



Mrs. Rosa Adams, niece of the late General Roger Hanson, C. S. A., wants every woman to know of the wonders accomplished by Lydia E. Pinkham's Vegetable Compound.

DEAR MRS. PINKHAM:—I cannot tell you with pen and ink what good Lydia E. Pinkham's Vegetable Compound did for me, suffering from the illa peculiar to the sex, extreme lassitude and that all gone feeling. I would rise from my bed in the morning feeling more tired than when I went to bed, but before I had used two bottles of Lydia E. Pinkham's Vegetable Compound, I began to feel the buoyancy of my younger days returning, became regular, could do more work and not feel tired than I had ever been able to do before, so I continued to use it until I was restored to perfect health. It is indeed a boon to sick women and I heartily recommend it. Yours very truly, MRS. ROSA ADAMS, 819 12th St., Louisville, Ky.

Any women who are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, general debility, and nervous prostration, should know there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound. No other medicine for women has received such wide-spread and unqualified indorsement. No other medicine has such a record of female cures.

DEAR MRS. PINKHAM:—I am very pleased to recommend Lydia E. Pinkham's Vegetable Compound for womb and ovarian difficulties from which I have been a sufferer for years. It was the only medicine which was at all beneficial, and within a week after I started to use it, there was a great change in my feelings and looks. I used it for a little over three months, and at the end of that time I suffered no pain at the menstrual period, nor was I troubled with those distressing pains which compelled me to go to bed, and I have not had a headache since. This is nearly a year ago. I always keep a bottle on hand, and take a few doses every week, for I find that it tones up the system and keeps me feeling strong, and I never have that tired feeling any more.

I certainly think that every woman ought to try this grand medicine, for it would prove its worth. Yours very truly, Miss ELISE DANFORTH, 203 De Soto St., Memphis, Tenn.

FREE MEDICAL ADVICE TO WOMEN. Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

"LAND OF BRIGHT WATERS"

AN APPRECIATIVE DESCRIPTION OF STURGEON LAKE DISTRICT

By a Sojourner Who Spent Some Time at Sturgeon Point.

The Globe has the following appreciative description by a visitor to Sturgeon Point: On this point of land, just where the lake takes a turn towards the north some three score or four score families have their aestival habitations among the dark oaks that clothe the shore. And surely no fairer site could have been chosen for a summer settlement.

It is very heated to sit there in the golden afternoon with the weary brow fanned by a cool breeze just strong enough to ripple the oak leaves and ripple the gleaming waters of the lake. And in that lake's blue depths are funny denizens—bass and muskies—of a size and strength that would have made the heart of good old Isaac Walton leap for joy, and impressed upon that piscatorial authority and enthusiast the necessity of securing stronger tackle than any ever used in whipping the fair trout streams of Merrie England.

But to view this noble landscape from a proper vantage point we must wend our way along woodland path and country road for the distance of a parasang until we reach the summit of lofty, specular hill, which shall call the Mont of Vision. Then what a panorama lies spread beneath our eyes! For twenty miles in every direction we can gaze upon a lovely vision of hill and vale, field and forest, lake and stream.

In the foreground on the right are wide stretches of luxuriant clover, with its fragrant perfume and "the murmur of innumerable bees" on the left a herd of sleek and well-fed kine knee-deep in pasture. Beyond the road the man with the hoe is busy extirpating the occasional noxious weed or thistle from the rich green rows of promising rutabaga crop.

How vastly different this wielder of the scudulum from the weed and sorrowful creation or interpretation of Edwin Markham. When resting from his easy toil he stands erect in stalwart manhood, his height four cubits, twice seven stone his weight, strong and hopeful as becomes the lord of such lands with the prospect of so bountiful a harvest.

In the near sunny distance the billowy wheat fields, lemon-tinted on their way from green to gold, rise and fall at the kiss of the summer zephyr, as if bending beneath a fairy's footstep and resilient from the momentary pressure as she passes on her shining way.

