KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry and stomach troubles are rife at this time, and often a precious little life is lost after only a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GENERAL JOFFRE.

A Silent Man, Kind, Quiet, and Unaffected.

The generalissimo of the French army has considerably over 3,000,000 officers and men under his command, obedient to his slightest word. Gen. Joffre is the youngest officer of his rank in the French service.

Like so many great military leaders, Gen. Joffre is a very silent man, rather retiring in his demeanor, yet of the kindest, quietest, most unaffected, and easy-going manners, which do not at first convey the impression of his rigid will and steel-like determination that constitute his chief characteristics. Burly in figure, with heavy flaxen moustache plentifully tinged with silver, thickly tufted eyebrows, shading a pair of very clear blue eyes that often twinkle with merriment, are usually genial and but seldom hard, he suggests when in civilian clothes one of those courtly country gentlemen that are to be found in rural France. Yet he can be very grim, and there are some who regard him as harsh, notably those officers of high rank, comprising a dozen colonels and no less than five generals, who last year at the close of the annual manoeuvres were by one sweeping and sudden stroke of discipline relieved by him of their commands and placed on the retired list for inefficiency.

Unbounded Confidence.

During the three years that he has been in the supreme command of the army the latter has had time to take his measure, with the result that it has accorded to him its unbounded confidence and believes in him as a leader who can be trusted to lead it to victory. He is liked and respected by the officers, and above all by the rank and file, the soldiers describing him as the finest of "chiens de garde (watch dogs), calm, but always ready to bite. He in his turn has had during these years of command in time of peace the opportunity of forming a correct estimate of the officers and men upon whom he now has to depend for the execution of his carefully matured plans against the enemy, and if they are enthusiastic about him, he is equally enthusiastic about them.

Although the cleverest mathematician in the army and a scientific soldier in the best sense of the word, Gen. Joffre is the most determined supporter of the policy of attack in war. The only tactics that he has any use for are those of the offensive, and it is these that are best suited in his opinion for troops of the temperament of the French soldier of to-day.

Hailing from the Pyrenees, a graduate of the Ecole Polytechnique at Paris, from which all the engineer and artillery officers of the French army obtained the rudiments of the scientific branches of their profession, he at the age of 18 commanded a battery of artillery throughout the siege of Paris, and on the restoration of peace was appointed to a first lieutenancy in the engineer corps. He took part in the Formosa and Tonkin campaigns, and later was engaged in West Africa, directing the construction of railroads there, heading the relief column which went to the assistance of the Bonnier expedition, and finally penetrating as far as Timbuctoo, and seizing that mysterious city, which for centuries had been the headquarters of the native trade of Central Africa.

He likewise had a large share in the conquest of the Island of Madagascar, of which he was governor

General Joffre.

for three years. Then he became commander of the Second Army Corps with headquarters at Amiens, and just before his appointment as Generalissimo of the army was Director-General of Military Education.

UHLANS ALWAYS IN FRONT.

Twenty-Six Regiments in the German Army.

Just who and what the Uhlan is at the present time occupies the minds of many persons. An erroneous impression seems to exist in some quarters that the world "Uhlan" indicates a tribe or nationality, similar to the word "Cossack." This is not so.

The Cossack is born a Cossack. He is of Tartar origin, whose able-bodied men are enrolled in the armies of the Tsar. The word "Uhland" simply denotes a certain type of cavalryman in the German army. The Uhlan is a lancer. There are 26 regiments of Uhlans in the German army—19 from Prussia, three from Saxony, two from Bavaria, and two from Wurtemburg—with a total strength on a peace footing of approximately 25,000. These regiments are ranked as heavy cavalry, and are used principally as independent cavalry, forming the cavalry screen. This was their employment in the Franco-Prussian War, and from the reports coming from Belgium, it would seem that the Uhlans are still being used as the vanguard of the German army.

The Uhlan is armed with lance, sabre, carbine and pistol. He is well mounted and his equipment is especially designed for the purpose for which he is employed—ready to fight or run, ride down outposts or scouting parties of the enemy, harrass his flanks and screen the movements of his own main body.

The word "Uhlan" itself is of Polish origin and denotes a lancer. The Uhlans in the German army wear the czapka, the peculiar flat topped headdress which was worn by the Polish Uhlans, and which to this day is the distinguishing mark in the uniforms of the lancer regiments of Great Britain and other European countries.

