HELF ONE ANOTHER

"Help one another," the snowflake, As they cuddled down in their fleecy "One of us here would not be felt. One of un here would quickly melt; But I'll help you, and you help me, And then what a aplendld drift there'll

DO GOOD

Ika all the good you can By all the means you can In all the ways you can In all the places you can At all the times you can

To all the prople you can As long an ever you can. -John Wesley BAHLE The man who deals in sunshine, i-

the one who gots the crowde: He transacts a let more business, than the one who peddies clouds, And the saleman who's a frowner will be beaten by a mile If the man at the next counter meets his patrons with a smile."

EARNING THE DOLLAR FOR THE RED CROSS

It was Red Cross Sunday, Dolly sat in the church that pleasant summer morning, a slender little allp of a girl with wide-open, carnest eyes, and a determined chin. There were atrange posters on the walls. The platform hold masses of peonles, syringa and Iris, and the levely colors glowed again in the flags, which wer flying everywhere. In the choir left back of the pulpit, high over the heads of the choir, a new banner hung-a great red cross on a field of white. That won what the grown-ups were talking about, Dolly concluded. Every ene who spoke had something to say about the Red Cross. But evidently the Red Cross must be semething more than a flag, for they told of hospitals, and nurses, and 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 know it was something very dreadful, far away over the ocean. But if the boys from Ourtown were there, or going there to be wounded soldiers, it was almost as bad as having the dreadful

thing right at home: They needed a great many things for those Red Cross hospitals. Dolly knew that all the women in Ourtown were sowing or knitting woollen socks and mufflers. Hhe wished she could belp, but ten-year-old fingers are not usually very skillful with needles and thread. Af there were only some way -something to do for the soldiers

Why there was! A lady was saying earnestly; "We want the children interested in this work. We want them to join and get their pins and have their rinmen sent to Washington as members of Qurtown Chapter, Ameri-

Dolly could; hardly sit still. The crisp ribbon bow on the top of her brown hend fairly quivered with the eagerness to join that very minute But the lady was saying something else especially to the children.

"Don't ask any one for the dollafor your membership for Just carn it yourself. Then you'll really and truly be working for our soldier boya. Pick strawberries or cherries, or beans or collect old rubbers or wash tishee -do any kind of useful work, but carn your dollar yourself!"

Dolly turned the idea over in her mind a good many times, and finally concluded to ank advice on such an important subject. "Daddy," she remarked at dinner I've got to carn a dollar. Now, what do you suppose I'd better do?"

Daddy reflected as he ate his Sunday chicken-and-dumplings. Then, to test the mettle of the little maid, he anid very deliberately: "Well-now-you night drive team to-morrow while I spray the cherry

orchard. That would be worth a dollar, I guesa." (Daddy's "guesa" was well inside the mark! Lime-sulphur spray has an odor like unto ancient eggs, and close quarters with "spray dopo" 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 odorous yel-

low tank there was a small businesslike figure perched upon the high seat enveloped from head to heels in the regulation aprayer's outfit a few sixes too larga In vain daddy expostulated.

daddy!" declared a sturdy little voice from the depths of a dingy "spray bonnet." "I know I can drive Bob and Barney. Give me the lines." And drive she did! All day long she guided her clumsy charlot up and

down the green avenues of the cherry erchard. All day long the winds whirled 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 alift down from her lofty perch and held out a small hand encases in a big, stained canvas glove. "Now if you please, daddy," she said yery politely, "I'd like my check!"

Did she get it? Indeed she did! and navy blue, which even on a sun-And as soon as she could swallow her less Tay, blend with the waves of the supper, she hurried into town, gave ocean. It is the indistinct outline that her name and the precious bit of paper to the secretary and returned home proudly wearing her pin a full-fledgeed member of Outown Chapter, American Red Cruas.