Further away to south and west are the sparkling waters of the lake, bearing on its bosom steam pleasure yacht, gasoline launch and white-winged sailboat. Yonder toils a tag puffing lung protestations as she hauls her load of logs and lumber from the primeval forest of the Catsara Peninsula, as the learned man of our party insists upon calling it. Ten miles in the other direction towards the eastern end of the lake, from amongst the islands and almost-islands, comes the steamer that brought us here, faring on the second of his regular voyages to the town at which we embarked.

Then the eye rests upon the beautiful wooded southern shore, with many a rich green field studded with clumps of trees, deciduous or evergreen, sloping away beyond a veritable home of modern peace. High in the hills, here and there, cloudlet chase cloudlet across the sun's smiling face, while on the earth their shadowy phantoms follow one another in rapid succession over the sun-bathed surface of forest, lake and field.

As a glorious place simply to dwell in, this district is not so well known as it ought to be. It is doubtful whether of its kind there is a finer landscape in America. It has all the salubrity of atmosphere, all the sylvan beauty and picturesque charm of Georgian Bay region and Muskoka, without the rosy ruggedness of the former or the dark brooding water and faint suggestion of fruitfulness of the latter.

The nearest approach, in extent and soft, picturesque beauty, to this portion of the Kawartha country is some English landscape, for example, that which we feast our eyes upon looking northward from the White Horse Hill over the fair broad valley of the upper Thames. But what that scene lacks the variety of lake, forest and stream that characterizes this delightful region. We hear of one place and another spoken of as the Garden of Ontario, but this locality has charms unequalled, all its own. It is the park and park excellence the paradise of the Province.

It needs only a better acquaintance with the soothing and healing influence of this happy valley to make it a Mecca for multitudes of men and women who would fain withdraw for a time from the dust and din of the city, from the brain-weariness and heart-weariness and the bodily exhaustion of the over-zealous business or professional life, from the monotonous and unsatisfying round of the social treadmill, from "the passions and the cares that wither life and waste its little hour."

Hard on the Barber. (Cincinnati Tribune). "What do you put on your face after shaving?" asked the man who smelled of bay rum. "Gout plaster, usually," replied the nervous chap, gloomily.

Mother's Ear. A WORD IN MOTHER'S EAR: WHEN NURSING AN INFANT, AND IN THE MONTHS THAT COME BEFORE THAT TIME. SCOTT'S EMULSION. SUPPLIES THE EXTRA STRENGTH AND NOURISHMENT SO NECESSARY FOR THE HEALTH OF BOTH MOTHER AND CHILD. Send for free sample. SCOTT & BOWNE, Chemists, Toronto, Ont. and 100, all druggists.

CANADA TO THE FRONT.

Successful Termination of Some Remarkable Experiments Which are of Interest to Everybody.

OTTAWA.—An Ottawa physician has demonstrated to the world that in scientific research, Canada is second to none! Taking up the theory that ripe fruits are nature's cure for various disorders, he proved after years of labor, that this hypothesis was founded on fact! Each fruit in nature's storehouse was scientifically analyzed. The fresh ripe fruit was first reduced to a pulp by a special machine. All the woody fibre was strained off. The juice was then evaporated and tested to reveal the medicinal powers. One of the most surprising features of the experiments was the minute quantity of active principles obtained. In some cases a bushel of fruit, after separating the fibre and evaporating the juice, yielded only a few grains. The expense, difficulty and the discouragement of such research will thus be appreciated.

Exciting Test of Motor Car Tires Made at Crystal Palace.

In search of thrills and sensations a large crowd gathered at the Crystal Palace, London, Eng., to watch with breathless interest a demonstration showing how little real danger there is in the unexpected bursting of a tyre of a motor-car traveling at a high rate of speed. The experiments have been arranged in the interests of motoring generally, with a view to removing the popular misconception "at an accident" on cars going at high speed. On the lower level (terrace) of the Palace grounds was laid what looked like a veritable death-trap. Fixed securely into a wooden plank planted in the gravel were ten sharp spikes at sharp angles. Immediately in front and behind were masses of broken soda-water bottles and jam pots.

