MY QUIDE There is no path in this deport waste For the winds of the shifting sands, The trail is blind where the storing have raced, And atranger, I, in these fearsome

That I journey on with a lightsome For I nee his figure just ahead-He known the way-my Guide.

There is no path in this trackless sea No map in lined on the restless The ocean andres are strange to me Where the unseen wind in its fury FAVen. But it matters naught; my sails are And thy swift prow toonen the sons For changeless stars are steadfast

And I sail by his star-blazed trail-

"DRIVEN TO DEATH"

The feeling of being driven, of ne having time enough for the things that must be done, is due less to the amount of work that depends on us than to our state of mind. Most of us know young women whose chief occupation in life is dressing and undressing, and yet they feel as driven as the mother of six, who does her own work and the children's sowing. You meet one of them gasping and breathless, and she tells you that she has an engagement with the hair dresser in five minutes, and she cannot possibly stop to explain why she was not at the club on Friday, after agreeing to take part in the program." But as she flutters on, she leaves you under the impression that she was so driven Friday, having her nails manioured, that it was impossible to keep

Some people who are in reality that you get the oblong grey box with bored to death by their lack of occu- the trade mark of a "Maple Leaf." pation have this feeling of being driv- Price 50c; put up by The T. Milburn on. Their bodies grow fat and flabby Co., Limited, Toronto, Ont. from lack of exercise; their minds be come limp through not being used Their life is stagnation as far as any growth or development is concerned. And yet if they are asked to help anywhere, they chake heads regretfully and acknowledge that they would love to do it if they had time, but as it is they are "driven to death."

Every worker who wishes to accom plish anything of importance, must get the better of that feeling of being driven, that feeling which is due not remedy in the treatment of indigestion to outside circumstances but to a and all derangements of the stomach mental attitude. Remember that you liver and kidneys, Parmelee's Vegehave all the time there is, and if you table Pills have brought relief to thouuse your time wisely, you are bound sands when other specifics have falled. to accomplish your full share of the Innumerable testimonials can be prowork of the world.

When a mother detects from the writhings and fretting of a child that worms are troubling it, she can procure no better remedy than Miller's Worm Powders, which are guaranteed to totally expel worms from the system. . They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their most thorough work. No worms can long exist where these Powders are used.

Children Org CASTORIA

PROCESS.

At his laboratory one day Thomas dosk, "I want you," he said, "to figure out the cubic contents of this electric The young man went away and

spent hours at the task, using all the mathematics at his command, filling sheets of paper with his figures. Finally he went back to Edison with his answer. "Let's see if you are right," said the big man. He broke the tip of the bulb, filled the thing with water and then mea-

sured the water in a graduated glass. In two minutes he had done what his assistant had given most of a day to. This independence of formula is one of the secrets of Edison's success. Isn't it the secret of success of most great

WHY HE WAS THERE

A policeman found a negro, at two o'clock' one morning, acting rather suspiciously in the neighborhood of some fine houses. "Here, you!" shouted the polloeman What are you doing here?" "Nothin'."

"Well, I think you are. Explain nothin'! You see, I sings tenor in our that they are the best pills they ever "Well, what's that got to do with your being here?" "A heap, boss—a heap. I sings tenor in our church choir, an' th' man what

sings bass is sick." "Come along," said the policeman. "Hol, on, boss-hol' on! Th' mar what sings bass is sick an' l's gotter

take his place in th' choir; so, singin' tenor as I does, I's out here catchin' cold so I kin sing bass." Gossip by any other name wou

probably work as much disaster. A genuine bank account is probably the only thing that can't be of no

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be used

Why suffer from come when they can be paintenaly rooted out by using Holloway's Corn Curg.

ANOTHER FALSE CLEW

She called to him softly from nook in the conservatory. 'There is something 'I wish to sa to you," she murmured... "I scarcely know where to begin," she continued after a moment. The subject of which I speak is rather-er -delicate, and I'm the last one in the world to make trouble or carry tales. But I thought you ought to know." "I see," he said kindly. "Go on."

"I came in here five minutes ago. My head was aching, and I wanted to got away from the light and the chatter. After a little while I heard voices. I was provoked to think that I must get up, but I couldn't be an eavesdropper. So I started to leave, only I recognized the voices or at least one of them-the woman's." "I see." He was becoming inter-

"And something that was said ar-rested my attention. It was all per-fectly allly. But really I thought you should know. He told her she was his ducky darling, and she said she would always love him. And then they began

"There are several engaged couples here to-night," he suggested. "But they were not engaged." she said. The woman was- Oh, how can

I tell you?" "You must tell me," he said. "Well, if I must, the woman was your wife. Now, please don't do anything rash. Promise me you will conelder before, you act." For a moment he seemed at a loss for words. He was palpably confused. "You see," he said apologotically.