Is it any wonder that one of the grown-ups, hearing how Dolly carned her dollar, cried onthusiastically: "There's a member to be proud of! Ladice the Chatauqua salute! Gen tiemen-hats off to Dolly Kay!"

Drond of Anthma makes countless thousands very miserable. Night after night the attacks return and even when brief resilite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remody changes all this Rollef comes and at once, while future uttacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost every-

Children Ory FOR FLETCHER'S CASTORIA

Only those things that are put into People who make a show on cred! saldem muke a creditable showing.

As we have not far to journey to gother in this world we can well afford to overlook one another's fullings, and treat all with a love which will endure the strain of parting. . .

The works of the Most High are his While discretion is the better part of valor it isn't the only part. Error in itself is always invisible. Its mature is the absence of Butt.

If one is troubled with corns and warfs, he will find in Holloway's Corn Cure an application that will relieve suffering.

KEEP SMILING

A British officer, who has given ble life at the front, adopted the motte, "Keep amilling," Itis radiant happiness was an aget' to his battallon through ell the auxlous waiting and hard fighting in France, "A comrade wrote, "It has made such a change to our boys since he left us. He was a Christian man all through." They missed his cheery, amile.

"We can nearly always manage keep amiling, and that in really everything that Matters, for a smiling face is better than any medicine we could "get," writes another soldier. Amid soul-harrowing perplexities, exhausting fathrun and nerve wracking shellshock, it is autonishing how the sol diers of the Empire have retained

Pain in Shoulders PAID IN NEAD LIVER BOTHERED UER

Miss A. Windsor, Peterboro, Ont. writes:-"I have been sick for about four years with pains in my head and pains in my shoulders which I always thought were caused by working outside in the min on the farm. People told me that it was my liver

bothering me, so I bought three vials of Milburn's Laxa-Liver Pills, and found that they were doing me good. I continued taking them until now ! am well and strong. I am very thankful to you for my recovery." Milburn's Laxa-Liver Pills are specific for all troubles arising from

morbid state of the liver, so keep it active by the use of three easy-acting. non-irritating little pills. Milburn's Laxa-Liver Pills are 25c. vial at all dealers or mailed direct on receipt of price by The T. Milburn Co. Limited, Toronto, Out.

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 ultimately gives him true success. The weakness of character that makes a man take success. improperly, ultimately brings him fallure. The true nan or woman is that one who uses iny misfortune that may occur as a soint of departure for something far Tilgher and better. To this class of present failure is only a contribution

Ohildren Cry FOR FLETCHER'S CASTORIA

A NEW FRENCH TOWN

The geography lesson was about to segin, and the subject of it was to be France. Accordingly the teacher start. d off with the question: "Now in this present terrible war who is our prinipal ally?" "France" came the anwer, from a chorus of voices. "Quite right," said the teacher, beaming. Now can any one of you give me the name of a town in France!" A small soy at the back of the class almost fell over in his sugerness to tell it. "Somewhere," he said breathlessly,-Pittsburgh Chronicle-Telegraph.

Dizzy and Faint Spells Are Warnings of Heart Trouble That Should Be Heeded.

Those feelings of weakness, those dixxy spells and "all gone" sinking sensations which come over some people from time to time are warnings that must not go 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 Heart and Nerve Pills before their case occomes hopeless. They have no equal for strengthening the heart and invigorating the nerves. Mrs. Emil Brooks, Upper Gagstown, N.B., writes:—"All last summer and

winter I had disay and weak spells headaches and fainting and blind spells.

A friend recommended Milburn's Heart and Nervo Pills to me. I had only taken two boxes when I found great rehef. I highly recommend them to all who suffer from heart trouble."

