U.LY Obe TOSUDE

- The very diese of colding in Japan specie
- In Spain they chatter Spanish as they please; In Holland it is much The custom to speak Dutch,
- While the German youngsters talk the Cierman way. In l'aris juttle children de their lessens all in French ;
- In Athena oven lady talk in Greek. It makes no feel quito blue And rather stuped too.

For English is the only tongue I speak.

-The Child's Hour.

PRAYER. Communication with his Maker by prayer is the most exalted function in which man can be engaged because it exercises the highest functions of the soul with the intellect and the world. It is the channel of heaven's choicest blemings. It excludes no one. It embraces all in the circle of its benediction. It gives us access to our Heavenly Father at all times, to all-places and under all circumstances. In a word, prayer renders us co-op-

#### KINDNESS

erators with our Creator in the

moral government of the world.

-Cardinal Gibbons.

The world is starving for the milk of hu man kindness-that gentle, tender, sooth ing, benign, and sympathetic feeling which makes all mankind akin. The thirst is insufferable, the hunger intelerable; and all if they will, may dispense that balmy hearteesee and make glad instead of sad some one's forlorn life, becoming themselves the richer in love while enriching others

Unkindness is more a loose, indifferent habit than intentional neglect, disrespect or downright meanners. Words and doods are parented by thought; and it is so casy to fall into slothful, indifferent thinking that, oftentimes unthoughtedly, we neg leck speak carelessly to or treat unco cornedly those we ought to act toward with most consideration and deference It is as easy and far better to form the habit of thinking kindly and acting wisely if only we can with simplicity and sincerity begin little kindoesses pext to us-in our own little corners. It is so human though, to be servile and look above our salves to do our alms and deeds of charity where not needed : overlooking instead of looking among the underlings, the really needy and appreciative, but from whom we will likely receive only homely praises. The well-fed, well-clothed, and well housed, those followed by a retinue o servers and surrounded with a host friends, cannot, from necessity, feel the thrill of joy realized by the naked, hungry, lorn, and torn soul of the wayfarer. So so often our kindly deeds are but poorly

received. Why not, then, take thoughtful action. and add to the sum of human joy! Be philanthropist, or lover of mankind, the anthor and promotor of benevolence, and not a misanthrope, or one who bates or has aversion to his fellow man. Be an optimist, porecased of an altruistic spirit; be kind to every living creature, especially those closely associated by the ties of duty, friendship, and love. Take thought and act to-day; to-morrow may be to late. Wait not till hearts are stilly cold, hands bonumbed, cars deaf, and over forever closed in wakeless and dreamless alcop, and that door form lies unvexed in allence and pathetic dust.

### COMPLETING THE STORY

The bereaved husband erected a hand, some headstone over his departed wife's grave, and part of the inscription read : "My light has gone out."

Father Time healed the wound, and h took another wife to his bosom. The inscription on the headstone worried him, so h soughtadvice from his nearest friend. There this lipo was added :

"I have struck another match."

#### Children Cry FOR FLETCHER'S CASTORIA

Some men would soon get rid of their self-respect if they had to pay taxes on it Almost every merchant has a customer whom, when his back is turned, he calls "Old Tight Wed." Quick temper is an illumination in honor

of wounded solf esteem. An excuse is the only thing that's casy

to find when you're looking for it. People who haven't anything clay they

can spare, can usually give advice. The man who pays as he goes usually has enough to purchase a return ticket. Lots of people are worrying over the Rheims cathedral who never go to church

### HAD WORST CASE OF

#### CONSTIPATION DOCTOR EVER KNEW.

Although generally described as a disease, constipation can nover exist unless some of the organs are deranged, which is generally found to be the liver. It consists of an inability to regularly evacuate the bowels, and as a regular action of the bowels is absolutely colarity should never be neglected.

