

FINDING THE WAY
I can show you the way, I know,
Over the hills where the roads grow,
Off to the woodland so full still,
I could show you the way, if me,
Care to go visiting them with me.
I'd find the old, the could indeed,
Down through the paths where the
Squirrels play.

Over the pastures where cattle feed,
I could show you the way, I know,
Under the canopy of the leafy trees,
Into the homes of the birds and bees.
But when we'll soon all fast to go,
And we're ready to fast to go,
I should be glad to show your hands
What's best to eat, what's best to do.
Now to well, after all, us, too.
Just what the safest way would be.
—Frank Walcott Hatt.

**MAKING THE PUNISHMENT FIT
THE CRIME**

Noticing one of her small boys nibbling at some luncheon in school one day, the teacher called the culprit to the desk. "You know," she began sternly, "that you must not eat during lesson hours! Now as a punishment you must stand here in front of the class and eat every bit of it."

The small boy did as he was bid, a curtain covering his face.

The teacher misunderstood what was going on, and the last scrap had disappeared when, from the class, a small voice wailed in tearful accents:

"Please, Teacher, that wasn't his lunch he was eatin': it was mine."

**STIR THE LIVER UP
BY THE USE OF
Milburn's Liver-Liver Pills**

If the Liver is Lax, Slow or Tired it is necessary to stimulate it by the use of a medicine which will remove all kinds of waste and poisonous matter from the system, and prevent, as well as cure Constipation, Gas, Headache, Liver Complaint, and all sickness arising from a disordered condition of the Stomach Liver and Bowels.

Milburn's Liver-Liver Pills are a specific for all these troubles, and have been used for close on to twenty years by many people throughout the world.

Mr. Milburn, Dussling, Waterford, Ont., writes: "I was troubled with my stomach for twenty-five years. I consulted all the best physicians in Michigan, but got no relief. There was a friend in Michigan who advised me to try Milburn's Liver-Liver Pills, and suddenly I found myself well again. And I can't praise them enough to my fellow men."

Milburn's Liver-Liver Pills are 25 cents per box of 5 vials for \$1.00. They are for sale at all dealers or mailed direct to the dealer by the T. Milburn Co., Limited, Toronto, Ont.

CATHOLICS AND PROHIBITION

To the Editor:

Roman Catholics have recently held a convention at Niagara Falls for the purpose of discussing how best to make united warfare against the liquor traffic. That is most encouraging as in the past our Catholic brethren have not been active in their opposition to the liquor traffic as the Protestants. They admit that these are and are determined to be held no longer.

Yours to the Editor: "The future of the liquor traffic is in the balance and it balances the many Catholics who are opposed to the saloons to form organizations of their own or to affiliate their efforts with the existing organizations pledged to the overthrow of the liquor traffic which is erecting its last and most formidable rampart where Catholics are most numerous. Already the many Catholics engaged in the notorious business which fosters what Pope Pius X called "the terrible scourge, the deadly evil, sowing the seed of death among the faithful" constitute a mighty army to the physical, mental and moral happiness of the American people in general and of our poor immigrants in particular."

"Therefore we the undersigned, inspired by the urgent appeal of the Third Plenary Council of Baltimore to "all Catholics engaged in the sale of alcohol beverages to stop at once this dangerous business," invited all Catholics who favor the removal of the saloon to meet in Conference August 14, 1914, in Niagara Falls."

It should be remembered that in the Province of Quebec there are 600 principally Roman Catholic priests and only 269 under license. Judging the latter by the number of the downfall of this dreadful business is near at hand.

H. ARNOTT, M. B., M. C. P. H.

**Had a Weak Heart
and Bad Shaky
Nerves for Years
Milburn's Heart and Nerve
Pills Cured Him**

Mr. H. Percy Turner, Marie Joseph, M. B., writes: "I have had a weak heart and bad, shaky nerves for years, and have tried almost everything, but nothing has helped. I was about to give up hope to try Milburn's Heart and Nerve Pills. I was surprised to find how one box helped me so much. Two more and my complete recovery came. Your letter to my letter as an aid to others suffering from heart and nerve trouble."

Milburn's Heart and Nerve Pills are 25 cents per box for 30 down men and women troubled with their heart or nerves.