Milburn's Heart and Nerve Pills are direct on receipt of price by The T. Mil-

CAMOUFLAGE AT SEA Fooling the enemy on land has bee practiced by the Allies for same time. and now we are told they have camouflage at sea. This is accomplished by painting a ship with spots which fade out into a glittering and shimmering hazo in the aunlight. At a distance of one or two miles, the commander of an enemy's ship might look straight at the spotted ship, and never see her. The spots are of light gray

WOMAN HAD NERVOUS TROUBLE

is made by the ship which makes it a

Lydia E. Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y .- "I have had pervous trouble all my life until I took Lydia E. l'inkbam'a Vegetable Com-

pound for nerves and for female troubles and it straight ened me out in good shape. I work nearly all the time, as we have four girls. I do all my sewing and other work with their help, so it

shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I have also had my oldest girl take it and it did her lots of good. I keep it in the house all the time and recommend IL"-Mrs. DEWITT SINCEHAUGH, West

Danby, N. Y. Sleeplessness, nervousness, irritability, buckacho, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. Women overywhere bear willing testimony to the wonderful virtue of Lydla E. Pinkham's Vegetable Compound.

THE CONSCIENCE FUND

One of the most intefesting accounts all such funds coming into the Treas- | ceas. in the year 1811, when a letter inclosing \$5 was received, stating that the nender had taken that amount from the Government. The money was then years there was no other remittance

has not been a year without something, 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 amounted to the sum of \$54,923.15. This was very much larger than ever before, During the year there were two notalde "contributions" one of them being \$30,000, the largest over received, and another of \$10,000. . The total receipts of the "Conscience Fund" from the first item, in 1811, have amounted to \$498,763.64.

It is said to be an unwritten law of the Treasury Department that no offort shall be made to learn the identity of these contributors, and even in cases where the sender has comfenned to theft from the Government the money has been simply accepted and no efforts made to prosecute. at no many have been honest enough to give back to the Government money which they have taken fraudulently, or funds to which they are not entitled, though the Government has no means of prosecuting them for graft or of getting out of them that which is its own, shows that back somewhere in the inner nature of man is a voice which speaks sometimes so loudly that it must be heard. It is a happy thing for man that he has a con science, even if he does not use if

SUFFERED WITH HACKING COUGH

COULD HOT SLEEP AT HIGHT.

The constant backing cough that sticks to you in spite of everything you have done to relieve it, is a source of danger. The longer the cough stays, the more serious menaco it is to your health.

It is easy to check a cough at the outset with Dr. Wood's Norway Pine Syrup. If you have let it run though, it takes a while longer to cure, but Dr. Wood's Norway Pine Syrup will cure it even then after other remedies have failed.

Mr. J. Henry Landry, South River, Burgeois, N.S., writes:—'I pocived mich great benefit from Dr. Wood's Norway Pine Syrup that I cannot help expressing my thanks. I suffered with a hacking cough for over a month, and could not sleep at night. I used many kinds of remedies, but they didn't do me any good, until I used 'Dr. Wood's,' and found great relief right from the start. I only used two bottles, and was com-pletely cored. I will never be without . it as long as I live."

There are a number of substitutes on the market for Dr. Wood's Norway Pine Syrup, so when you ask for it see that it is put up in a yellow wrapper; three pins trees the trade mark; price 25c. and 50c. and that it bears the name, 'The 'T. Milburn Co., Limited, Terente, Ont.

Many a live wire gets short circuit-

A FIFTEEN MINUTES' REST "Do you remember old Doctor L--7"

aked a woman of another the other day. "He believed in what 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 foels tired,' he used to say, 'or' discouraged, or dereased, 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 No pillow should be used, her head reclining on a level with her shoulders. She should not even think of the time. but have some one call her at the expiration of the time. This treatment,' he used to say, repeated twice a day, has a wonderful effect on nervous

