IN MISERY AT MEAL TIME

Indigestion Can Be Cured By the Use of Dr. Williams' Pink Pills

If your digestion is weak you cannot derive proper nourishment from your food. The pain and distress you suffer is a protest from your stomach that it is unable to do its work. It is then that you lose all appetite, have dull headaches, acute pains in the chest and abdomen, heartburn and other distressing symptoms.

You cannot cure indigestion by the use of laxatives, and pre-digested foods only make the stomach more sluggish. Indigestion can only be cured by giving tone to and strengthening the nerves that control the stomach. Dr. Williams' Pink Pills have cured indigestion times without number, because they purify and enrich the blood. In this way they improve the appetite, dispel the torments of indigestion and enable you to derive benefit from the food you take. The following is proof of these statements. Mrs. George Brien, Great Shemogue, N.B., says: "A few years ago I was taken down with a fever which left me suffering from nervous stomach trouble. I apparently got over it, but the trouble could not have been wholly eradicated, as during the summer of 1912 I was taken down with it again. I took many medicines, and was attended by two different doctors, but instead of getting well seemed to be growing worse. I could not eat without suffering the most intense pains; even a drink of milk seemed to upset me. I slept poorly and at last dreaded to see night come. In this condition I saw in a newspaper the story of a woman who had similarly suffered and was cured through the use of Dr. Williams' Pink Pills. I decided to try the Pills and found by the time I had taken three boxes that they were helping me. I continued using the Pills until I had taken eight boxes, when the trouble had disappeared, and I have to thank Dr. Williams' Pink Pills for restoring my health after I had practically given up hope of ever being well again."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

HUNGER BRINGS HEALTH.

Fasting As a Cure for Many Troublesome Complaints.

"These hunger-strikes, doctor," inquired a London Answers man of a famous London physician, "are they dangerous to life"

"Oh, yes!" said the doctor. "They may be dangerous for a delicate woman, but incidentally they cure a lot of troublesome ailments.

"Fasting relieves pain of almost every kind. If you have a bad toothache, refrain from food for twenty-four hours, and ten to one your toothache will vanish.

"Are you gouty or rheumatic? Then the sovereign cure is a good long fast.

"Paralysis you probably think is an incurable disease. No doubt many forms are, but miraculous recoveries have occurred under treatment by fasting. Men who had abandoned all hope, and who then tried fasting, for thirty, forty, and even fifty days, had the use of their limbs completely restored.

"How does this happen? My theory is that certain waste matters, poisoning the nerves, are often the cause of the disease, and by a prolonged fast these are removed.

"I have known a patient suffer for years from chronic catarrh of the nose and air passages. No doctor could cure the trouble, but a twenty days' fast completely cured it in this instance.

When a Woman Suffers With Chronic Backache

There Is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak ailing women, dragged down with torturing backache and bearing down pains.

Such suffering isn't natural but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of Kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all womanly irregularities their merit is well known.

Because of their mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Mandrake and Butternut.

THE MYSTERY OF LAKE CHAD.

Inland Lake in the Sahara Which Baffles Travellers.

The report of the Tilho mission, which has recently returned to France from a long study of geography, geology, and ethnology in the French Sudan, has raised again the old problem of Lake Chad. All the travellers who have crossed the Sahara in the past century have been baffled by this inland lake, as large as Belgium, and as shallow as a fish pond.

The chief puzzle of Chad is its outlet. Since its waters are fresh, it is fair to assume that it has an outlet. But it is certainly underground. Only native tradition is positive. This declares that the Niger, and the Shari, which enters Lake Chad, were once tributaries of the Nile, and flowed across the Libyan desert.

Such a legend seemed preposterous half a century ago, but recent years have added to the credibility of native tradition. Thus the Nigerian tribes say that the Niger, instead of running southward at the great bend, used to flow north, and buried itself in the great Sahara. Chudeau and Gautier, the most careful explorers of the region, believe that the Niger long emptied its waters into another Caspian Sea, in the great depression of El Juf, in the western Sahara.

As to the legend of Lake Chad and the Nile, the Tilho mission has brought back a partial confirmation. At the northeast corner of the lake there remains the dry bed of an ancient river, which in the rainy season occasionally contains water; this is the Bahr-el-Gazal, and the natives say it is the old outlet to the Nile. But so far as the expedition followed the bed of this stream, it kept a level identical with Lake Chad.

There remains the mystery as to whether in the unexplored interior the Bahr-el-Gazal touches the foot of a dried-up cataract where a vanished river reached Lake Chad thus prolonged, or whether it reaches a slope down which the outlet of Lake Chad began its journey toward the Nile across the present Libyan desert. Not until French rule in Wadai is more firmly established, and French, Italian, and British explorers reach Borku, will the riddle be read.