When a Napier touring-car, driven by Cecil Edge, approached the glass-paneled arena, the spectators thronged the terrace to watch the result. The tyres skimmed over the knee blades and glass and remained whole. If Edge had been miles from anywhere a bystander remarked, both tyres passed over, and the "fire burst" noise. Although going at a good speed, the car was in no way affected; and after another bed of up-standing steel prongs had been laid, three other punctures were registered, with the same result. The car did not swerve, nor did the occupants experience any sensation.

S. F. Edge then took his big Gordon Bennett Napier racing car and flew down the terrace at the rate of fifty-five miles an hour. The car passed over the steel and glass, and the greater weight of the racing machine told on the tires, one of which was deflated without the slightest effect upon the car.

Then Mr. Edge gave his audience a thrill. Loosening one of the big back tires, he flew up and down the long terrace at a terrific speed, swearing purposely now and then, and raising clouds of dust in his mad career, in order to throw off the tire. But the tire refused to come off.

It was loosened still further, and as the car approached the "trip" the big tire literally bounded off and came bowling along towards the spectators, eventually crashing into the fairy lamps on the grass border.

The big car went on as if nothing had happened, and the demonstration was at an end.

"We have heard too often of chauffeurs who get down all accidents to burst, punctured or deflated tires," said Mr. Edge. "If a motor car is properly designed, and the driver is a reasonably good one, there is not the slightest fear of an accident of the slightest kind, when a tire comes off unexpectedly." "Accidents are chiefly caused by people losing their heads and leaving hold of the steering gear when a tire bursts."

Awarded Scholarships

Among the thirteen teachers who have been awarded three months' scholarship for the Macdonald Institute are the following from this district: Chas. T. Yeo, Little Britain. In addition to the Ontario bursary of \$25, each of the teachers also receives \$25 and an allowance for railway fares under the Macdonald scheme.

Cured of Chronic Diarrhoea After Ten Years of Suffering.

"I wish to say a few words in praise of Chamberlain's Colic, Cholera and Diarrhoea Remedy," says Mrs. Mattie Burge, of Martinsville, Va. "I suffered from chronic diarrhoea for ten years and during that time tried various medicines without obtaining any permanent relief. Last summer one of my children was taken with cholera morbus, and I procured a bottle of this remedy. Only two doses were required to give her entire relief. I then decided to try the medicine myself, and did not use all of one bottle before I was well and I have never since been troubled with that complaint. One cannot say too much in favor of that wonderful medicine." This remedy is for sale by all druggists.

Expert Judges for Fall Fairs.

The Ontario Department of Agriculture is again providing a number of judges for the fall fairs. Thirty fairs in the province have applied for extra horse judges this year on the last day of the fairs. About twenty-five more fairs have applied for extra horse judges this year as the last day of their fairs. About twenty-five more fairs have applied for judges this year than last. The province is divided into circuits for fair purposes, and a judge is usually given a circuit. Mr. Stonehouse of Port Perry, and Mr. John Campbell of Woodville, are judges on cattle; Mr. Donald McKay, of Whitby, and Mr. Peter Christie, of Manchester, on horses; and Mr. W. Smith, of Columbus, on horses, beef, cattle and sheep.

News-Letter: In spite of the St. Louis Fair attraction a large number of American tourists are now sojourning at the different resorts on lakes Simcoe and Couchiching.

The capacity of Orchard point is already fully taxed applications for accommodation having to be refused. Every cottage on Geneva Park is occupied and many are holidaying at popular resort under canvas. Fern Cottage is also being well patronized. The Royal Narrows is filling up quickly. A party from New Orleans arrived there this week, and some prominent citizens come every Friday and stay till Monday.

Summer Hotels are springing up at many points on Lakes Simcoe and Couchiching, but the Kawartha Lakes are still neglected.

A first-class hotel at Sturgeon Point would mean thousands of dollars expended with Lindsay business men.

Wedding Bells.

