SAVE THE CHILDREN.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonable safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless, even to the newborn babe. They are especially good in the summer because they regulate the bowels and keep the stomach sweet and pure. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CRUEL PRISONS IN SIBERIA.

A Story of Horrors Told by Mlle. Marie Shkolnik.

Mlle. Marie Shkolnik, who has recently arrived in London, England, after escaping from a Siberian prison, describes the sort of living misery to which prisoners are subject. Mlle. Shkolnik received a sentence of imprisonment for life as the result of her participation in a political disturbance in that community.

"Criminal and political offenders," she stated, "share the same punishment, the conditions being precisely the same for both classes. After being taken to Irkutsk by train, women and men in groups of from eighty to 160 set out upon the horrible march of from 150 to 200 miles to the prisons. They cover some twenty-five miles a day, resting at night in small wayside erections, which are full of vermin.

"We were given about 5d. a day with which to purchase food, but this sufficed to buy bread and water only, so that those who had no money of their own had to be content with that. Men were chained as they walked, but the women were allowed to go free, although the soldiers were extremely rough.

"The prison was over a hundred years old, having been built for the men prisoners who were formerly required to work the gold mines in the vicinity. Here the women were herded in parties of thirty and forty in cells built to accommodate a dozen people.

"There are always a number of children, for feeding whom no provision is made until two years have elapsed, the children meanwhile sharing the starvation allowance of their parents. The women are set to work making mattresses. All their work, including the sorting of wool, is done in the room in which they live, and as a result deaths from consumption are so frequent that no notice is taken of them. The women are entirely in the hands of their captors, and none escape violation, either by the officials or the Cossacks."

Mlle. Shkolnik owed her escape to a serious illness which caused her removal to Irkutsk in order to undergo an operation. She escaped by a means which she cannot divulge, lest her story should involve punishment for those concerned.

The chief warder of the prison was suspected of having aided her in her escape. It was discovered that he had a considerable sum of money in the bank, and it was suggested that she had purchased her freedom at the price of £3,000. Mlle. Shkolnik states that she never in her life held communication with the official in question.

WOULD SCREAM FOR HOURS WITH ECZEMA

Baby Dreadful Sufferer. Could Not Keep Him from Scratching. Every Joint Affected. Used Cuticura Soap and Ointment and He Is Well,

"Enclosed find my son's photo and I feel by writing these few lines to you I am only doing my duty, as my son was a dreadful sufferer from eczema. At the age of two weeks he began to get covered with red spots on his legs and groins, which mother thought was red gum or thrush; but day by day it grew worse until every joint and crevice were affected and baby started screaming for hours day and night, such a thing as sleep was out of the question. I took him to two of Sydney's leading doctors; one said it was one of the worst cases he had seen, the other did not think it so serious; one ordered ointment for rubbing in, the other a dusting powder. I followed their prescriptions for over four months and still baby kept getting worse. I could not keep him from scratching so great was his agony.

"When he was five months old I tried the Cuticura Remedies and I am very thankful to say my baby is to-day free from all his suffering. His groins were bleeding when I started and other parts affected were the lower part of his body, under the knees, arms, in arm joints, eyebrows and neck; but after twice using Cuticura Ointment I began to see a difference and by the time I had used one tin, along with the bathing with Cuticura Soap, baby was nearly cured. I still kept on using the Cuticura Soap and Ointment, and now, thank goodness, he is quite well and, although he is now ten months old, has not had any further return of the trouble." (Signed) Mrs. G. Martin, 2 Knight St., Erskineville, Sydney, N.S.W., Mar. 31, 1911.

Cuticura Soap and Ointment are sold throughout the world, but a liberal sample of each, with a 32-page book on the care and treatment of the skin and hair will be sent free on application to Potter Drug & Chem. Corp., 60 Columbus Ave., Boston, U.S.A.

ONE WAY TO PACK A TRUNK.

Can Economize in Space as Well as Pennies.