BEING A-DYSTANDER

Where voluntary work is concerned, hat the Treasury of the United States the great proportion is done by few. keeps is that which is known as the if you take any organization to which of good habits and check off as many "Conscience Fund." Hiricity speaking, you belong, whether it is larger or jud you can conscientiously subscribe there have never been carefully kept a smaller, the majority of the members to: regular asparate "Conscience fund," are enlookers, assuming no responsibut records have been carefully kept of bility, doing little to forward)ts aucury. The first sum ever received was | All things are constituted at prevent it seems that it will be necessary for

you either to belong to the minority who do more than they should, or the majority who do less. And it should turned into the Treasury. For sixteen | not take you long to decide where you will stand. Overwork has its disadof the kind, and then in 1827 a record | vantages, but they are not to be comstarted which has been singularly rog- pared with the minfortung of being s ular. Since eaken, except 1848, there shirk. Shoulder your load and that of nome 'alacker' and go ahead. The greatest misfortune which can overtake a human being is to be a mere bystander in a world which appeals so continually for help.

WAS TROUBLED WITH INDIGESTION COULD KEEP NOTHING

Indignation is one of the worst forms of stomach trouble. The stymach becomes tract and you have a raw debilitated

ON STOMACH.

feeling in it. It is not necessary for you to be troubled with indigration if you will only use that old and well-known remedy Burdock Blood Bitters, which will regulate the stomach so that you may cat what you wish without any ill after

Mrs. Wm. C. Smith, Marshville, Ont. writes:- "I cannot speak too highly of Burdock Blood Bittern; it is worth its weight in gold: I was troubled with indigestion, and was so had I could keep anything on my atomach. A friend dilvised me to try B.H.B. which I did, and I nover felt better in my hie," Burdock Blood Bitter chas been manufactured by The T. Milburn Co. Limited, Toronto, Ont., for over 40 3:era. - You do not experiment when you buy it.

There's no use hurrying after the A Pill That le Prized There have been many pills put upon the market and pressed upon public attention, but none has cindured so long or mot with so much favor an Parmeleo's Vegotable Pills. Widespread une of them has attested their great value, and

rank without a poer in the list of standard vegetable preparations. THE RIGHT PERSPECTIVE

hey need no further advertisement

than this. Having firmly established

themselves in public esteem, they now

It takes several rather very unusual qualities of mind and heart to approciate what is near us. When an artist 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 attractive in Sid Peters flour mill, on the hanks of the little stream known as a bottle of Dr. Thomas' Eclectric Oil.

post, how we look at one unother! Why on earth should they have chosen Brown? A good fellow, of course, and not without ability, but no more reboy we have grown up with.

Who is an Advertiser?

Properly speaking every man, every institution, that

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

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.

results, to have enduring and lasting success.

deals with the public and has to offer anything in ser-

Now while you have your penall hand will you read the fellowing list

Got the habit of early rising. Got the habit of retiring early. Got the habit of eating slowly. Got the habit of being punctual. Got the habit of being grateful.

Got the habit of seeking the sunshine dally. Got the habit of speaking correctly Got the habit of pronoucing cor Get the habit of closing doors gently.

Get the habit of neatness in appear Get the habit of relying on self al-

Get the highit of apprehending no Get the habit of anticipating only (let the habit of always being pro

you go.

Get the habit of a quiescent concenration. Get the habit of daily physical ex-

Got the habit of being accommodating. Get the habit of being a good list-

-Nautilus I'owders. They will not only clear the children in regulating the infantile system and maintaining it in a most their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

CASTORIA

In Use For Over 30 Years Always bears Elgnature of Chart Hillton

Nearly every one imagines he cetting more than his share of hard of worms by using Mother Graves' Worm Exterminator. It is a standard

hanced its reputation. Imagine the feelings of the Puritans

A Prime Dressing for Wounds-In some factories and workshops carbolic acid is kept for use in cauterizing the wounds and cuts sustained by the workmen. Far better to keep on hand t is just as quick in action and does This blindness is not confined to the not scar the skin or burn the flesh local acenery. When some man from There is no other oil that has its curaamong us is called to an important live qualities.

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

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. cott & Downe, Toronto, Out.

