

## JUST SEEMED TO SUIT HIS CASE

WELLAND MERCHANT RE-  
STORED TO HEALTH BY  
DODD'S KIDNEY PILLS.

Doctors and Medicine Failed—  
Dodd's Kidney Pills Succeeded—  
Other Cases They Just Seem to  
Suit.

Welland, Ont., June 12.—(Special)  
—J. J. Yokom, a prominent mer-  
chant of this city, is telling his  
friends of his remarkable cure of a  
terrible Kidney Disease by Dodd's  
Kidney Pills. Mr. Yokom's state-  
ment is as follows:

"For more than a year I had been  
ailing with Kidney Trouble in all its  
worst symptoms. I had a distressed  
feeling in my head, little or no ap-  
petite, and a feeling of languor. I  
became greatly reduced in weight.

"Doctors and medicines failing to  
give me any benefit I became desper-  
ate, when by good luck I chanced to  
try Dodd's Kidney Pills, and from  
the first they seemed to suit my  
case. After taking five boxes the old  
trouble had gradually disappeared,  
and I was feeling better than I had  
in many years."

Dodd's Kidney Pills suit the case  
of every man, woman or child who  
has any form of Kidney Disease.  
They always cure and cure perman-  
ently.

### COFFEE AS A DISINFECTANT.

The use of coffee as a disinfectant  
is generally known, but it is doubt-  
ful if the majority of people are  
aware of its true value in this direc-  
tion. It is one of the most powerful  
and effective agents known, as has  
been shown by repeated experiments.  
The merest pinch of coffee is usually  
sufficient to cleanse a sick room, even  
in aggravated cases. The best way  
to employ it is to freshly pound the  
coffee in a mortar, if no mill is at  
hand, and sprinkle it on a red-hot  
iron surface.

### ENGLISH WOMEN TALLEST.

After taking measurements of the  
height of women in France, England  
and America, a doctor announces  
that the English woman is the tallest  
and the American comes next. The  
average height of the French woman  
is 5ft. 1in. The American woman is  
nearly two inches taller and the  
women of Great Britain half an inch  
taller than the latter. American  
women, however, weigh slightly more  
than either of the others, their av-  
erage weight being about 117lb.

### MEASURING INGREDIENTS.

It is useful to know that sixty  
drops are equivalent to one tea-  
spoonful, three teaspoonfuls equal to  
one tablespoonful. A gill is four  
tablespoonfuls.

One cupful of liquid is equal to  
one half-pint. Two cupfuls of butter  
or sugar weigh one pound, and six-  
teen tablespoonfuls of liquid are  
equal to a cupful.

### THE IDEAL GIRL.

"Is she one of those horrible girls  
who know enough to set men right?"  
"No; she's one of those delightful  
girls who know enough not to."

### FEED YOUNG GIRLS.

Must Have Right Food While  
Growing.

Great care should be taken at the  
critical period when the young girl  
is just merging into womanhood that  
the diet shall contain all that is up-  
building, and nothing harmful.

At that age the structure is being  
formed and if formed of a healthy,  
sturdy character, health and happi-  
ness will follow; on the other hand  
unhealthy cells may be built in and  
a sick condition slowly supervene  
which, if not checked, may ripen into  
a chronic disease and cause life-long  
suffering.

A young lady says:

"Coffee began to have such an ef-  
fect on my stomach a few years ago,  
that I was compelled to quit using  
it. It brought on headaches, pains  
in my muscles, and nervousness.

"I tried to use tea in its stead, but  
found its effects even worse than  
those I suffered from coffee. Then  
for a long time I drank milk alone  
at my meals, but it never helped  
me physically, and at last it palled  
on me. A friend came to the rescue  
with the suggestion that I try Post-  
um Coffee.

"I did so, only to find at first,  
that I didn't fancy it. But I had  
heard of so many persons who had  
been benefited by its use that I per-  
severed, and when I had it brewed  
right found it grateful in flavor and  
soothing and strengthening to my  
stomach. I can find no words to  
express my feeling of what I owe to  
Postum Food Coffee!

