

EYESTRAIN.

who for years have ffered intensely from chronic is lasting. Satisfaction guaranteed.

A D SAVAGE. Optometrist & Optician, 21 Wyndham St., GUELPH.

White vs. Brown Bread.

nutritive value of white and wholemeal bread, we are on ground which has been the scene of many a controversy. It is ferable to white bread, because it is on the plains was the presence of richer in proteid and mineral matter. rascally whisky-traders who came t shown that, as regards proteid, at least, ed the Indians with liquor, then robthis is not always true, and even were it | bed them, and often murdered them the case, the lesser absorption of whole. too, as they saw fit." On the whole, we may fairly regard the made the Indians drunk it was no to topics of which the fisherman is never Bread Reform League would probably course, the whisky-traders did never have come into existence.

What a Great Man Said to the Great American People.

Parisian Sage is a discovery of a celebrated scientist, who spent the best years of his life in perfecting this great bloodshed had once reigned In giving his recipe to the American people he said, 'Parisian Sage is the' germs that infest the roots of the hair it stops falling hair, it gives vigor and strength to the han roots. Higginbotham Drug Co se ls Parisian Sage at / cents a large bott e and guarantees it softe near a drugg st who sells Parisian Sage, send to cents to G roux Mfg, Co. Co. Fort Erie, Ont., and a bottle will be sent you all charges prepaid.

and thus make it traffic-That this policy is prov. dered there two years before. the encressful is proved by the remarkable mereas in freight receipts chiefs of that time was Piapot, one shipments show an increase of 77 1-3 | sacre of old men, women and chilper cent in cattle, and 264 1-2 per dren of a rival tribe. That bloody cent in grain over last year. The to- day's work was enacted near where tal outgoing freight increased 66 per Lethbridge now stands. cent for 1908 over 1906, while incom-

ang freight increased 119 per cent Farm Hands Wanted.

monet for more I men as farm laborera la amitol

Government 'Phones. berta proposa to construct 800 miles | tire tribe. of new telephe a line of this year



Only those who suffer from Piles can know the agony, the burning, throbbing, shooting, stabbing pains which the allment causes, and the way it wrocks the sufterer's life.

and great unit of trine Zone-Buk, which

cured me. That this has bethe means? try Zim Bus, is the wish of one who has bun borest rejet? Zam-Bus is a perely berhal butin and should be in every home. Cures cuts sore feet, summer sores, and all diseases and injuries of the skin, etc. All ? druggists and stores at 50c box, or from Zam-Ruk Co . Toronto, for price.

TIMES IN THE WEST.

white, were ever ready to raise their hands against their fellows. That ada in a general way, but specially to that worthy band of horsemen, the made law a real thing throughout

the Canadian West. Before the coming of the police one

have seen that even in the case of ordin- of the St. Mary'n and the Belly riv- it is felt that the future of our big game ary bread this is not all absorbed, while ers, but a few miles southwest of depends to a considerable extent upon the absorption is so much less in whole. when the town of Lethbridge now meal bread that, as regards the amount stands in Southern Alberta. This lentless and ever vigorous foes. Fishing, growing children or nursing women. for a buffalo robe, and after having next place, seven stories being given up question of wholemeal versus uncommon thing for the vile garriwhite bread as finally settled, and son to "pot" the reeling savages out settled in favor of the latter, and had side. After a time other traders came military force known as the "Spitsee Cavalry," from the Spitsee river in

Alberta, and drove out the legitimate good things appearing in the number. Another centre of crime was the Drunken Lakes, near the site of the

that they showed any similar disposi- came close enough to it to justify tion in the early years of western his- high hopes being held for his future tory. Our western Indians now have performances. He showed all kinds a pretty good name, but what they of grit and endurance, plugging along are capable of doing, even after years | alone through the mud, with no one zation, was shown at the outbreak afraid to stop lest his legs should massacre. In the early times the thing so arduous. A run of this sor continually at war in the neighbor- and carefully-trained runner, and for was sure to be bloodshed. Col. Steele The policy of the CPR has been related that the first time he went to to sell the land cheap on this irriga- Edmonton, he slept in a room on so as to get settlers into | whose floor and walls were still the | day, and complained of nothing but a bloodstains of a Blackfeet chief mur- little stiffness about the hips.—Toron-

One of the most notorious of the Thus outgoing of whose blackest deeds was a mas-But in due time Piapot met more

lowers, inflicted great loss on Piapot's | and trusted interpreter.

often had battles with the Indians, "Sergeant McCarty, Man Handler," and on one occasion, among the Cy- by P. C. Macfarlane, and "The Repu- er of the animal kingdom. It is a press Hills, they massacred an entation of the Bella B," by Harriet merger of the zebra and the camel and When news of this wholesome vil- contributes "Cleveland and the Insur-

