Is Your Back Full of Aches All Day Long?

That Stab-like Pain in the Back is Sure Indication of Kidney Trouble.

Mrs. Anna Rodriguez writes as follows from her home in Valencia: "For a long time I suffered with failing strength and nagging headaches. My condition grew steadily worse, my limbs became bloated and shaky, I was sallow and thin, felt rheumatic pains, dizziness and chills. I unfortunately didn't suspect my kidneys and was nearly dead when I discovered the true cause of my sufferings. I read so much about the wonderful health and strength that comes to all who use Dr. Hamilton's Pills that I felt sure they would help me. **Such blessings of health and comfort I got from Dr. Hamilton's Pills I can't describe. They speedily put me right, and their steady use keeps me active, energetic, strong and happy. I strongly urge others to regulate and tone their system with Dr. Hamilton's Pills of Mandrake and Butternut."**

No greater medicine exists than Dr. Hamilton's Pills for the cure of indigestion, constipation, flatulence, liver, bladder and kidney trouble. Refuse substitutes. 25c. per box or five boxes for $1.00, at all druggists and storekeepers, or postpaid by the Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

NOT SUCH A FOOL.

English Naturalist Insists That the Ostrich is Maligned.

Speaking at a Royal Colonial Society meeting, James Buckland gave some interesting details of bird habits.

That much-maligned bird, the African ostrich, was at last rescued from ignominy. The world has been mistaken all these years in thinking that it buries its head in the sand because it is a fool—believing that because it is unseeing it is unseen.

On the contrary, says Mr. Buckland, it buries its head because, when it does so, its body resembles the ant hills which surround it, and thus it escapes observation.

A most respectable bird was the Indian adjutant, and Mr. Buckland suggested that if he put up for the Athenaeum he would most certainly be elected. He was most severe and correct in his conduct, but when he danced it reminded them of nothing so much as Charley's aunt, having had a little too much at Christmas, trying to do a cakewalk.

The cassowary was another marvellous bird. Its appetite was enormous. Mr. Buckland said that he once fed one with bananas, but he got tired long before the bird did. They all heard the song of

The cassowary,
On the plains of Timbuctoo,
Who swallowed up a missionary,
His beads and prayer and hymn-book, too.

In fact, big as was the appetite of the cassowary, he appeared to draw the line at missionaries.

The lord of Australian birds, the emu, was the most shamelessly henpecked bird in creation. When Mrs. Emu had laid her eggs, she left Mr. Emu to sit upon them, gallivanting about, only returning now and then to add to the number.

SHILOH

quickly stops coughs, cures colds, and heals the throat and lungs. :: :: 25 cents.

Knew What Was Coming.

"That's a bad cold you have."

"Yes, now go ahead and tell me your favorite remedy."

Minard's Liniment Cures Colds, Etc.

Equal to the Emergency.

Indignant Wife—I wonder what you would have done if you had lived when men were first compelled to earn their bread by the sweat of their brows!

Indolent Husband—I should have started a little notion store and sold handkerchiefs.

FREE OF LUMBAGO

Because He Took GIN PILLS

Mr. H. A. Jukes of Winnipeg writes: "I have been a sufferer from Lumbago for some years past. I met your Mr. Hill and he advised me to take GIN PILLS. I have been taking them at intervals during the early part of the present winter, and up-to-date have had no return of my old trouble—in fact I feel better than I have for years, and think that my old enemy has vanished for good and all."

50c. a box, 6 for $2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 130

ANCIENT HIGHWAYS.

The Carthaginians Understood the Value of Good Roads.

Savage man built nothing that can be called a road. When he was hungry he sought food in the forests, or in the streams and lakes, and finally made for himself definite trails. These trails became at last the first roads. Mr. L. W. Page, in "Roads, Paths and Bridges," tells of the stone-surfaced roads found in Egypt, built thousands of years ago, of massive stone blocks, in some places ten feet thick. It was over such a substantial road as this that the stones used in the construction of the great Pyramids were hauled.

Egypt is not the only land possessing relics of early road-building. Babylon, the city of hanging gardens and great walls, at a very early date developed a high state of civilization, and Semiramis, its great queen, was an enthusiastic road-builder. It is at this period that we find what is probably the first use of stone in bridge-building. The two portions of the city were joined by a bridge across the Euphrates. This wonderful bridge was built of large stone blocks, joined with plates of lead.