A woman who is constantly travelling and yet who finds it most necessary to economize in space as well as in pennies, has found the following plan for packing her one trunk a most excellent one. At the bottom of the trunk she has a partition made large enough to carry one large or two small hats. This is strongly made, so that it cannot easily be broken. At the side of the partition she places a wooden box filled with sawdust, in which are her bottles of medicine. Here, too, she lays her shoes, each pair carefully rolled in linen covers. On one set of shoes she puts her pair of rubbers, and inside the shoes she places her boxes of pills or powders which would not go into the box of medicine.

Then she has six or eight pieces of heavy cardboard cut to exactly fit the trunk. These she covers with linen or chintz, so that they look exactly like large envelopes, with straps or strings to fasten down the flaps. In these huge envelopes she pins her dresses, shirtwaists, etc. Two or three dresses can usually be put in each envelope. Everything is kept absolutely flat, and nothing can be pushed to one end of the trunk when it is stood on end.

At the top of the trunk is a shallow tray, in which she puts her laces, ribbons, veils, and gloves, etc. The underwear is rolled and placed around the edges of the trunk, or is folded flat and laid between the envelopes.

SALLOW FACES.

Often Caused by Tea and Coffee Drinking.

How many persons realize that tea and coffee so disturb digestion that they produce a muddy, yellow complexion?

A ten days' trial of Postum has proven a means, in thousands of cases, of clearing up a bad complexion.

A Washn. young lady tells her experience:

"All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles more or less.

"We all were sallow and troubled with pimples, breath bad, disagreeable taste in the mouth, and all of us simply so many bundles of nerves.

"We didn't realize that tea and coffee caused the trouble until one day we ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that.

"Although we started to make it, we all felt sure we would be sick if we missed our strong coffee, but we tried Postum and were surprised to find it delicious.

"We read the statements on the pkg., got more and in a month and a half you wouldn't have known us. We all were able to digest our food without any trouble, each one's skin became clear, tongues cleaned off, and nerves in fine condition. We never use anything now but Postum. There is nothing like it." Name given by Canadian Postum Co., Windsor, Ont.

"There's a reason," and it is explained in the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

WOMEN AS LION TAMERS.

Have More Patience and Meet with Fewer Accidents.

A woman seems especially adapted for training animals, both domestic and wild, as her motherly instinct is an esential factor; animals, like children, requiring patience, sympathy, vigilance, intelligence and firmness. In the case of the lion women are more successful than men as trainers and have fewer accidents.

Claire Heliot, for nine years a star lion tamer, but now retired, who greatly loved her twelve lions, declares that the most potent features in the art of animal training is the ability to impress the fact that the trainer can be depended upon to deal kindly with her charge. She began training lions when 22 years old. First she would feed them with meat from her hands, then she would sit for days three hours at a time in the cage with an iron bar and a whip in her hands, getting closer each day. In a months' time she patted their manes. In four months she taught them tricks and then exhibited them. She had twelve in her group. She never whipped her lions, only made believe by cracking the whip over their heads. Though a German, this trainer always spoke French to her lions, the language being quicker and thus more commanding. She loved her work, though finding it hard, and when she retired kept some of her favorite lions to play with.

Mr. Brains is nearly always too busy to talk.

It's easy for a man to forgive his enemies after getting square with them.

NA-DRU-CO LAXATIVES

are best for nursing mothers because they do not affect the rest of the system. Mild but sure. 25c. a box at your druggist's.

NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED. 163

A HAPPY VAGABOND.

Barrister, Who Revels in His Rags, Refuses to Work.

A man in rags, who proved to be of good family and once a barrister at the court of Marseilles, France, was arrested in Paris for being without visible means of support.

"Why don't you work?" he was asked by the magistrate.

"I do not like to work," was the ingenious reply.

The prisoner went on to say that although he was a lawyer in a good position, social obligations and the necessity of wearing good clothes became irksome to him twenty years ago. He left Marseilles, his family, his friends, and respectability, to tramp the roads of France, where he could not breathe in the trammels of convention.