"In every respect it has worked a  
wonderful improvement—the head-  
aches, nervousness, the pains in  
my side and back, all the distressing  
symptoms yielded to the magic  
power of Postum. My brain seems  
also to share in the betterment of my  
physical condition; it seems keener,  
more alert and brighter. I am, in  
short, in better health now than I  
ever was before, and I am sure I  
owe it to the use of your Postum  
Food Coffee." Name given by Post-  
um Co., Battle Creek, Mich.

There's a reason.

### HAY FEVER REMEDIES.

Recent German Discoveries Are  
Proving Successful.

German sufferers from hay fever  
have tried to help their fellows and  
themselves by banding together in  
order to promote investigation into  
the causes of their troubles and to  
discover cures, if possible. As the hay  
fever season is just approaching,  
some account of the results of their  
enquiries may be welcome to Eng-  
lish sufferers.

Experiments and experience have  
fairly established the fact that hay  
fever is due to the pollen of grass,  
rye, etc., often intensified by dust  
and by sunshine.

The dangerous period is from the  
middle of May to the end of July,  
varying according to locality; the  
actually dangerous time for any given  
place lasts some five or six weeks.

Except in unusually severe cases,  
alleviation may be obtained by in-  
haling the fumes of stramonium,  
with which a little saltpetre has been  
mixed, and sometimes by smoking  
cigarettes made of Indian hemp. The  
most scientific remedies yet known  
for external treatment are the anti-  
toxins prepared from grass pollen.

Of these there are two on the mar-  
ket pollantin and graminin.

Pollantin is a serum supplied in  
the form of powder, to be used as  
snuff or as a liquid to drop into the  
eyes and nose.  
Graminin, which at present is only  
obtainable as powder, is the cheaper  
product, and is due to the discovery  
of the assistant of Dr. Dunbar, the  
inventor of pollantin. These reme-  
dies are at present little known out-  
side, but in Germany they are used  
with real success in 50 per cent. of  
cases treated, and with less success  
in others.

### PERSONALLY CONDUCTED TOUR

To California and Lewis and  
Clarke Exposition, Port-  
land, Oregon.

A personally conducted excursion  
to the Pacific coast via the Grand  
Trunk Railway System and connect-  
ing lines leaves Quebec July 5, and  
Montreal and Toronto July 6. The  
route will be via Chicago, thence  
through Council Bluffs to Omaha,  
Denver and Colorado Springs. Stops  
will be made at each of these places  
and side trips taken to Manitou,  
Cripple Creek, Garden of the Gods,  
etc. From there the party will con-  
tinue through the famous scenic  
route of the Denver and Rio Grande,  
through the Royal Gorge to Salt  
Lake City, thence to Los Angeles,  
San Francisco, Mt. Shasta, Port-  
land, Oregon, Seattle, Spokane, and  
home through St. Paul and Minnea-  
polis. The trip will occupy about  
thirty days, ten days being spent on  
the Pacific coast.

The price for the round trip, in-  
cluding railroad fare, Pullman tour-  
ist sleeping cars, all meals in the  
dining car, hotels, side trips, etc., is  
\$165.50 from Quebec, or \$160.50  
from Montreal and \$150.00 from  
Toronto. This first trip is designed  
as a vacation trip for teachers, al-  
though many who are not teachers  
will improve the opportunity of tak-  
ing the trip at the remarkably low  
price afforded.

For full particulars address E. C.  
Bowler, General Agent and Conduc-  
tor, Room 308, Union Station, To-  
ronto.

### TO STRENGTHEN THE EYES.

The eyes will be greatly strength-  
ened by putting the face down into a  
glass or eye-cup of water the first  
thing in the morning and opening  
them under water. This is somewhat  
difficult to do at first, but if the  
water for two or three days be tepid  
and gradually be made colder by im-  
perceptible degrees until it is no  
shock to put the face into quite cold  
water, it will soon become easy, and  
is very invigorating and refreshing.  
The eyes should be wiped after this  
by passing a soft towel very gently  
from the outer angle inward toward  
the nose.