The Uhlans during the Franco-Prussian War made a name for themselves for their quick dashes and raiding expeditions and the ruthless manner in which they ravaged the country through which they went. The patrol of Uhlans who tried to gallop into Liege, according to reports from Brussels, and capture the Belgian General Staff, was acting true to the Uhlan reputation for daring work.

Was a Poor Girl.

"Does your wife ever tell you that she might have married a millionaire if she hadn't thrown herself away on you?"

"No, I escape that. My wife's folks were poor people. She never saw a millionaire until we had been married nine years."

Summer Days

Call for a dainty, wholesome food — such as

Post Toasties

with cream.

There's little work, and much satisfaction in every package of these crisp bits of perfectly cooked and toasted Indian Corn.

Appetizing flavour, substantial nourishment and convenience of serving are all found in Post Toasties.

Sold by Grocers

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

How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed. I grew very weak. Various remedies, pills, tonics and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once griped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and unwrinkled as when I was a girl. Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or The Catarrhozone Co., Kingston, Ontario.

THE MEN OF THE NORTHERN ZONE.

Oh, we are the men of the Northern Zone.
Shall a bit be placed in our mouth?
If ever a Northerner lost his throne,
Did the conqueror come from the South?
Nay, nay—and the answer blent
In chorus is southward sent.
Since when has a Southerner's conquering steel
Hewed out in the North a throne?
Since when has the Southerner placed his heel
On the men of the Northern Zone?

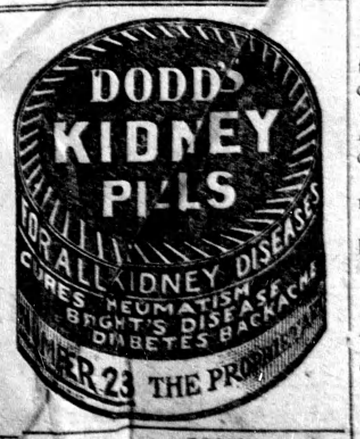
Our hearts are as free as the rivers that flow
To the sea where the North Star shines;
Our lives are as free as the breezes that blow
Through the crests of our native pines.
We never will bend the knee
We'll always and aye be free;
For liberty reigns in the land of the leal;
Our brothers are 'round her throne;
Southerner never shall place his heel
On the men of the Northern Zone.

Or, shall we shatter our ancient name,
And lower our patriot crest;
And leave a heritage dark with shame
To the infant upon the breast?
Nay, nay—and the answer blent
In chorus is southward sent:
"Ye claim to be free—and so are we—
Let your fellow freemen alone;
For the Southerner never shall place his heel
On the men of the Northern Zone.

Shall the mothers that bore us bow the head,
And blush for degenerate sons?
Are the patriot fires gone out and dead?
Ho! brothers, stand to the guns!
Let the flag be nailed to the mast
Defying the coming blast;
For Canada's sons are true as steel,
Their mettle is muscle and bone.
The Southerner never shall place his heel
On the men of the Northern Zone.

Oh, we are the men of the Northern Zone,
Where the maples their branches toss;
The Great Bear rides in his state alone,
Afar from the Southern Cross.
Our people shall ever be free,
They never shall bend the knee;
For this is the land of the true and the leal,
Where freedom is bred in the bone,
The Southerner never shall place his heel
On the men of the Northern Zone.

—The Uhlan.



BIG CRACKS ON HAND AND FINGERS

Eczema for Three Years. Broke Out on Head in Scales. Itched and Burned Badly. Cuticura Soap and Ointment Cured.

Lyons Brook, N. S. — "I suffered with eczema for three years. It started on my hands first in sores between my fingers and all over the palms of my hand and fingers were big cracks. Then it broke out on my head in scales. It itched and burned so badly I could not sleep. It was so itching and burning that I scratched and made sores and my hair came out awfully bad. I did not know what it was.

"I was treated for a long time and it did not do any good. I gave up my work for a month but as soon as I started doing my house-work again my hands got just as bad as ever. I used two bottles of ——— and it did not do any good. One day I read about Cuticura Soap and Ointment and decided to try them. I sent for a sample and I used them till I saw it stopped the itching and burning, so I got three cakes of Cuticura Soap and a box of Cuticura Ointment and that cured me." (Signed) Mrs. P. J. McKearney, May 27, 1913.