After some years he got tired of tramping, and enlisted in the Foreign Legion under a false name. He remained with the corps for ten years, and then came back to France to tramp the roads again, begging as he went.

The magistrate offered to find this incurable vagabond food and lodging in a home, but he refused, and was therefore sent to prison.

TWO FAMOUS BANDS.

Coming from England for the Canadian National Exhibition.

Two famous bands from England will make the musical attractions at the Canadian National Exhibition this year something long to be remembered. The Scots Guards Band from Buckingham Palace, the third of this famous brigade of bands brought across the ocean by the Exhibition people, will alternate with the Besses o' Th' Barn, which all lovers of band music recognize as Britain's best brass band. Two such musical attractions have never before been brought together on the continent.

THE NAPOLEON HAT.

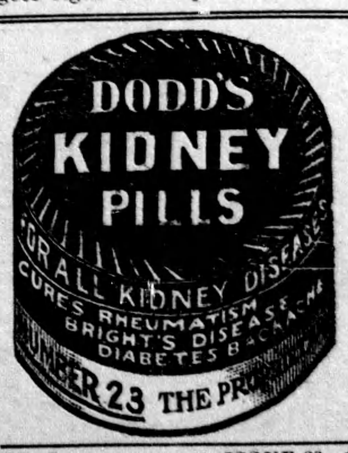
Almost every season brings forward some millinery creation on the order of the Napoleon hat, a type which is most becoming to some piquant faces. This little French shape shows nothing but a single handsome feather mount in brilliant colorings.

It Eases Pain.—Ask any druggist or dealer in medicines what is the most popular of the medicinal oils for pains in the joints, in the muscles or nerves, or for neuralgia and rheumatism, and he will tell you that Dr. Thomas' Eclectric Oil is in greater demand than any other. The reason for this is that it possesses greater healing qualities than any other oil.

WITHOUT AN ARGUMENT.

"Do you have any trouble getting your daughter to practice her music?"

"Not at all. I simply say that it is time to wash the dishes, and she goes right to the piano."



ARSENIC IN VEGETABLES.

Arsenic has been found as a normal constituent in man and animals, and now Drs. Jadin and Astrug, two French biologists, show that it may be derived from edible plants and fruits. They examined thirty-nine vegetable substances, and obtained arsenic from all, the quantities ranging from 0.25 part per million in almonds and beans. Other vegetable matters, containing arsenic are the common cabbage, the turnip, the potato, cultivated mushrooms, black truffles, Japanese rice, red haricots, grey peas, split peas, lentils, artichokes, salsify, chicory, lettuce, spinach, green peas, celery, carrots, watercress, cauliflower, wild asparagus, hazelnuts, filberts, chestnuts, apples, pears, oranges, pineapples, and bananas.

INSECT STINGS AND SUMMER SORES.

Insect bites and stings, blistered feet and sunburn! These three things, or any one of them, may spoil some days of your vacation, or make your work a bore! Zam-Buk is the remedy you need! It takes the "burn" out of these red, inflamed patches where the sun has got home on you; it eases bad mosquito bites, and it soothes and heals blistered feet and hands.

In the hot weather young babies suffer greatly from heat spots and chafed places. Here, again, Zam-Buk will give almost instant ease!

For cuts, burns, and more serious skin diseases, such as eczema, blood-poisoning, etc., and for piles, Zam-Buk is absolutely without an equal. All druggists and stores 50c. box or Zam-Buk Co., Toronto.

NOW-A-DAYS.

"Do you think he really loves her?"

"Why, he's marrying her, isn't he?"

"Yes, but now-a-days that's no longer any proof."

The Pill That Leads Them All.—Pills are the most portable and compact of all medicines, and when easy to take are the most acceptable of preparations. But they must attest their power to be popular. As Parmelee's Vegetable Pills are the most popular of all pills they must fully meet all requirements. Accurately compounded and composed of ingredients proven to be effective in regulating the digestive organs, there is no surer medicine to be had anywhere.

