tongue becomes coated, the stomach foul and sick and bilious headaches occur.

Milburn's Laxa-Liver Pills clean the foul coated tongue and stomach and banish the disagreeable headaches.

Milburn's Laxa-Liver Pills are 25c. per vial, 5 vials for $1.00, at all dealers, or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

GILLETT'S LYE

EATS DIRT

MADE IN CANADA

GILLETT'S LYE

CLEANS—DISINFECTS—USED FOR SOFTENING WATER—FOR MAKING HARD AND SOFT SOAP—FULL DIRECTIONS WITH EACH CAN

NEWS TOPICS OF THE WEEK

WEDNESDAY.

The Kaiser had a narrow escape from an assassin's bullet.

More valuable neutral ships were destroyed by the submarines.

A remarkable campaign was conducted to float Italy's war loan.

The British Government is considering State control of the liquor trade.

A gas well has been struck near Port Stanley with a flow of a million feet a day.

A large number of Canadian troops reached England safely, including eight battalions.

Mr. F. McMahon, York Mills, has turned over his farm of 93 acres to the War Production Club.

Mr. E. H. Cousins, of the Toronto Harbor Commission, reports a plentitude of labor along the waterfront.

According to reports made to the Department of Agriculture, vegetable-raising is booming in Ontario.

The branch banks throughout Ontario will be ready to accommodate farmers in buying seed after Thursday.

At a meeting of the Toronto Board of Health Alderman Maguire declared his opposition to a food dictator appointed by the "interests."

Salaries in the civil service are to be increased, and it will be possible for those in class III. to pass into class II. by recommendation.

The Canadian Defence League passed a resolution favoring selective conscription and criticized the Government for not putting it in force before.

George Meyers, a farmer, near Port Burwell, was found unconscious and bleeding much from a gunshot wound, probably caused by a stray bullet from woods near by.

London Presbytery, meeting at St. Thomas, and Stratford Presbytery strongly disapproved of any suspension of the Lord's Day Act under the guise of patriotism to help farmers produce more.

THURSDAY.

Ernest William Beckett, second Baron Grimthorpe, the well known English banker, died in London.

Assessment roll returns yesterday gave Orillia's population as 8,854, an increase of 800 over last year.

The City of Niagara Falls, Ont., will plant a civic potato patch, and will sell the potatoes to the citizens next fall.

Sir George Foster stated in the House of Commons that there were no wet canteens in Canada and none would be created.

The Labor and Socialist parties of the Allied nations will hold a meeting in London next month to confer on the position of Russia.

It is officially stated that twenty-four ships were sunk last week by German submarines, being a slight decrease in the number of victims.

A proposal to tax bachelors heavily, or, alternatively, to compel them to adopt one or more war orphans, will shortly be discussed in the German Reichstag.

Russian and German troops on the Eastern front are reported to be fraternizing. The warriors dance in no man's land to the accompaniment of a gramophone.

Major-General Kartzoff, commander of the Siberian Rifles Division, has been assassinated. He was attacked while walking near the railroad station, his assailant disappearing.

Ex-President Taft, addressing the Canadian Club at London, Ontario, predicted a long war in which a large American army will be needed to help administer the finishing stroke.

The United States has arranged to make a loan of $75,000,000 to Belgium, which will be expended by the Belgian Relief Commission. The loan will be advanced at the rate of $12,500,000 a month, of which $7,000,000 will be available for relief in Belgium and $5,000,000 for relief in Northern France.

FRIDAY.

Heavy Austrian attacks were beaten back by the Italians.

A Sinn Feiner was elected to the British House of Commons.

Seven Austrian steamers were purchased by American interests.

Eleven German destroyers were chased from the English coast.

Alberta elections, it is reported, are to be held June 14 and 16.

Local option was passed by both Houses of the New York State Legislature.

Of the membership of the West Y. M. C. A., Toronto, more than one-third have joined the colors.

The New Brunswick Legislature convened, with the new Premier, Hon. Walter E. Foster, in his place.

Sir Henry Drayton made a strong plea before the Canadian Club, Toronto, for the nationalization of railways.

Retired farmers are needed to instruct amateur gardeners who are working in the war production campaign.

St. Catharines residents in three days gave $218,000 for the Patriotic and Red Cross Funds, an average of $3 per head.

Brantford Trades and Labor Council decided to form a Brantford Independent Labor party to enter the political arena.

Ontario Hydro-electric Commission officials advise against Windsor's buying out the S. W. & A. Street Railway at present.

The Ryndam, with the Austrian Ambassador to the United States and his party on board, sailed from Halifax, its examination having been completed.

The Ontario Equal Franchise League resolved to support only the best candidates and asked for the appointment of a returned soldier as superintendent of the jail farm.