"we've only been married a weak, and

all that. I-I was the man you over-

heard with my-or-wife -- I'uok

ADVISING HER DADDY

and into the dim and silent parler, "Yes, papa dear." .

A moment of allence.

"Yes, George has his watch with "Then ask him what in the time." "He mayn it in cloven forty-eight,

"Then ank him if he deen't think about bed-time." "He mays, papa," the silvery voice announced, impersonally, "he says that he rarely goes to bed before one, but it meems to him that it is a matter of personal preference merely, and go now if he felt, sleepy!"

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

Those who have nover been troubled with kidney trouble do not know the suffering and misory which those afflicted undergo. The dull pains, charp pains, and quick twinges, all point to the fact that the kidneys regulre attention. Doan's Ridney Pills are a specific for all kidney troubles.

Mrs. Albert Williams, Edam, Sask, writes:- 'I have the greatest pleasure in telling you what Doan's Kidney Pills did for me. Ten years ago I was so bad with my kidneys that I would faint I and 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 there. and I am glad to say that after taking four boxes I have never had the same thing again. Thanks to "Doan's." When asking for "Doan's Pills" see

Pluck is really better than luck, for it often picks the latter up and car rice it right along. -A popular person to one who car manufacture applause on short notice and distribute it with a generous hand and a smiling face.

Pills That Have Benefitted Thousands-Known for and near as a sure duced to establish the truth of this assertion. Once tried they will be found superior to all other pills in the treatment of the allments for which

Children Cry FOR FLETCHER'S CASTORIA

WHERE THE DOCTORS ARE MO **8UCCE88FUL**

A lawyer got into an argument a physician over the relative merits of their respective professions. "I don't say that all lawyers are crooks," said the doctor, "but you'll have to admit that your profession doesn't make angels of men." "No," retorted the attorney, "you Edison called a new assistant to his doctors certainly have the best of us

HAD WORST CASE OF CONSTEPATION

DOCTOR EVER KNEW.

Although generally described as disease, constipation can never 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 ensential to general health, the least irregularity should never be neglected. Milburn's Laxa-Liver Pills have no equal for relieving and curing constipa-

tion and all its allied troubles. Mrs. P. Martin, Prince Albert, Sask. writes:-"I had one of the worst cases of constipation my doctor said he had ever known, and Milburn's IAM-Liver Pills cured 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 asy "Boss," said the negro, "I ain't doin' sround here use them, and they all say

> 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, Out.

WHERE SHE SPANKED

A little boy had eaten too much underdone ple for his supper and was soon rooring lustily. "If he wan my child," she said, "he'd got a good, sound spanking." His mother's visitor was much dis-

"He deserves it," the mother admited, "but I don't believe in spanking him on a full stomach." "Neither do I." said the visitor; "I'd

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegeta-

ble Compound. Denison, Texas. - "After my little



trouble and could hardly do my work. WAS VELY DELYONS ging on until last summer when I got where I could not do my work I would have a chill every day and hot flashes and dizzy spells and

my head would almost burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's stepsister told my husband if he did not do something for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continuod its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."-Mrs. G. O. LOWERY, 419 W. Montercy Street, Denison, Toxas. -If you are suffering from any form of female ills, get a bottle of Igdia E.

Pinkham's Vegetable Compound, and

commence the treatment without delay.

BHREWD YOUTH IS TOMMY

No doubt you are aware that one of Father's voice rolled down the stairs the most difficult things to do gracefathera farm.

"Thomas, will you please tell me why you took those apples from my special tree? How many times bave I told you to keep away from the nar-

Thomas grow red in the face, and retribution, was sure to befall these for propeller blades. who were dischedient Meanwhile Thomas had pulled himnelf together, and as the harangue was that if he were in your place he would | concluded he said, with a smile, referring to an event of the previous

> grandfather ?" Asthma Victims. The man or woman subject to asthma is indeed a victim What can be more terrifying than to auddenly be selzed with paroxysms of choking which seem to fairly threaten the existence of life itself. From nuch a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to complotely restored health and happiness, It is known and prized in every section

"l'ity our old hon diede wann't it,

CASTORIA For Infants and Children

of this broad land.

