The Acton Free Press

THURSDAY, MARCH 21, 1918

DO YOU WISH THE WORLD WERE BETTER?

"Do you wish the world were better?
Let me tell you what to do;
Set a watch upon your actions,
Keep them always straight and true;
Rid your mind of selfish motives,
Let your thoughts be clean and high,
You can make a little Eden
Of the space you occupy.

"Do you wish the world were wiser?
Well, suppose you make a start,
By accumulating wisdom
In the scrapbook of your heart;
Do not waste one page on folly,
Live to learn, and learn to live;
If you want to give men knowledge,
You must get it ere you give.

"Do you wish the world were happy?
Then remember, day by day,
Just to scatter seeds of kindness
As you pass along the way;
For the pleasure of the many
May be ofttimes traced to one,
As the hand that plants the acorn
Shelters armies from the sun."
—In Commonsense.

WHILE I CAN

"Through this toilsome world, alas!
Once, and only once, I pass;
If a kindness I may show
If a good deed I may do
To any suffering fellow-man,
Let me do it while I can
Nor delay it; for, 'tis plain
I shall not pass this way again."

Thus wisely sings the poet. We have but to-day; there is no to-morrow upon which we may count with any assurance. And it is a mistake to defer that loving service that might brighten a life full of sorrow; that might alleviate the suffering of a friend; that might put courage and hopefulness in the breast of the despairing one. Life at best is brief, and it is a mistake to live it in a selfish manner. We do not want to lose the art of being kind. There are many people in our little world whose lives it is possible for us to brighten by a kindly smile or a friendly act. There are all around us those whose toilsome way may be made sunshiny by a thoughtful act, a few words of appreciation,

"Those who wait to do a great deal of good at once, never do anything," said Dr. Johnson. It is well to remember the fact this quotation states. A bunch of flowers to-day, a brief note of sympathy to-morrow, an offer to help the next day—do you not think these things would make the burden lighter for many a sick and wearied one?

Then consider what the doing of those things means to us. Do they not make our own troubles less burdensome, and do they not put joy in our hearts? We should not do them for selfish reasons.—Signal.

HAD WORST CASE OF CONSTIPATION

DOCTOR EVER KNEW.

Although generally described as a 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 essential to general health, the least irregularity should never be neglected.

Milburn's Laxa-Liver Pills have no equal for relieving and curing constipation and all its allied troubles.

Mrs. F. Martin, Prince Albert, Sask., writes:—"I had one of the worst cases of constipation my doctor said he had ever known, and Milburn's Laxa-Liver Pills cured me of it. My father-in-law had used them, in fact he was the one who gave them to me. [illegible] number of people around here use [illegible] and they all say [illegible] pills they ever

[illegible]er Pills are 25c. a [illegible] mailed direct on [illegible]he T. Milburn Co., [illegible]nt.

[illegible]ND HIS LADDERS

[illegible]r told me he would [illegible] anything around the [illegible] his farm ladders. I [illegible]hat he meant, but now [illegible]her day another neigh- [illegible]ew stove, in a chimney [illegible]dle for some time, and [illegible]tes chimney, roof and [illegible]umbling in a mass of [illegible] and not a ladder near- [illegible] that I knew of, and no [illegible] the roof with a bucket [illegible]ckly and safely. Had [illegible]ood ladder or two stored [illegible]barn, we who rushed to [illegible]ould have controlled the [illegible]ed $3,000 loss (no insur-

[illegible]y or Internally, it is Good. [illegible]pplied externally by brisk [illegible]Dr. Thomas' Eclectric Oil [illegible]pores and penetrates the [illegible] few liniments do, touching [illegible]f the trouble and immediate- [illegible]ng relief. Administered in- [illegible]it will still the irritation in [illegible]t which induces coughing and [illegible]e affections of the bronchial [illegible]nd respiratory organs. Try it [illegible]convinced.

