GOOD DIGESTION A SOURCE OF HEALTH

When the Stomach is Out of Order the Whole System Suffers.

Indigestion is one of the most distressing maladies afflicting mankind. When the stomach is unable to perform the work nature calls for, the result is severe pains after eating, nausea, heartburn, fluttering of the heart, sick headache, and often a loathing for food, though the sufferer is really half starved. People with poor digestion, too, frequently try all sorts of experiments to aid the process of digestion, but there is only one way in which the trouble can actually be cured, that is through the blood. That is why the tonic treatment with Dr. Williams' Pink Pills cures even the most obstinate cases of indigestion. They make rich, red blood that strengthens the stomach and the nerves, thus enabling it to do its work. The process is simple, but the result means good appetite and increased health and pleasure in life. In proof of these statements, Mrs. Albert Hall, Sonya, Ont., says: "I have used Dr. Williams' Pink Pills with wonderful results. For two years I was a great sufferer from indigestion, which almost made me a physical wreck. At times my sufferings were so great that I was unable to attend to my household duties. I had smothering spells at times and was afraid to lie down to rest. After every meal, no matter how sparingly I ate, I suffered great distress. I tried several doctors but their medicine was of no avail. I saw Dr. Williams' Pink Pills advertised to cure this trouble and decided to try them. I had not been taking them long when I felt somewhat improved. This improvement continued and after taking ten boxes I could eat and digest all kinds of food and felt better than I had done for years. You may be sure I am very grateful for the wonderful relief these pills have given me. I know they are also a cure for anaemic sufferers, as an intimate friend of mine was badly affected with this trouble and after taking several boxes she was entirely cured."

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

A WONDERFUL CLOCK.

Timepiece Tells Movable Feast Days of the Catholic Church.

The clock in Strassburg Cathedral is one of the most wonderful of its kind. It was first made in 1574, and went through various phases till it was remade in 1842, and since that date has been in perfect working order. This clock not only tells the time of day, but the month and day of the month, and all the movable feast days of the Catholic Church, says London Tit-Bits. A statue of Apollo points out the day of the month and the name of the saint corresponding to that day. The clock shows the rising and setting of the moon round the earth, its passages over the meridian, the phases of the moon, and the eclipses of both sun and moon. Allegorical figures in chariots representing the days of the week drive into view, appearing each day in proper order: On Sunday, Apollo; Monday, Diana; Tuesday, Mars; Wednesday, Jupiter, armed with a thunderbolt; Thursday, Thor; Friday, Venus; and Saturday, Saturn.

At a quarter past the hour a child comes forward and strikes a bell once; at half past a youth strikes the bell twice; at a quarter to the hour a middle-aged man strikes it three times; and just before the hour a tottering old man strikes the bell four times. Then a figure of death steps forward and solemnly strikes the hour.

On the stroke of twelve the twelve Apostles appear, each one bowing as he passes the figure of Christ, who stands with hands uplifted in blessing; and as the procession passes, a cock which stands on the top of the clock at the left side crows three times in a very life-like manner aand flaps its wings.

At the Aquarium.

Visitor—What kind of a fish is that?

Attendant—That's half dogfish and half catfish—he just eat a catfish as big as himself!

It is estimated that there are 10,000 permanent residents of Canadian National Exhibition City during the two weeks of the Fair.

Even the youth who claims to have a finished education has a lot to learn.

REPAIRS
Promptly Made to
Storage Batteries
Generators
Magnetos
Starters.
CANADIAN STORAGE BATTERY CO., LIMITED
117 Simcoe St., Toronto.
Willard Agents.

Sir Rider Haggard,

the British novelist, photographed just before his departure from New York for London on the steamship St. Louis the other day.

The English writer said: "Even before the war there were superfluous women in England to the number of over one and one-half millions. Now there are millions more, and these, at the Government's request, have gone into industry to take the places of the men at the front. These women are there to stay, for there will not be sufficient men to marry them."

BAGDAD OF THE CALIPHS.

Now a City of Crumbling Mosques and Dilapidated Palaces.

One of the picturesque contrasts offered by the war, writes Mr. H. M. Allen, is that of the khaki-clad British soldiers contending with Germans and Turks amid the ruins of Mesopotamia. Across the very plains where once swept the war chariots of the Chaldeans are now moving the armed motors of Germany and England. In the rivers where the Babylonian and Persian barges once plied, the shallow-draft gunboats that fly the Union Jack now manoeuvre. British aeroplanes have already been seen flying across the skies that looked down upon Harun-al-Rashid, and a German Zeppelin may be reported to-morrow hovering over the bazaars where the Commander of the Faithful delighted to wander.