Milburn's Laxa-Liver Pills have no equal for relieving and curing constipa-tion and all its allied troubles. Mrs. F. Martin, Prince Albert, Bank, writes:—"I had one of the worst cases of constipation my doctor said he had ever known, and Milburn's Laxa-Liver Pills cared me of it: My father-in-law had used them, in fact he was the one who gave them to me. A number of people around here use them, and they all say that they are the best pills they ever

Milburn's Lam-Liver Pills are 25c. a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Out.

GRAIN SHIPPED BY PACIFIC ROUTE. According to press reports a test shipment of grain, consisting of 100,000 hushels is being made to the United Kingdom from Vancouver, British Columbia, in the atomisor War Viceroy. The whole consignment amounts to about eighty carloads of Westorn Canade's wheat, and amounts to over 3.000 tour. Should this tost shipmout be successful, a large portion of the grain of the Prairie Provinces will probably be moved by this route in the future.

### ASSAM Teas for Economy

Assam tens are the strongest and richest grown. It is of these teds that Red Rose Tea That is why it yields the very large number of 250 cups to the pound-at the cost of about a cent

strong, delicious tea. Kept Good by the Scaled Package



#### THE YRENCH SOLDIER

- 4 Level 3 - 45 3 Level

One of the most striking characteristics of the French soldier, remarks a recent writer, is the way he has of getting to work again at his trade as soon as he gots home, if it is only for a few days' leave. Thus, the farmer will pick up his daily work at his little farm almost at the hour be arrives, and the celibler will get bim his last, eager to see how many of his old customore he may serve during his stay at home. A famous aviator, on four days' leave, donned his white apron, just soon as ever he could-he was a restaurant keeper -and was glad to spend his short boliday serving the little coterie of guests whom, his wife had kept together.

No man or woman should hobble painfuly about when so certain a relief is at hand

#### THE ROYAL HOUSE

A very common error is to sesume that it is the house of Guelph which rules over the British Empire. The royal family were Guelphs from the accession of George , to the accession of Edward VII, who was the first King of the house of Saxo Coburg-Gotha. Ill informed persons are rather apt to dwell on the German counce tions of the royal house of Britain, to the exclusion of all considerations of its British elements. The King, for instance, is a descendent of Alfred the Great, of Edgas Atheling, of William the Conqueror and of Robert Bruce, to mention but a few of his illustrious ancestors.

No, Cordelia, a maiden effort does not always load to matrimony. Patriotism and politics travel hand is

hand only once in a while. "Big head" is a chronic disease with many a man who wears a small hat. Opportunity it is said knocks but once but a possimist knocks all the time.

Fond mothers perpetuate many of the so-

# HEAT FLASHES. DIZZY, NERVOUS

called amart sayings of children.

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va - "After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always bad a headacho during the Change 图明 of Life and was also troubled with other bad feelings common at that time -

dizzy spells, nervous feelings and heat finahea. Now I am in better health than I ever was and recommend your remedies to all my friends. "-Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va. While Change of Life is a most crit-

ical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, beadaches, backaches, dread of impending evil, timidity, sounds in the cars, palpitation of the heart, sparks before the eyes,

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound

irregularities, constipation, variable ap-

petite, weakness and inquietude, and

### CAN HOLD OUR HEADS HIGH

Despite all our leases, despite the sorrows which have invaded so many homes to our land, despite drawbacks and dangers. lespite the disastrous effects of sedition in the Russian army, despite these and many other things which weigh upon our spirits and to justify some of the gloomy anticips- | Tit-Bita. tions of our prophots, we can hold our hoads high. We are battling for the right, and our ideals will not betray us. 

TAKING NO BISKS At a Scottish watering place Macpherson was found stretched in a contanted mood on the sands, posting his old pipe. "Come on, Mac," said his companion;

"lot's go for a sail." "Na, m," replied Macpherson; "I had and argued dissoft as the cost of those and saspence, su' I'm takin' no risks."

