## GUARD AGAINST CHOLERA INFANTUM

Cholera infantum is one of the most fatal ailments of childhood and during the hot summer months thousands of little lives are lost by its ravages. The best way to guard against it is to give the baby an occasional dose of Baby's Own Tablets. The Tablets never fail to regulate the bowels and sweeten the stomach, thus preventing cholera infantum, diarrhoea, dysentry and all other stomach and bowel complaints. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## IRELAND FEEDS THE BRITISH.

**Exports More Meat to England Than Any Other Nation.**

Under the head of "Ireland, the Provisioner of Britain," the Irish Industrial Journal gives an interesting analysis on the subject of the food supply of the Islands. This is little understood, for the importance of Ireland as a provider has not been adequately recognized even by Irishmen themselves, and the methods of organization, transportation marketing and distribution remain unadvanced and unimproved, despite the great increase in the trade. Yet Ireland has a wider range of agricultural products than any other country supplying the British markets.

In meat Ireland leads all other countries for value of export to Great Britain. The value of Irish meat of all kinds exported to and retained for consumption in Great Britain in 1912 was $85,000,000, and was greater than the value from any other country. It is encouraging to read that Ireland is rapidly increasing her export of goods for consumption. In 1904, when records were first kept, Ireland's exports of food and drink amounted to $80,000,000. In 1912 they had advanced to $115,000,000. This shows an improvement of nearly 50 per cent in the short space of eight years.

It is apparent from these figures that the development of Irish trade is mainly a question of sympathetic production, organized marketing improved transportation, handling, and advertisement. On the whole, the future of Ireland is bright and promising, and the next ten years should see the Green Isle one of the most prosperous and progressive countries of Europe.

## KITCHENER'S STORY.

**"East and West Do Occasionally Meet, He Said.**

"There was a young woman, a pronounced brunette," said Lord Kitchener of Khartoum, "who came out to Cape Town disguised as a lady nurse, her object being to keep her eye on her husband who held a billet under General Forrestier-Walker at the base. Later on he was unfortunately sent to the front, where still more unfortunately, he was forthwith picked off by a wandering Mauser bullet. The widow was such a victim to the luxury of unrestrained grief that it was observed her raven locks turned amber in a single night. Thus," added his Lordship with a malicious grin, "East and West do occasionally meet. The stricken widow on the Ganges puts ashes on her head as an indication of her bereavement and the widow from the banks of the Thames applied peroxide of hydrogen as an advertisement of her uncontrollable sorrow."

## PRIZE FOOD.

**Palatable, Economical, Nourishing.**

A Western woman has outlined the prize food in a few words, and that from personal experience. She writes.

"After our long experience with Grape-Nuts, I cannot say enough in its favor. We have used this food almost continually for seven years.

"We sometimes tried other advertised breakfast foods but we invariably returned to Grape-Nuts as the most palatable, economical and nourishing of all.

"When I quit tea and coffee and began to use Postum and Grape-Nuts, I was almost a nervous wreck. I was so irritable I could not sleep nights, had no interest in life.

"After using Grape-Nuts a short time I began to improve and all these ailments have disappeared and now I am a well woman. My two children have been almost raised on Grape-Nuts, which they eat three times a day.

"They are pictures of health and have never had the least symptom of stomach trouble, even through the most severe siege of whooping cough they could retain Grape-Nuts when all else failed.

"Grape-Nuts food has saved doctor bills, and has been, therefore, a most ecenomical food for us."

Name given by Canadian Postum Co., Windsor, Ont. Read "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.**

## THE VOODOOS OF CUBA.

**Belief That Their Ills May Be Cured By Cannibalism.**

Cannibalism in Cuba sounds pretty strong, but it exists here just as truly as it does in darkest Africa, says the Havana Post. Cannibalism means the eating of human flesh by other human beings, and the voodoos in Cuba do just that, as the case of the six-year-old boy killed at Minas Camaguey is evidence.

