

HELP ONE ANOTHER  
"Help one another," the snowflake  
as they ruffled down in their  
"One of us here would not be left,  
One of us here would quickly meet;  
But I'll help you, and you help me,  
And then what a splendid drift there'll  
be!"

DO GOOD  
Do all the good you can  
In all the ways you can  
In all the ways you can  
At all the times you can  
At all the places you can  
As long as you are here—  
—John Wesley

RAINING THE DOLLAR FOR THE  
RED CROSS  
It was Red Cross Sunday, Dolly  
sat in the church the pleasant  
morning, a slender little slip  
a girl with wide-open, earnest eyes,  
and a determined chin. There were  
strange posters on the walls. There  
platform held masses of people, ay-  
rings and ties, and the lovely colors  
glowed again in the flag, which colors  
were flying everywhere. In the choir  
back of the subject, the head of  
of the choir, a new banner, which  
great red cross on a field of white.

That was what the grown-ups were  
talking about, Dolly concluded. Every  
one who spoke had something to say  
about the Red Cross. But evidently  
the Red Cross must be something  
more than a flag, for they told of  
hospitals, and of the wounded  
soldiers, and bandages and surgical  
dressings.

Now that there was war, there was  
more need than ever of these things  
the speakers said. War! Dolly knew  
it was something very dreadful, far  
away over the ocean. But if the boys  
from Outtown were there, or going  
there to be wounded soldiers, it was  
almost as bad as having the war  
right at home.

Why there was a lady was saying  
earnestly: "We want the children in-  
terested in this work. We want them  
to join and get their pins and have  
their names sent to Washington as  
members of Outtown Chapter, Ameri-  
can Red Cross."

Dolly could hardly sit still. The  
crisp ribbon in the top of her  
brown head fairly quivered with the  
eagerness to join that very minute.  
But the lady was saying something  
also especially to the children.

"Don't ask any one for the dollar  
for your membership," the lady said  
to yourself. Then you'll really and  
truly be working for our soldier boys.  
Pick strawberries, cherries, or beans  
or collect old rags or wash clothes  
—do any kind of useful work, but earn  
your dollar yourself!"

Dolly turned the idea over in her  
mind a good many times, and finally  
concluded to ask for such an  
important subject.

"Daddy," she remarked at dinner,  
"I've got to earn a dollar. Now, what  
do you suppose I'd better do?"  
Daddy reflected as he ate his Sun-  
day chicken-and-dumplings. Then, to  
tear the matter of the little maid, he  
said, very deliberately:

"Well—now you might drive team  
to-morrow while I carry the manure  
orchard. That would be worth a dol-  
lar, I guess."

"Daddy's 'guess' was well inside the  
mark! Lime-sulphur spray has an  
odor like ancient eggs, and close  
quarters with 'any dose' is a thing  
to be shunned instead of sought!"  
Dolly went on with her dinner and  
said nothing. She knew well enough  
what the work involved. But the next  
morning when daddy was ready to  
harness the team to the old manure  
low tank there was a small business-  
like figure perched upon the high seat  
enveloped from head to heel in a  
regulation sprayer's outfit, a few sizes  
too large.

"Two just got to earn that dollar,  
daddy declared a sturdy little voice  
from the depths of a dingy 'spray  
bonnet.' 'I know I can drive Ith and  
Barney. Give me the lines.'"  
And drive she did! All day long she  
guided her clumsy chariot up and  
down the green avenues of the cherry  
orchard. All day long the white wings  
of the stifling yellow mist about her.  
It was half-past five when the last  
tree was 'doped' and the day's work  
done. Then, tired but triumphant,  
Dolly alight down from her lofty perch  
and held out a small hand in success  
in a big, stained canvas glove.

KEEP SMILING  
A British officer, who has given his  
life at the front, adopted the motto,  
"Keep smiling." His radiant happiness  
was an asset to his battalions through-  
out the anxious waiting and hard fight-  
ing in France. A comrade wrote: "He  
has made such a change to our boys  
since he left us. He was a Christian  
man all through." They missed his  
cheery smile.

"We can nearly always manage to  
keep smiling and that is really every-  
thing that matters, for a smiling face  
is better than any medicine we could  
get," wrote another soldier. "Amid  
evil-harrowing perplexities, exhaust-  
ing fatigue and nerve wracking shel-  
l-shock, it is made by the soldiers  
of the Empire have retained their  
spirits."

