Have Been Tried and Found Good

WHY DODD'S KIDNEY PILLS ARE SO POPULAR

They Are Invaluable As a Tonic and Family Medicine As Well As a Preventive and Cure for the More Serious Kidney Diseases.

Chelmsford, Ont., June 5th (Special.)—"We have found Dodd's Kidney Pills extremely good. We are in good health thanks to Dodd's Kidney Pills."

These are the words of Miss Delia Charron, a well known resident here. Others tell the same story. They have tried Dodd's Kidney Pills and found them good.

For Dodd's Kidney Pills as a tonic and family medicine are without an equal. When you feel worn, tired and run down the chances are ten to one that your kidneys are at fault.

When the kidneys become clogged or out of order, the circulation becomes sluggish, the impurities are not strained out of the blood and the result is weariness and lack of energy all over the body.

This condition is not only disagreeable but dangerous as well. The impurities in the blood are the seeds of disease. If they are not removed Rheumatism, Lumbago, Gravel, Dropsy, Diabetes, or Bright's Disease may result.

Guard against these diseases and get back your accustomed energy by using Dodd's Kidney Pills.

THE MONTENEGRIN "KAPA."

National Headdress for Prince and Peasant.

The round cap, or kapa, that the Montenegrin soldiers wear is a history of their country in miniature. The people of Montenegro, writes a correspondent of Pearson's Weekly, have a saying that "kapa talks," and they are not far wrong.

It is the national headdress for war, and it is the same for prince and peasant. In color it is a vivid crimson, but it has a deep black border, which leaves only a small crown of the foundation color visible.

The black border is a sign of mourning for the terrible Battle of Kossovo, when the old Serbian empire, of which Montenegro was a part, was overthrown by the Turks, and the Serbian army was annihilated. The red crown signifies "the field of blood" of the same great fight. When Constantinople falls, and their hereditary enemies are finally driven out of Europe, then, and not until then, will the Montenegrins remove the black border and wear the kapa all red.

On the red crown, in one corner, are five semi-circles in gold. These have a double significance. They symbolize first the five centuries that have elapsed since Kossovo was fought, and, secondly, the five colors that the Montenegrins see in the rainbow, the sign of hope that one day the glories of the old empire of the Czar Lazar will be restored.

Furthermore, the different insignia of army rank are worn on the rim of the kapa, from the crossed swords of the officer to the simple leaden star of the corporal. Also, the Montenegrin soldier wears his medals, if he has any, on the front of his cap, instead of on his tunic, as the soldiers of all other nations do.

No wonder the people of the Land of the Black Mountain say that "kapa talks"!

It is dangerous to ring a bell during a thunder-storm.

Concentrated Satisfaction

A great many former users of tea and coffee have learned that there is a pure food beverage made from wheat, which has delightful flavor.

It never exacts of its users the tribute of sleeplessness, heart-flutter, headache and other ills often caused by the drug, caffeine, in tea and coffee.

Instant Postum

has a delicious, snappy flavour and is absolutely free from caffeine or any harmful ingredient. **Instant Postum** is in condensed, soluble form, and wonderfully convenient for the home—for the picnic—for travel—everywhere.

If tea or coffee interferes with comfort or success, as it does for many users, try a shift to **Postum.**

"There's a Reason"

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

Japan War Minister

LIEUT.-GEN. OSHIMA, recently appointed War Minister of Japan, who has submitted plans for the increasing of the Japanese army.

AN EXCELLENT MEDICINE FOR CHILDHOOD AILMENTS

Baby's Own Tablets are an excellent remedy for childhood ailments. They regulate the bowels, sweeten the stomach, banish colds and simple fevers and cure all minor ills of little ones. Concerning them Mrs. H. N. Eisam, Owls Head, N.S., writes: "I always use Baby's Own Tablets for my little ones and find them an excellent medicine for 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.

SKIING IN NORWAY.

An Exhilarating Sight to See a Troop of Soldiers on Skis.