The cannibals of Cuba do not place their victims on a spit and cook them barbecue fashion or roast them like turkeys in great pans, as they do in Africa, but they do eat the hearts of their victims if they get the opportunity, as the evidence brought out in the Camaguey trial demonstrates. This evidence shows that the voodoo woman Mercedes Recio told Juan Pino, the father of the small negro boy whom he instructed how to kill the white boy, that the whites had never done anything for him, that he was bowed and bent now with rheumatism from carrying ammunition during the revolution, and the whites had reaped all the benefit of his work and had given him nothing in return.

"There is only one thing that will cure you," this black female fiend told the old man, "and that is the heart of a white child. Eat of the heart of a white child and you will be cured."

The Recio woman wanted the blood of the little victim, too, because she thought it would cure her of tuberculosis, and she told Pino to get the heart for himself. He then instructed his son how to kill. He told him that "from the jugular vein you can get the most blood," and showed him where it was. The little negro then invited the white boy to go with him and eat mangoes. He told the judge how he had attacked his victim and for fear he might escape had first cut off his legs. He then cut the jugular vein so he could get the blood for the Recio woman and then tried to get out the heart so his father could eat it.

This horrible practice is due to the densest ignorance. These voodoos do not kill from passion or for money, but because they are so ignorant that they think it will do them good to get the blood or the heart of a white child. Such ignorance reflects no credit on Cuba. There are at most only a few thousands of these voodoos or cannibals in Cuba, and if foreign missionaries have been able to convert the savage tribes of Africa from their cannibalism, surely the government ought to be able to do the same here.

## Will Quickly Cure Any Sour Stomach

**Relieves Fullness After Meals.**

"When I was working around the farm last winter, I had an attack of inflammation," writes Mr. E. P. Dawkins, of Port Richmond. "I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels, for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was pain and fullness, and all the symptoms of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting, like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and feel so glad that I have found a mild yet certain remedy. To-day I am well—no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills, and my letter, I am sure, proves it."

Refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut, sold in yellow boxes, 25c. All dealers, or The Catarrhozone Co., Kingston, Ont.

## WINDFALLS FOR KING.

**Southport Lady Left £51,000 for Use of the Crown.**

Southport's (England) intestate spinster, Miss Amanda Cooper, has provided the crown with one of its greatest windfalls. Her fortune of £51,000 will be paid to the treasury "for use of the king."

The phrase is no empty form of words, says the Sheffield Telegraph, for his majesty does have actual control over all estates which revert to the crown in consequence of their owners dying without relatives. If these crown windfalls are estimated over a long course of years it will be found that the Southport amount has several times been exceeded.

On two occasions the treasury has raked in estates of no less than £200,000—one from a Cheltenham man in 1881, the other from a lunatic in 1884.

In recent years the most remarkable instance of the crown's luck was £150,000 in 1905, from the estate of the romantic recluse of Folkestone, Captain George Lindsay Anthony Wilson, who changed his name, cut himself adrift from the world, and allowed his possessions to take care of themselves.

During 1913, ninety-seven estates were reported to the king's and lord treasurer's remembrancer as having fallen to the crown in Scotland, among them being that of Dean William Hatt of Dundee. The amount received in respect of estates during the year was £13,655. Receipts on account of treasure trove were £12 17s. 6d.

"Willie," remarked Mr. Slimon, "didn't you go to the trunkmakers yesterday and tell him to send round the trunk I ordered?" Willie—"Yes," Mr. Slimon—"Well, here is the trunk, but no strap." "Willie—"Yes, father, I know; I told him I thought you hadn't better have any strap."

## Do Long Breaths Hurt?

**DANGEROUS PLEURISY ALWAYS BEGINS THIS WAY.**

**Speediest Cure is Nerviline.**

Ouch, that stab-like pain in the side is like a hot knife blade in the ribs!

Probably got overheated—cooled too fast—now there is congestion, tightness, such soreness you can't draw a long breath.

This is the beginning of Pleurisy.

Pleurisy is far too serious to neglect a single instant.

