

MY CREED

To live as gently as I can... To take what comes of good or ill...

DON'T SKIM IT FIRST

Somebody has quoted a quaint old grandmother saying, "If you're going to give me a man of milk, don't skim it first."

HEART WAS BAD WOULD WAKEN UP IN DISTRESS.

There is nothing that brings with it such fear of impending death as to wake up in the night with the heart pounding and thumping.

Milburn's Heart and Nerve Pills strengthen and invigorate the heart, so that it beats strong and regular...

Mr. Archie Beaumont, Edgott's Landing, N.B., writes: "Have been bothered with my heart and nerves for about six years, caused by overwork and worry."

PREPARING A CRACKED WALL FOR PAINTING OR PAPERING. When a plaster wall or ceiling is not badly cracked it will not do to paint or even paper the surface.

A POWERFUL AID When you feel sluggish and nervous, tired and indifferent, you have the first symptoms of declining strength...

SCOTT'S EMULSION to replenish your blood power, enliven its circulation and bring back the snap and elasticity of good health.

DIFFERENT TACTICS "When a person is really angry he says that he does not care."

Severe Headaches CAUSED BY GLUGGISH LIVER. When the liver becomes sluggish and inactive the bowels become constipated...

Milburn's Lax-Liver Pills will stimulate the sluggish liver, clean the stomach, sweeten the stomach, and remove the disagreeable headaches.

SMILES "When we first came here," said a Dakota man to his visitor from the East, "our nearest neighbor lived just twelve miles away."

HOW MRS. BOYD AVOIDED AN OPERATION. Canton, Ohio. "I suffered from a female trouble which caused me much distress."

When Mrs. Boyd's trouble was so bad that the doctors decided that I would have to go through an operation before I could get well.

As I can do my house work without any difficulty, I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial...

Some times there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous foot and hand remedy.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The remedy has many years' experience in its success.

FOR SALE BY C. G. Speight - Acton, Ont.

THE KITCHENS MUST WIN

Mr. O. H. Van Norden, chairman of the Speaker's Bureau of the United States food administration, in a recent address declared that the outcome of the war must be decided in the kitchens of Canada and the United States during the coming year.

Asthma cannot last when the greatest of all asthma specifics is used. Dr. J. D. Kellogg's Asthma Remedy naturally cures this dreaded title.

Children Cry FOR FLETCHER'S CASTORIA AN EMERGENCY TOURNIQUET. A valuable addition to any shop medicine cabinet is the tourniquet.

CAUGHT GOLD NEGLECTED IT WAS SICK FOR MONTHS. You should never neglect a cold, however slight. If you do not treat it in time it will, in all probability, develop into bronchitis, pneumonia, asthma, or some other serious throat or lung trouble.

CASTORIA For Infants and Children In Use For Over 30 Years. Always bears the Signature of Dr. J. C. Fletchier.

Children Cry FOR FLETCHER'S CASTORIA. Here are a few extracts from letters that have found their way into The Maple Leaf Magazine.

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Children Cry FOR FLETCHER'S CASTORIA. "My little girl has been put in charge of a spittoon. Will I get more pay?"

Children Cry FOR FLETCHER'S CASTORIA. "I am glad to tell you that my husband has now been reported dead."

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IN A SQUAD FORM

Among a squad of policemen who were undergoing a test in ambulance work was an Irishman, with whom the doctor had the following colloquy.

"What would you do to a man who had a cut on his forehead?" "I'd give him a soft water."

"What do you mean by soft water?" "Och! Just soft water, soft, wet water."

"And what in hard water?" "I'd give him a soft water."

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"A PART OF THE COURSE"

A young man beginning the study of law in the office of a prominent law firm in one of our large cities, was very impatient in the discovery that he was expected to devote a certain portion of time each morning to reading and studying the minutes of the various committees of the law firm.

"It's part of the course," was the terse explanation. "Three months" the young man protested to himself.

