Are you afraid to eat a hearty meal?

WHAT does meal-time mean to you? Is it the pleasure that it should be to restore the energy your work has taken from you?

Or must you pick and choose — in dread of indigestion?

Here is a remedy that has brought relief to men and women the world over. Dr. Williams' Pink Pills are taken every day in many countries, specifically for digestive troubles and stomach disorders, and have brought happiness to thousands of one-time sufferers. For, besides strengthening the digestive nerves, they invigorate and purify the entire system and lay the foundation for continued health.

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine, or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont. S-47

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

Conservatives in Quebec

Chicoutimi Progres du Saguenay (Ind.): (The increased activity of the Conservatives in the province is a good thing.) We rejoice for two reasons: First, because the province needs a good Opposition to watch over a good Government. Secondly, because it is desirable that the people, instead of having to accept one program, should be able to choose between two programs which are each one the result of study and the work of a group composed of intelligent men, eager to serve their country, in fact real economists. Whether Conservatives or Liberals are in power is of little importance, provided the policy of the province is progressive and aims at increasing the happiness of all of us.

If you want a thing to Succeed, get behind it and Push; don't stand in front and Pull.—Robert Hoe.

Firestone Gum-Dipped TIRES

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Safety & Mileage

YOUR local Firestone Dealer has a Firestone Tire for every purse and purpose. He saves you money and serves you better. See him today.

Fishing With The Cormorant In Japan

Dr. E. W. Gudger, American Museum of Natural History

Cormorant fishing in the rivers and lakes of Japan is carried on both as a sporting and as a commercial proposition. As a regular sporting attraction, usually carried on at night, it attracts a large number of sight-seers among the Japanese, and barges with lanterns, servants, and refreshments carry the visitors to the fishing grounds.

A writer in the London Times, Major-General Palmer, gives a clear account of how the fishing is done at night, by the light of great capes of blazing pine-knots suspended over the bow of each boat to attract the fish:

"There are, to begin with, four men in each of the seven boats before us, one of whom, at the stern, has no duty but that of managing his craft. In the bow stands the master, handling no fewer than 12 trained birds with surpassing skill. Amidships is another fisher, of the second grade, who handles four birds only. Between them is the fourth man who, with a bamboo instrument, makes the clatter necessary for keeping the birds up to their work. Each cormorant wears at the base of its neck a metal ring, drawn tight enough to prevent marketable fish from passing below it, but at the same time loose enough to admit the smaller prey, which serves as having attached to it at the middle of the back a short strip of stiffish whalebone, by which the great awkward bird may be conveniently lowered into the water or lifted out when at work; and to this whalebone is looped a thin rein of spruce fiber, 12 feet long, and so far wanting in pliancy as to minimize the chance of entanglement.

"The master lowers his 12 birds one by one into the stream and gathers their reins into his left hand; and forthwith the cormorants set to at their work in the hearties and jolliest way, diving and ducking with wonderful swiftness as the astonished fish come flocking toward the blaze of light. The master is now the businest of men. He must handle his 12 strings so deftly that, let the birds dash hither and thither as they will, there shall be no impediment. He must have his eyes everywhere and his hands following his eyes. Specially he must watch for the moment when any of his flock is forged — a fact generally made known by the bird itself, which then swims about in a foolish helpless way, with its head and swollen neck erect. Thereupon the master, shortening in on that bird, lifts it aboard, forces its bill open with his left hand, which still holds the rest of the reins, squeezes out the fish with his right, and starts the creature off on a fresh foray — all with such admirable dexterity that in another moment the whole flock is again perfectly in hand."

This account gives the reader an excellent idea of this combined sport and business. As for the cormorants. ". . . . they are trained when quite young, being caught with bird-lime on the coasts. Once trained, they work well up to 15, often up to 19 or 20 years of age; and though their keep in winter bears hardly on the masters, they are very precious and profitable hunters during the five-months' season. For one bird will catch about 150 fish of four or five inches length in an hour, or 450 for the usual three-hour fishing trip. Every bird in a flock has and knows its numbers; and one of the funniest things about them is the quick-witted jealousy with which they invariably insist, by all that cormorant languauge and pantomimic protest can do, on the observance of their recognized rights. No. 1, or "Ichi," is the senior in rank. His colleagues come after him in numerical order. Ichi is the last to be put into the water and the first to be taken out, the first to be fed, and the last to enter the baskets in which when work is over, the birds are carried home. If, for instance, No. 5 be put into the water before No. 6, the rumpus that arises is a sight to see and a sound to hear."

Cormorants are also used in another way — by men wading in streams. The cormorants are often as pointer dogs, and apparently full of perfect enjoyment. To the right and left they plunge with lightning strokes, each dip bringing up a shining fish. When the fish are sorted the small fish are thrown first to one bird and then to another. Each bird catches his share "on the fly" and makes a sound which doubtless means that he likes the fun and will be glad to try it gain at the proper time.

(Note: The author quotes at length from the acounts of many ancient and contemporary writers to show that this time-honored Fapanese sport is carried on now much as it has been for centuries.)—The Scientific Monthly.