Quickest relief will come from a vigorous rubbing with Nerviline. This trusty old pain reliever will fix you up in no time—will take away the congestion—make you well just as it did Mr. Samuel St. Johns, of Stamford, who says:—"In running to catch a train last week I became much overheated. I put up the train window and rode that way in order to get cooled off. In an hour my side was so full of pain and my breathing hurt so much that I thought I had pneumonia. I always carry Nerviline in my grip, and at destination I rubbed my side thoroughly three times. The warm penetrating effect was soon noticeable and I quickly got relief. Nerviline, I consider, saved me from a serious illness."

Any sort of a cold can be quickly broken up with Nerviline, which is a marvel for reducing inflammation, for relieving congestion in the throat and chest, for curing stitch in the side, lumbago, neuralgia, sciatica or rheumatism. Nothing more soothing or powerful. The 50c. large family size is the most economical. Small trial size 25c. at dealers everywhere.

## DEPUTY MINISTER OF MILITIA

**Col. Eugene Fiset Was Man of War From Boyhood.**

The Deputy Minister of Militia is "a man of war from his youth up." If long service is any justification for promotion in the militia, he is abundantly qualified. He went into camp with his regiment at the age of ten. He comes of a military father. He is the son of Hon. J. B. R. Fiset, of the Canadian Senate. His father was Lieut.-Colonel of the 89th Regiment of Rimouski, and he took his son with him to camp at the age of ten. Young Eugene Fiset went as a bugler, and his first taste of military life decided his fate. He was caught with the military spirit. He loved the life he stayed with it. At sixteen he was provisional second lieutenant in his father's regiment; in five years he was lieutenant; and three years after that he was major. He is now full Colonel in the permanent force of the Dominion, and has qualified for the rank of Surgeon-General.

Colonel Eugene Fiset, D.S.O., has an active service record, of which no soldier need be ashamed. He went out to South Africa with the first Canadian contingent; and

Col. Eugene Fiset, D.S.O.

he was thrice mentioned in the despatches for bravery under fire. Colonel Fiset be it known, is not only a military man; he is also a surgeon; and it was as a succorer of the wounded that he won his honors on the veldt. The first occasion on which he was mentioned in the despatches was the first day at Paardeburg. The incident it thus told in the official report sent home by Colonel Otter:

"The company stretcher bearers exhibited great pluck, and five of them were among the wounded; three were wounded in carrying Capt. Arnold from the firing line, the stretcher on which he was being made a special object of attention by the Boer marksmen. In connection with this incident I must note the courage displayed by Sur-Capt Fiset, who, when the stretcher on which Capt. Arnold was being brought to the rear was stopped a short distance from the firing line by the wounding of one of the bearers, went forward and attended to Capt. Arnold, and subsequently assisted as bearer in bringing him to the rear. Capt Fiset also attended to many of the wounded under fire during the day."

**Gazetted as Major.**

For this act of bravery, Capt. Fiset was given promotion on the field of battle, and on March 1, 1900, only a few days after Cronje surrendered, he was gazetted as Major of the Army Medical Service in the Imperial Army, the rank which he held throughout the rest of the campaign. He stayed in South Africa till the war was over and returned to England with Colonel Otter. He was on the field in every important action in which the Canadians participated, including Popular Grove, Dreifontein, Hout Nek, and Zand River; and for his bravery at Paardeburg and in these other engagements he was awarded the Distinguished Service Order, which was bestowed upon him by Earl Minto on Paardeberg Day, 1903.

Colonel Fiset inherited not only a love for the army, he inherited also a love for the science of Aesculapius. His father had been a militia surgeon before him; and the young man followed enthusiastically in the parental footsteps. He obtained his early education at Rimouski College, and thence went on to Laval University, where he graduated in 1896 at the age of twenty-two, with the title of Bachelor of Medicine. It was as a medical man that he served throughout the South African campaign, and on his way back to the Dominion he took special courses in London and Paris in the treatment of the eye, ear, nose and throat. He is thus well qualified to serve his country in a civil career as well as in the militia.