At that period, more than two thousand years before Christ, asphalt was used instead of mortar in constructing the vast walls round the city. Commerce flourished, and great highways radiated to all the principal cities of the then known world. It is said that a highway 400 miles long, and paved with brick set in a mortar of asphaltum, connected Nineveh and Babylon.

It was left to the Carthaginians to become instructors to the world in the art of road-building. Carthage is given the credit of having demonstrated to the world the strategic and economic value of improved roads. But for a splendid system of highways, which permitted an easy means of communication with all parts of her domains, she never could have reached the heights she attained, either in commerce or war.

STRENGTH.

Without Overloading the Stomach.

The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.

Much depends on the start a man gets each day, as to how he may expect to accomplish the work on hand.

He can't be alert, with a heavy, fried-meat-and-potatoes breakfast requiring a lot of vital energy in digesting it.

A Western business man tried to find some food combination that would not overload the stomach in the morning, but that would produce energy.

He writes:

"For years I was unable to find a breakfast food that had nutrition enough to sustain a business man without overloading his stomach, causing indigestion and kindred ailments.

"Being a very busy and also a very nervous man, I decided to give up breakfast altogether. But luckily I was induced to try Grape-Nuts.

"Since that morning I have been a new man; can work without tiring, my head is clear and my nerves strong and quiet.

"I find four teaspoonfuls of Grape-Nuts with one of sugar and a small quantity of cold milk, is delicious as the cereal part of the morning meal, and invigorates me for the day's business." Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs.

"There's a Reason."

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

Doing Their Sums.

"De wust thing about arithmetic," said Uncle Eben, "is dat a whole lot o' folks gits de idea dat any kind o' figgerin' is all right if dey kin finish up wif a number dat has a dollar mark in front of it."

PILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

Some men would rather run for office than earn a decent living.

Minard's Liniment Cures Garget in Cows.

New Religion in Russia.

A new religion has just been launched in Russia by Iliodor, the famous vagrant dissenter. The catechism for the new sect Iliodor has disclosed to a few of his followers in the desert of Florisheva. The main principles of the doctrine are a platonic love that shall extend to all peoples, irrespective of race or nationality, a communistic life for all believers, free marriage and free divorce, and a service consisting of hymns to be sung to reason, freedom, the earth, water and forests. Special holidays are arranged to do honor to Buddha, Confucius, Mahomet, Tolstoy and Christ. Seven holidays a year are set aside in honor of Christ.

A sound thinker, however, usually does his thinking in silence.

ANOTHER PROOF FROM THE WEST

THAT DODD'S KIDNEY PILLS ARE A NATURAL REMEDY.

For Cases of Exhaustion and Nerve Weakness—How S. Jeremy Found Relief when he Cured his Kidneys.

Sniatyn, Alta., March 10.—(Special).—That the natural remedy for exhaustion and nerve weakness is one that will give good circulation and pure blood carrying nutrition to all parts of the body, is again proved in the case of S. Jeremy, a well-known resident of this place.

"For over two years I suffered from attacks of exhaustion and nerve weakness," Mr. Jeremy states. "I tried many nerve foods and tonics but must admit that Dodd's Kidney Pills have benefitted me more than anything else I ever used.

"I am more than grateful for what Dodd's Kidney Pills have done for me."

Nerve weakness and exhaustion are caused by impure blood. Impure blood is caused by diseased kidneys failing to strain the waste matter of the body out of the blood. The natural remedy is to cure the kidneys. Dodd's Kidney Pills have yet to find a case of kidney disease they cannot cure.

Spring Signs.

It is a happy sign of spring
When one can hear a robin sing;
But it's a surer sign, some say,
To hear a street hand-organ play.

Minard's Liniment Co., Limited.
Have used MINARD'S LINIMENT for Croup; found nothing equal to it; sure cure.
CHAS. E. SHARP.
Hawkshaw, N. B., Sept. 1st, 1903.

Mother—"Edith, you mustn't be conceited." Edith—"I'm not. I don't think I'm nearly as sweet and pretty as people say I am when I'm not listening!"

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

"I never heard of but one perfect boy," said Johnnie, pensively, as he sat in the corner doing penance. "And who was that?" asked mamma. "Papa—when he was little," was the answer. And silence reigned for the space of five minutes.