### WHAT SALT WILL DO.

Salt may be made useful in many  
directions besides table use. First,  
as a tooth powder, it will keep the  
gums hard and the teeth beautifully  
white. Also, if you have had a  
tooth extracted and the bleeding does  
not stop, rinsing the mouth with salt  
and water will prove a quick remedy.  
Mixed with hot water it makes a  
good gargle for a sore throat, and  
if a little is put with lemon juice,  
stains on fingers from ink, peeling  
potatoes, etc., will be easily re-  
moved. When tea-cups are discolor-  
ed rub a little salt on the stains be-  
fore washing them, and the blemish  
quickly disappears.

### SLEEP AS A BEAUTY AID.

No girl who does not sleep well can  
hope to preserve her good looks. Six  
hours' sleep is necessary for every-  
one, but is not sufficient to meet the  
physical needs of all, some requiring  
eight hours, and others even longer.  
When possible, at least one hour's  
sleep should be obtained before mid-  
night, as this is worth all the hours  
that succeed it. Cultivate a habit  
of sleeping on the side. Sleeping on  
the back cramps the digestive or-  
gans and, besides being injurious,  
causes bad dreams. Avoid heavy  
reading late at night. The proper  
time for study is the early morning,  
when the brain is fresher to receive  
impressions.



Unless the soap you  
use has this brand you  
are not getting the best

Ask for the Octagon Bar.

HURSTLE TO COLLECT IT.  
The world may owe you a living,  
but you have to work hard to col-  
lect the debt.

We have no hesitation in saying that  
Dr. J. D. Kellogg's Dysentery Cordial  
is without doubt the best medicine ever  
introduced for dysentery, diarrhoea,  
cholera and all summer complaints, sea  
sickness, etc. It promptly gives relief  
and never fails to effect a positive cure.  
Mothers should never be without a bot-  
tle when their children are teething.

The less religion a man has the  
more he thinks he can give away.

"My Kidneys are all Wrong!—How  
shall I insure best results in the short-  
est time?" It stands to reason that a  
liquid specific of the unquestionable  
merit of South American Kidney Cure  
will go more directly and quickly to  
the seat of the trouble than the "pill  
form" treatment, and when it strikes  
the spot there's healing in an instant.  
—78

### GREAT DISAPPOINTMENT.

Edith—Poor Pauline! She was lost  
at sea.

Lena—Oh, isn't that dreadful! And  
she so much wanted to be cremated.

Sure Regulators.—Mandrake and Dan-  
dion are known to exert a powerful  
influence on the liver and kidneys, re-  
storing them to healthful action, induc-  
ing a regular flow of the secretions and  
imparting to the organs complete  
power to perform their functions. These  
valuable ingredients enter into the com-  
position of Parmelee's Vegetable Pills  
and serve to render them the agreeable  
and salutary medicine they are. There  
are few pills so effective as they in  
their action.

Every cry of need is God's open  
door to some garden of paradise.

### NOT DISPOSED TO CAVIL.

Acquaintance—That old farmer is  
telling everybody that when he came  
out at you with a gun you ran  
away.

Railway Surveyor—Well, he's partly  
right. I ran a way right through  
his land.

### ENGLISH SPAVIN LINIMENT

Removes all hard soft or calloused  
lumps and blemishes from horses, blood  
spavin, curbs, splints, ringbone,  
sweeney, stifles, sprains, sore and  
swollen throat, coughs, etc. Save \$50  
by use of one bottle. Warranted the  
most wonderful Blemish Cure ever  
known.

### AND THEN SOME.

"They have arrested him, have  
they? What is the amount of the de-  
falcation?"

"No one knows, but it must be  
enormous. He can remember where  
\$10,000 of it went."