In Use For Over 30 Years Signature of Chat It Thitehou

PETER HAD VANISHED

The rector was sitting in his study hard at work on the following Sunday's sermon, when a visitor was an-She was a hard, muscular-looking woman and when the minister set chair for her she opened fire some-

what brusquely: "You are Mrs. Jenkins, ain't you?" "I am," replied the good man. "Well; maybe you'll remember o' narryin' a couple of strangers at your church a month ago?" "What were the names?" asked the

"Peter Elmpson and Eliza Brown," epiled the woman, "and I'm Eliza." "Are you, indeed?" said the minister. "I think I remom-"Yes," interrupted the visitor. "I'm her all right, an' I thought as how I ought to drop in an' tell you that Peter's escaped."-

Two heads are better than one when hey are on the sliver dollar. It is plain to anybody who is in pursuit of riches that they have more than the ordinary means of locomo-

Rheumatism Yields Only rheumatic sufferers know the agony of its dart-

ing pains, aching joints or twisting cords. But some

has been correcting this trouble

when other treatments have utterly failed.

Scott's is essentially blood-food in such rich, concentrated form that its oil gets into the blood to alleviate this stubborn malady. Get a bottle of advise an ailing friend. Scott & Bowne, Toronto, Ont.

Wood for aeroplane propellor blades must be one hundred per cent. perfully is to change the current of an feet. There can be none of the marunpleasant conversation. But the gin of imperfection that lumber-grad-"Ank that young man if he has the small boy can do it if circumstances ling rules commonly recognize, When make it necessary. This one was the engines are running at the rate having his annual outing on his grand of nearly two thousand revolutions a minute, the pressure is many thousand pounds to every square Inch of the blades. That premure sometimes will force uap from the blades that were supposed to be "bong-dry," and sometimes oven splits them. Ash, white oak, maple, birch, cherry, mahogany, his grandfather went on to depict that spruce and black walnut are all used

SHOT THROUGH HEART.

Thousands of people go about their daily work on the verge of death and yet don't know it. Every once in a while a pain will shoot through the heart, but little attention is paid to it at the time, and it to only when a violent shock comes that the weakness of the heart is apparent.

There is only one cure for the weak mart and that is Milburn's Heart and Mr. H. A. Young, 83 Hayter St., Toronto, Ont., writes:—"I used to have sharp pains shoot through my heart, suffered from shortness of breath, and hight. A friend advised me to try after one box I found great relief. Three

boxes completely cured me." Milburn's Heart and Nerve Pills are 50c. per box at all dealers, or mailed direct on receipt of price by The T. Mil-burn Co., Limited, Toronto, Ont.

Children Cry FOR FLETCHER'S CASTORIA

Muscular Rheumatism Subdued ---When one is a sufferer from muscular rhoumatism he cannot do better than to have the region rubbed with Dr. Thomas' Ecloctric Oil. There is no il that so speedly shows the effect in subduing pain. Let the rubbing be brisk and continue until case is secured. There is more virtue in a bottle of it than can be fully estimated, MINE SWEEPING

Imagine yourself trying to walk through a dense wood at midnight without a light, the penalty for touching a tree being death. That will. give you some idea of the dangers that the man on mine-sweeping trawlers face when their vessels are steaming through a freshly sown mine field The mine sweepers are divided into groups, each of which is commanded by a naval officer. The vessels leave

to the area that they are to sweep for They work in pairs abreast of each other. Between the vessels swings the "sweep wire," sunk to the necessary depth in the water by means of towed kites - wooden arrangements acting on the same principle as ordinary air kites. These wires can be regulated to travel at any depth beneath the surface. When mines are caught they are dragged to one side and destroyed by rifle fire. If the bullets hit the detonator the mine generally explodes at once; but if, on the other hand, water enters the buoyancy chamber and floods it, the mine goes to the bottom like a stone and becomes

harbor about daylight and steam out

As the trawlers themselves may draw as much as twelve feet of water, they may come into contact with s mine laid at or above that depth. If mine sweeper is struck and the resultant explosion occurs forward in the bows, it may keep affeat and eventunlly be towed into harhor by one of her consorts. If the detonation takes place amidships or in the stern, how-Scott's Emulsion and over, it is unlikely that the ship will aurvive, and the men in the engine room or boiler room will probably per-

DO IT NOW

Little Boy Blue, come_blow your horn;

To buy your stock

If you never make it known.

So Little Boy Blue come, blow your horn;

And the very best way

Is to blow it through this paper.