Minard's Liniment Cures Distemper.

Her husband grunted, being in a reactionary mood. "I'd like to know," he said, "what women have ever done for the feeble-minded?" "They usually marry them, dear," replied the wife sweetly.

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

There is nothing that makes up the sum of human life in which the woman's side should not be put as well as the man's.

Minard's Liniment Cures Diphtheria.

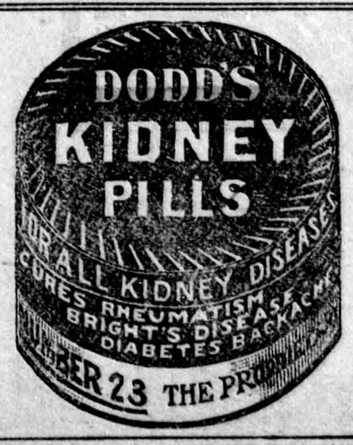
Chinese Logic.

Another instance of what seems to us the topsyturvy way of doing things in China is told, according to the Washington Star, by Bishop Lewis of Foochow.

A gentleman entered a Chinese shop to purchase tea. He found, to his amazement, that five pounds of a certain tea cost two dollars and a half, whereas ten pounds of the same brand cost seven dollars and a half.

The gentleman protested at these prices, but the shopkeeper insisted that they were perfectly logical. As he put it:

"More buy, more rich—more rich, more can pay."



RASH ON ARMS ALMOST UNBEARABLE

Looked Like Raw Meat. Itched and Burned So Badly Could Not Rest Night or Day. Arms Sore from Wrist to Elbow. Cuticura Soap and Ointment Completely Cured.

Lower Blandford, Nova Scotia.—"Three years ago I became troubled with sore arms. It came as a rash. My arms looked like raw meat and itched and burned so badly I could not rest night or day. When I scratched they became awfully sore. As long as the weather was warm it didn't bother me so much, but in winter it was almost unbearable. My arms were sore from the wrist to the elbow.

"I used several cures which were recommended to me but without any avail. I saw how I could get a sample of Cuticura Soap and Ointment which I did. I used the samples and found an improvement. Whenever I applied the Cuticura Ointment the itching and burning ceased. I got a full-sized box of Cuticura Ointment and a cake of Cuticura Soap and only used about half when it disappeared and since then I have not been troubled. That was six months ago. Cuticura Soap and Ointment completely cured me." (Signed) Miss Elsie E. Zinck, Mar. 7, 1912.

Cuticura Soap and Ointment do so much for pimples, blackheads, red, rough skins, itching, scaly scalps, dandruff, dry, thin and falling hair, chapped hands and shapeless nails with painful finger-ends, that it is almost criminal not to use them. A single cake of Cuticura Soap and box of Cuticura Ointment are often sufficient when all else has failed. Sold everywhere. Liberal sample of each mailed free, with 32-p. Skin Book. Address post card Potter Drug & Chem. Corp., Dept. 48D, Boston, U. S. A.

SEVEN HOURS SLEEP.

Without That You Are Unfit—More Is Dangerous, Says Doctor.

"Seven hours' sleep is all that is necessary for any human being, and if obtained regularly in certain hours nightly will keep the body and mind in a healthy state," said Dr. Foertmeyer, regarded as an criminology.

"Much of the disease of to-day is due to too much or too little sleep. A person who sleeps over seven hours has had too much rest, which makes the mind sluggish and the muscles lazy. On the other hand, the person who has not had sufficient sleep is mentally and physically unfit to perform his or her duties with that snap and vim found in persons who have had the required rest.

"Men and women who commit crime, as a rule are long sleepers. Their minds grow weak from too much sleep and then they acquire the 'don't care' habit, which often results in crime.

"Make it a rule to sleep seven hours and you will be better for it, mentally, physically and financially."

As One Who Knows.

Figg—Does your grocer sell his apples by the barrel?

Fogg—Well, they come in barrels, but what he sells them by is the top layer.

Shiloh 25¢

The family remedy for Coughs and Colds. "Shiloh costs so little and does so much!"

A young man about to be married asked his father how he got on so well with his wife. The old man considered a moment or two, and then he said:—"It's like this, John. If your wife is a good woman, let her have her own way, and if she is a bad one she'll take it."