OET THE HABIT

Got the habit of fearing nothing. Get the habit of speaking kindly. Got the habit of radiating sunshine

(let the habit of a forgiving spirit Out the habit of being industrious

grounive. Got the habit of always paying as

Get the habit of promptness at your

There is no more effective vermifuge on the market than Miller's Worm stomach and bowels of worms but will prove a very serviceable medicine for calthy condition. There is nothing in

For Infants and Children

remody, and years of use have en-

If they could see the modern suffra-

A GOOD REFRIGERATOR

markable than thousands of others ject of demestic economy and hygiene a We go on shaking our heads over the school-teacher got a singularly smart mystery, and even when we hoar of and apt answer from a girl. Speaking Brown's success our certainty is not of milk and its importance as a food, altered that he is a man of moderate the teacher asked: "Where is the best endowment. It is hard to get the right place in which to keep milk perfectly perspective of people who are close to pice and fresh during, say, a hot sumun. It is easier to believe that any- mer day?" And one girl, evidently body is more of a genius than the girl thinking it was an easy question, very with whom we made mud ples, or the promptly answered: "Please, teacher, in the cow."-Exchange

MANON CONTRACTOR CONTR RESERVE PUNDS AND UNDIVIDED PROPITS ... 7,250,000 MERCHANTS BANK

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nico little few hundred dollars saved in some sound Canadian Bank. Begin Now with only One Dollar -- Make a hobby of it. See howfar behind you can leave Fronble and Hard Times. Above all thighs do not look backward in your run to the harbor of comfort. 237 branches in Canada. Farmers business solicited.

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L. B. Shorey - Manager



Avoid disappointment. Refuse imitations. Only genuine Columbia Grafonolas and Records bear this trade mark. Look for it before you buy.



G. Speight - Acton, Ont.

For Infants and Children. **Mothers Know That Genuine Castoria** The Proprietury or Palent Medicine le Always AVecetable Preparation be As similating the food by Regula Bears the ting the Stomachs and Bowels of INPANTS / CHILDREN Signature Thereby Promoting Digesto Cheerfulness and Rest Contain neither Oplum, Morphine no Mineral Nor NAUGOTIO Detro alle civitimen A helpful Remedy for USE Constinution and Diarrhoca. and Feverishness and LOSS-OF SLEEP resulting therefrom in lalancy. Fac Simile Signature of

MACTANIA

Train lichedule for Acton

Going West

No. 189 6.62 p. m.

No. 28 9.06 n. m.

No. 32 3.28 p. m.

"What of To-morrow?"

is the Problem of every

Thinking Man and

Woman

The proper business education

chooses and teaches those facts

emential and uneful to the daily

It will profit YOU to secure

a practical business training in

this practical and successful

Situdents may outer at any

GUELPH

BUSINESS COLLEGE

and receive individual

Instruction

A. L. BOUCK Prin. Prop.

life of those who, hequire it.

school of buildens.

the at the

GUELPH

We want Now A Reliable Agent in Halton County. to sell Pelbam's Peerless Pruit and Ornamental Trees during Pall and Winter months. Good pay, exchialvo territory; freezelling equipmolt

OVER COO ACRES Of the choicest Nursery stock 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 now for agency terms to

PELHAM NURSERY CO.

N. B .- Catalogue sent on request to applicants for agencies or purchasers of Narsery stock.

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BUS LINE

Having purchased the livery and goodwill of the business from Mr. A. McCanu, I solicit with confidence the patronage of the

Comfortable rigs supplied at reasonable rates. Special artentiod to supplying conveyances for weddings and Motor Carafurnished when re

THE MEETS ALL TRAINS

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SERNITO COCCOCOCOCO C MANAGEM &

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Well Done and Quickly at only 5 cents

HARRIS & CO., Limited ROCKWOOD

per bag.

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BUY FROM W. WILLIAMS

Satisfactory Footwear REASONABLE PRICES

PROMPTLY SECUR

In all countries. Ask for our INVENTORY

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