It takes a silly woman to trust a man who couldn't get credit for a 3-cent head of cabbage at the corner grocery.

Minard's Liniment Cures Distemper.

Both men and women want to conceal their age, and for much the same reason. Men wish to appear older than they are in order to rule sooner, and women wish to appear younger than they are in order to rule longer.

Cholera morbus, cramps and kindred complaints annually make their appearance at the same time as the hot weather, green fruit, cucumbers, melons, etc., and many persons are debarred from eating these tempting things, but they need not abstain if they have Dr. J. D. Kellogg's Dysentery Cordial and take a few drops in water. It cures the cramps and cholera in a remarkable manner and is sure to check every disturbance of the bowels.

SUPREME TEST.

"Is she fond of children?" "Very. She'll even rent her houses to people who have them."

He—"I think your family name is a very fine one." She—"Do you? I get dreadfully tired of it!"

Minard's Liniment Cures Diphtheria.

It's easier for a man to make money if he isn't on speaking terms with his conscience.

Worms cause fretfulness and rob the infant of sleep, the great nourisher. Mother Graves' Worm Exterminator will clear the stomach and intestines and restore healthfulness.

Hope is the advance agent of resignation.

Minard's Liniment Cures Colds, Etc.

FACT AND FANCY.

Some men are overfrequent visitors to the theatre because at home they never get a show.

Every hour 4,000 human beings die.

A pound of sheep's wool will produce one yard of cloth.

When some men tell you they are self-made, you hardly know whether they are bragging or apologizing.

The oldest nationad flag in the world is that of Denmark, which dates from 1219.

There is no record of any man ever having starved because he kept his mouth shut.

If you can't lay up something for a rainy day, salt it down.

Think this over!
Is there any beverage that costs you less per cup than
LIPTON'S TEA
GOES FARTHEST FOR THE MONEY

COW COMFORT
Is guaranteed to keep Flies off your Cattle
$2.00 PER GALLON
Dilute with 4 gallons of water.
Write for a gallon now to
THE MACLAREN IMPERIAL CHEESE CO., LTD., WOODSTOCK, ONTARIO.
Sole Mfrs.—The Sapho Manufacturing Co., Limited, Montreal.

PUNISHMENT FOR DRUNKS.

The punishment for intoxication in St. Petersburg is to make the offender, no matter what his social position, sweep the streets. Well-attired gentlemen, some of them in dress suits, are occasionally, it is said, seen sweeping the streets after a night's carouse.

Clean Stomach, Clear Mind.—The stomach is the workshop of the vital functions and when it gets out of order the whole system clogs in sympathy. The spirits flag, the mind droops and work becomes impossible. The first care should be to restore healthful action of the stomach and the best preparation for that purpose is Parmelee's Vegetable Pills. General use for years has won them a leading place in medicine. A trial will attest their value.

CURIOUS.

Little Girl—"Are you the trained nurse mother said was coming?"

Nurse—"Yes, dear, I am the trained nurse."

Little Girl—"Let's see you do some tricks."

Digby, N. S.

Minard's Liniment Co., Limited.

Gentlemen,—Last August my horse was badly cut in eleven places by a barbed wire fence. Three of the cuts, (small ones) healed soon, but the others became foul and rotten, and though I tried many kinds of medicine they had no beneficial result. At last a doctor advised me to use MINARD'S LINIMENT and in four weeks' time every sore was healed and the hair has grown over each one in fine condition. The Liniment is certainly wonderful in its working.

JOHN R. HOLDEN.

Witness, Perry Baker.

SHE HAS THE MONEY.

"I swear I cannot live without my wife."

"You love her so?"

"Well, not exactly that. You see, she has the money."