Col Steele passed on in his address to the formation of the Mounted Police. He went West with the first division, which traveled from Lake Superior by the Dawson road to farewell sermon on the occasion Manitoba. The second division, un- the departure of Rev. H. S. Woollder Lt.-Col. French, now Major Gen. comb, who is touring the colonies for for two weeks was slowly traveling its Sir George French, arrived by way three years in behalf of the Church transcontinental esophagus. of the States in 1874. The force then of England Missionary Society, said

special force was detached from ! the main body when in Alberta, and placed in charge of Lieut.-Col. Maclead. With the notorious Jerry Potts fort, Whoop-Up, which was captured without a fight. The liquor was de-

The Indians turned out in large Drug ('o., St. Catharines, Ont. numbers to welcome the force, and witness the downfall of their ancient enemies, the whisky-traders. At last | they knew that the Queen, the great White Mother, would protect her red

No Hurry. He—Then you have decided to accept the proffer of my heart and hand?

She—Yes, dear. He—Thanks! You have made me the happlest of men, but we must have some regard for the old maxim and not be married in haste. She—Don't worry about that.

The field to add another 600 miles of ditch to the 1,000 miles already built. The total area of 3,000,000 acres will eventually require and constables, but we must have some regard for the old maxim and not be married in haste. She—Don't worry about that.

The field to add another 600 miles of ditch to the 1,000 miles and ditch to the 1,000 miles of officers, 598 non-commissioned officers and constables, with 523 horses. Of the 649 men all wan, 303; in Alberta, 239; in the Yulaste. She—Don't worry about that.

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Maple Drop Cakes. Two cups of maple sirup, one-half cup of cream or milk, two eggs, onehalf cup of melted butter, toree teaspeonfuls of baking powder, flour enough to make a soft batter. Bake in gem pans.-Good Housekeeping.

The Announcement Followed. She-They say there are germs kisses. Now, what do you suppose girl could catch that way?

paradise for herds of yaks.

Rod and Gun for June.

Alberta," a description of a new British are not nearly large enough, and others relieve, but Nerviline does cure port on the Canadian National Park. cannery and cold-storage buildings at all dealers. representative of the wealth of other

Long-Distance Running. A very plucky attempt to lower the and Toronto was made a few days ago Because the Indians now live for the West-end Y. M. C. A., Toronto. it does not seem to have had any been made in the surroundings. serious consequences, because he was down to work bright and early next to Saturday Night.

McClure's Magazine. An article of exceptional interest it the June number of McClure's is "Gammany's Control of New York by Professional Criminals," a study of new period of decadence in the popular government of great cities, by George than his match in Jerry Potts, a Kibbe Turner. Another is 'Judicial apiarists. Mr. Pettit's duties will been started, and will be hurried on Decisions as an Issue in Politics," by also include the inspection of apiaries with until completed. William Howard Taft. Mrs. Humphrey under the Foul Brood Act. band, Potts alone, it is said, scalp- Ward's new novel, "Marriage a la ing nineteen Indians. In later life Mode," is concluded and there are the terrible Potts became a capable several fine short stories, "The Home-(coming," by Elsie Singmaster: "Four All this time the diabolical whisky- O'clock in the morning." by Hulbert traders were plying their traffic. They Footner: "D:sabled." by Viola Roseboro': Lumamis Smith. George F. Parker is also a distant relative of the palm lany reached the East it roused the ance Crisis" and Marion Hamilto anadian Government and the Brit- Carter, "The Conservation of the Deish authorities too; and the taking fective Child." There are poems over of the country by the former was Francis E. Falkenbury, Edith Wyatt, matter of neck it has all the rest of

The Bishop's Amazement

The Bishop of London, preaching i

We have vet to hear of one failure to' cure where a fair trial has been given. stroyed, and the buffalo robes found family. We will mail a full month's far from his body that a long neck is

Market Garden of the West.

So heavy has been the demand for | Weekly. land on the Canadian Pacific irrigation block near Calgary, that an army of engineers has just been sent into land in Canada.

"Aiready All-Red."

A0,000 All-Red Route scheme evidently has not damped the ardor of the
Canadian Pacific, which sends us a
lice posts, which I have reluctantly
had to refuse, because I had not the

ONTARIO'S NEW STATIO

wolves in Northern Ontario, suggestions stantial as regards finish and quar- start in. for thinning out these pests in the Algon- ters in the new building, that when The banker saw that the merchant Lynn, Mass., from women who quin National Park and the need for the outside approaches are completed, meant what he said. He handed back been cured fro some further action in that portion of | will be an ornament to the farm. | the keys, and the firm had more the Province bordering on Manitoba. A 10-horse-power boiler does the heat- money are prominent features of the June num- ing, supplying the greenhouses as banker until the tide meal bread, which we have seen to occur, would tend to annul the advant. The case, the lesser absorption of whole.