The Acton Free Press

There are three things to remember about

FREE PRESS ads: They are set right;

they are read by all classes of buyers, and

they produce results for the advertiser--

COME IN AND LET'S TALK IT OVER

It's the proper business caper,

To make it pay

If you don't it won't be blown,

The people won't flock

HARVESTING THE ICE CROP

The larger the amount of Ice packed In a body the better it will keep. It will not keep without drainage and ventilation. The ice-house should atand on sand or gravel or have ample artificial drainage put in to carry away the melted lee; if there is a drain it should be trapped to provent air from entering the house. The ice must be packed on a bed of saw-dust or marsh hay two feet deep, and be packed in a solfd layer of cakes that are sawed with square angles and as large as can be handled conveniently. mny 22x30 inches. Place these on edge, all one way and twelve inches from the sides of the building until solid, and if spaces occur between them fill with pounded ice. After the upper surface has been levelled in the name manner, and the sides next to the wall filled with sawdust tramped hard, place the next layer. This is to

be continued until the house is full

may to within three feet of the enves.

Over the top of the ice place eighteen

inches of sawdust. Above must be plenty of ventilation. As mild weather approaches, the ice should be inspected two or three times a wook and the side packing kept tramped hard, to make sure that no ventilating tunnels occur in the .wdust, for these quickly waste a ton of ion. A stick may be needed to punch down sawdust into such spaces. As the sawdust is taken from the .top to fill around the sides, more must be put on, keeping it eighteen inches deep; but as ice is removed, see that sawdust does not accumulate much deeper than that, as it will generate heat and the ice will not be ventilated and will waste rapidly.

SCRAP METAL ON THE FARM

Farmers may not realise that they are unpatriotic if they are not selling their worn-out machinery and implements. Large quantities of iron and stool are needed for guns, shells, bridges, and for other war purposes. There are many farms on which good deal of junk is to be found. Highor prices are being paid for scrap metal than formerly, but, in order to save unnecessary expense in getting it to the foundries, neighboring farmers might co-operate and make one hauling do instead of several.

HAD A VERY BAD COLD and COUGH

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.

Last winter I had a very bed cold and cough, but after taking two bottles of Dr. Wood's Norway Pine Byrup I was cured. I think it is about one of the best cough syrups that I know of. I slways keep a bottle of it in the house so I can have it when I want it.

The other week I teld an eld 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 get one bottle of Dr. Wood's Norway Pine Syrup, and the mays it has done her more good than all the doctor's medicine she had been taking." Dr. Wood's Norway Pins Byrup

rich in the lung healing virtues of the Norway pine tree, and this makes it the best remedy for course and coids. The genuine is put up in a yellow

wrapper; 3 pine trees the trade mark price 25c. and 50c; manufactured only by The T. Milburn Co., Limited, Toronto.

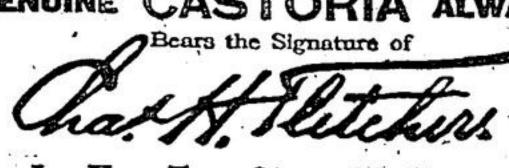
Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the alguature of and has been made under his per-Chart filteliers 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

Castoria is a harmless substitute for Castor, Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoca; allaying Feverishness orising .. therefrom, and by regulating the Stomach and Bowels, alds the assimilation of Food; giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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Times may change and work become less plentiful for you with advanced years and you will have no such help anywhere as your nice little few hundred dollars saved in some round Canadian Bank. Begin Now with only One Dollar_Make a hobby of it. See how far behind you can leave Trouble and Hard Times. Above all thighs de hot look backward in your run to the harbor of comfort.

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Woman The proper business education chooses and teaches those facts essential and usoful to the dail life of those who acquire it. It will profit YOU to secur a practical business training ! this practical and successful achool of business.

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A Reliable Agent in Halton County to sell Pelliam's Peerless Pruit and Ornamental Trees during Pall and Winter months. Good pay, exclu-sive territory, freeselling equipmedt.

OVER 600 ACRES Of the choicest Nurrery stock includ-ing NEW varieties controlled by us. Handsome up-to-date selling equip-ment and a splendid Canadiangrown stock to effer customers. We are not jobbers. Write now for

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

Special attentiod to supplying conveyances for weddings and funerals. Motor Cars furnished when re-

Comfortable rigs supplied at

reasonable rates.

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L. E. ATKINSON

Grain Chopping

Well Done and Quickly at only 5 cents

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SHOES At Any Time

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Salisfactory Footwear

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