"The evouing wore on," continued "Excuse me," interrupted the would wit, "but can you tall us what the evening

"I do not know that it is important," replied the story teller, "but if you mus know, I believe it was the close of a sum-

# HAD A VERY BAD COLD and

#### DR. WOOD'S NORWAY PINE SYRUP CURED HER.

Mrs. C. Dresser, Bayfield, Ont writes:-"I want to tell you of the benefit I got from your medicine.

Lent winter I had a very bad cold and cough, but after taking two bottles of Dr. Youd's Norway Pine Syrup I was cured. think it is about one of the best cough gyrupa that I know of. I always keep a bottle of it in the house so I can have it when I want it.

The other week I told an old lady about "Dr. Wood's." She had been sick for three weeks with bronchitis, and had been getting medicine from the doctor, but did not seem to be getting much better. She got one bottle of Dr. Wood's Norway Pine Syrup, and she mays it has done her more good than all the doctor's medicine she had been taking." Dr. Wood's Narway Pine Syrup

rich in the lung healing virtues of the Norway pine tree, and this makes it the best remedy for coughs and colds. The genuine is put up in a yellow wrapper; 3 pine trees the trade mark; price 25c, and 50c; manufactured only

by Tho T. Milburn Co., Limited, Toronto,

THE SUCCESS OF PERSONALITY

We need to take into account that succoss concerns what we are quite as much as what we do. Some men make money. and become so absorbed in the process that they are little more than pecuniary machines. They have no real friends. In the community, they stand for nothing but a dollar aign. It is absurd to think of such mon as man who have achieved success, for as far as their personalities are concern ed, they are dismal failures.

The successful man is the real man, man who has developed heart and soul and brain all together, the man whose opinion counts, the man whose neighbors and associates trust him, and whose family leve him. He may nover carn more than small salary, he may never make an im portant invention, or write a popular book, or paint a wonderful picture, or do any of the other things the world rockens great, but he has done one big thing, and that is himself. To possess a lovable, trustworthy ing her, she can do no other. - Woodrow creonality is to make a success of life.

#### Children Cry FOR FLETCHER'S CASTORIA

STILL UNBEATEN . The sergeent-major had the reputation al never being at loss for an answer. A young officer made a bet with a brother officer that he would in less than twentyhours ask the sergeant-major a question he could not answer.

The sergeant-major accompanied the young efficer on his rounds, in the course of which the cook house was inspected. Pointing to a large copper of water just commencing to boil, the officer said :

"Why does that water only boil round the edges of the copper and not in the "The water around the edge, air," repliod the veteran, "is for the men on guard they have their breakfast half an hour before the remainder of the company,"--

### AUNTIE'S MISTAKE

The spelling lesson, says Harper's Maga.

sine, contained the word "wool," and little Clarence did not know what it meant.

"What is wool, auntin? he asked.

"Wool," replied suntic, "is the hair list taken from the backed.

Schools. zine, contained the word "wool," and that is taken from the back of a lamb. is used in making saru, cloth and other

things. The treasure you have on are "Oh, no, auntic, there are not made of wool ! They are made from an old pale of

#### Protection Your Children The long, hard school term drains the vitality of growing children and you wonder why they are listless, puny and pale.

Every school child will show marked improvement in health and growth if given

Its rich, uniform cod liver oil gets into their blood and gives them viin, snap and zest. It creates strength to resist school sicknesses, overcome pinched faces, sallow complexions and dull eyes.

High authorities have established again and again that cod liver oil promotes growth and energizes the body and brain. 13-15 puro, freah air.

#### PROHIBITION IN SEATTLE

To the Editor :--Probibition does prohibit when the aubortties to the State make a serious bus nead onforming the law Boattle's er percence in conjection with the adoption of probibition has been so favorable that one of its daily papers, "The Chronicle" which opposed the proposal to make the State Iry, invery emphatically proclaiming the happy results of the adoption of a poli cy which it oppoted. It; quoted as eay

"This paper is roudy at ton seconds notice to fight its best against any acrious effort to repeal or cripple the probibition law. For many months now Scattle has honcally tried prohibition ; and it has pro hibited. Not perfectly, but better than spood laws probibit fast driving, or larcony laws prohibit theft."