One of the most notorious of these lished by W. J. Taylor, Woodstock, large experimental rooms, besides a large experimental rooms. meal bread, which we have seen to occur, would tend to annul the advant. centres of evil was "Whoop-Up" or age. As regards mineral matter, we Fort Hamilton, situated at the fork interested in this wolf campaign because the boiler-room and men's lavatories. On the first floor are the directors' office, a room for the bactereologist

The views from all the windows

The greenhouses, lately finished. Columbia canoe trip, a couple of big another addition is in course of erec- sprains, strains, swellings, earache, game hunting stories, fish and game tion, while others will be added as toothache, neuralgia, lumbago, in fact protective topics, a summary of the re- they are needed. The experimental all muscular pains. Large bottles 250 and a paper on Physical Culture, are are about finished, and the fruit growers in a very short time will be able to review the results of the tests that will be made in them before the snow flies again.

A pretty resident building has been erected for Mr. Peart, in which are by Frank Murphy, a young runner of mental visitors. It is the director's simplest remedy to give relief ti intention this year to experiment ical aid arrived was to take a fine the most part peaceably on their re- The boy-for he is nothing more- with nut-bearing trees, and he is very pointed peakulfe and make a small serves it is a mistake to suppose failed to lower the record, but he hopeful of success. Some excellent cision in the throat. One of the miners samples of tobacco were lying on then shouted: "Ye dinna ken Elphin-Mr. Peart's desk the other day, the stone folks. If I was to try that the first grown on the farm. The smoking qualities were very good indeed. Nearly 80 varieties of peach trees portations from France and Belgium are expected. From all this lot the varieties adapted for the peninsula will be selected. Fruit men who have not been over the ground since last hood of Edmonton, and whenever a slight boy like Murphy is nothing spring will be amazed at the large members of the two tribes met there short of dangerous. At the same time number of changes that have since For a number of years, the bee While these pills are exceedingly power-

men of the province have been ask- ful in regulating the generative portion ing for an apiary where practical and of the female system, they are strictly teners. scientific experiments may be con- safe to use. Refuse all cheap imitations. ducted for the benefit of the indus. Dr. de Van's are sold at \$5.00 a box. try. Now the Department of Agricul- three for \$10.00. Mailed to any adture of Ontario will make this impor- dress. The Scobell Drug Co., tant addition in connection with the Catharines, Ont. fruit experiments at the new farm at Jordan . Harbor. The work is to be placed in charge of Morley Pettit of Aylmer, Ont., who stands in the way (U.S.A.) link from Michel, in the front rank of Canada's successful Crow's Nest Pass, to Calgary

THE GIRAFFE.

Africa's Second Story Worker With the Long Distance Neck. tree. The giraffe consists of eight feet of neck equipped with a body at one by end and a head at the other. In the

Walter Pierce, and Willa Sibert Cather. the animal kingdom beaten by length. The giraffe's mouth is located so far from its stomach that it has to eat today to appease tomorrow's apof petite. Many a giraffe has starved ! death while the first meal it had eaten

some difficulty with giraffes, which nence. The oil possesses the peculiaring it, is harmless and absolutely with. Africa is rich in insect life as well as plants.—Scientfeic American. animal life and that all African aniwould be doing a great work by giving mals carry innumerable parasites on this remedy to some members of your their hides. The giraffe's head is so

absolutely necessary in order that be may reach down and grab off a tick consequence the organs of secretion suffer, the action of the bowels is less-

Strength of R.N.W.M.P According to the latest available re- their direct action on the stomach, liver populated farming district in Can-ada, as the average unit of irrigated Wilfrid Laurier—for the force is adfarms is 40 acres, compared with the average of 160 acres for non-irrigated missioner Perry Writer (ID)

"Our farthest outposts are found on course, well known that Sir Thomas the shores of Hudson Bay and the Arctic Ocean, and scattered over the Relieve the physical suffering of corns. her and setting forth next day o size of steamers on the the International Boundary for 600 miles, and dotted over the settled districts of the two provinces of Alberts it's the one sure and painternal personal perso

The winter campaign against the placed. Everything is neat and sub- are welcome to take the keys and thousandsof

You May be Sick To-night

(yet to be appointed); a reading and springs upon us. At the outset it is in- tial letter to Mrs. Pinkham, at of mineral matter yielded to the blood, the two are about on an equality. There well supplied with maskets and a lientless and every vigorous foes. Fishing, the two are about on an equality. There well supplied with maskets and a lientless and every vigorous foes. Fishing, general assembly room. Upstairs, what fifteen drops of this marvelous and always helpful. the two are about on an equality. There is, therefore no justification for recommending the use of wholemeal bread by growing children or nursing women.