Not only are Cuticura Soap and Ointment most valuable in the treatment of eczemas and other distressing eruptions of skin and scalp, but no other emollients do so much for pimples, blackheads, red, rough skins, itching, scaly scalps, dandruff, dry, thin and falling hair, chapped hands and shapeless nails, nor do it so economically. 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.

AN 1866 LESSON.

How Germany Had Planned a Sedan for Great Britain.

Lord Cromer, in a letter which appears in a late issue of the London "Spectator" says:

"A septuagenarian may perhaps profitably remind his countrymen of events which happened some fifty years ago, and of which the present generation may possibly be unmindful.

"In 1866 Napoleon III. allowed himself to be lulled into security by Prussian assurances and stood aside whilst Austria was crushed at Sadowa. He paid dearly for his neglect four years later at Sedan.

"Had we declined to stand by the gallant French nation in the present emergency, not only should we have rightly incurred the scorn and derision of the civilized world, but infallibly, should the Germans have succeeded in crushing the French and the Russians, they would have endeavored to prepare a Sedan for us before the lapse of many years. The analogy appears to me to be striking."

Guilty of Assassination

A man, razor in hand, was caught by his wife assassinating not an enemy, but a corn—what he needed was Putnam's Corn Extractor; it's safe, painless and sure. Try "Putnam's"—cures so fast. 25c. at all dealers.

DIGEST FOOD BEFORE EATING

But How Trees Feed Is Difficult to Explain.

Every gardener knows that a tree can be fed and *made* to grow with increased vigor. If proper nourishment in the form of humus, nitrogen, phosphate, etc., be placed about its roots the tree will absorb this food and grow rapidly.

But how the tree feeds is somewhat more difficult to explain. In all probability the tree digests its food first and consumes it afterwards. Certain it is that the average tree has no means of consuming food as a whole, as members of the animal kingdom absorb it. It is well known that the larvae of certain insects digest their food first and consume it afterward. Observation would indicate that this is exactly what the tree does. The tiny rootets act on the substances in the earth, dissolving and breaking them up so they can be absorbed through the root pores. In order so to be taken up the chemicals must be a liquid form and devoid of all waste.

The end of each root is armed with a horny substance with which it can burrow through the hard soil in search of food. When food is found it is dissolved into a liquid and absorbed by the root fibres. From the root the food is carried by the sap to all parts of the tree.

The Prodigal Calf.

The wicked, witty prodigal returned and in his old manner accosted his father:

"Well, guv'nor, I've come back. Are you going to kill the fatted calf?"

But the old gentleman was a match for him and said:

"No, my son, I think I'll let you live."

Everything of His.

"Maud declares that since she's been married she has been through everything."

"Yes, her husband says she has, too."

Minard's Liniment Cures Colds, Etc.

THE FRESHEST FISH.

Still Dripping With Water Dropped in the Frying Pan.

"Positively the freshest caught fish I ever ate," said an ardent fisherman, "was one I caught in the wilds of Canada. A friend of mine and I were out with a canoe and a light outfit for two weeks' trout-fishing. Along late one afternoon we struck a likely looking stream, made camp for the night and went to fishing. In half an hour we had our pockets full of trout.

"Then we rolled a couple of stones together, started a fire and put on the frying pan. While my friend was busy with that I said to him I guessed I'd catch a fish or two more while he was cooking.

"In half a minute I had a half-pound trout. I swung this fish out and over him, where he stood by the fire, for him to look at.

"'Hold him so for a minute,' my friend said to me, and I did, just over his head.

"You know there's a way of cleaning a fish by which you remove its head and viscera practically at a touch, and my friend knew how. He reached up with his knife to that fish dangling over his head and nicked it in the right spot at the back of its head and then in front at the gills, and then he just drew the head and interior fittings away all at once, leaving the fish perfectly cleaned, and then, while it was still dripping with the water from which I had caught it, he dropped this trout in the frying pan.

"You couldn't have fish much fresher than that, do you think?"

Dangerous Throat Troubles Prevented by Nerviline

IT ENDS MISERY OF COLDS QUICKLY.