Buenos Aires newspapers declare that the Government has positive information that the Argentine sailing ship Oriana has been sunk by a German submarine. The papers say the incident is graver than the sinking of the Monte Protegido, and demand that the Government act.

SATURDAY.

Seven more Norwegian steamers were reported sunk.

E. F. Blewett, K.C., a prominent Stratford lawyer, is dead.

Thirteen Austrian submarines were sunk by Italian patrols.

The Commons discussed shipbuilding and the submarine menace.

Niagara is not on the list of military camps to be opened on May 20.

Fire did $350,000 damage to the plant of the Cuff Ammunition Works, Sterling road.

Forty freighters are waiting to lock through the Soo Canal, being detained by ice.

Magistrate Jelfs of Hamilton fined George Bevan $1,000 or six months for selling liquor.

The death of Mrs. Mabel Ryan, of Toronto, following an altercation, is to be investigated.

The Germans confronting the positions held by the Canadians are considerably reinforced.

Indians are to apply for the franchise, which has been granted to Indians on active service.

Sir Adam Beck in an interview said nationalization of railways would help the Hydro-radial scheme.

Halifax and Sydney Trades and Labor Councils have passed resolutions urging Government control of food stuffs.

Right Hon. A. J. Balfour, the British Foreign Secretary, will visit Toronto the end of next week or the week following.

During a riotous scene the Chinese House of Representatives refused to approve a declaration of war against Germany.

A 24-foot highway was ordered by the Ontario Railway Board for the five miles of the Toronto to Hamilton project nearest to Toronto.

MONDAY.

Notable progress was made by the Allies in Asia Minor.

Retired farmers are coming to the aid of the War Production Club.

The Canadian Engineers contributed greatly to the success of the Arras drive.

Field Marshal Joffre was accorded a great reception in Montreal on Saturday.

The German Chancellor was the target for attacks by the Junkers and the Radicals.

Church leaders have issued a call for periodical days of prayer for repentance and victory.

Teutons admitted that the British tanks and gas weapons were giving them considerable trouble.

Before the Medical Commissioner, Surgeon-General J. T. Fotheringham said cures of soldiers were exciting wonder.

Anthony Douglas, a young Enniskillen farmer, was killed in a runaway accident Saturday evening in Petrolea.

Mrs. S. W. Day of Kingston perished of suffocation and burns when she struck a match in the cellar, her wrapper catching fire.

London Men's Federation strongly condemned race meets in Canada during the war, and asked the Government to prohibit them.

Mrs. Sarah Badgerow, Toronto, risked the lives of herself and sister-in-law and wrecked her automobile to save children from injury.

Elsie Rojinsky, Toronto, aged sixteen, was arrested, charged with entering a house and stealing money. She told the police that her family had no money to buy food.

M. Rene Vivani, former Premier, and now Minister of Justice of France, delivered a thrilling address to the Senators and Commoners in joint session on Saturday.

TUESDAY.

The strike of engineers in England has broken down.

Saskatchewan wheat is about three-fourths sown.

A zeppelin was destroyed in the North Sea by British warships.

Hon. M. A. Macdonald, Attorney-General of British Columbia, has resigned.

Brant farmers have formed a co-operative society, with two hundred members.

The Toronto City Council voted in favor of the enforcement of the Militia Act.

About 50,000 prisoners have been taken by the Allies in France in the past month.

Mr. Alfred Sheriff, Deputy Minister of Game and Fisheries, died at his home in Toronto.

The Toronto and York Patriotic Fund made higher grants to meet the increased cost of living.

Sir Lyman Melvin Jones died leaving an estate of $1,143,004 to his widow and his daughter, Mrs. Crawford Brown.

The Dominion Department of Agriculture recommends the planting and eating of beans as more profitable than potatoes.

The Meaford Board of Trade is asking other boards to take immediate action urging Governmental stoppage of racetrack meets.

The Western Racing Association has offered the infield of Devonshire Park, near Windsor, for workingmen's allotments for cultivation.

Five Brantford men will plant fifty acres with potatoes and fifty acres with beans to further production, not looking for financial success.

Colonel (Dr.) Herbert Bruce's report replying to the Baptie Commission's report has not reached the Militia Department, though he states he sent it.

The Executive of District No. 13, United Mine Workers of America, has called a strike affecting about 6,000 coal miners in Alberta and British Columbia.

Bread is up 12 cents a standard loaf in London and Sarnia (twice the price of a year ago), and will go to 15, bakers say, this week, unless the gambling in wheat is stopped.

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.

Miss Kasye McDonald, Sydney Mines, N.S., writes: "Last winter I contracted a severe cold, and it settled on my lungs. I would cough and raise phlegm and blood. I had the cough for a month, and had medicine from the doctor, but it did not seem to do me any good. I really thought I had consumption.