**Appointed by Special Act.**

The present organization of the medical service of the Canadian militia bears the impress of Colonel Fiset's abilities. Soon after his return from South Africa he became Staff Ajutant for the Medical Service, and in 1903 he was appointed Director-General of the Medical Service, and the service was put on its present basis under his supervision. He entered upon these duties with the rank of Lieut.-Colonel but a year later became full Colonel of the Permanent Army Medical Corps. He still holds this rank although he has been seconded for duty on the civil side of the militia, and on July 23, 1913, he became qualified by service for the rank of Surgeon - General, which corresponds to Major-General among the fighting men.

Colonel Fiset enjoys the honor of having been made Deputy Minister by special ligislation of Parliament. He was given this office in December, 1906, when he was only thirty-two years of age. He was not a member of the civil service, and consented to accept the office only on the condition that he was allowed to retain his rank in the permanent force. For these reasons, it was necessary to deal with his appointment by special legislation. He retains not only his rank in the permanent army, but retains also his pension in that body So to-day a professional soldier is the permanent civil head of the Canadian militia.—Francis A. Carman, in Star Weekly.

## WATERY BLISTERS INTENSELY ITCHY

**Between Fingers. Spread to Tips. Would Swell Up, Itch and Burn. Did Not Dare Put Hands in Water. Cuticura Soap and Cuticura Ointment Cured.**

Carman, Manitoba.—"A breaking out between my fingers was the first trouble. It was very itchy and spread to my finger tips affecting the nails. It first appeared in watery blisters and they were so intensely itchy I scratched them and let the water out making sores. They would swell up, itch and burn and finally the nails would loosen and come off. I spent many sleepless nights. I did not dare to put my hands in water except to wash them.

"I kept using ointments, ——, —— Ointment, but was not cured. Sometimes the remedies would help a little but I was not free from it altogether. I was that way for nine years trying everything. I heard of Cuticura Soap and Ointment and sent for them and before I had used them half a dozen times I noticed an improvement. By washing with the Cuticura Soap and applying the Cuticura Ointment frequently I was cured in three months." (Signed) Miss Florence E. Sanderson, May 20, 1913.

For more than a generation Cuticura Soap and Ointment have afforded the most economical treatment for affections of the skin and scalp that torture, itch, burn, scale and destroy sleep. A single set is often sufficient. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

## Delays Sometimes Expensive

Business or social engagement—just a few minutes for lunch—can't wait for service. What can be had quickly?

Order

## Post Toasties

with fresh berries or fruit and cream. They will be served immediately, they are nourishing and taste mighty good, too.

**Sold by Grocers —everywhere!**

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

## NEST IN BOOKCASE.

**Robin Knew a Thing or Two and Hatched Its Brood.**

A correspondent of the Scotsman tells of a robin which recently chose a novel site for its nest. After having been frustrated twice in an attempt to built on the top of a wardrobe in different rooms, it finally selected a shelf in a wall-bookcase in the dining-room, half-filled with ornaments. Behind these it piled up a large nest, made entirely of withered leaves, dry green moss, and a little hay. The nest was completed in less than three days. Then the robin disappeared for a week, but it did not desert its home and within a fortnight five eggs were laid and duly hatched, the parent birds sharing the labors of incubation and feeding the young.

A window was left open and it was amusing for the next fortnight watching them busily occupied in supplying the nestlings, first with flies and insects and later with worms, while butter stolen from the table was an irresistable luxury. Four weeks from the date when the robin began to sit, the feedglings were out of the nest, and after twenty-four hours in the house they were able to fly to shelter out-of-doors, and were soon lost to sight.

## Isn't This Romantic?

Two toes loved by four corns for five years and sentenced to die by five applications of Putnam's Corn Extractor. If you want to cure corns, "Putnam's" is the only thing—try this painless remedy, 25c. at all dealers.

## THIS COUPLE JUST CAN'T DIE.

**Three Attempts at Suicide by M. and Mme. Blin Fail.**

Tragic though their intentions apparently were, a married couple named Blin have caused amusement to the townfolk of Bar-sur-Aube, France, by the results of their repeated attempts to commit suicide.