Don't wait till night.

Get after your cold now,—this very minute, before it grows dangerous you should apply old-time "Nerviline."

Rub your chest and throat, rub them thoroughly with Nerviline. Relief will be immediate.

Nerviline will save you from lying awake to-night, coughing, choking and suffering from congestion in the chest and acute pain in the throat.

Nerviline will break up that dull neuralgic headache—will kill the cold and chill at its very beginning—will save you from perhaps a serious illness.

To take away hoarseness, to break up a grippy cold, to cure a sore throat or bad cold in the chest, you can use nothing so speedy and effective as Nerviline. For forty years it has been the most largely used family remedy in the Dominion. Time has proved its merit, so can you by keeping handy on the shelf the large 50c. family size bottle; small trial size 25c., sold by any dealer anywhere.

On The Go.

Madge—She says she hasn't any time to sleep or go to the theatre. She must be a very busy woman.

Marjorie—She certainly is. She's dancing all the time.

Minard's Liniment Cures Garget in Cows.

Spoiled Her Argument.

"She had almost proved that woman is in every way the equal of man."

"Well, what happened?"

"Just then a mouse ran across the stage and it was all off."

This is to certify that I have used MINARD'S Liniment in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO.

"Woodlands," Middleton, N.S.

And An Appetite.

Townley—So you have a garden. What do you expect to raise?

Subbubs—Muscle, my boy.

Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Flavored with delicious sauces: They have no equal.

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.

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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.

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Up to date, of Europe and World; Tabulated History Present Crisis; War Strength of nations involved; size, twenty pages, twelve by fourteen. Big Money-Maker! Veritable Gold Mine for Agents. Send thirty cents for complete sample. Nichols Limited, Publishers, Toronto.

MISCELLANEOUS.

FOR SALE.—TEN PAIRS BREEDING Foxes. Correspondence solicited. Reid Bros. Bothwell, Ont.

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.

ONTARIO VETERINARY COLLEGE

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Established 1862.

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N.B.—College will re-open on Thursday, the 1st of October, 1914, in the new College Building, 110 University Ave., Toronto, Canada.

CALENDAR ON APPLICATION.

E. A. A. GRANGE, V.S., M.S.
Principal.

The Dear Girls.

"Here comes Nerissa. Let's all kiss her complexion off. Who'll kiss her first?"

"I will," volunteered Vanessa.

"No, let me do it," urged Pacosta. "I know where her freckles are."

Minard's Liniment Cures Diphtheria.

Which She Kneaded.

"Did you read in the paper where a woman stabbed her husband with a bread knife?"

"No. Probably he was crusty to her when she asked him for some of his dough."

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.

Divided Opinion.

"Are you really going to marry Harold?"

"I don't know what to say. All the girls in my class read his letters."

"Well?"

"Eighteen of them think him a dear, and nineteen say he's a dub."

Minard's Liniment Cures Distemper.

An Even Break.

Mrs. Hiram Offen—Your recommendations are rather poor, I must say.

Maid—Well, mum, yez weren't recommended very highly to me, ayther."

WAR MAP OF EUROPE

First class up-to-date in five colors and beautifully illustrated. Size 21 x 28.

Gives complete summary of countries engaged in the present European war,—Fighting strength,—Naval and military, — Population, — Resources, — Revenue,—Expenditure,—National debt and other interesting information. Also gives conditions that brought about this terrific conflict. Price 50 cents postpaid to any part of Canada. Remit it by postal or express order or postage stamps to

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Eastbound		Stations		Westbound
A.M.				P.M.
9.20	Lv.	TORONTO	Ar.	9.15
10.42		OSHAWA		7.52
11.35		PORT HOPE		6.55
11.45		COBOURG		6.45
P.M.				
12.35	Ar.	TRENTON	Lv.	5.50

Eastbound		Stations		Westbound
P.M.				P.M.
1.00	Lv.	BELLEVILLE	Ar.	5.15
1.45		NAPANEE		4.30
4.55	Ar.	KINGSTON	Ar.	1.20
1.30	Lv.		Lv.	4.55
4.40		SMITH'S FALLS		1.45
6.20	Ar.	OTTAWA	Lv.	12.15
P.M.		Central Station		Noon

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