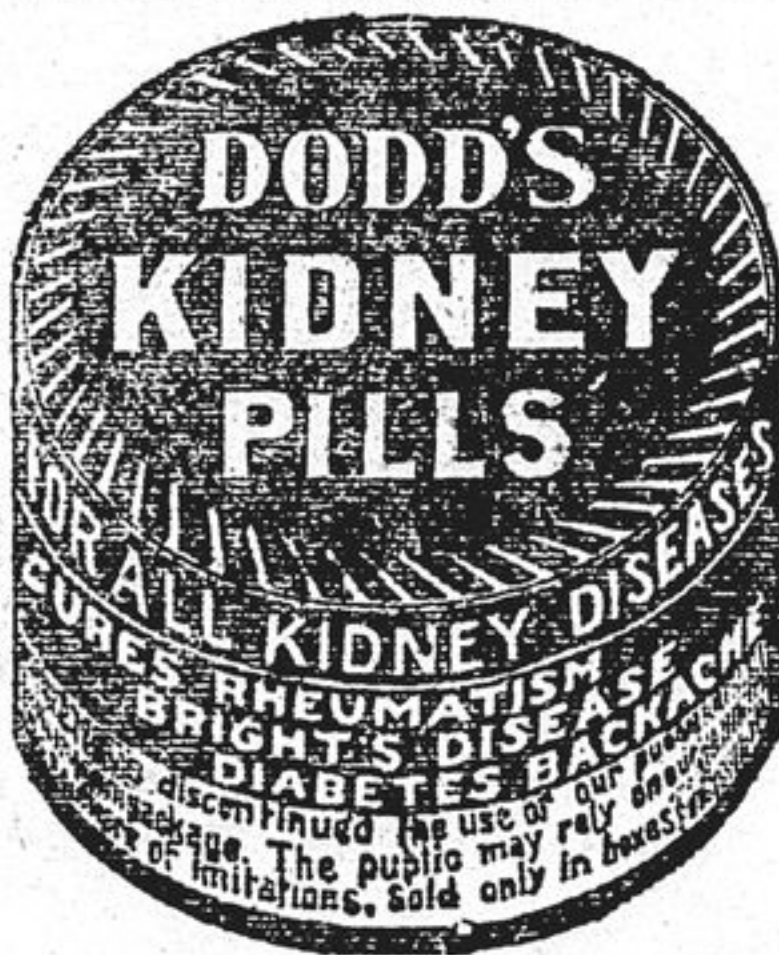
Are your corns harder to remove than  
those that others have had? Have  
they not had the same kind? Have  
they not been cured by using Hollo-  
way's Corn Cure? Try a bottle.

### BURIED TREASURE.

There is plenty of buried treasure  
within the confines of the British Em-  
pire besides that which a noble lord  
has failed to locate. For nearly fifty  
years people have been searching for  
the ill-gotten hoard of Captain Mel-  
ville, a famous Australian bush-  
ranger, who robbed hundreds of gold-  
diggers between Melbourne and Bal-  
larat, and is supposed to have ac-  
cumulated a pile of \$250,000, which  
he so carefully concealed that no-  
body has so far been able to find it.  
He died in Melbourne jail. At the  
time of his arrest a curious map was  
found upon him, but even with its  
aid the most skillful detectives have  
failed to localize the spot.

### FASCINATED BY A FURNACE.

At an inquest on an iron-moulder  
named Lawton, who committed sui-  
cide by jumping into a blast furnace  
at Birmingham, England, workmen  
described how, on the day of his  
death, the man repeatedly called  
them to look into the furnace, going  
back to it time after time as if by  
a kind of fatal fascination, although  
he had no business there. When he  
jumped in he was heard to cry, "Oh,  
oh, two or three times, but no one  
could approach the charging-hole for  
some time on account of the great  
heat. Only some bones and bits of  
metal were recovered.



## Pleasant Dreams

Come to those who drink only PURE tea like

# Blue Ribbon

Avoid ordinary tea; if you care for SOUND, SWEET SLEEP, and  
ask for the SPECIALLY MANUFACTURED, CAREFULLY PACKED  
Blue Ribbon Tea. Red Label.