The visitor to Bagdad recalls that it was the capital of a domain reaching from Spain into Africa and from Africa to India, and he knows that Harun-al-Rashid was once its ruler. These facts have been inscribed on the tablets of memory through the medium of "Amine," "Ali Baba," "Sindbad the Sailor," and other delightful "Arabian Nights'" tales. But the Bagdad of to-day, although the Turkish documents still call it "the glorious city," has naught but crumbling mosques, dilapidated palaces and neglected tombs to bear testimony to the splendor of the past.

It was Al-Mansur, the second caliph of the Abbasside dynasty, who removed the capital of Islam hither from Damascus. When he first saw the spot he was enchanted with it, although there was then only a single habitation upon it—the cell of the venerable hermit Dad. The latter, ignorant who his distinguished visitor was, not only entered into conversation with him, but predicted that one Moslos was destined to found a city where they were standing.

"I am that man!" exclaimed the caliph, and he went on to inform the hermit that in his boyhood he had stolen a bracelet, and his nurse had ever after called him "Molos," the name of a thief then well known. The old recluse must have made a considerable impression on the mind of Al-Mansur, for the town was eventually named for him. "Bag" signifies a garden in the Persian tongue, and the whole word means "The garden of Dad."

This caliph, by the way, was perhaps the richest man of his time, for he possessed some $150,000,000. He did not, however, invest his wealth in Bagdad real estate, for he and his sons left it a small town, confined to the western bank of the Tigris. Moreover, they economized in building materials, for they used fragments plundered from the ancient Persian city Ctesiphon, its near neighbor Seleucia, and from ancient Babylon.

It remained for Harun, ally and friend of Charlemagne, who came after Al-Mansur and his sons, to extend the capital to the eastern bank. With him, too, began the era of culture, science, literature, and that distinctly Persian luxury that at last wrought the downfall of Saracen power. Against such effeminate degeneracy Omar, conqueror of Syria, Persia and Egypt, sedulously warned his people, but in vain.

MAX HARDEN TELLS THE TRUTH

Germans Driven Like Flock of Sheep by a Merciless Shepherd.

Underground rumblings in Germany have grown in intensity, like the British artillery fire, within the past few weeks. The real import is conveyed by the only man in Germany still out of gaol who has the courage and the opportunity to speak the truth.

In a late number of his Government-defying weekly review, Zukunft, Herr Maximilian Harden has a remarkable article entitled "Those Underground." It is a straight-from-the-shoulder attack on the Government and the War Party's fear to unmuzzle public opinion. Written on the eve of the Socialist Liebknecht's sentence and the suppression of the Liberal-Radical Berliner Tageblatt for merely demanding afresh the right to discuss "our war aims," Harden's article is proof that the crusade to face the present facts about the war—Germany's hopeless fight for peace on her terms—is a strong and growing movement. Without at all exaggerating its importance it is undoubtedly a manifestation of no little promise and encouragement.

The significance of the crusade for the truth lies in the identity of the crusaders. They include:

1. The working classes, who realize the utter impoverishment which prolongation of the war means for industrial Germany.

2. The moneyed, commercial and financial classes, shippers, merchants, manufacturers, and bankers, for whom the Berliner Tageblatt and Harden have always ben recognized as spokesmen.

The latter—the Ballins, Gwinners, Rathenaus, Riessers, Thyssens, Kirdorfs, Furstenbergs, Stinnes's and the other captains of industry and finance—know perfectly well that time is fighting on the allies' side. Their own interlocking associations with the Government make it impossible for them to speak out. So they use Harden for their purpose. When Harden declares that if the German people's real sentiments could be expressed the end of the war would be in sight he is talking not for himself but for Germany's gagged and muzzled men of affairs. The Government's attitude toward the demands of these classes is that public discussion of the war would "injure us abroad" and "undermine domestic unity." This is the crusaders' reply, made in their name by Harden:

"It is not what Schmidt or Schultz thinks about the conduct and object of the war which damages us abroad. What hurts our prestige is the figure we have cut for nearly two years now of a flock of docile sheep driven before a merciless shepherd. Our enemies are listening to the right and the left, but can nowhere hear what the will of the German people is. If they could, we would be near to the peace which is to-day possible, and which only . niracle can improve."

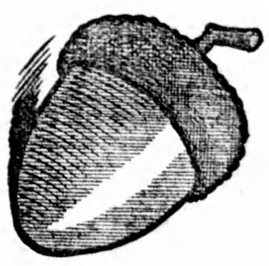
PRAISE FOR CANADIANS.

British Staff Officer Says They Have Done Wonderful Work.