Pain in Shoulders  
PAIR IN HEAD  
LIVER BOTHERED DEE.  
Miss A. Winder, Peterboro, Ont.,  
writes: "I have been sick for about  
four years with pain in my head and  
pains in my shoulders which I always  
thought were working outside in the  
sun on the farm."

People told me that it was my liver  
bothering me, so I bought three vials  
of Milburn's Laxa-Liver Pills. I  
continued taking them until now I  
am well and strong and very thank-  
ful to you for my recovery."

Milburn's Laxa-Liver Pills are a  
specific for all troubles arising from a  
badly affected liver, so keep it  
active by the use of these easy-taking,  
non-irritating little pills.

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

SUCCESS AND FAILURE  
"Failure is not always failure, and  
success is not always success. The  
strength of character that enables a  
man to take a defeat cheerfully, uti-  
lizing it as a lesson, is a far greater  
weakness of character that makes a  
man take success imperiously, uti-  
lizing it as a reward, is a far greater  
strength of character. To this class a  
man or woman is that who uses his  
misfortune that may occur as a  
moral asset, and his success as a  
higher and better." To this class a  
present failure is only a contribution  
to sure success."

Children Cry  
FOR FLETCHER'S  
CASTORIA  
A NEW FRENCH TOWN  
The geography lesson was about to  
begin and the subject of it was to be  
France. According to the teacher start-  
ed off with the question: "Now in this  
country (France) who is our principal  
ally?" "Prussia," answered the class  
over a chorus of voices. "Quite  
right," said the teacher, booming.  
"Now can any of you give me the  
name of a town in France?" A small  
hand in the back of the class almost  
fell over in his excitement to tell it.  
"Bismarck," he said breathlessly.—  
Pittsburgh Chronicle-Telegraph.

Dizzy and Faint Spells  
Are Warnings of Heart Trouble  
That Should Be Heeded.  
Those feelings of weakness, those dizzy  
spells and "all gone" sinking sensations,  
which come over some people from time  
to time, are warnings of heart trouble,  
unheeded. They indicate an extremely  
weakened condition of the heart and a  
disordered state of the nerves.

Those who are wise will start taking  
Milburn's Laxa-Liver Pills before  
their case becomes hopeless. They are  
not equal for strengthening the heart  
and nerves as these pills are.

Many a live wire gets short circuit-  
ed.  
A FIFTEEN MINUTES' REST  
"Do you remember old Doctor L—?  
I asked a woman of another city other  
day. 'He believed in that is now  
called rest cure years and years ago.  
I remember well a formula he gave  
me when I was first married, which  
was practically the same thing that  
every one is advocating nowadays.  
'Whenever a woman feels tired,' he  
used to say, 'or discouraged, or de-  
pressed, or out of sorts generally, she  
should lie down and be absolutely  
quiet for fifteen minutes. The eyes  
should be closed, and the mind should  
be made a blank as far as possible.  
No pillow should be used, her head  
resting on a level with her shoulders.  
She should not even think of the time,  
but have some one call her at the ex-  
piration of the time. 'This treatment'  
he used to say, 'repeated twice a day,  
has a wonderful effect on nervous  
women.'"

THE CONSCIENCE FUND  
One of the most interesting accounts  
that the Treasury of the United States  
keeps is that which is known as the  
"Conscience Fund." It is a fund which  
there have never been carefully kept  
regularly separate "Conscience Fund,"  
but records have been carefully kept of  
all such funds coming into the Treas-  
ury. The first sum ever received was  
in the year 1811, when a letter inclos-  
ing \$5 was received, stating that the  
sender had taken that amount from  
the Government. The money was then  
turned into the Treasury. For sixteen  
years there was no other remittance  
of the kind, and then in 1827 a record  
started which has been singularly regu-  
lar. Since 1827, except 1848, there  
has not been a year without some-  
thing, large or small, coming in.

The receipts of this fund for the  
fiscal year ending June 30th were very  
much larger than in any year of this  
history of the "fund." They amount-  
ed to the sum of \$4,821.15. This was  
very much larger than ever before.  
During the year there were two notu-  
able contributions, one of them being  
\$20,000, the largest ever received, and  
another of \$10,000. The total receipts  
of the "Conscience Fund" from the  
first, in 1811, have amounted to  
\$19,755.54.