Just a Minute Sufferers from protruding or bleeding piles can be cured by using nature's own remedy—no medicine—no operation. This remedy does not profess to cure internal piles, but is a certain cure for protruding piles. Discovery was made by sufferer of 20 years' standing, who is now quite well. Full instructions on receipt of $1.00. WM. B. OXLEY, 294 Berkeley St., Toronto.

Maypole Soap

FOR HOME DYEING

Washes and dyes at one operation, giving remarkably clean, bright, fast colors. Dyes cotton, wool, silk or mixtures. 24 colors, will give any shade. Colors 10c, black 15c at your dealer's or postp'd with b'klet "How to Dye"

105

from F. L. BENEDICT & CO. Montreal

Stewart Ball-Bearing **Clipping Machine**

Turns easier, clips faster and closer and stays sharp longer than any other. Gears are all file hard and cut from solid steel bar, enclosed, protected and run in oil. Has six feet of new style flexible shaft and celebrated Stewart single tension clipping head. Get one from your dealer, every machine guaranteed. PRICE $9.75

CHICAGO FLEXIBLE SHAFT CO. 593 La Salle Ave. CHICAGO, ILL.

Write for free new catalog of most modern line of horse clipping and sheep shearing machines.

GLADSTONE'S PREDICTION.

Prophecy of Third of Century Ago That Seems Near Fulfillment.

In a speech at Edinburgh on Nov. 29, 1879, the late Rt. Hon. W. E. Gladstone made the following prediction regarding the disposal of the territory in the Balkans:

"I wish to avail myself of this occasion for the purpose of clearly putting and clearly answering one question of vast importance. Who is it that ought to possess, who is it that ought to sway, those rich and fertile countries which are known as comprising what is called the Balkan Peninsula?

"It seems to be agreed that the time has come, that the hour is about to strike, if it has not struck already, when all sway of Turkish power over those fair provinces must cease, if it were only by reason of impotence. Who, then, is to have the succession to Turkey? From the bottom of my heart, and with the fullest conviction of my understanding, I will give you the reply—a reply which I am perfectly certain will awaken a free, a generous, a unanimous echo in your bosoms. That succession is not to pass to Russia. It is not to pass to Austria. It is not to pass to England, under whatever name of Anglo-Turkish Convention or anything else. It is to pass to the people of those countries; to those who have inhabited them for many long centuries; to those who had reared them to a state of civilization when the great calamity of Ottoman conquest spread like a wild wave over that portion of the earth, and buried that civilization under its overwhelming force."

A Racking Cough And Sore Throat Cured In Five Hours

Use the Proper Remedy and Colds and Sore Throat Disappear.

"When I came home last evening," writes Mr. Thomas E. Jarvis, "I was all used up with cold and a racking cough. I felt sick all over. My wife rubbed my throat and chest every hour, and made me gargle with Nerviline and water. I was soon warmed up and made comfortable with the Nerviline, and the chilly sensation passed away. At 11 o'clock, after five hours' treatment, I was practically well. I therefore write you at once in order that it may be publicly known that Nerviline will knock out a bad cold over night."

It is a fact that Nerviline will ease up a tight chest, will relieve that sore, wheezy feeling, will knock out a cold in just a few hours. It penetrates deeply, draws out the congestion, cures promptly. Get a large family size bottle, 50c.; small size, 25c., at all storekeepers and druggists or The Catarrhozone Co., Buffalo, N. Y.

BRITISH AND GERMAN SHIPS.

Comparative Cost of Those Which Have Been Lately Built.

The competition in the building of warships continues with unabated energy, in spite of the growing anxiety to which it gives rise; but in this country, at least, it is accepted with a large measure of composure, because it is seen to be inevitable, says Engineering. There is certainly here less hesitancy and more general acceptance of the situation than there was some time ago. It is interesting, if not gratifying, to reflect on the fact that the cost of this heavy task imposed upon Britain is lighter than in other countries. The two European countries which are building most extensively are Britain and Germany, and the figures published in the new German Navy estimates afford means of comparing the cost of the latest ships. These figures, too, are of still wider significance, as they may be accepted also as in some measure indicative of the cost of shipbuilding work generally in the two countries. We admit the difficulty of ensuring reliability in such comparisons, as variants enter into the problem; but it is possible to arrive at such a degree of definiteness as to indicate, without question of grave error, the general conclusion that the British Admiralty are getting their ships of the line at a much less price than is paid by the German naval authorities.