Children Cry FOR FLETCHER'S CASTORIA

BUY VICTORY BREAD

[illegible]make bread note the sug- [illegible]n.. [illegible]part in the matter of re- [illegible] consumption of wheat flour, [illegible]on of the United States are [illegible]pon when purchasing flour, to [illegible] the same time an equal quan- [illegible]f other cereals, (corn meal, corn [illegible], corn flour, hominy, corn grits, [illegible]flour, rice, rice flour, oatmeal, [illegible] oats, buckwheat flour, potato [illegible] sweet potato flour, soya bean [illegible] and feterita flours and meals.) [illegible]housewife may use these products [illegible]arately in making bread, cakes, and [illegible]stry or mix them as she thinks best. The retailers are to sell wheat flour [illegible]ly with an equal weight of these [illegible]her cereals.

Consumers are able to obtain mixed [illegible]reals, bread from their bakers, who [illegible]e required under the license regu- [illegible]dons to mix five per cent. of other [illegible]eals with their wheat flour, both [illegible]read and rolls.

The food administration strongly [illegible]rges on consumers the buying of this [illegible]ead, known as Victory bread, and [illegible]ich contains not less than twenty [illegible] cent. of cereals other than wheat. [illegible]raham or whole wheat bread, will [illegible]so be given that name, because, containing as they do, twenty-five per [illegible]ent. more of the wheat grain than [illegible]rdinary white bread, they, too, will [illegible]erve the purpose of saving wheat [illegible]pur.

[illegible]Mothers can easily know when their [illegible]ildren are troubled with worms, and [illegible]ld no time in applying the best [illegible]edies—Mother Graves' Worm [illegible]minator.

[illegible]n is known by the company he [illegible]at a distance.

[illegible]ns cripple the feet and make [illegible]ing a torture, yet sure relief in [illegible] shape of Holloway's Corn Cure is [illegible]s speak of all.

Children Cry FOR FLETCHER'S CASTORIA

THE TALLEST CHIMNEYS

What is said to be the tallest chimney in the world has been erected recently for a copper smelter at Sagonoseki, Japan. It is built of concrete, 570 feet high, 26½ feet inside diameter at the top and 42 feet in diameter at the base. The chimney was carried to that great height in order to convey the poisonous fumes from the smelter to an altitude where they would not hurt vegetation. The next tallest chimneys in the world are the 506-foot concrete chimney of the Butte and Montana smelter at Great Falls, Montana; a 464-foot chimney at Glasgow, Scotland; a 400-foot steel chimney at Jerome, Arizona; the 366-foot chimney of the Eastman Kodak Company at Rochester, New York, and the 365-foot brick chimney of the Orford Copper Company at Constable Hook, New Jersey.

KIDNEYS SO BAD WOULD FAINT AWAY

THAT WAY FOR TWO YEARS.

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

The dull pains, sharp pains, and quick twinges, all point to the fact that the kidneys require attention.

Doan's Kidney 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 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 never had the same thing again. Thanks to "Doan's."

When asking for "Doan's Pills" see that you get the oblong grey box with the trade mark of a "Maple Leaf." Price 50c; put up by The T. Milburn Co., Limited, Toronto, Ont.

HOLD YOURSELF RESPONSIBLE

Hold yourself responsible for what you do and what you fail to do. There may be times when another's mistake will throw you off the track, when the stopping of a clock or an unexpected summons will overturn your plans, but do not cultivate the attitude of looking for something outside yourself to take the responsibility of what goes wrong in your work. Shoulder that yourself.

IRISH WIT

Dr. X. hired O'Brien to clean off the walk from his house to the front gate. At he close of the day, when he examined Pat's work, he was dissatisfied with it.

"O'Brien," he said, 'the whole walk is covered with gravel and dirt. In my estimation it's a bad job."

Pat looked at him in surprise for a moment and replied: "Shure, doctor, there's many a bad job of yours covered with gravel and dirt."