ONLY ONE BEST—BLUE RIBBON'S IT.

### PACIFIC COAST EXCURSIONS.

During June, July, August and  
September the Chicago and North  
Western Ry. will sell from Chicago,  
round trip excursion tickets to San  
Francisco, Los Angeles, Portland,  
Ore. (Lewis & Clarke Excursion), Se-  
attle, Victoria, Vancouver at very  
low rates. Correspondingly cheap  
fares from all points in Canada.  
Choice of routes, best of train ser-  
vice, favorable stopovers and liberal  
return limits. Rates, folders and  
full information can be obtained  
from B. H. Bennett, General Agent,  
2 East King St., Toronto, Ont. 31

### REVIVES MEMORY.

"There's one good point about al-  
cohol as a medicine," said old Doc  
Spriggins. "I never yet had a pa-  
tient for whom I prescribed it who  
forgot when it was time to take a  
dose."

The Poisoned Spring.—As in nature  
so in man, pollute the spring and dis-  
ease and waste are bound to follow—  
the stomach and nerves out of kilter  
means poison in the spring. South  
American Nerve is a great purifier,  
cures Indigestion, Dyspepsia, and tones  
the nerves. The best evidence of its  
efficacy is the unsolicited testimony of  
thousands of cured ones.—76

Traveller—"Am I in good time for  
the next train to Puddleburg?"  
Porter—"Oh, yes, you are in good  
enough time, sir." Traveller (a  
quarter of an hour later)—"No sign  
of that train coming yet?" Porter—  
"No, sir; it won't be here till 6.30  
to-morrow morning."

They Wake the Torpid Energies.—Ma-  
chinery not properly supervised and left  
to run itself, very soon shows fault in  
its working. It is the same with the  
digestive organs. Unregulated from  
time to time they are likely to become  
torpid and throw the whole system out  
of gear. Parmelee's Vegetable Pills  
were made to meet such cases. They  
restore to the full the flagging facul-  
ties, and bring into order all parts of  
the mechanism.

When a Scotch schoolmaster entered  
the temple of learning one morn-  
ing, he read on the blackboard: "Our  
teacher is a donkey." The pupils ex-  
pected there would be a cyclone; but  
the philosophic pedagogue contented  
himself with adding the word "driv-  
er," and opened the school as usual.

### Pile Terrors Swept Away.

Dr. Agnew's Ointment stands at the head  
as a reliever, healer, and sure cure for  
Piles in all forms. One application will  
give comfort in a few minutes, and  
three to six days' application accord-  
ing to directions will cure chronic  
cases. It relieves all itching and burn-  
ing skin diseases in a day. 35 cents.—

Johnson—"He said I was an addle-  
pated jackass. What do you advise  
me to do about it?" Jackson—"See  
a good vet."

Lever's Y-Z (Wise Head) Disinfect-  
ant Soap Powder is better than  
other powders, as it is both soap and  
disinfectant.

### A WAY OUT.

Mrs. Hiram Offen—See here, Brid-  
get, the dishes you have put on the  
table of late have been positively  
dirty. Something's got to be done  
about it.

Bridget—True for ye, ma'am; if ye  
only had dark-colored ones, ma'am,  
they wouldn't show the dirt at all.

Neglect a cough and contract  
consumption.

## Shiloh's Consumption Cure The Lung Tonic

cures consumption, but don't  
leave it too long. Try it now.  
Your money back if it doesn't  
benefit you.

Prices: S. C. WELLS & Co. 801  
25c 50c \$1 LeRoy, N.Y., Toronto, Can.

### CAUGHT WITH THE GOODS.

The Groom (at the first hotel)—  
"It's no use, Clara; we can't hide it  
from the people that we are newly  
married."

The Bride—"What makes you think  
so, George, dear?"

The Groom (dejectedly)—"Why, the  
waiter has brought us rice pudding."