The county Jail has 100 colls to let the tenantes year ago, and the l'our Barm has lost one-fourth of its boarders. "Add to this that unemployment is less doctitution is loss, poverty is loss than

twelve months pgo, divorces are fewer collections are better, dives have closed white slaver are not to be found, burglaries and hold-ups have dwindled, the panhand lar has vanished, grocers, clothing merch ants, and also dealers report gains in busi ness, ranging from five to thirsy-five per cout, new business blocks are built, the banks hold millions more in deposits, than they hold last year, and hotel men who at that time were near panic over the coming of the new law are wearing smiles as they toro surplus guesta away."

If prohibition can be enforced in suc cities as Scattle or Kansas City, Kansas, can be enforced anywhere, and yet some people pretend that it can't be enforced in argo cities in Ontario. The fact is that when business mon find the great increase business that follows prohibitles th will not stand to be robbed of their pros perity any longer by the beer and whiskey vondors.-H. Arnott, M. B., M. C. P. S.

Mothers Value This Oil .- Mothers wh know how suddenly croup muy soize that children and how necessary prompt action is in applying rollef, always keep at hand supply of Dr. Thomas' Eclectric Oil, be cause experience has taught them that there is no proparation to be had for the treatment of this ailment. And they are wise, for its various uses render it a valuable medicine.

#### ONE OR THE OTHER

"Bo you think a college education is a good thing for a boy ?" "Yos, I think it's a protty good thing. Fite him for something in life. If can't catch on with a baseball team, I can often land a job as a professor."

For Infanta and Children In Use For Over 30 Years Signature of

#### THE DAY HAS COME

There are, it may be, many months lery trial and escriftoo shead of us. It is a fearful thing to lead this great, peareful people into war, into the most terrible and disastrous of all wars, civilization itself seeming to be in the balance. But the right is more precious than peace, and we shall fight for the things which we have always carried nearest our bearts-for democracy, for the right of those who sub mit to authority to have a voice in their own governments, for the rights and liber tics of small nations, for a universal domin ion of right by such a concert of free people as shall bring poace and safety to all na tions and make the world itself at last free To such a task we can dedicate our live and our fortunes, everything that we are and everything that we have, with the pride of those who know that the day has ceme when America is privileged to spend her blood and her might for the principles that gave her birth and happiness and the peace which she has treasured. God halp-

### PROSE VERSE

It was a pitiful mistake, an error sad and grim. I waited for the railway train; the ight was low and dim. It came at last, and from a car there stopped a dalety dame, and, looking up and down the place she straight unto me came.

"Oh, Jack !" she cried, "oh, dear old Jack !" and kissed me as she spake, ther looked again and, frightened, cried :-"Ob, what a bad mistake !" I said, "Forgive me, madam fair, for

am not your Jack, and as regards the kiss you gave, I'll straightway give it back." And since that night I've often stood upon that platform dim, but only once in man's whole life do such things come to

# **TUBERCULOSIS SUNDAY**

This year, under the auspices of the National Sanitarium Association, endorsed by the leading Clergymen of all Denominations and by the Department of Education, Sunday, November 25th, and Monday, November 26th, have been appointed for the annual observance of these days.

At no time in the history of the world has the necessity for physical fitness been so great us it is to-day. One has but to scan the reports of rejections for active service abroad to note the many that are unfit. "You have tuberculosist" has been the pro-nouncement to thousands of young men in Canada and the United States during the past few menths.

A thorough physical examination a year ago might have exposed the weakness and prevented the development of this dread disease; and yet, in spite of such a warning, thousands of men and women will continue to diaregard the danger until they too have become victims of Consumption. If you would avoid this disease, watch your health, avoid needless worry and over-work; see that your food is nourishing and that it is served at regular intervals. Above all-get out in the sunshine every minute you can spare; see that the windows in your place of business and in your home are

open so that day and night you may

be assured of a pleutiful supply of

# FIVE FUNERALS THREE YEARS

#### Family Almost Wiped Out By Consumption.

From a hovel in the rear of more pretentions buildings comes a ghastly tale, one that in this fair Province of ourn seems almost incredible; yet, to those who know the ravages of consumption, it is but a typical case.