Blin started by trying to hang himself in the cellar, but the rope was not strong enough and he was deposited on the floor, Mme Blin, deeply affected by her husbaud's act proceeded to do likewise, with a similar result. The couple then tried suffocation by gas but workmen repairing the main stopped the supply, preventing the tragedy.

Undismayed at this new failure, and as though "never say die" was her motto, Mme. Blin threw herself down a twenty foot well, Blin following, but there was barely three feet of water in the well. After several hours their whereabouts were discovered by neighbors who hauled them out.

**A Ready Answer.**

The Sunday school teacher was talking to her pupils on patience. She explained her topic carefully, and, as an aid to understanding, she gave each pupil a card bearing the picture of a boy fishing. "Even pleasure," she said, "requires the exercise of patience. See the boy fishing—he must sit and wait and wait. He must be patient." Having treated the subject very fully she began with the simplest, most practical question:—"And now can any little boy tell me what we need most when we go fishing?" The answer was quickly shouted with one voice—"Bait!"

**Minard's Liniment Cures Distemper.**

**Ape Works as Sailor.**

An orang-outang as an able seaman heaved the lines that made the steamship Canada fast to her berth when she arrived at Boston the other day from England. Attired in a sailor suit, the animal, which the captain says is his best hand, hit the pier on the first try with the thin rope by which the dock hands draw in the cable. Then he saluted the captain. The orang-outang dined at the head of the crew's table, and eats with a knife and fork.

"Tommy," said an irate mother, "if you don't behave yourself I'll give you a good whipping." "Well, that'll be a change, anyway," replied the little fellow. "All the other whippings I ever got from you were bad."

"He is the most tender-hearted man I ever saw." "Kind to animals?" "I should say so. Why, when he found the family cat insisted on sleeping in the coal bin he immediately ordered a ton of soft coal."

"I'd rather have money than beauty." "You girls always want what you haven't got."


## CLARK'S POTTED MEATS—

Full flavored and perfectly cooked make delicious sandwiches.

The child's delight. The picnicker's choice. Everybody's favorite.

**FARMS FOR SALE.**

**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.**

**NEWSPAPERS FOR SALE.**

GOOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only $4,000. Terms liberal. Wilson Publishing Company, 73 West Adelaide Street, Toronto.

**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.


**Ideal Arrangement.**

"Mr. and Mrs. Torkins seem to get along well together."

"That is due to their superior teamwork."

"What do you mean?"

"She lays down the law and he carries it out."

**Minard's Liniment Cures Colds, Etc.**

**Showed Her Skill.**

"My wife is one of the best managers in the world."

"I heard her saying the other day that she didn't believe there was another woman alive who could manage you."

I bought a horse with a supposedly incurable ringbone for $30; Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment, $84.00.

MOISE DEROSCE.

Hotel Keeper, St. Phillippe, Que.

**This Way Out.**

"Have you any opening here for me?" asked the assertive young man.

"Yes," announced the manager. "It's right behind you."

**Minard's Liniment Cures Garget in Cows.**

**Anticipating Him.**

Tom—Do you know what I am going to buy you for your birthday present?

Kitty—No only I'm sure it will be something new stylish and elegant and awfully expensive. You dear, reckless boy, you!

**YOUR OWN DRUGGIST WILL TELL YOU** Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

The average woman can bluff almost any man, but when it comes to bluffing some other woman—well that's another story.

**Minard's Liniment Cures Diphtheria.**

**Passing It On.**

A Sunday school teacher, after conducting a lesson on the story of "Jacob's Ladder," concluded by saying: "Now is there any little girl or boy who would like to ask a question about the lesson?"

Little Susie looked puzzled for a moment and then raised her hand.

"A question, Susie?" asked the teacher.

"I would like to know," said Susie, "if the angles have wings, why did they have to climb up the ladder?"

The teacher thought for some moments, and then, looking about the class, asked: Is there any little boy who would like to answer Susie's question?"

To-day's best is worth more today than tomorrow's better.

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM, BRIGHT'S DISEASE, BACKACHE, DIABETES
NUMBER 23