It is said to be an unwritten law of  
the Treasury Department that no  
effort shall be made to learn the iden-  
tity of these contributors. From the  
"cases" where the sender has com-  
menced to theft from the Government,  
the money has been repaid, and no  
and no efforts made to prosecute, at  
so many have been honest enough to  
give back to the Government the money  
which they have taken fraudulently,  
or funds to which they are not en-  
titled, though the Government has no  
means of prosecuting them for graft  
or getting out of them "that which  
is its own," shows that back some-  
where in the inner nature of man is a  
voice which speaks sometimes so joy-  
fully that it must be heard, and some-  
thing for man that he has a con-  
science, even if he does not use it  
faithfully or all the time.

WAS TROUBLED WITH  
INDIGESTION  
COULD KEEP NOTHING  
ON STOMACH.  
Indigestion is one of the worst forms  
of back trouble. The stomach becomes  
stuffed and you have a raw debilitated  
feeling in it.

It is not necessary for you to be  
troubled with indigestion if you will  
use that old and well-known remedy  
Burdock Blood Bitters, which will regu-  
late the stomach so that you may eat  
that you wish without any ill after-  
effects.

Mrs. Wm. C. Smith, Marshallville, Ont.,  
writes: "I speak too much of my  
Burdock Blood Bitters; it is worth its  
weight in gold. I was troubled with in-  
digestion, and was so hungry that I  
could keep anything on my stomach. A  
friend advised me to try B.H.B., which I  
did, and never felt better in my life."  
Burdock Blood Bitters has been man-  
ufactured by The T. Milburn Co., Limited,  
Toronto, Ont., for over 40 years. You  
do not expect to see it any more.

There's no use hurrying after the  
cure in this.  
A Pill That is 'Prized' There have  
been many pills put upon the market  
and pressed upon public attention, but  
none has endured so long or met with  
so much favor as Parmentier's Veget-  
able Pills. Having firmly established  
themselves in public esteem, they now  
rank without a peer in the list of  
standard vegetable preparations.

THE RIGHT PERSPECTIVE  
It takes several rather very unusual  
qualities of mind and heart to appre-  
ciate what is near us. When an ar-  
tist comes into our town, and begins  
to paint some familiar scene, how  
we all marvel! We can see how every  
one would want to paint Niagara or  
the Matterhorn, but it is amazing that  
an artist should see anything attrac-  
tive in the things that are near him.  
Banks of the little stream known as  
Muddy Creek.

The blindness is not confined to the  
land scenery. When some man from  
among us is called to an important  
post, how we look upon him with  
admiration. Why, earth should they have chosen  
him? A good fellow, of course, and  
not without ability, but no more re-  
markable than thousands of others.  
We go on shaking our heads over the  
mystery, and even when we hear of  
his success our certainty is not  
altered, that he is a man of moderate  
endowment. It is however the bright  
perspective of people who are close to it.  
It is easier to believe that any-  
body is more of a genius than the girl  
with whom we made mud pie, or the  
boy who have grown up with.

Who is an Advertiser?  
Properly speaking every man, every institution,  
that deals with the public and has to offer anything in ser-  
vice, commodities, or goods—advertising is the univer-  
sal message, the great modern-day "promotion" that  
brings buyer and seller together. Like a contract it  
must benefit both parties to attain the highest and best  
results, to have enduring and lasting success.

The FREE PRESS is prepared to assist  
any legitimate interest to attain the high-  
est and best results, through the use of its  
attractive advertising columns.

BEING A BYSTANDER  
Where voluntary work is concerned,  
if you take any organization to which  
you belong, whether it is larger or  
smaller, the majority of the members  
are bystanders, assuming no respon-  
sibility, doing little to forward its  
cause.

GET THE HABIT  
Now while you have your pencil in  
hand will you read the following list  
of good habits and check off as many  
of you can conscientiously subscribe  
to:

Get the habit of early rising.  
Get the habit of retiring early.  
Get the habit of eating slowly.  
Get the habit of being punctual.  
Get the habit of being grateful.  
Get the habit of bearing nothing.  
Get the habit of speaking kindly.  
Get the habit of radiating sunshine.  
Get the habit of seeking the sun-  
shine daily.  
Get the habit of speaking correctly.  
Get the habit of pronouncing cor-  
rectly.  
Get the habit of closing doors gently.  
Get the habit of neatness in appear-  
ance.  
Get the habit of relying on self al-  
ways.  
Get the habit of a forgiving spirit.  
Get the habit of being industrious.  
Get the habit of appreciating no  
evil.  
Get the habit of anticipating only  
good.  
Get the habit of always being pro-  
gressive.  
Get the habit of always paying as  
you go.  
Get the habit of promptness in your  
work.  
Get the habit of a quietest concen-  
tration.  
Get the habit of daily physical exer-  
cise.  
Get the habit of being accommo-  
dating.  
Get the habit of being a good list-  
ener.  
Get the habit of economy.