Milburn's Heart and Nerve Pills are for sale at all dealers or mailed direct to the dealer by the T. Milburn Co., Limited, Toronto, Ont.

There is no gain here to interfere with the killing of time.

A loose tongue can cause terrible hurt in life's skein.

You're much safer to talk of conversation than it is to manifest courtesy.

Some candidates ought to take the rest given for their inspiring policies.

You know very well that the excuse you offer others wouldn't satisfy you.

No one can achieve good work who does not take a pride in it.—Lord Clinton.

**Children Cry
FOR FLETCHER'S
CASTORIA**

HEARD IT ALL BEFORE

When Mark Twain was living in Hartford, Connecticut, where Dr. Doane, now Bishop of Albany, was rector of an Episcopal Church, he went to hear one of the clergymen's best sermons. After it was over Mark approached the Doctor and said politely:

"I have enjoyed your sermon this morning. I welcomed it as I would an old friend. I have a book at home in my library that contains every word of it."

"Why, that can't be, Mr. Clemens," replied the Doctor.

"Well, I certainly should like to see that book," rejoined the rector with dignity.

"All right," replied Mark: "You shall have it," and the next morning Doctor Doane received with Mark Twain's compliments a dictionary.

A prime dressing for wounds—in some factories and workshops carbolic acid is kept for use in cauterizing wounds sustained by the workmen. For better to keep on hand a bottle of Dr. Thomas' Electro Oil. It is just as quick in action and does not scar the skin or burn the flesh. "There is no other Oil that has its curative qualities."

TO STEP ASIDE IN HUMAN

Then gently seen your brother man,
Hill-rouster older woman!

They may think a kinship wrong,
To step aside in human.

Who made the heart, 'tis He alone,

Decidedly can try us;

He knows each chord, its various tones;

Each spring its various blaz.

Then at the balance let's be mute,

What's done can't easily be undone;

What's done can't easily be undone;

But know not what's resolved.



IT NEARLY KILLED HIM

"Medicine won't help you any," the doctor told his patient. "What you need is a complete change of living. Get away to some quiet country place for a month. Go to bed early, eat more roast beef, drink plenty of good rich milk, and smoke just one cigar a day."

A month later the patient walked into the doctor's office. He looked like a new man, and the doctor told him so.

"Yes, Doctor, you were certainly right," he said. "I want to lead early and did all the other things you told me. But say, Doctor, that one cigar a day almost killed me at first. It's no joke starting in to smoke at my time of life."

A prince must be just and good as well as valiant.

It is easier to hear and take counsel than to give—Punish.

If you must worry, worry over the things, you can't help. You can work over the others.

**MRS. MABEN
WAS MADE WELL**

By Lydia E. Pinkham's Vegetable Compound and Wants Other Suffering Women To Know It.

Murfreesboro, Tenn.—"I have wanted to write to you for a long time to tell you what your wonderful remedies have done for me. I have a stiff neck from female weakness and displacement and I would have such tired, worn-out muscles, and aches and drowsy spells. Doctors did me no good so I tried the Lydia E. Pinkham's Vegetable Compound and want other suffering women to know about it."—Mrs. E. B. Spring, St. Muncie, Indiana.

Lydia E. Pinkham's Vegetable

Compound and all sickness arising from a disordered condition of the Stomach Liver and Bowels.

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Best Team Horse in harness, any class, 1st, Silver Cup, value, \$300.00, by T. Warren, Toronto; 2nd, one Flush Rug, value \$250.00, by J. V. McCallum, Guelph.

Best and fastest road horse, any age, twice around track, horses competing in other races excluded, by S. H. McCallum, Guelph, Ontario.

Best Trotting Horse, 3 years old, by McCallum, Milton, cash \$400.00, and Nicholas Pooley, Action, 1st, cash \$300.00.

Most Stylish Single Horse in harness by A. McCann, Action, 1st, cash \$300.00, 2nd, cash \$200.00.

Best Show Turnout, by James, Flora, Flush Rug, value \$500.00.

Best Three-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Four-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Five-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Six-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Seven-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

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Best Eleven-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Twelve-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Thirteen-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

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Best Fifteen-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Sixteen-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Seventeen-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

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Best Fifty-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Fifty-one-year-old Roadster, harness, style and speed combined, road and track, value \$500.00.

Best Fifty