JUST SEEMED TO SUIT HIS CASE

WELLAND MERCHANT RESTORED 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 merchant of this city, is telling his friends of his remarkable cure of a terrible Kidney Disease by Dodd's Kidney Pills. Mr. Yokom's statement 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 appetite, and a feeling of languor. I became greatly reduced in weight.

"Doctors and medicines failing to give me any benefit I became despondent, 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 permanently.

COFFEE AS A DISINFECTANT.

The use of coffee as a disinfectant is generally known, but it is doubtful if the majority of people are aware of its true value in this direction. 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 average weight being about 117lb.

MEASURING INGREDIENTS.

It is useful to know that sixty drops are equivalent to one teaspoonful, 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 sixteen 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 upbuilding, and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness 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 effect 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 affects 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 Postum 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 persevered, 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-headaches, 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 Postum 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 English 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 inhaling 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 antitoxins prepared from grass pollen. Of these there are two on the market 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 procurable as powder, is the cheaper product, and is due to the discovery of the assistant of Dr. Dunbar, the inventor of pollantin. These remedies are at present little known outside, 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, Portland, Oregon.

A personally conducted excursion to the Pacific coast via the Grand Trunk Railway System and connecting 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 continue 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, Portland, Oregon, Seattle, Spokane, and home through St. Paul and Minneapolis. The trip will occupy about thirty days, ten days being spent on the Pacific coast.

The price for the round trip, including railroad fare, Pullman tourist 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, although many who are not teachers will improve the opportunity of taking the trip at the remarkably low price afforded.

For full particulars address E. C. Bowler, General Agent and Conductor, Room 308, Union Station, Toronto.

TO STRENGTHEN THE EYES.

The eyes will be greatly strengthened 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 imperceptible 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 removed When tea-cups are discolored rub a little salt on the stains before 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 everyone, 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 midnight, 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 organs 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.

SUNLIGHT SOAP

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

Ask for the Octagon Bar. 945

HUSTLE TO COLLECT IT.

The world may owe you a living, but you have to work hard to collect 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 bottle 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 shortest 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 Dandelion are known to exert a powerful influence on the liver and kidneys, restoring them to healthful action, inducing a regular flow of the secretions and imparting to the organs complete power to perform their functions. These valuable ingredients enter into the composition 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, stiffles, 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 defalcation?"

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

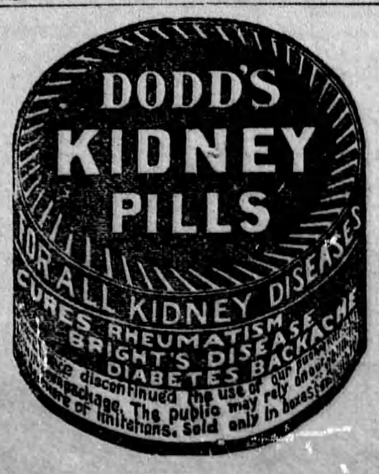
Are your corns harder to remove than those that others have had? Have they not had the same kind? Have they not been cured by using Holloway's Corn Cure? Try a bottle.

BURIED TREASURE.

There is plenty of buried treasure within the confines of the British Empire 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 Melville, a famous Australian bushranger, who robbed hundreds of gold-diggers between Melbourne and Ballarat, and is supposed to have accumulated a pile of $250,000, which he so carefully concealed that nobody 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 skilful detectives have failed to localize the spot.

FASCINATED BY A FURNACE.

At an inquest on an iron-moulder named Lawton, who committed suicide 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 teas 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), Seattle, Victoria, Vancouver at very low rates. Correspondingly cheap fares from all points in Canada. Choice of routes, best of train service, 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 alcohol as a medicine," said old Doc Spriggins. "I never yet had a patient 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 disease and waste are bound to follow—the stomach and nerves out of kilter means poison in the spring. South American Nervine 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.—Machinery 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 faculties, and bring into order all parts of the mechanism.

When a Scotch schoolmaster entered the temple of learning one morning, he read on the blackboard: "Our teacher is a donkey." The pupils expected there would be a cyclone; but the philosophic pedagogue contented himself with adding the word "driver," 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 according to directions will cure chronic cases. It relieves all itching and burning skin diseases in a day. 35 cents.—

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

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

A WAY OUT.

Mrs. Hiram Offen—See here, Bridget, 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: 25c 50c. $1 S. C. WELLS & Co. LeRoy, N.Y., Toronto, Can. 801

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 GERMANS 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 offspring have proved incapable of giving the fatherland that mental and physical vitality which Germany contributed to the building of the mighty American Republic.

Dyeing! Cleaning!

For the very best send your work to the "BRITISH AMERICAN DYEING 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 Muskoka Hotel, that is situated in Lake Rosseau, in the Muskoka Lakes, "Highlands of Ontario." The publication is one giving a full description of the attractions that may be found at this popular resort, handsomely illustrated 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 pleasure of Summer and outdoor life, and copies may be secured gratuitously 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 income.

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—"Yus; we was boys together." Magistrate—"Nonsense!" Prisoner—"Yus, 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 bottle of Mother Graves' Worm Exterminator; 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 have remarked that it was "great medicine." Dr. Thomas' Eclectric 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 thinking 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 finished them!"

"Bought my Life for thirty-five cents"—This was one man's way of putting it when he had been pronounced incurable from chronic dyspepsia. "It was a living death to me until I tried Dr. Von Stan'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 queerest hobby we have yet heard of. It is the speciality of a Pennsylvania millionaire Quaker. For forty years he has spent time and money hunting for tombstones, pedestals, headpieces, broken columns, gravestones, and monuments erected to commemorate Biblical events and American history. He has them erected in a cemetery plot reserved for the purpose, and spends much of his leisure admiring his collection.

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