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Carefully compounded to promote proper growth, Fall and Spring. Every carlot and less carlot buyer should have our prices. Write Now. Agents Wanted. Minimum car 15 tons. No reason to complain of high prices if you buy from us. Write today.

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Happy Bush Friends in Captavity

HERE IS A BURYING GROUND OF ANTAGONIS

Babies of the Berlin Zoo a rhino and gnu, stand side by side at the feed troughs and calmly dine.

When Asked Are You Friz Sez Yes I Is But!

Five Districts in Province of Quebec Report Snow in Summer

Quebec—Five different places reported snow in the Province of Quebec during the month of June. The Gouin Dam in the Lake St. Peter region, headed the list, with a two inch fall during the 30 days of the month.

Amos, in the Abitibi, had one-tenth of an inch, while Thetford reported traces of snow. Manouane, also in the Lake St. Peter district, experienced one inch of snow during the month, while Metis, in the Lower St. Lawrence, a famous summer resort, also had one inch.

On the other hand Thetford ranged to the other extreme, for, in addition to recording traces of snow, it also registered the hottest day of the entire month, the mercury soaring to 96 degrees on June 20. Temperatures of 90 degrees were common during the month, while so were below freezing marks, no less than 14 sectors reporting temperatures between 24 and 31 degrees above zero.

Montreal experienced normal weather during the month, with a maximum temperature of 88.5, a minimum of 38.2 and an average of 64.5, while the rainfall of 5.75 inches was 2.19 below normal.

Runaway Horse Obeys Traffic Light; Many Motorists Do Not

A wooden horse played no small part in the fall of Troy. A milk wagon steed helped write history in Stamford, Conn.

Here's the story—and the good folk of Stamford are going to stick to it. During the wee, small hours this particular horse decided to run away. The streets were wide and deserted and the going was fine for a block or so, during which time a lot of milk was delivered promiscuously.

Then came a Stamford intersection, and as old Dobbin thundered down upon it, the green light changed to red.

The noble charger dug his cleats into the pavement and stopped dead in his tracks, thereby sualifying himself as a law-abiding plug. The National Safety Council points out this little incident as an evidence of horse sense—often needed by careless drivers.

"Jack kissed me last night."

"Bet he got painter's colic. You do put it on thick."

THE WORLD OF BOOKS

What a convenient and delightful worl dis this world of books!—if you bring to it not the obligations of the student, or look upon it as an opiate for idleness, but enter it rather with the enthusiasm of the adventurer. It has vast advantages over the ordinary world of daylight, or barter and trade, or work and worry. In this world every man is his own king—the sort of king one loves to imagine not concerned in such petty matters as wars, and parilament and taxes, but a mellow and moderate despot, who is a true patron saint of genius—a mild old chap who has in his court the greatest men and women in the world—and all of them vying to please the most vagrant of his models!—From "Adventures in Contentment," by David Grayson.

Minard's Liniment for Summer Colds

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In the Melting Pot

Vancouver Province (Ind. Cons.): For all practical purposes, the United States has shut her front door to the emigrants of the world. An access of 150,000 newcomers every year can only be regarded as a drop in the bucket of the 100 millions of Americans. It is different now from what it was in the first ten years of the Twentieth Century, when nine million immigrants entered the country, and it is differet from the two years before the war, when about 1,200,000 immigrants, each year, mainly Europeans, added their numbers to the population. Unless and until the bars are let down again, the ingredients of the melting pot will not differ greatly from what they are now. There is no likelihood that the bars will be let down. Racially, it seems, the United States has come to the point of equilibrium. But probably the dispute about national origins will remain to provide the dilemma, and the opportunity, of the politicians.

The Empire Crusade

Saturday Review (London): Lord Beaverbrook and the supporters of his interesting Empire scheme are proceeding on the assumption that all units overseas would from sentiment and economic motive approve of free trade within the Empire. There is one unit which would neither feel the urge of sentiment nor admit the economic argument — India. Now India takes from this country about £85,000,000 worth of goods. As even Australia takes only about £60,000,000 and Canada only about £30,000,000, the attitude of India cannot be deemed unimportant. Even now it is impossible to impose on India any fiscal system of which her few thousand active Home Rulers disapprove; in the near future it will be impossible to prevent the erection of a lofty barrier against any kinds of British goods.

A Fervent Heart

O! What a glory doth this world put on for him who, with fervent heart, goes forth under the bright and glorious sky, and looks on duties well performed and days well spent. —Longfellow.

Department of Health

The Fly is a Menace to Health

Summer, with the holiday pleasures which it brings, is often marred by that pest of health and comfort—the fly. The presence of flies around any dwelling means that there has been carelessness on somebody's part. A few necessary precautions taken in time is all that is necessary to prevent the annoyance and dangers to health which can be safely attribtuted to this pest.

Types of Fly

The flies which bother us around the house and at summer resorts are of two main types—the house fly and the blow fly; the latter are larger than the house fly and have bright, metallic bodies and make considerable noise when flying. The stable fly is generally found around cattle and horses; in appearance it resembles the house fly, but has oe distinguishing feature—it bites and sucks blood and is especially active before storms.