A quiet wedding was solemnized by the Rev. C. H. Marsh, at the Rectory on Wednesday, July 20, when Mr. William J. Geach, G. T. R. fireman, was united in marriage to Miss Fanny Rawlings, both of town. The bride was becomingly dressed in fawn voile trimmed with over-lace and applique, with chiffon hat to match. The bridesmaid, Miss S. Geach, sister of the groom, wore a brown cloth skirt, and raw champagne raw-silk waist trimmed with silk insertion with large white hat. The groom was ably assisted by Mr. John Doherty. After the ceremony they drove to the home of Mr. John H. Geach, father of the groom, where they partook of a sumptuous repast. The bride received a number of beautiful and costly presents, showing the high esteem in which the young couple are held. Mr. and Mrs. Geach left on the six-twenty train for Toronto and points west.

The Passing of the Father.

(Chicago Westcott American) "We are glad to see Liberal journals in Ontario, like the Port Hope Guide, extending hearty congratulations to Sir Charles Tupper, the old 'war horse of Cumberland,' upon his having attained his 83rd birthday on July 2nd. Sir Charles is one of the five survivors of the 'Fathers of Confederation,' those Empire builders whose services are becoming more and more adequately appreciated as time softens and political asperities inseparable from contemporary strife, and as the magnificent results that are growing out of their far-sighted labors are being developed. Sir Charles has been one of the commanding figures of his day, and however any Canadian may differ from him in political opinions and from the methods which he pursued, yet all must acknowledge that he wrought mightily and with sincerity, according to his light, for the welfare and greatness of his country. Since the beginning of the new century death has claimed from the survivors of the Fathers of Confederation one of their most illustrious statesmen, in the venerable and venerated Sir Oliver Mowat, who died on April 19, 1903, and also Hon. R. B. Doolley, K. C., who died July 17, 1893. Besides Sir Charles Tupper, there now remain only Hon. William McDougall, C. B., Sir Ambrose Shea, K. E. M. G., born 1818; Hon. A. A. McDonald, senator, born February 14, 1829,

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 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, Purgative, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, Cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought In Use For Over 30 Years. THE CENTAUR COMPANY, 27 MURRAY STREET, NEW YORK CITY.

Berliner Gramophone. The Only Perfect Talking Machine. It talks, sings, reproduces the Piano, Violin, Piccolo, Flute, Banjo, Cornet or Trombone; Full Brass Band or Orchestra; Church Choir or Chime Bells. It will play a Waltz, Lancers, Quadrille or any other dance. It will sing Hymns and Songs or repeat Sermons. It gives the popular, sentimental and coon songs, as well as selections from Grand and Comic Opera. "A child can operate it."

The Berliner Gramophone. It talks, sings, reproduces the Piano, Violin, Piccolo, Flute, Banjo, Cornet or Trombone; Full Brass Band or Orchestra; Church Choir or Chime Bells. It will play a Waltz, Lancers, Quadrille or any other dance. It will sing Hymns and Songs or repeat Sermons. It gives the popular, sentimental and coon songs, as well as selections from Grand and Comic Opera. "A child can operate it." Berliner Gramophone Records are hard flat discs—7 and 10 inches in diameter, made of maroon substance—will last for years. Prices of Gramophones \$15 to \$45 complete with 3 Records "It is made in Canada." Guaranteed for five years. "It is made in Canada." Sold on easy monthly payments if desired. Write for particulars, Catalogue and List of Records. Agent will exchange your old Berliner Gramophone Records FREE when you buy two new Records for each one you return for exchange; for instance, you return two Records: receive six: pay for four.

G. A. LITTLE, J. RIGGS, H. J. LITTLE, Linds.

THE CANADA LIFE ASSURANCE CO.

A BUSINESS PROPOSITION. We offer you a better investment than Government Bonds. Better for three reasons. 1st.—Canada Life 5 per cent. Gold Bonds yield a much higher rate of interest than Government Bonds. 2nd.—They are paid for by instalments—thus placed within reach of men without capital. 3rd.—They are insured. That is, should the investor die, the Company would at once become available. Adc to all these advantages the very material one that the or shares in the surplus earnings of this leading Company, and have an opportunity for safe and profitable investment rarely offered. A handsome booklet, giving a full explanation, will be sent on request.