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 bad cold and cough, but after taking two bottles of Dr. Wood's Norway Pine Syrup I was cured. I think it is about one of the best cough syrups 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 says it has done her more good than all the doctor's medicine she had been taking."

Dr. Wood's Norway Pine Syrup is 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 The T. Milburn Co., Limited, Toronto, Ont.

EVERY MAN HIS OWN DRILL SERGEANT

The boys are away. They are living hard lives. They are doing without luxuries. They are learning in the iron school of discipline. Soon they are coming home, pray God! In better physical form, with simpler tastes, with more power of endurance.

What of those of us at home? Will they find us soft, disorderly, disobedient, undisciplined?

It is easier for them who must obey the voice of the superior officer than for us who know not the voice of our superior and are not over-anxious to obey if we do admit we hear!

Comrades in the home-trenches, let us each become in 1918 our own drill sergeant! Out of bed at six-thirty, ten minutes will drill at seven, prayer under orders seven-ten, no slovenly work, military snap to everything, heels together, heads up, salute the orders of the Superior Officer!

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of Chas. H. Fletcher

THEY HAD IT

The fussy old gentleman entered the chemist's shop the same time every afternoon, and fired off a string of questions regarding the treatment of various ailments. But after the assistant had done his best to answer all the queries he always left without buying anything.

At last the assistant got tired of giving advice free, and waited an opportunity to choke the old gentleman off. At last it came.

"My hair keeps falling out," said the old man one day. "Can you give me something to keep it in?"

"Certainly!" said the assistant smiling. "I have here a beautiful cardboard box!"

A Grippe Epidemic

Every winter Health Boards warn against this weakening disease which often strikes those who are least prepared to resist it. You should strengthen yourself against grippe by taking

SCOTT'S EMULSION

which is the cream of cod liver oil, refined, purified and so skilfully prepared that it enriches the blood streams, creates reserve strength and fortifies the lungs and throat.

Don't delay—It may mean much.

Use SCOTT'S Refuse Substitutes

Scott & Bowne, Toronto, Ont. 17-13

THEY WERE ALL READY

A certain rector, just before the service, was called to the vestibule to meet a couple who wanted to be married. He explained that there wasn't time for the ceremony then. "But," said he, "if you will be seated I will give you an opportunity at the end of the service for you to come forward, and I will then perform the ceremony."

The couple agreed, and at the proper moment the clergyman said: "Will those who wish to be united in the holy bonds of matrimony please come forward?"

Thereupon thirteen women and one man proceeded to the altar.

Children Cry FOR FLETCHER'S CASTORIA

JONES PAID

Three friends who had been spending the evening at their club, agreed that the one who did not do as his wife told him when he got home should pay for an oyster supper. Smith, in trying to find the matches, trod on the cat.

"That's right," said his wife, waking up, "kill the poor cat and have done with it."

"Well," thought Smith, "I'll have to do it or pay," so he killed the family pet.

Brown, in the dark, stumbled against the piano.

"Why don't you break the piano?" demanded his wife.

Brown at once broke the piano.

When Jones got home he stumbled on the top step of the staircase.

"Go on," said his wife, "tumble down stairs and break your neck."

"Not me," answered Jones. "I'll pay for the supper first."

EASY

The lieutenant was instructing the squad in visional training.

"Tell me, Number One," he said "how many men are there in that trench-digging party over there?"

"Thirty men and one officer," was the prompt reply.

"Quite right," observed the lieutenant after a pause. "But how do you know one is an officer at this distance?"

"'Cos he's the only one not working, sir."

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

When there is a fly in the ointment who pauses to be sorry for the fly?

A Real Asthma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the cures which it performs. Expect real relief and permanent benefit when you buy this remedy and you will not have cause for disappointment. It gives permanent relief in many cases where other so called remedies have utterly failed.