When anyone writes of skiing in Norway, it is the purely Norwegian aspect of the sport that is of the most interest, says a correspondent of the London Times. Mountain skiing is, with the minor variations, due to local conditions, the same the world over; forest skiing is essentially the pastime of Norway. Those who are accustomed to the long runs over perfect snow common in Switzerland find little pleasure in following narrow and tortuous tracks through forest, and are, of course, incapable of marking out such a track for themselves; for forest skiing requires skill of a wholly different order from that necessary in the open. The paths are often hard and very bumpy, speed is quickly gathered, and great command over the ski is necessary to keep the balance and take the sharp turns between the trees. Few more exhilarating sights can be imagined than a troop of Norwegian soldiers flitting through the forest in Indian file, hard on each other's heels, all going full speed, prodding with their sticks to increase the pace even down the hills, never faltering at the bumps, and swinging round the bends without a check.

The course of the fifty-kilometre race, which takes place annually before the great jumping competition at Holmenkollen, is laid right through the great forest of Nordmarken, and is covered by many of the competitors in about four hours and a quarter—not bad going for thirty-one miles up hill, down dale, and cross lakes, with the finish no lower than the start. The track to be followed is marked by little red streamers hung to the trees at intervals. It is laid by officials of the ski club, who delight in choosing the most difficult way they can find, and the actual tracks of whose skis constitute the course.

Last year I spent a night in a hut in the forest and went out in the morning to see the runners pass. They had been going about six miles when they passed me, and I chose a nice, Ethick place on a good slope to see them go by. As they must go in single file they are started at two-minute intervals, and a competitor who is caught up with must give his pursuer room to pass him. There were thirty or forty starters, all very young men, and they went through the thicket at full speed. I had the ill-natured satisfaction of seeing two fall who failed to clear a particularly malicious bush with the tips of their skis; they pitched on their heads, but they were up again in a trice. Several of them avoided that particular bush with a side jump taken at the last moment, which served further to increase their pace. They were all going with an easy swing, which carried them with hardly an effort over the ground.

CAT WARNED LOST CRUISER.

When Arethnusa Last Left Port Its Pet Refused to Go Aboard.

Seamen may be a superstitiouslot, but withal they are scientific. They want to know the reason for things, in witness whereof it the following story of the ill-fated Arethusa, British battle cruiser, hero of a number of thrilling sea frays at the beginning of the war. It was sunk by a mine off the east coast of England last February. A writer in the London Dispatch tells the story:

"Talking to a member of the crew of the late H.M.S. Arethusa, I was interested to learn from him the story of the ship's pet, a cat.

"It is a curious fact that when the Arethusa was taking in oil fuel before leaving port on its last journey the mascot jumped from the cruiser on to the oil craft, and refused, despite all entreaties and caresses, to return to the doomed vessel. The cat had never done this before, and the 'tars' regarded its defection as an ill omen."

STINGING NEURALGIA

The Trouble Due to Nerves Starved for Lack of Good Blood.

An eminent medical writer has said that "neuralgia is the cry of starved nerves for better blood." The one great symptom of this trouble is pain, fierce, stabbing pain, that almost drives the sufferer frantic. The one cause is poor blood; the only cure is to enrich the blood. Heat applied to the inflamed nerves will give relief, but does not cure. Dr. Williams' Pink Pills furnish the blood all the needed elements, and the blood conveys them to the nerves. The only way of getting food or medicine to the nerves is through the blood, and the only way to enrich the blood is through a fair use of Dr. Williams' Pink Pills. In this way neuralgia, sciatica and other nerve disorders are promptly cured, and the whole system benefited and strengthened. Mrs. M. Gleason, R.R. No. 1, Uxbridge, Ont., who was a great sufferer from neuralgia, says: "I suffered intensely from neuralgia for four years. My blood was thin and I was completely run down. I suffered intense pain all the time. At different times I consulted three doctors, but their treatment did no more than give me temporary relief. Then I tried different medicines, but the result was the same—they seemed no good in my case. I was growing steadily worse, and finally could not do a bit of work. The last doctor I consulted could do nothing for me but give me morphine tablets to ease the pain, and by this time I had about resigned myself to a life of pain. Then one of Dr. Williams' almanacs came to our house and I read of similar cases cured through the use of Pink Pills. I got three boxes and before they were all gone the pain began to decrease, and I began to have a better appetite. By the time I had taken six boxes I was again a well woman, and my neighbors could hardly realize that such a change could be made in so short a time. Later I was bothered with eczema and Dr. Williams' Pink Pills cured me. I have found these Pills worth their weight in gold and I cheerfully recommend them to all who are ailing."