Harness and Horse Goods. TRUNKS and VALISES. BABY CARRIAGES and GO-CARTS. RUBBER APRONS. SUMMER DUSTERS. LIGHT WOOL COOLERS. COLONIAL STOCK FOOD. Repairing Promptly Done.

H. J. LITTLE. BINDER TWINE. Those wanting our Twine, or who have given orders for same, will get their orders filled by HENRY EYRES, GEORGE MCGEE, JOHN McMILLAN or D. CURRIE. And myself or Andrew Robertson, at the Flavells Limited Office, near the post office, Lindsay. JOS. G. EYRES

PETERBORO CHEESE BOARD.

4429 BOXES OFFERED AT LAST WEDNESDAY'S SALE.

7 1-2c the Highest Price Obtained—Some Sold at 7 1-16c.

The regular meeting of the Peterboro Cheese Board was held last week with the following buyers present: Messrs. Kerr, Fitzgerald, Cook, Whitton, Rollins, Wrighton, Gillespie and Grant. 41 factories boarded 4429 boxes. Mr. Cook started the bidding at 7 cents. Mr. Whitton raised to 7 1-8, Mr. Fitzgerald 7 3-16, Mr. Whitton 7 1-4, Mr. Cook 7 3-8, Mr. Whitton 7 1-2. As there were no further offers, Mr. Whitton called the following: Percy, Omomee, Melrose, Abbey, Dartford, Norwood, all accepting.

He offered 7 7-10 for further selections, but Mr. Fitzgerald raised to 7 1-2 cents, and called the following: Keene, Central Smith and Westwood, all accepting.

He offered 7 7-16 for further selections, and called Fleetwood and Buckhorn, both accepting.

He offered 7 3-16 for further selections, but Mr. Cook raised to 7 7-16 cents, and called the following: Missing Link, Lang, Esterboro, East Emily, Cavanville, Mount Pleasant and Indian River, all accepting.

VICTORIA CO. CHEESE BOARD.

2138 BOXES SOLD IN A FEW MINUTES MONDAY MORNING.

7 1-2c the Ruling Price—A Sixteenth Better Paid for Two Factories.

The Cheese Board transacted their business with neatness and despatch this morning. They assembled in the market room at 9.30, and ten minutes later 2138 boxes of prime Victoria County cheese had changed hands. The buyers present were Messrs. Whitton, Fitzgerald, Flaville, Gillespie. The following factories boarded the number of cheeses placed opposite: Star..... 140 Cameron..... 136 Dunasford..... 171 Cambay..... 85 Omeme..... 179 North Verulam..... 86 North Oak..... 85 Pine Grove..... 55 Reabro..... 144 Bobcaygeon..... 220 Maple Leaf..... 175 Palestine..... 140 Red Rock..... 245

Mr. Flaville opened with a bid of 7c. Mr. Fitzgerald made it 7 1-16, Mr. Gillespie 7 1-8, Mr. Flaville 7 1-11, Mr. Fitzgerald 7 3-8, Mr. Whitton 7 7-16. Mr. Fitzgerald 7 1-2, and Mr. Whitton jumped to 7 9-16. This was not bettered and he called Red Rock and Omeme, both accepting. He then offered 7 7-16 for further selections, but Mr. Flaville went one better and made the call 7 1-2, at which price he cleared the board. The next meeting will be held Monday, Aug. 8th.

Why Not, indeed.

The Richelieu and Ontario Navigation Company have announced that one of their regular boats will hereafter leave Toronto on Sundays. They say since trains depart from the city on Sunday, they do not see why boats should not do the same.

Chamberlain's Colic, Cholera and Diarrhoea Remedy. This remedy is certain to be needed in almost every home before the summer is over. It can always be depended upon even in the most severe and dangerous cases. It is especially valuable for summer disorders in children. It is pleasant to take and never fails to give prompt relief. Why not buy it now? It may save life. For sale by all druggists.