The suspicion grows, however, that when all the measurements and geological examinations are at last made, they will only confirm the Bornu tradition that in the days before the blight of perpetual drought came to northern Africa, Lake Chad was like Victoria Nyanza, one of the sources of the Nile.

A GUARANTEED REMEDY FOR LITTLE ONES

Baby's Own Tablets are the only medicine for little ones that are sold under a guarantee to be perfectly safe. These Tablets are backed by the guarantee of a government analyst to be strictly free from opiates, narcotics and other harmful drugs. The mother may rest assured that she can give them to even the new-born babe with perfect safety. Thousands of mothers use no other medicine for their little ones, and from actual experience they all say nothing can equal the Tablets in banishing childhood ailments. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mrs. Twickembury Again.

"You don't mean to say that young Smith is married," exclaimed Mrs. Twickembury. "Why, he's nothing but a sapling!"

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

GRAINS OF GOLD.

There is something good in every man and woman.—Bishop of Carlisle.

He that bestows a gift should forget it; he that receives one should ever hold it in remembrance.—Solon.

It is the duty of every young man to make himself ready to help his country in time of need.—Mr. W. Morrison.

Give not reins to your inflamed passions; take time and grant a little delay; impetuosity manages affairs badly.—Statius.

When one is tempted to write a clever but harsh thing, though it may be difficult to restrain it, it is always better to leave it in the inkstand.—Smiles.

Be cheerful and seek not eternal help, nor the tranquility which others give. A man must stand erect, and not be kept erect by others.—Marcus Aurelius.

Most people think they are virtuous merely because they are tame and inoffensive. Tameness is not a virtue, it is merely the absence of a vice.—J. S. Blackie.

Soldiers in the Italian Army are allowed cigars as part of their daily rations.

Kidney Trouble Is Hereditary?

BUT DODD'S KIDNEY PILLS ALWAYS CURE IT.

Dresden Man, Who Inherited Trouble, Finds Speedy Relief and Permanent Cure in Dodd's Kidney Pills.

Dresden, Ont., Feb. 2.—(Special).—Whether Kidney disease is hereditary or not is a matter of opinion. Mr. Samuel Burkett, a well known resident of this place, is convinced that he inherited his from his parents. He knows that Dodd's Kidney Pills cured it.

"I inherited my Kidney Disease from my parents," Mr. Burkett states. "I was treated by a doctor, and tried various medicines, but it was not till about eighteen months ago when I started to use Dodd's Kidney Pills that I got any permanent relief.

"Since then I have not felt any effect of my old trouble, and I feel that anybody troubled with Kidney Disease will be benefited by the use of Dodd's Kidney Pills if they follow directions closely.

"I hope that others may be helped by Dodd's Kidney Pills. I am well known here, and anybody who wishes more particulars of my cure can have them by writing me and enclosing stamps for reply."

Dodd's Kidney Pills never fail to cure any form of Kidney Disease.

The Small Boy Again.

A clergyman famous for his begging abilities was once catechising a Sunday School. When comparing himself as pastor of the church to a shepherd, and his congregation to the sheep, he put the following question to the children—"What does the shepherd do for the sheep?" To the confusion of the minister a small boy in the front row piped out, "Shears them!"

Gin Pills for Women

Read What Mrs. Harris Says About Them.

Mrs. T. Harris, of Tyneside, Ont., knows all about GIN PILLS. "I am taking my third box of GIN PILLS," she writes. "The pains across my back and kidneys has almost gone. I was a great sufferer from Rheumatism but it has all left me. I strongly advise all women, who suffer from Pain in the back and Weak Kidneys, to try GIN PILLS."

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

Correct.

School teacher—What lesson do we learn from the busy bee?

Tommy Tuffnut — Not to get stung.

Minard's Liniment Cures Garget in Cows.

He Replied.

There was recently haled into court a little Irishman to whom the thing was a new experience. He was, however, unabashed, and wore the air of a man determined not to get the worst of it. "Prisoner at the bar," called out the clerk, "do you wish to challenge any of the jury?" Whereupon the Celt looked the men in the box over very carefully, and with a skilled eye. "Well, I tell ye," he finally replied, "Oi'm not exactly in trainin', but Oi could pull off a round or two with that fat old boy in the corner."

The Nova Scotia "Lumber King" says:
"I consider MINARD'S LINIMENT the BEST liniment in use.
I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT and it was as well as ever next day.
Yours very truly,
T. G. McMULLEN.

Elucidating.

"I met your wife just now and she told me she had just bought a pinhead check suit."

"Well, I was the pinhead and the check was there, all right."

Minard's Liniment Cures Diphtheria.

He Should Fret.

"You can't fool all the people all the time," announced the investigator.

"I know it," replied the trust magnate. "There is plenty of profit in fooling half of them half the time."