My friends advised me to use Dr. Wood's Norway Pine Syrup, which I did, and it gave me great relief. I am very glad I used 'Dr. Wood's,' and would recommend it to every one."

You can procure Dr. Wood's Norway Pine Syrup from any druggist or dealer, but be sure and get "Dr. Wood's," when you ask for it as there are a number of imitations on the market, which some dealers may try to palm off on you as the genuine.

See that it is put up in a yellow wrapper; three pine-trees is the trade mark; price 25c. and 50c.

Manufactured only by THE T. MILBURN CO., LIMITED, Toronto, Ont.

A good cook in the kitchen is much more to be desired than a pianola in the parlor.

Children Cry

FOR FLETCHER'S

CASTORIA

HOW TO KEEP WELL

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

TO PASS COMFORTABLY THROUGH MENSTRUATION.

(Continued.)

RATIONAL METHOD is all that is necessary, excepting in those cases where correction of anatomical defects may exist. Woman's early training teaches that bathing must not be done during the menstrual period. Therefore, at the time she needs it most bathing is done the least. In inquiring into the cause of this very general rule I find that in most instances girls and women have lived under conditions where cold water was the only kind obtainable, with extra trouble, and not much privacy in the home was possible. If anyone they ever heard about had bathed at such times, such practice was held to be the cause of any illness, from dropsy to tuberculosis, which might develop. Therefore modesty and fear were the prevailing first causes of personal uncleanliness at this time. They were the foundations on which the teaching was based.

Conditions of living have improved. Hot water arrangements are almost as general and necessary as cold water arrangements. A special room is now set aside for toilet purposes where the individual occupant can isolate herself. Not only can she have hot water, but she has a bathtub especially adapted for her purposes, and, most important, she can regulate the temperature of the bathroom to suit her needs. Even if it has no special heating apparatus, she can heat it by running the tub full of hot water first and cool the water down after the steam has heated the room. Temperature is the most important element at the menstrual times and the factor which should entirely dissolve any persisting fear. It was the cold water and the probable cold room that prolonged the fear of bathing at this time.

The woman of to-day not only can use a warm bathroom, but she has hot water or water tempered as she wishes it. Many bathrooms have a special tub for her—the Sitz bath—but where this is missing she can get the same effect, though somewhat less conveniently, by using the ordinary tub.

During ten days of every month of a woman's menstrual life there is an increasing activity of the ovaries and the glandular structures of the uterus. A portion of this activity is in preparation for and a portion of it is a part of menstruation. This means increased blood in the structures involved, slower circulation through the parts, their size and weight, accompanied by feelings of tension and heaviness, varying from slight unconsciousness to aches or acute pain, as the case may be.

Behind the uterus lies a plexus of nerves, sometimes called the abdominal brain, which controls sensation and blood supply and connects up with the bladder, rectum, uterus, and appendages, and even the external genitals. Any irritation to one or another of the pelvic organs supplied by this nerve counteracts on the entire group of organs. The uterus itself is in part a gland, its mucous lining being rich in glands. Here are also the terminations of minute blood spaces. It is also in part a muscle, the muscle bands lying in layers. In each layer the muscle bands are distributed in such a manner that the size, shape, and length of the layer can be absolutely changed by the kind of stimulus to which it reacts.

Just before a menstruation the uterus is very irritable, and its muscular fibres act to their physiological limit. At the beginning of menstruation the glands act to a point where the secretions and the blood supply to the lining membrane is exhausted. Then the muscular activity again comes into prominence.

This should be the predominating factor during the intramenstrual period. The activity is as rhythmic as is breathing and should be as painless. Anything which affects its rhythm is disturbing to the other pelvic organs. For this reason any agent which will equalize the circulation or which will produce congestion in the periphery of the body and which will stimulate rhythm is indicated.

Nothing is so efficient as the Sitz bath to accomplish all purposes desired—cleanliness, loss of symptoms, and limitation of time involved. It is best taken when a woman can rest for a short time afterward. The bath should be begun at body temperature—that is, so that she feels practically no difference between the temperature of the body uncovered, the water, and the room. The water should cover the hips, come about to the navel, but never above the waist line. The temperature should then be increased to the point of tolerance from time to time until the skin of the abdomen is deeply reddened. Then the water should be allowed to run out and the cold to run in at the same time until comfortably cool. A general bath at this time—that is, the immersion of the whole body—should not be taken.

(To be continued.)

A DILEMNA

Nell—"Oh, dear, I'm in such a quandary."

Bell—"What is it?"

Nell—"Jack promises to stop drinking if I marry him, and Tom threatens to begin if I don't."