Lord Tennyson, writing in the London Times, encloses a letter of an English staff officer in France:

"The Canadians have done wonderfully well, and we are proud of fighting with them,' he says. "The way they fought to recover the lost trenches was a lesson to everyone. We shall never forget it. They are the most hospitable and self-denying lot, and they will share the last crust or drop of water with any of us who need it. We have the greatest admiration for them after the recent fighting."

Otto of roses is produced by distilling rose-petals in water, and then collecting the oil from the surface by means of a feather.



As the acorn grows to be the mighty oak, so children, when rightly nourished, grow to be sturdy men and women.

Good flavor and the essential nourishing elements for mental and physical development of children are found in the famous food—

Grape-Nuts

Made of whole wheat and malted barley, this pure food supplies all the nutriment of the grains in a most easily digested form.

It does the heart good to see little folks enjoy **Grape-Nuts** and cream.

"There's a Reason"

Sold by Grocers.

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

Come Out of the Kitchen. It is the closed season for the bake-oven. Banish kitchen worry and work. Forget cooks, servants and gas bills. Solve your Summer problem by serving **Shredded Wheat Biscuit,** the ready-cooked whole wheat food. A food that restores the digestive organs to their natural vigor, supplies all the nutriment needed for a half-day's work, and keeps the bowels healthy and active. We have done the baking for you. Eat it for breakfast with milk or cream; serve it for luncheon with berries or other fresh fruits.

Made in Canada

Dublin Castle.

Dublin Castle has a history of over seven centuries, says The London Chronicle. It was King John who, in 1204, ordered it to be built, "well fortified, with good fosses and thick walls, strong enough to defend or control the city." Henry III., when about to visit Ireland in 1243, ordered the addition of a hall "with sufficient windows and glass casements," and other improvements were made in succeeding reigns, particularly by the Duke of Clarence, son of Edward III., who as viceroy spent much money on the castle to make it convenient (as his father complained when called upon to pay) "for his sports and other pleasures."

Minard's Liniment used by Physicians.

Germans Eat Crows.

Crows and crows' eggs are recommended by the German Ministry of the Interior as articles of food. Crows' eggs are described as having the taste of plovers' eggs.

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**

Curious Thing.

The captain—Dashed curious thing, Peters—women living longer than men.

The Chemist—Speaking from experience, sir, I should say that women are dyeing much younger than they did.

Ask for Minard's and take no other

Impatient Parent.

Lawyer—You say you want this damage suit pressed through with the utmost speed?

Client—Exactly. I have a child six weeks old, and I want the money to pay his college expenses.

Montreal, May 29th, '09.
Minard's Liniment Co., Limited,
Yarmouth, N.S.
Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.
Yours very truly
THOS. J. HOGAN.
The Champion Clog and Pedestal Dancer of Canada.

Courteous Princes.

Prince Albert was seen recently coming out of a Regent Street (London) shop, and as the girl commissionaire swung open the door for him he saluted and thanked her. Our royal sons have been brought up to the highest notions of chivalry towards all women. When Prince John was a tiny boy he always raised his cap to a flower-woman who had her basket in Buckingham Palace road. It is recorded that the Queen said: "I'm very pleased; I like my boys to respect all women."

It is estimated that the Canadian National Exhibition attracts 400,000 people to Toronto annually, a large percentage from across the line.

Minard's Liniment Lumberman's Friend

What Goes in the Missionary Box.

"Whatever are you doing, Molly?" asked mother, as she entered the nursery. For her five-year-old daughter was busily stuffing broken toys, headless dolls, ragged clothes, and other odds and ends in an old leather bag. "Oh, mother, can't you see?" cried Molly. "I'm packing a missionary-box, just like the ladies do. And it's all right," she added proudly. "I haven't put in a single thing that's any good."

A Young Financier.

"Auntie, can you change a dime for me?"

"How do you want it changed, dear?"

"Into a quarter, please."

The hospital ship Salta recently arrived in the Liffey with about 400 wounded soldiers on board, and was greeted by a great crowd of people.

THE "BIG DRIVE."

By Charles M. Bice, Denver, Colo.

Delusion, if not disappointment, lurks in the phrase "big drive," as applied to the offensive movement of the allies on the western front. The over-enthusiastic have visions of a vast army of millions sweeping north and east and driving the Germans before them. The thing, unfortunately, is impossible.

It was as nearly realized as it probably ever will be in this war at the battle of the Marne, but that was before the era of trench warfare. Northern France and Belgium behind the German lines is now a vast area of prepared defenses and military trenches.

A comparatively few men can hold entrenched positions against vastly superior numbers of infantry. No army in modern warfare can advance much beyond the range of its heavy guns, nor any faster than they can be brought up to prepare the way.