NOT SO FAST

"O mamma!" cried Blanche, "I just heard such a tale about Edith. I did not think she could be so naughty. One—"

"My dear," said her mother, "before you tell it we will see if your story will pass three sieves."

"What does that mean, mamma?"

"I will explain. In the first place, let me ask you about your story. Is is true?"

"I suppose so. I heard it from Grace White, and she is a great friend of Edith's."

"And does she show her friendship by telling tales of her? In the next place, though you can prove it to be true, is it kind?"

"I did not mean to be unkind, but I am afraid it was."

"And is it necessary?"

"No, of course, mamma. There was no need for mentioning it at all."

"Always ask these three questions first when you are tempted to tell something about others."—Selected.

SHARP PAINS 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 is only when a violent shock comes that the weakness of the heart is apparent.

There is only one cure for the weak heart and that is Milburn's Heart and Nerve Pills.

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 was so nervous I could not sleep at night. A friend advised me to try Milburn's Heart and Nerve Pills, and 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. Milburn Co., Limited, Toronto, Ont.

BE GOOD AND CLEVER, TOO

When Kingsley bade his sweet maid "be good and let who will be clever," he probably did not mean to discredit cleverness, but only to put goodness in the front rank where it belongs. Moreover, not everybody can be clever who wishes to be, while goodness is a matter dependent not on our natural endowment, but on our choice.

But whatever the poet meant in his lines, there are some people who would say emphatically, "Be good, sweet maid, and do not bother about being clever. Goodness is enough—in a woman." For even the ones who are most earnest about it are likely to think that brains are rather important for men and that the masculine half of the world should strive to be good and clever, too.

To be a good man or a good woman is the greatest thing in the world. Character ranks so much above other things—all other things—that there is no comparison to be made. But at the same time a great deal of nonsense is talked about the girl who is sweet and good, as distinguished from the girl who is bright and clever. Our novelists are fond of picturing the two types, the good girl, or the good wife, a model of all virtues, but so painfully stupid that she is cast in the shade by a quick-witted young woman who is frequently quite conscienceless in her activities.

As a matter of fact, life does not bear out this portrayal. Some of the best women in the world, are more than clever, they are brilliant. And those who lack conscience are more likely to lack brains than to be superlatively clever. Right-doing is one of the tests of good sense, though of course it is a good deal more.

Do not have for your ideal the sweet girl who believes that she hears and does as she is told, and has no more snap than honey, nor sparkle than fresh milk. Be as good as you can. That is you first and highest duty in the world. But also be as clever as you can. It is as hard to overdo the one as the other.

They Soothe Excited Nerves.—Nervous affections are usually attributable to defective digestion, as the stomach dominates the nerve centres. A course of Parmelee's Vegetable Pills will still all disturbances of this character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correction of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

Children Cry FOR FLETCHER'S CASTORIA

PLENTY OF CREDIT

Mr. Butterworth, the grocer, was looking over the credit sales slips one day. Suddenly he called to the new clerk:

"Did you give George Callahan credit?"

"Sure," said the clerk. "I—"

"Didn't I tell you to get a report on any and every man asking for credit?"

"Why, I did," retorted the clerk, who was an earnest young fellow. "I did get a report. The agency said he owed money to every grocer in town, and, of course, if his credit was that good I knew that you would like to have him open an account here!"

Miller's Worm Powders can do no injury to the most delicate child. Any child, infant or in the state of adolescence, who is infested with worms can take this preparation without a qualm of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

The trouble with the ultimate consumer is that he is too often found unable to consume.

If you want a job done right, do it yourself. A man can make a bigger man or a bigger fool of himself, than anybody else can.

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 Chas. H. Fletcher and has been made under his personal supervision since its infancy. 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 Diarrhoea; 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.