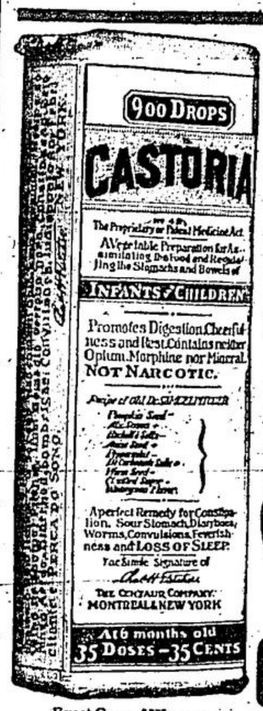
Miller's Worm Powders act mildly and without injury to the child, and there can be no doubt of their deadly effect upon worms. They have been in successful use for a long time and are recognized as a leading preparation for the purpose. They have proved their power in numberless cases and have given relief to thousands of children, who, but for the good offices of this superior compound, would have continued weak and enfeebled.

Hot air often proves cold comfort.

They Cleanse While They Cure.—The vegetable compounds of which Parmelee's Vegetable Pills are composed, mainly dandelion and mandrake clear the stomach and intestines of deleterious matter and restore the deranged organs to healthful action. Hence they are the best remedy for indigestion available to-day. A trial of them will establish the truth of this assertion and do more to convince the ailing than anything that can be written of these pills.

Many mothers have reason to bless Mother Graves' Worm Exterminator, because it has relieved the little ones of suffering and made them healthy.

There are people who get into trouble with greater ease and frequency than they get out of it.



Exact Copy of Wrapper.

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For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

"MAPLEHURST"

Now on The Market

35 CENTRALLY LOCATED BUILDING LOTS

for prompt sale at very reasonable prices

Choose Yours TO-DAY

The new "Maplehurst" subdivision, with its numerous building lots, in splendid situation is now open to purchasers. Wide streets and large lots. All near the centre of the town, convenient to station, post offices, churches, schools, and within a few yards of the new Shoe Factory.

Building sand in every cellar, or supplied from a sandpit on the property. Pure water easily obtainable.

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

Robt. Wallace, Acton

McLAUGHLIN

RESERVE POWER

THE McLaughlin valve-in-head motor actually develops from 15% to 20% more power with the same fuel consumption than any other type of motor of the same bore and stroke. This fact has been established by engineers, by block tests and tests in actual service. This means fuel economy and power.

Because this power is sometimes vital, it is found in abundance in McLaughlin Motor Cars, ready for instant application. It is "RESERVE POWER" and marks the dependable and efficient car.

Send for Catalogue "B," describing our complete line, to

The McLAUGHLIN MOTOR CAR CO., Limited,
OSHAWA, ONTARIO

Model D-4-35 is a new Four Cylinder Touring Car—the challenge in 1917 Motor Car values—106 in. wheelbase: 35 H. P. valve-in-head motor; Delco starting, lighting and ignition.

$925 f. o. b. Oshawa. Spare tire extra.

The New Series McLaughlin cars include 4 and 6 cylinder models in Touring, Roadster and Sedan types, and at prices ranging from $910 to $2350, and a new 60 H. P. 6 cylinder, 7 passenger Touring car at $1900.

See the McLaughlin Models at the nearest McLaughlin Show Rooms

BRANCHES IN LEADING CITIES, DEALERS EVERYWHERE

LOCAL SHOW ROOMS

FRED COOK

Agent — Georgetown

Canada's Standard Car

GRAND TRUNK RAILWAY SYSTEM

PASSENGER TRAINS

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

GOING EAST		GOING WEST	
No. 92	9.06 a. m.	No. 92	1.11 a. m.
No. 93	11.24 a. m.	No. 93	8.13 a. m.
No. 33	3.34 p. m.	No. 31	10.32 a. m.
No. 31	7.23 p. m.	No. 33	3.24 p. m.
		No. 109	5.48 p. m.
		No. 37	8.18 p. m.

In effect April 29th, 1917

GOOD THINGS TO EAT

—AT—

J. R. Livingstone's

Fresh Groceries.
Fresh and Salt Meats.
A special line of Sausage and Hamburg Steak.
Vegetables Canned Goods
Bread Fresh fruits
Confectionery
All Grocer's Sundries

Orders gladly received. Promptly delivered. The children courteously dealt with.

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, Alsike, Alfalfa, Timothy and Blue Grass, Mangolds, Sugar Beets, Turnips Vegetable and Flower Seeds.

Onions are scarce, get your Dutch Sets before the supply is exhausted.

J. L. WARREN
MANAGER

TELEPHONE - NO 40

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.

BUS MEETS ALL TRAINS

L. E. ATKINSON

Mill St. - 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

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In all countries. Ask for our INVENTOR'S ADVISER, which will be sent free.

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