The figures applicable to the German battle-cruisers Goeben and Seydlitz may be compared with those for the Lion and the Princess Royal. The designs, of course, differ. The British ships are certainly larger, have greater speed, and as to their armament it may at least be said that the offensive power of the British ships is not inferior to that of the German vessels. These latter cost—the first named £2,203,000, and the other, and later, vessel £3,234,000. The cost of the Lion was £2,068,000, and of the Princess Royal £2,013,886. We have therefore, a clear gain of quite eight per cent. in favor of the British ships, without considering the difference in design. The German cruisers have a length of 610¼ feet, and a displacement of 22,600 tons; the British ships have a length of 660 feet, and a displacement of 26,350 tons. There should thus be a considerable difference in favor of the German ships, for in hull construction increase in length involves higher expenditure in construction and in armor protection. Again, the designed power of each of the German cruisers is 52,000 horsepower, with which 27 knots was to be realized. The two British cruisers, on the other hand, were to be fitted with machinery of 70,000 horsepower, to give a designed speed of 28 knots. It is known that in all cases the designed speed was exceeded.

A GOOD HABIT

Tea when you are tired, particularly if it's

LIPTON'S TEA

Goes farthest for the money

FARMS FOR SALE.

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

GOOD STOCK FARM OF 500 ACRES with Three Houses; large Bank Barn. Must be sold quick. Price is very low.

SEVERAL DESIRABLE FARMS IN Manitoba, Alberta and Saskatchewan that can be bought. Worth the money for quick sale.

I HAVE OVER ONE HUNDRED GOOD farms in different sections of Ontario on my list. If you want a farm consult me.

H. W. DAWSON, Toronto.

2 STORY BRICK STORE, DWELLING and ten acres in a thriving village in Western Ontario. Will exchange for farm in Saskatchewan, Alberta or Ontario. The Western Real Estate Exchange, London, Ont.

STAMPS AND COINS.

STAMP COLLECTORS—HUNDRED DIFferent Foreign Stamps, Catalogue, Album, only Seven Cents. Marks Stamp Company, Toronto.

BILLIARDS.

EVERYBODY ENJOYS BILLIARDS — Barbers and Live Men in towns only 100 population make big money. Be first to write for book, "How to Start a Billiard Room"—Cost, Easy Terms, etc. Catalogues of tables for Home and Club free. If you have a table ask for our supply catalogue. Brunswick-Balke-Collender Company, Toronto.

MISCELLANEOUS.

BUFF ORPINGTON EGGS FROM winners and layers—$1 and $1.75 per 15. Bert. Wismer, Preston.

STRAWBERRY PLANTS—GROWN ON the north shore of Lake Erie, 25 selected kinds; Black Cap Raspberries and Evergreens. Free catalogue. Lakeview Fruit Farm, Grovesend, Ont. (This advertisement appears but once).

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.

GALL STONES, KIDNEY AND BLADder Stones, Kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Remedy, "Sanol," price $1.50. Another new remedy for Diabetes-Mellitus, and sure cure, is "Sanol's Anti-Diabetes." Price $2.00 from druggists or direct. The Sanol Manufacturing Company of Canada, Limited, Winnipeg, Man.

Men's Suits FRENCH-CLEANED —or— DYED

Best Work in Canada. Gold Medalist

BRITISH AMERICAN DYEING CO.

P. O. BOX, 233, MONTREAL

Mr. J. E. Arsenault, a Justice of the Peace, and station master at Wellington, on the Prince Edward Island Railway, says:

"Four years ago I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer, and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged. My doctor said I must stop work and lay up.

"After six months of this trouble I consulted another doctor, but with no better result. I tried all the salves, liniments and lotions I heard of, but instead of getting better I got worse.

"This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me relief. I continued to apply it to the sores, and day by day they got better. I could see that at last I had got hold of something which would cure me, and in the end it did.

"It is now over a year since Zam-Buk worked a cure in my case, and there has been no return of the eczema."

Such is the nature of the great cures which Zam-Buk is daily effecting. Purely herbal in composition, this great balm is a sure cure for all skin diseases, cold sores, chapped hands, frost bite, ulcers, blood-poisoning, varicose sores, piles, scalp sores, ringworm, inflated patches, cuts, burns and bruises. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., upon receipt of price.

Zam-Buk