Grief stricken, the mother tells us of her five small children buried from this lowly home during the past three years, of her only remaining child, suf-. fering from a tuberculous hip, and then as though in mockery of their misery, the father, too, was stricken. He is now a patient at the Muskoka Free Hospital, where every endeayour is being made to save his life. The Muskoka Free Hospital for Consumptives is appealing for help to carry on this fight against the Great White Plague. The money you give will help them seek out these unfortunate famb lies and give them a fighting chance for their lives.

Contributions may be sent to W. J. Gage, Chairman, 84 Spadina Ayenue, Coronto, or Geo. A. Reld, Secretary-Pressurer, 223 College St. Toronto.

#### MERELY A MAN

Little Irone, says Facts and Fancies, marched lote the room breathless. "O mother," she said, "don't scold me for being late for suppor, because I've had such a disappointment. A horse fall down and they said they were going to send for a horse dector, so I waited and waited, and what do you think ? It wasn't a horse doctor at all. It was only a man.

Drives Asthma Before It. The smoke or vapor from Dr. J. D. Kellogg's Asthma Remody gives asthma no time to linger. It cradicates the cause. Our experience with the relief-giving remedy shows how actual and positive is the succor i gives. It is the result of long study and experiment and was not submitted to public until its makers know it would de te work well.

#### Children Cry FOR FLETCHER'S CASTORIA

BORING THE CHANNEL TOWNEL

An onthusiastic United States engineer, Mr. John K. Hencken, says he has a plan whereby four tunnels could be fored beneath the English Channel within thirtyfive days, thus practically ending the submarino monace. Mr. Hencken claims that his machine will out through earth and hor. rook at the rate of 100 feet an hour. In describing his machine, Mr. Honckon says it consists of a series of swinging hammers rotated at a peripheral speed of about 500 foot a second, striking several hundred thousand blows a minute on the space to be excavated, and pulverising the material "from 5 in. in greatest dimension down to impalpable powder." -

#### MIDNEYS SO BAD WOULD FAINT AWAY THAT WAY FOR TWO YEARS.

Micted undergo. The dull pains, sharp pains, and quick twingers, all point to the fact that the

Mrs. Albert Williams, Edam, Sank; writes:—"I have the greatest pleasure in telling you what Doan's Kidney Pills

#### Those who have never been troubled with kidney trouble do not know the suffering and misery which those

ddneys require attention.

Doan's Kldney Fills are a specific for

did for me. Ten years ago I was so bad with my kidneys that I would faint away, and could not stand to do anything. I had been that way for two years, and had done all I could, but did not get any better until one day some one put a little book in our door, and I saw how another young girl had suffered like I was then, so I thought I would try them, and I am glad to say that after taking four boxes I have nover had the same thing again. Thanks to "Doan's." When asking for "Doan's Pills" see that you get the oblong grey box with

Price 50c; put up by The T. Milburn Co., Limited, Toronto, Ont.

the trade mark of a

## Children Cry for Fletcher's

# DAS. OBLA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his perconal supervision since its infancy. Charty Hetchert Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA CONTRIBUTION IN A PARESTIC, Drops and Soothing Syrups. It is pleasant. It contains neither Oplum, Morphine nor other narcotic aubstance. Its ago is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Platulency, ... Wind Colic and Diarrhoen; allaying Feverishness arising

therefrom, and by regulating the Stomach and Bowels, aids

the assimilation of Food; giving healthy and natural sleep. The Children's Panacea-The Mother's Friend. CASTORIA

Bears the Signature of

In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUR COMPANY, HEW YORK CITY.