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In Use For Over 30 Years  
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Nearly every one imagines he is  
getting more than his share of danger  
knocks.  
Protect the child from the ravages  
of worms by using Mother Graves'  
Worm Exterminator. It is a standard  
remedy, and years of use have en-  
hanced its reputation.

A GOOD REFRIGERATOR  
In the course of a lesson on the sub-  
ject of domestic economy and hygiene a  
school-teacher got a singularly smart  
and apt answer from a girl. Speaking  
of milk and its importance as a food,  
the teacher asked: "Where is the best  
place in which to keep milk perfectly  
sweet and fresh during the hot sum-  
mer days?" And one girl, evidently  
promptly answered: "Please, teacher,  
in the cow."—Exchange.

Are Your Lungs Strong?  
Do colds go down to your throat? Are your bronchial  
tubes easily affected? Above all, do colds settle on your  
chest? Then your lungs may not be as strong as you  
expected—consumption often follows.  
Good Physicians Everywhere Prescribe  
SCOTT'S EMULSION  
Because its Pure Cod Liver Oil is Famous  
for strengthening delicate throats and weak lungs while its  
glycerine soothes the tender linings and alleviates the cough.  
Start on Scott's Emulsion today—it is Nature's  
building-food free from harmful drugs.

Who is an Advertiser?  
Properly speaking every man, every institution,  
that deals with the public and has to offer anything in ser-  
vice, commodities, or goods—advertising is the univer-  
sal message, the great modern-day "promotion" that  
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CASTORIA  
For Infants and Children  
Mothers Know That  
Genuine Castoria  
Always  
Bears the  
Signature  
of  
J. C. Atkinson  
In Use  
For Over  
Thirty Years  
CASTORIA  
Exact Copy of Wrapper.

CASTORIA  
For Infants and Children  
In Use For Over 30 Years  
Always bears  
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J. C. Atkinson  
Nearly every one imagines he is  
getting more than his share of danger  
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Protect the child from the ravages  
of worms by using Mother Graves'  
Worm Exterminator. It is a standard  
remedy, and years of use have en-  
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For Infants and Children  
In Use For Over 30 Years  
Always bears  
the Signature of  
J. C. Atkinson  
Nearly every one imagines he is  
getting more than his share of danger  
knocks.  
Protect the child from the ravages  
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GRAND TRUNK RAILWAY  
Train Schedules for Acton  
Going West  
No. 21 ..... 8:13 a.m.  
No. 23 ..... 10:29 a.m.  
No. 25 ..... 12:45 p.m.  
No. 27 ..... 3:01 p.m.  
No. 29 (Sundays Only) ..... 5:17 p.m.

What of To-morrow?  
is the Problem of every  
Thinking Man and  
Woman  
The proper business education  
classroom and teacher. These facts  
essential and useful to the study  
of life of those who acquire it.  
It will help you to secure  
in a practical business and successful  
schooling. Students may enter at any  
time at the  
GUELPH  
BUSINESS COLLEGE  
GUELPH ONTARIO  
and receive individual  
instruction  
A. L. BOULTON, Principal, Prep.

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A Reliable Agent in Halton County  
to sell the following: Peerless Fruit and  
Ornamental Trees, during Fall and  
Winter months. Good pay, exclu-  
sive territory, free-selling equipment.  
Over 1000 ACHES  
Of the choicest nursery stock, including  
NEW varieties controlled by us.  
Handsome up-to-date selling equip-  
ment, and a splendid Canadian  
growing stock to offer customers. We  
are not jobbers. Write now for  
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nice little few hundred dollars saved in some sound Canadian bank.  
Begin now with only One Dollar—Make a hobby of it. See  
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things do not look backward in your run to the harbor of comfort.  
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REASONABLE PRICES

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