Half the big mistakes in the world are made through over-eagerness

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

Cleanse the System

TENDER FACED MEN

Should use

CUTICURA SOAP

Constantly for all toilet purposes, especially shaving and shampooing, with occasional use of Cuticura Ointment, because so effective in removing slight irritations, redness, roughness, pimples, dandruff, etc., of the skin and scalp and promoting and maintaining skin and hair health.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page Skin Book, sent post-free. Address Potter Drug & Chem. Corp., Dept. 5K, Boston, U. S. A.

ORIGIN OF PETROLEUM.

Observations May Further Solution of Some Problems.

The principles governing the origin and mode of occurrence of petroleum and natural gas are as yet but fragmentarily grasped by geologists. Every oil field examined in detail contributes its data for use in the eventual interpretation of the problems, and each pool is studied with keen alertness for the discovery of some key that may aid in the co-ordination of the data, which sometimes, according to the region and conditions, seem, on account of our lack of knowledge, even to be in conflict.

The observations made by the geologists of the United States geological survey in the oil and gas fields of California and Kentucky promise to further the solution of some of the problems, and by pointing out the relations of oil and gas occurrence to the geological structure of the regions examined they have rendered important scientific as well as economic aid in oil and gas development; but the basic principles controlling the widely-varied modes of occurrences in the kinds of oils in widely separated regions are possibly still far from view.

Evil of Substitution Exposed.

A dealer substitutes because he makes more profit on an inferior article. A local citizen was induced to take a substitute for Putnam's Corn Extractor, with the result that the substitute burnt his toes and failed to cure. Putnam's contains no acid and is guaranteed. Always get Putnam's Extractor, 25c. at all dealers.

Successful men are never as great as they are made out to be. It's like judging a man by his shadow, and that's never so large as when his sun's near setting.

Try Murine Eye Remedy

If you have Red, Weak, Watery Eyes or Granulated Eyelids. Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c. Murine Eye Salve in Aseptic Tubes, 25c, 50c. Eye Books Free by Mail.

An Eye Tonic Good for All Eyes that Need Care

Murine Eye Remedy Co., Chicago

THE REVOLUTION OF ANNE.

So Busy With Dresses Had Not Time for Kind Deeds.

As she came down the Morgans' steps, Rita Mitchell paused a moment irresolutely. "Four calls and three teas are as much as my constitution can stand in one afternoon," she decided. "I'm going to reward myself by running in at Anne's. Besides, I want to know why she wasn't at the Hamiltons'." Anne was at home. She looked up with a start at the sound of Rita's step in the doorway. Rita's gay glance took in Anne's shirt waist and the glowing mass of embers in the fireplace.

"You shirk!" she cried. "You haven't been out to-day. Aren't you ashamed! What excuse shall you make to the Hamiltons'?"

"I was busy," Anne replied. "I'm starting a revolution."

"A revolution!" Rita echoed.

Anne nodded. "In myself. About clothes and time, and several other things."

"Anne Marshall, will you kindly explain?" Rita cried. "Do you suppose I like to feel stupid?"

"It began," Anne replied, obediently, "by my getting mad."

"I've known one or two things to begin that way before," Rita murmured.

"Exactly. This time, I got mad with Aunt Sarah. Mother asked me if I had been to see Alice Grantley, and I said I hadn't had time, because the dressmaker kept me so long. And then Aunt Sarah remarked that people used to care more about souls than about the clothes that hid them. I flared up, and delivered an address upon the progress of the age, the esoteric significance of clothes, and my own noble self-restraint in the matter. It was a brilliant piece of eloquence."

"I have no doubt of it," Rita said, laughing.

"Well, I came upstairs in a glow of virtuous indignation. Then I began to think over the past ten days. And then the revolution began. Rita Mitchell, have you any idea how much time you spend on your clothes?"

"Not in the least," Rita answered, frankly.

Anne drew a long breath.

"In the last ten days I have been downtown five times—four times for a morning, once all day. I've been to the dressmaker three times, an average of two and a half hours each time. And I spent three mornings with a seamstress at home. I have no time for reading, or to go to see a sick friend, or do anything worth while, because I'm always either buying clothes or showing them off. So I'm going to start a revolution."

"But how?" Rita cried.

"That," Anne declared, seriously, "is the next step to be worked out. But it's something gained to face the truth."

Suspected of Crime.

"Isn't it awful about poor Mr. Jone's trouble?"

"I didn't hear about it."

"Didn't you? Mrs. Gaddy told me just now that his son has turned out to be a criminal lawyer."

Pleurisy Pains Vanish! Chest Colds Cured!

NERVILINE HAS NEVER FAILED TO CURE.

Don't suffer!
Nerviline is your relief.
Nerviline just rubbed on, lots of it, will ease that drawn, tight feeling over your ribs, will destroy the pain, will have you smiling and happy in no time.