You can get these Pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Higher Standards

The demonstration farms which the Canadian Pacific has set up, both east and west, have been employed with signal success in one special direction—the setting up of higher standards. Through precept and example the company has brought about a most flattering change in values. In other words, the example and encouragement of the railway company, through these farms and by other means, have caused those who have food products to sell to give closer attention to quality than was their former habit. The company insists upon the first-rate quality of food products on the cars; and has taught the farmers, both east and west, how best to supply A1 quality in butter, eggs, fowl, etc. In the neat and tidy putting up of food products, too, there has been decided improvement. The farmers have been set a fine example; and the people have seen, right at their elbow, that values can be greatly enhanced by careful attention to details.

Arousing Suspicion.

"That fellow pictures the delights of country life so vividly—"

"Yes?"

"That I am constrained to conclude he wants to sell his place."

From first to last shells are made by machinery.

BRIGGS' FLY MATS PRICE 5¢ ARE CLEAN NO STICKINESS ALL DEALERS G.C. Briggs & Sons HAMILTON

No Palate-Joy Like This—The richest man in the world could not buy anything more pleasing to the palate or more strengthening than **Shredded Wheat Biscuit with Strawberries** and cream. A simple, natural diet that will bring health and strength for the Spring days. Try it for breakfast; eat it for luncheon.

Made in Canada.

400,000 MILES ON HIS YACHT.

Wonderful Record of Lord Brassey and the Sunbeam.

Lord Brassey, who recently celebrated his eightieth birthday, is always associated in the public mind with the ownership of one of the most famous yachts in the world, the Sunbeam.

The Sunbeam has now been presented to the Government of India for war service, and is doing duty as a hospital ship for convalescent officers off Alexandria.

Built forty-two years ago, she has taken her owner all over the world at various times, having sialed approximately 400,000 miles on her—and his—travels.

Holding his "master's ticket," as seaman call a captain's certificate, Lord Brassey has come safely through innumerable dangers with the Sunbeam. Almost at the very start of her first voyage round the world a huge "following" wave as nearly as possible swept half a dozen of the party overboard.

Writing of the incident in her book, "A Voyage in the Sunbeam," Lady Brassey (Lord Brassey's first wife) said:

"We were all sitting or standing about the stern of the vessel, admiring the magnificent dark blue billows following us. A new hand was steering, and just at the moment when an unusually big wave overtook us, he unfortunately allowed the vessel to broach-to a little.

"In a second the sea came pouring over the stern. A coil of rope on which Capt. Lecky (Lord Brassey's skipper and Babelle (one of the Brassey children) were seated was completely flooded by the sea. Providentially, however, he had taken a double turn around his wrist with a reefing point, and, throwing his other arm round Mabelle, held on like grim death.

"Capt. Lecky, being accustomed to very large ships, had not in the least realized how near we were to the water in our little vessel"—the tonnage of the Sunbeam is only 227 tons—"and was proportionately taken by surprise."

The correct nauticial description of the Sunbeam is: "A three-masted topsail schooner, fitted with auxiliary power"—that is to say, she is equipped with both sails and engines.

Over 2,000 women and girls work in one shed alone in a Birmingham munition factory.

Ask for Minard's and take no other

What Mother Knew.

He—"Congratulate me! Last night your sister promised me that she would marry me."

She—"Oh, she promised mother she would marry you long ago."

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.

All the people use it.

HARLIN FULTON.

Pleasant Bay, C.B.

Get a Decision.

"He called me an ass!"

"Don't stand for it."

"What'll I do?"

"Make him prove it."

Minard's Liniment Lumberman's Friend

What He Was.

They met once before. It was after he had had a stormy meeting at the lady's house with her father.

"Was your father a pirate?" he asked softly, as she flew to his arms and was enveloped by his enraptured embrace. She looked up at him and with the light of love shining in her beautiful eyes.

"Why no, darling, why do you ask?"

"He seemed to me to be a great deal of a freebooter," he murmured, as he once more sought her ruby lips.

Minard's Liniment used by Physicians.

A VERY MYSTERIOUS TRICK.

A Simple Bit of Magis That is Very Puzzling.

A puzzling trick which will perplex your friends can be performed with an ordinary egg, some vinegar, and a bottle. Take an uncooked egg and let it stand for 15 or 20 minutes in pure vinegar. At the end of this time you will notice that the shell of the egg has become so soft that you can make a deep dent in it without making a hole.