GENUINE CASTORIA ALWAYS

Bears the Signature of Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

Columbia Grafonola

Get the Genuine

Grafonola

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

Columbia Grafonola

C. C. SPEIGHT — FOR SALE BY — ACTON, ONT.

Railway Time Table

AT ACTON

Grand Trunk Railway System

Going West

No. 29	8.12	a. m.
No. 31	10.29	a. m.
No. 33	2.21	p. m.
No. 189	5.53	p. m.
No. 37	8.12	a. m.

Going East

No. 28	9.06	a. m.
No. 30	11.24	a. m.
No. 32	3.28	p. m.
No. 34	7.07	p. m.

Toronto Suburban Electric Railway

Going West

9.17 a. m.	Daily except Sunday
3.17 p. m.	Daily except Sunday
8.09 p. m.	Daily except Sunday
11.02 a. m.	Sunday only
6.32 p. m.	Sunday only

Going East

7.48 a. m.	Daily except Sunday
1.58 p. m.	Daily except Sunday
6.18 p. m.	Daily except Sunday
9.58 a. m.	Sunday only
5.48 p. m.	Sunday only

DO YOU REALIZE

that the Central Appeal Judge's decision re Bank Clerks means that the positions vacated must be filled by young ladies and the younger men.

OUR COMMERCIAL COURSE

gives the necessary training for "Banking positions."

NOW is the time to prepare. Special rates to those starting March 18 and April 1.

GUELPH BUSINESS COLLEGE

Herald Bldg. - At the Post Office

A. L. BOUCK 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 telling equipment.

OVER 600 ACRES

Of the choicest Nursery stock including NEW varieties controlled by us. Handsome up-to-date selling equipment and a splendid Canadian-grown stock to offer customers. We are not jobbers. Write now for agency terms to

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.

Comfortable rigs supplied at reasonable rates.

Special attention to supplying conveyances for weddings and funerals.

Motor Cars furnished when required.

BUS MEETS ALL TRAINS

L. E. ATKINSON

Acton Ont

Grain Chopping

Well Done and Quickly at only

5 cents per bag.

HARRIS & CO., Limited

ROCKWOOD - ONT

"Something Cheaper at Last—"

You save money on your soap

Buy Comfort Soap—the bigger bar of the same old high quality—at the same price. Of course, there are no premiums now—but you're getting full value, "pressed down and running over" in Soap instead.

A bigger bar now COMFORT without premiums

The premium-making factories have either stopped manufacturing or else they can't get boats to ship with. So we've thrown the whole of our tremendous buying power into getting soap materials only and you now get all your money's worth in Soap—Comfort Soap, the largest seller in Canada.

We can buy good soap materials but we can't buy good premiums

Certainly that will be so until after the war. You will get the benefit in the bigger Comfort bar.

All Comfort wrappers and coupons now out will be redeemed. Send them in early while our present Premium supply is still good. Write us for premium list.

13 Pugsley, Dingman & Co., Limited, Toronto

Necessary Farm Equipment

MORE and more the Ford car is looked upon by progressive farmers as necessary farm equipment, the same as the plow, the hay-rake, the drill, the mower, the harrow and other labor and time-saving machinery.

A farmer with a Ford car can dispense with one or two of his horses and make the trips to town, railway station, creamery, or to the neighbours in one-third the time. In fact there is no farm machine made that will save the busy farmer and his busy wife so much valuable time as a Ford. And it's so easy to take care of—far easier than a horse. No bed to make, or hay and oats to get, no harnessing and unharnessing, and no stables to clean. The Ford practically takes care of itself.

Ask any farmer who owns a Ford if he would ever again try to get along without it. His answer will hasten your decision to own one.

Ford

THE UNIVERSAL CAR

Touring	$595	Sedan	$970
Runabout	$575	Chassis	$535
Coupe	$770	One-ton Truck	$750

F. O. B. FORD, ONT.

H. A. Coxe, Dealer - Acton, 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 for our INVENTORS ADVISER, which will be sent free. MARION & MARION, 6th University [illegible] INTERNAT