When Your Eyes Need Care — **Try Murine Eye Remedy**

No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. MURINE is compounded by our Oculists—not a "Patent Medicine" but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c-50c per bottle. Murine Eye Salve in Aseptic Tubes, 25c-50c. Murine Eye Remedy Co., Chicago

"Yes, sir, when we were ambushed we got out without losing a man or a horse or a gun or——" "A minute," chimed in a small, still voice.

No surgical operation is necessary in removing corns if Holloway's Corn Cure be used.

During her engagement a girl thinks life is one continuous moving picture show.

Minard's Liniment Cures Garget in Cows.

DISTINCTION.

Mistress (engaging servant)—"I hope you have nice print dresses, and I expect you always to wear caps."

Mary—"Yes, mum, I'm very particular to wear caps. I shouldn't like to be taken for one of the family, mum!"

Regularity

of the bowels is an absolute necessity for good health. Unless the waste matter from the food which collects there is got rid of at least once a day, it decays and poisons the whole body, causing biliousness, indigestion and sick headaches. Salts and other harsh mineral purgatives irritate the delicate lining of the bowels. Dr. Morse's Indian Root Pills—entirely vegetable—regulate the bowels effectively without weakening, sickening or griping. Use

Dr. Morse's Indian Root Pills 56

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

EIGHT THOUSAND DOLLARS WILL buy beautiful hundred acres in Northumberland County, including Stock and Implements. There is in the stock 4 horses, 10 cows, etc. This is a snap, and can be had on easy terms. Possession at once.

GOOD FARMS IN LINCOLN, WELLAND, Halton, Peel, York, Durham, Northumberland, Prince Edward counties at reasonable prices.

ALBERTA, SASKATCHEWAN AND Manitoba lands in large or small blocks.

FRUIT FARMS—ALL SIZES, IN THE Niagara Fruit Belt.

H. W. DAWSON, Toronto.

WHOLE SECTION, STEAM PLOW Land, $14. John Scott, Whitewood, Sask.

MALE HELP WANTED.

RAILWAY AGENTS, TELEGRAPHERS and Clerks in great demand throughout Ontario and North West. Six Months will qualify you. Day and Mail courses. Positions secured. Free Book 18 explains. Dominion School Telegraphy, Toronto.

MISCELLANEOUS.

HAY AND FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto.

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Espianade, Toronto.

FARMERS! SEND YOUR NAMES AND get valuable information. One person wrote that the information saved the life of a horse valued at $250. D. Bell, 93 Argyle St., Toronto, Ont.

FEATHER DYEING
Cleaning and Curling and Kid Gloves cleaned
These can be sent by post, 1c per oz.
The best place is
BRITISH AMERICAN DYEING CO.
MONTREAL.

PURIFICO WRITE FOR PROOF
CURES
CANCER AND TUMOR
Canadian Branch: Purifico Co., Bridgeburg, Ont.

LANGMUIR'S CREOSOTE Shingle Stains
Protect — Preserve — Beautify
Samples and Booklets on Application
JAMES LANGMUIR & CO., Limited
1374 Bathurst Street TORONTO

Suppose

you order some "KING OSCAR" SARDINES this Saturday. Then you can make a Sardine Salad for Sunday's lunch that will be the nicest you ever tasted—much more desirable than meat this hot weather.

Get Them From Your Grocer

Trade supplied by John W. Bickle & Greening, Hamilton.

HE'S MARRIED NOW.

"Blingley, why does Oldboy refuse to speak to you? You used to be good friends." "Yes, when we were bachelors; but he's married now." "And what difference does that make?" "Well, the fact is, I made him a handsome wedding present of a book, and he hasn't spoken to me since." "What was the book?" "'Paradise Lost.'"

The female house fly lays from 120 to 150 eggs at a time, and these mature in two weeks. Under favorable conditions the descendants of a single pair will number millions in three months. Therefore all housekeepers should commence using

WILSON'S FLY PADS

early in the season, and thus cut off a large proportion of the summer crop.