Those who conceive of the so-called "big push" as one great continuous movement along the whole front cherish an uninformed conception of the true situation. The big drive now taking place is the composite result of many smaller drives. The main significance of this movement lies in the fact that these small pushes are a part of a co-ordinated plan, including the Italian, Russian and Balkan fronts with the western. The British drive between Arras and the Somme is not the hurling of an army of over 2,000,000 men against the German lines as interpreted by some of the headline writers in the papers. This vast army will not be hurled en masse. So far as developed, it is primarily a powerful, localized attack intended to relieve pressure at Verdun. At least, that appears to be its object, but also to realize such strategic gains as will lead to further successful offensive movements after adequate preparation for them.

In choosing the sector south of Arras for the attack, the British greatly surprised their foe.

The sector north of Arras has been the favorite fighting ground because the positions held by the British are within close reach of important strategic points in the German front. Vimy-Ridge commands the plains that surround Douai and Lens. The capture of these cities would seriously menace Lille, and the fall of Lille would demoralize the military organization of the Germans along the Artois front. But by striking south of Arras the strongly defended region north of it may be weakened, and the way prepared for a second blow that will prove more effective than those hitherto dealt on the sector from Arras to La Bassee.

The significant thing is that the initiative on all the fronts is now with the Allies—and this for the first time since the war began.

It looks as though the first sentence in the first paragraph of the last chapter is being written, and the doom of the Hun is sealed. Let us hope that the end is near.

THE SELKIRK TUNNEL.

Will Cost the C. P. R. $12,000,000 at the Least.

The Selkirk tunnel will be through in the fall, according to the C.P.R. officials. This is another of the notable things to which the company has put its hand—a tunnel six miles through a mountain whose peaks pierce the clouds—a tunnel which presented engineering difficulties almost unique.

This work will give the public an alternative route through the mountains; it will save six miles of snow sheds; it will eliminate danger, and it will minister to the comfort and convenience of the public. The cost will be $12,000,000 or more. That is about the only big work the C.P.R. has been engaged in lately, but it is interesting to recall that in the years before the war the company used to spend between $25,000,000 and $35,000,000 per annum in the development of the West. If, as a high official of the C.P.R. remarked, the C.P.R. took a dollar out of the West, it put that dollar back again in some form or other. It would hardly be believed, but the C.P.R., since its inception, has spent over $200,000,000 in the development of the West.

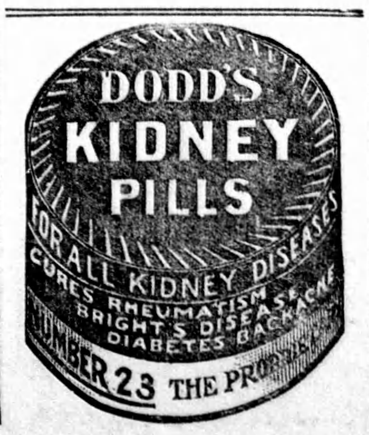
EFFORT.

The things you cannot do to-day
This is an old, old story,
Are things reserved along the way
To bring to-morrow's glory.
So keep on trying anyhow,
Don't sulk or wail in sorrow,
The things that are your master now,
You'll master some to-morrow.

Described.

"Papa, what is money-mania?"

"An incurable disease, my boy, and your mother has it."



NO ALUM MAGIC READ THE LABEL BAKING POWDER

Old-Fashioned.

"They're old-fashioned people."

"In what way?"

"They still have fried potatoes and pork chops for breakfast."

Keep Minard's Liniment in the house

Precautionary.

"Can you accommodate myself and family for summer board?"

"What's your politics" inquired Farmer Corntossel.

"Does that make any difference?"

"Yep. I'm not having to take another chance on having the whole place stirred up with arguments day and night. All the folks that board here this summer has got to have the same politics."

No man is ever so important or unimportant as he thinks.

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FOR EVERY SPORT AND RECREATION
Sold by all good Shoe Dealers
Worn by every member of the family

SEED POTATOES

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

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POLAND CHINA HOGS. SMOOTH, big-boned, quick growing, half-ton kind, and every one registered. The ideal farmers' hog sold at farmers' prices. MAJOR EDGAR, North Hatley, Que.

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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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Years from now the Bissell Silo will be giving good service. It is built of selected timber, treated with wood preservatives, that prevent decay. It has strong, rigid walls, airtight doors, and hoops of heavy steel.
Therefore it lasts, simply because it can't very well do anything else. Our folder explains more fully —Write Dept. U.
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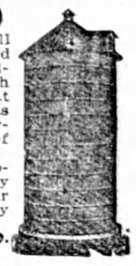

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Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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