Get a bottle, the neck of which is smaller than the egg, and with the fingers draw out the shell until you can insert it into the neck of the bottle. After you have the egg inside, pour cold water into the botle atnd the egg will resume its original shape.

If the vinegar in which the egg is softened is not strong enough, add about two tablespoonfuls of acetic acid to a cupful of vinegar. Usually, however, ordinary vinegar contains sufficient strength.

Your friends will wonder how you succeeded in getting the egg, unbroken, through the small neck of the bottle. People will sit for an hour examining the bottle and looking for a secret crack where they believe the bottle must have been taken apart.

Keep Minard's Liniment in the house

An Unfortunate Case.

"Can't you find any work at all?"

"Plenty, sir; but everybody wants a recommendation from my last employer.'

"Well, can't you get one?"

"No, sir; he's been dead twenty-eight years."

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago

One Reason.

"Do you know why money is so scarce, brothers?" the soap-box orator demanded, and a fair-sized section of the backbone of the nation waited in leisurely patience for the answer.

A tired-looking woman had paused for a moment on the edge of the crowd. She spoke shortly.

"It's because so many of you men spend your time telling each other why, 'stead of hustling to see that it ain't!"

Rocking-horses are made entirely by hand.

PILES. You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.—50c box. Zam-Buk

DEAFNESS IS MISERY

I know because I was Deaf and had Head Noises for over 30 years. My invisible Anti-septic Ear Drums restored my hearing and stopped Head Noises, and will do it for you. They are Tiny Megaphones. Cannot be seen when worn. Easy to put in, easy to take out. Are "Unseen Comforts." Inexpensive. Write for Booklet and my sworn statement of how I recovered my hearing. A. O. LEONARD Suite 228 1505th Ave. - - N Y City

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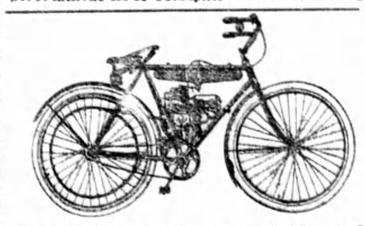

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WANTED! Help for Woolen Mill

Carders, Weavers, Fullers, Napper Tenders.

Good wages paid in all Departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducement to Family workers. Write, stating full experience, if any, Age, Etc., to THE SLINGSBY MFG. COMPANY, Ltd., Brantford, Ont.

MADE IN CANADA MAGIC BAKING POWDER READ THE LABEL CONTAINS NO ALUM

Facing the Enemy.

Recruiting Officer—Ever served a term of imprisonment?

Applicant—No, sir; but I don't mind doin' a short sentence if yer think it necessary!

Thompson—"See that portrait of Brown? Isn't it a speaking likeness?" Johnson—"Yes, it is—so speaking that it might be asking one of us to lend him a dollar!"

Save Money on Roofing

Get my prices, direct from mill to you. I have Roofings for every purpose. Samples free. Address Halliday Co., Ltd., Hamilton, Ont.

SEED POTATOES

SEED POTATOES, IRISH COBblers. Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Emerson, Brampton.

HELP WANTED.

EXPERIENCED AND INEXPERIenced Girls for Hosiery and Underwear Mill. Also a few Young Men. Highest wages paid. Mercury Mills, Limited, Hamilton.

MEN WANTED FOR ALL branches of Finishing trade, including Rubbing and Polishing, also Cabinet Makers and Trimmers. Steady work and good wages for competent men. When applying state experience and whether married or single. Apply The Geo. McLagan Furniture Co., Limited, Stratford, Ont.

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PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to 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.

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See that latch? It locks to collar button

With Form, tie is put on in two seconds, and tie is never tied but once. Constant tying ruins ties.

Locks to collar button. Tie can easily be removed from Form without untying. 25c. or 5 for $1.00.

J. E. BEAUCHAMP & CO., Dept. A, P.O. Box 242, Montreal

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The maps of the Porcupine and Cobalt Camps, finished in colors, are now about ready for distribution to all who are interested. These will prove invaluable to those anxious to obtain success in the mining market.

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Covers fire loss while car is in any building—or on the road—lower rates and more liberal terms than any other policy you can procure.

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