Control of the Fly Pest

When we study the life cycle and habits of flies, we know beyond all doubt that to be effective, the work we do to destroy them must be aimed at the distribution point, viz., the breeding grounds. There are several methods of attack:

Use of Larvicides

(a) Chloride of Lime applied in layers of about ¼ inch thick on the fresh exposed contents of outdoor privies every four or five days is an effective, cheap agent for destroying the larvae of the blow fly which beeds chiefly in outdoor privies.

(b) Crude Coal Tar Distillate—proves a most effective method in the control of the house fly breeding in stable manure, garbage piles, etc. A satisfactory strength is a three or four per cent. solution; this is sprinkled on the edges of the piles wherever the larvae appear. The action is rapid and the results very marked.

The blow fly (blue bottle and green blow fly) breed also in garbage, decaying vegetable matter and pig manure. Sprinkle crude coal tar distillate (four per cent. solution) over the infested areas.

Crude coal tar distillate may be secured from your druggist.

Supplementary Methods

(a) Trap—the cone-shaped type is best; it is so built that the fly after being attracted by bait placed underneath passes through a small opening in the top of the cone into the trap proper.

(b) Screens—wire of twenty meshes to the inch is necessary to keep out house flies.

(c) Poisoning—a cheap and effective poison may be made in the home by adding to a pint mixture of milk and water three (3) teaspoonfuls of formaldehyde. This may be poured on pieces of bread placed in shallow saucers. Place safely out of reach of young children.

Kitchen garbage should be tightly wrapped in paper or kept in fly-proof cans.

Minard's Liniment for Neuralgia.

Sea Nocturne

Lights on the sea-line go,
Vibrating to and fro,
Errant, mysterious, low,
Seen bright, seen twinkled;
But that one steadfast spark
That cleaves the drooping dark,
For what all fortunate barque
Is it enkindled?

With far flung beam it stands,
On rough and perilous lands,
Warning with upraised hands
The gray shipmasters;
Why did no beacon free
Flare out on life's road sea,
To warn and presage me
Of Love's disasters?

—James Grant in the London Spectator.

LUXO FOR THE HAIR

Ask Your Barber—He Knows

Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after-effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

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BABY CHICKS: JULY AND AUGUST, Rocks 12c, Brown Leghorns and Anconas 11c, White Leghorns 10c, assorted chicks 9c. Express paid on 200 or over; free catalogue. A. H. Switzer, Granton, Ontario. q

Dominion Status

Sydney Sun (Aus.): (South Africa has appointed a Minister to the United States. Australia is still only represented by a trade commissioner.) To the Government of the United States, Canada and the South African Union are nations, while we are still colonies. To Canada she sends her own Ambassadors, and no doubt will do so now with South Africa. This invidious and inferior position of Australia is purely Australia's own choice. There is absolutely no reason why she, too, should not assume national rank in America by sending a Minister to New York. Why it has ot been considered by the Government is a mystery. The world is so constituted it takes men and States largely at their own valuation, and we may be sure that the fact that the Ambassadors of Canada and South Africa may claim audience with the representatives of the United States Government, and our commissioner cannot, does not help our estimation in the eyes of a nation which is peculiarly susceptible to face values.

Daily Needs

We are to dignify to each other the daily needs and offices of man's life, and embellish it by courage, wisdom, and unity.—R. W. Emerson.

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This valuable book was compiled to advertise CARHARTT OVERALLS—the best farmer's overalls in the world. One farmer wrote that he would not take ten dollars for his book. Write for yours to-day. Hamilton Carhartt, Manufacturer, Ltd., Toronto. Over twenty thousand Agencies

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The Honey Fly Catcher

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It is proven that AEROXON is one of the most convenient and most efficient means of combating this fly evil. It is convenient, because of the push-pin. It is hygienic: flies never get away when once caught. Each spiral gives three weeks' perfect service.

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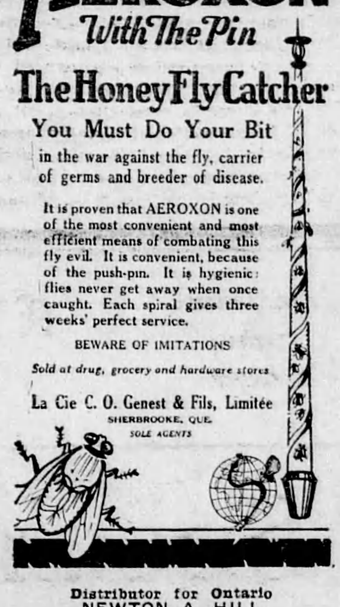

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Use Minard's immediately. It soothes the pain and draws out the inflammation.

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Feeling Run Down?

Over 400,000 women and girls who were weak, "blue," nervous, run-down, and unable to do their work properly, have improved their health by taking Lydia E. Pinkham's Vegetable Compound. By accurate record, 98 out of every 100 report benefit. You can be almost certain that it will help you too.

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