"If that's the case I might as well give it a regular place in the 'day's program' and get everything I can out of it instead of grudging the time."

It is interesting to read the title, anyway, and remember where each one belongs.

In this putting his best effort into his simple work, he was growing interested and that it consumed much less time than when performed listlessly.

By the time he had completed his first year, he had become thoroughly familiar with the titles and location of the entire collection of volumes; but it was not until he was well advanced in the course that he realized fully all that was implied in the sentence, "It's a part of the course."

He understood just how important a part it was when, in the advanced stages of his study, he found that the ability to locate desired volumes on the instant was an absolute necessity to success.

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Children Cry for Fletcher's

CASTORIA The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletchier.

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its base is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; it cures Feverishness, irritates the Stomach, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

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Railway Time Tables AT ACTON.

Table with columns for Grand Trunk Railway System, Grand Trunk, and Toronto Suburban Electric Railway. Rows list various train numbers and times for different routes.

"What of to-morrow?" is the Problem of every Thinking Man and Woman. The proper business education chosen and teaches the facts essential and useful to the daily life of those who acquire it.

GUELPH BUSINESS COLLEGE GUELPH - ONTARIO and receive individual instruction. A. L. DOUCK Prin.-Prop.

We want Now A Reliable Agent in Halton County to sell Pelham's Peerless Fruit and Ornamental Trees during Fall and Winter months. Good pay, exclusive territory, free-selling equipment.

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

ACTON LIVERY - AND - BUS LINE Having purchased the livery and goodwill of the business from Mr. A. McCann, I solicit with confidence the patronage of the public.

L. E. ATKINSON Acton Ont.

Grain Chopping Well Done and Quickly at only 5 cents per bag.

HARRIS & CO., Limited ROCKWOOD ONT.

When You Need BOOTS SHOES At Any Time BUY FROM W. WILLIAMS ACTON - ONTARIO

FAMOUS FOR Satisfactory Footwear REASONABLE PRICES.

PATENTS PROMPTLY SECURED In all countries. Ask the inventor - WILKINSON, which will be sent free. HAMILTON & PATENT, 224 University Ave. MONTREAL.

FREE! Address a postcard to us now and receive by return mail a copy of our new illustrated 50-page catalogue of Garden, Flower and Field Seeds, Root Seeds, Grains, Balbs, Small Fruits, Garden Tools, Etc. SPECIAL - We will also send you free a package (value 1.50) of our choice Butterfly Flower. This is one of the airiest and daintiest flowers imaginable, especially adapted to bordering beds of tall flowers and those of a heavier growth.

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

Columbia Grafonola The Perfect Headlight Lens Design Pat. Canada and U. S. A. Stopglare stands out above all other special headlight lens as the most satisfactory. It meets the requirements of the law in spirit as well as in letter.

STOPGLARE The Perfect Headlight Lens Design Pat. Canada and U. S. A. Sold by most accessory stores and garagemen. Manufactured by STOPGLARE LIMITED 112 King St. W. HAMILTON, Ont.

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PROVING OUR STATEMENTS. Winning Automobile Club. Dear Sirs: I would advise you that the Stopglare Lens for Automobile headlights, submitted by you to the Manitoba Provincial Government, was passed as being absolutely satisfactory in every respect, and will comply with the Legislation that will be passed this spring, covering the use of automobile headlights in the province.

Dear Sirs: I would advise you that your Stopglare Lens for headlights submitted by you for test at the Saskatchewan Motor League official test carried out Tuesday evening the 21st inst., was passed as being absolutely satisfactory in every respect.

I beg to confirm my message to you of the 24th inst. to advise you that the Stopglare Lens was approved by the Police Department as complying with the present Alberta Statute.

The Stopglare Perfect Headlight Lens. Design Pat. Canada and U. S. A. Stopglare stands out above all other special headlight lens as the most satisfactory. It meets the requirements of the law in spirit as well as in letter.

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