"I caught cold last week while motoring," writes P. T. Mallery, from Linden. "My chest was full of congestion, my throat was mighty sore, and I had the fiercest stitch in my side you could imagine. As a boy I was accustomed to have my mother use Nerviline for all our minor ailments, and remembering what confidence she had in Nerviline, I sent out for a bottle at once. Between noon and eight o'clock I had a whole bottle rubbed on, and then got into a perspiration under the blankets. This drove the Nerviline in good and deep, and I awoke up next morning fresh as a dollar and absolutely cured. Nerviline is now always part of my travelling kit, and I will never be without it."

The large 50c. family size bottle is the most economical, or you can easily get the 25c. trial size from any dealer.

Easily Explained.

Jane—Missus objects to your milk. We keep finding bits o' wood and things in it.

Milkman—That's all right, miss. The fact is our cow's got a wooden leg.

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.

Fresh From the Ould Sod.

Pat and Mike had got half way around the menagerie tent when they came to an opening marked "Exit." "Wonder what kind of a baste that is?" said Pat. "We'll go in and see, anyhow," said Mike, and next moment they found themselves out under the stars.

Apply Zam-Buk to all wounds and sores and you will be surprised how quickly it stops the smarting and brings ease. It covers the wound with a layer of protective balm, kills all poison germs already in the wound, and prevents others entering. Its rich healing herbal essences then build up from the bottom, fresh tissue; and in a wonderfully short time the wound is healed!

Zam-Buk's popularity is based on merit. Imitations never work cures. Be sure and get the real thing. "Zam-Buk" is printed on every packet of the genuine. Refuse all others. 50c all druggists and stores or Zam-Buk Co., Toronto.

ZAM-BUK

Clark's Pork & Beans

Quality, flavour, and perfect cooking, combined.
The maximum of nourishment and palatability.
Just heat — then serve minimum trouble and cost.

Take Good Care Of The Colts

It's cheaper to *raise colts* than to *buy horses*. But it's *costly* if you *lose* the colts. Keep a bottle of Kendall's Spavin Cure handy. For thirty-five years has proved it the safe, reliable remedy for spavin, splint, curb, ringbone, bony growths and lameness from many causes.

Kendall's Spavin Cure

is sold by druggists everywhere at $1 a bottle, 6 bottles for $5. Get a free copy of our book "A Treatise on the Horse" at your druggist's or write us. 85

Dr. B. J. KENDALL CO., Enosburg Falls, Vt.

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

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain, or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto

100 ACRES GOOD LAND, ALL conveniences. D. J. Kerr, Neustadt, Ontario.

WANTED.

WANTED.—ALL KINDS OF WILD Animals. Box 46, Cookshire, Quebec.

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WE HAVE SEVERAL GOOD NEWSpaper properties for sale in Ontario towns at right prices. Apply quickly as subscription renewal time is just opening. Wilson Publishing Company, 73 West Adelaide Street, Toronto.

NURSERY STOCK.

STRAWBERRIES, RASPBERRIES, FIFTY Varieties. Free Catalog. McConnell & Son, Grovesend, Ontario.

MISCELLANEOUS.

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.

When buying your Piano insist on having an
"OTTO HIGEL"
Piano Action

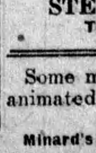
Give Your Bush a Chance and Make Money with it

Cease using old-fashioned methods. Be up to date and install a "Champion" Evaporator and make more and better syrup with less time and fuel. More revenue at reduced cost. Write at once for free booklet and catalogue giving full information and prices.

THE GRIMM MFG. CO., LIMITED
58 Wellington St., Montreal, Que.

Grandmother Says:

He that won't listen can't learn; fools and bob-o-links are poor listeners, and have but one song.



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(IT IS NOT A PATENT MEDICINE.)
brings within reach of everyone
NATURE'S OWN REMEDY
FOR
RHEUMATISM, ECZEMA
And Kindred Troubles.
THE OLD WAY
The regular use of LIQUID SULPHUR before meals, and in your bath, will give you all the benefits of a visit to a
HOT SULPHUR SPRING
THE NEW WAY
Do not suffer another day. Get a bottle from your druggist, and prove it for yourself. Price, 50 cents.
SULPHUR PRODUCTS
158 Bay Street, Toronto.

"Licks the Bucket Clean"
Blatchford's Calf Meal
As good as New Milk at half the Cost.

100 pounds makes 100 gallons of Perfect Milk Substitute.

Send for pamphlet, "How to Raise Calves Cheaply and Successfully Without Milk."

At your Dealers or
STEELE, BRIGGS CO.,
Toronto, Ont., Canada.

Some men are nothing more than animated threats.

Minard's Liniment Cures Distemper.

Minard's Liniment Cures Colds, Etc.