SHOT

daily work on the verge of death and

Every once in a while a pain will shoot through the heart, but little attention is paid to it at the time, and it

is only when a violent shock comes that

There is only one cure for the weak

heart and that is Milburn's Heart and

Mr. H. A. Young, 83 Hayter St.

Forento, Ont., writes:-"I used to have

Milburn's Heart and Nervo Pills, and

after one box I found great relief. Three

Milburn's Heart and Nervo Pills are

50c. per box at all dealers, or mailed

direct on receipt of price by The T. Mil-burn Co., Limited, Toronto, Ont.

D. C. Macarow,

boxes completely cured me."

the weakness of the heart is apparent.

vet don't know it.

Nervo Pilla

#### THE KING'S BREAD

During his recent tour in the North the King very nearly became the victim of the oarly closing order. An official of his suite visited a local baker's shop after closing hours and asked for broad. The baker's wife refused it pointing out the reason. "But it is for the King," said the official 'and there isn't a bit of broad on the train. "I don't care if it is for the Queen," wa the reply. "I dare not serve you."

"But I demand it." "I am sorry," persisted the woman, "bu I must refuse to serve you." "What can I do I" asked the official. "You might see the police," was the

suggestion. This was done and the King got hi broad, though even so the conscience the taker's wife still phylously troubled sharp pains shoot through my heart, suffered from shortness of breath, and was so nervous I could not alcep at night. A friend advised me to try

The cheapness of Mother Oraves' Worm Exterminator puts it within reach of all and it can be got at any druggist's.

A man's worst enemics are his feel

On terms to suit

Any Style

GRAFONOLA

You don't have to wait until

you get fifty, seventy-five or

even twenty-five dollars to-

gether. Just select the instru-

ment you want, make a small

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livered to your home at once.

Payments so small you will

nevermiss them-and the pleas-

ure so great that you will

wonder how you could have

been without a Columbia Grafonola before. Come in today

and make your selection. We

can arrange convenient terms.

C. C. SPEIGHT ACTON, ONT.

#### RESERVE FUNDS AND UNDIVIDED PROPERS THE MERCHANTS BANK

OF CANADA Sir H. Montague Allan, C. V. O.,

General Manager. Save and Serve-Buy Victory Bonds

Victory Bonds Save Soldiers Have You Saved Your Soldier ? Buy Your Share in Victory Buy Victory Bonds

ACTON BRANCH

L. B. Shorey Manager ELECTRONIC CONTRACTOR CONTRACTOR CONTRACTOR ELECTRONIC CONTRACTOR CONTRACTOR

# SHARP PAINS

A Reliable Agent in Halton County to sell Pelham's Peerless Fruit and THROUGH HEART. Ornamental Trees during Pall and Winter months. Good pay, exclu-Thousands of people go about their

OVER 600 ACRES. Of the choicest Nurservatock including NEW varieties controlled by us. Handsome up-to-date selling equip-ment and a splendid Canadiangrown stock to offer customers. We are not jobbers. Write new for

PELHAM NURSERY CO N. B.-Catalogue sent on request to applicants for agencies or purchasers of Nursery stock.

# ACTON

goodwill of the business from Mr. A. McCann, I solicit with confidence the patronage of the

Comfortable rigg supplied at reasonable rates. Special artentiod to supplying conveyances for weddings and

BUS MEETS ALL BAINS

L. E. ATKINSON

### Grain

Quickly at only

HARRIS& CO., Limited BOCKWOOD ...

At Any Time

Satisfactory Footwear

REASONABLE PRICES

# BONDS Buy Bond of loyalty for the honor of your-country

In Liffert April 20th, 1917

VICTORY

Buy Victory bonds

Victory bonds save soldiers.

have you sayed your

soldier?

Kenney Bros. Ontario

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Having purchased the livery and

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Well Done and

5 cents per bag.

When You Need BOOTS SHOES

BUY FROM -W. WILLIAMS

ONTARIO

FAMOUS FOR