### BEST GERMAN IN STATES.

Professor Haeckel, of Jena, the  
great German Darwinian, declares  
that the best Germans have been  
driven to the United States, and  
that they have left behind a race of  
weaker men and women, whose off-  
spring have proved incapable of giv-  
ing the fatherland that mental and  
physical vitality which Germany con-  
tributed to the building of the  
mighty American Republic.

## Dyeing! Cleaning!

For the very best send your work to the  
"BRITISH AMERICAN DYING CO."  
Look for agent in your town, or send direct.

Montreal, Toronto, Ottawa, Quebec

### A ROYAL BOOKLET.

The Grand Trunk Railway System  
are distributing a very handsome  
booklet descriptive of the Royal Mus-  
koka Hotel, that is situated in Lake  
Rosseau, in the Muskoka Lakes,  
"Highlands of Ontario." The publi-  
cation is one giving a full description  
of the attractions that may be found  
at this popular resort, handsomely il-  
lustrated with colored prints of lake  
and island scenery, the hotel itself,  
and many of the special features that  
may be found there. It is printed on  
fine enameled paper, bound in a cover  
giving the appearance of Morocco  
leather, with a picture of the hotel  
and surroundings on the same, and  
the crest of the hotel embossed in  
high relief. A glance through this  
booklet makes one long for the plea-  
sure of Summer and outdoor life,  
and copies may be secured gratuit-  
ously by applying to any Grand  
Trunk ticket office.

### THE ONLY WAY.

There is only one place in the  
world where you can live a happy  
life, and that is, inside of your in-  
come.

## THE GREAT WEST LIFE ASSURANCE CO.

Has good openings in many places  
in Ontario for Agents.

The high profit-earning power of  
the Company, coupled with its lower  
rates, makes it attractive to both  
insurers and agents.

If you have never been canvassed  
to insure in this Company, or if  
there is no agent in your locality,  
write for particulars.

J. O. MCCARTHY,

Manager for Ontario,  
18 Toronto St., Toronto.

Magistrate—"I seem to know your  
face." Prisoner—"Yes; we was boys  
together." Magistrate—"Nonsense!"  
Prisoner—"Yes, we was. We're both  
about the same age, so we must  
have bin boys together!"

A man can nearly always make  
his wife believe he was working at  
the office late if he brings her home  
a bunch of flowers.

The healthy glow disappearing from  
the cheek and moaning and restlessness  
at night are sure symptoms of worms  
in children. Do not fail to get a bot-  
tle of Mother Graves' Worm Extermina-  
tor; it is an effectual medicine.

Great Medicine.—Tonti, one of the  
pioneers of French Canada, lost a hand  
and wore an iron hook as a substitute.  
He was in the habit of boxing the ears  
of refractory Indians with this iron  
hook, and that it was "great medi-  
cine." Dr. Thomas' Electric Oil is  
great medicine; it takes hold of pain  
with an iron hand and knocks it out  
of the system.

Mother—"Tommy, have you eaten  
all your sweets without even think-  
ing of your little sister?" Tommy  
—"Oh, no, mamma. I was thinking  
about her the whole time. I was  
afraid she'd come before I had finish-  
ed them!"

"Bought my life for thirty-five cents"  
—This was one man's way of putting  
it when he had been pronounced incur-  
able from chronic dyspepsia. "It was  
a living death to me until I tried Dr.  
Von Sian's Pineapple Tablets. Thanks  
to them to-day I am well, and I tell  
my friends I bought my life for 35  
cents." 60 in a box.—80

### COLLECTING MONUMENTS.

Collecting monuments is the queer-  
est hobby we have yet heard of. It  
is the speciality of a Pennsylvania  
millionaire Quaker. For forty years  
he has spent time and money hunt-  
ing for tombstones, pedestals, head-  
pieces, broken columns, gravestones,  
and monuments erected to commem-  
orate Biblical events and American  
history. He has them erected in a  
cemetery plot reserved for the pur-  
pose, and spends much of his leisure  
admiring his collection.



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