Well supplied with muskets and a fine illustrated paper showing a fine illust so penetrating. But not irritating or caustic. There are other pain remedies but when you use Nerviline you see the difference. That difference is this,-

Scottish Miner's Wit. An amusing comment was made b miner at an ambulance lecture Elphinstone, East Lothian. The lecurer had stated that if suffocation from choking was likely to ensue the morn here's what wad happen: If that

—the Wife's Friend.

A reliable regulator; never fails,

Fushing Great Northern. Work on the Great Northern Rail-

Heard Every Night.

glaries in a certain suburban neighborbood, and the conversation at a small whist party/turned naturally enough

body asked him, "to think every night when you go to bed that you may be burglarized before morning?" "Oh, we don't mind them," said the elderly gentleman cheerfully, with a

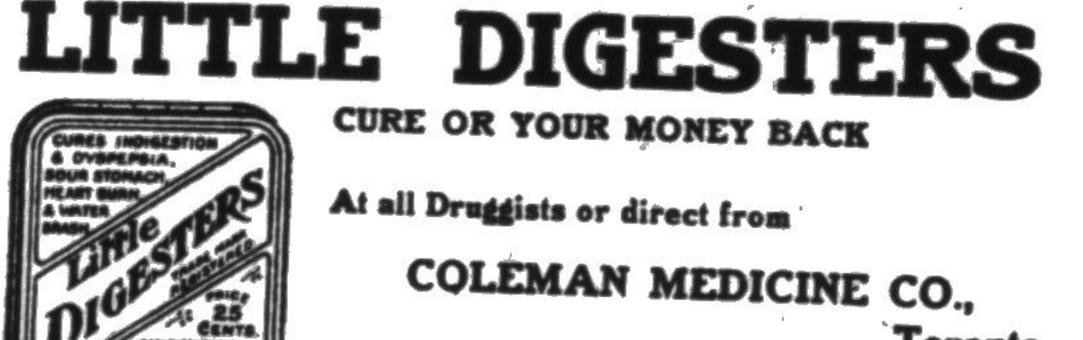
"John," said his wife warningly "don't be stilly."

"Silly!" echoed be and turned to the others. "Now, that's her modesty. Those burglars have been trying to go through our house every night for two weeks; always get in through the dining room window too. But Mary hears them. Yes, sir, no sooner do they get through the window than Mary bears 'em and wakes me u Fortunately for us, Mary is a very

like that!" exclaimed one of the lis-

bad after one gets used to it. All lock the bedroom door, and then the burglars go right back out of the dintleman thoughtfully, "for they always lock the window after them."-Youth's Companion.

Sour Stomach and Heartburn?



CURE OR YOUR MONEY BACK At all Druggists or direct from

COLEMAN MEDICINE CO., Toronto

Extracting Wood Oil. Chinese wood oil is obtained from proceeded westward. One division, and the United States out to be a zebra, but, having reached the shoulders, had kept on going. It is varies with the method of extraction, and the United States of the shoulders, had kept on going. It is varies with the method of extraction, and the United States out to be a zebra, but, having reached the shoulders, had kept on going. It is varies with the method of extraction, and the United States of the shoulders, had kept on going. It is varies with the method of extraction. Pulver, in a recent Gowganda article. The giruffe looks as if it had started | the nut of the wood oil tree by pressmain body at Roche Percee, and prothe colonies and the United States the colonies are colonies and the United States the colonies and the United States the main body at Roche Percee, and proceeded to Edmonton, reaching there
had for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad for some living link, some living ish brown stripes in a handsome linhad some living link, some living ish brown stripes in a handsome linhad some living link, some li late in the autumn. The main body late in the mother country, escaption to some fiving in a natural solution of the poor son of Italy handed over \$25 be used as an advertisement. Nor did the poor son of Italy handed over \$25 be used as an advertisement. Nor did the poor son of Italy handed over \$25 be used as an advertisement. Nor did the poor son of Italy handed over \$25 be used as an advertisement. pecially the mother church. He was eagles' nests and rainbows. During lacquer for wood, far surpassing boiled to square himself with the "big he hesitate to offer other pictures for formed a great liking for war balloons ity of drying more quickly in damp Italians gave it to him good and and who fears to look my landlady Nox Tasteless Liquor, Drug and frequently nibbled them during than in dry weather. The residue of plenty. The tother might, Alf. Dubie, the face, not do the same? Stay! I their flight in order to inhale the gas. The nuts left after the removal of the who has a shack sup the lake, was shall do better. Am willing to take Why does the giraffe have a long oil is a good fertilizer, which possess- surprised. His costs and several ar-

The Tremble of Old Age.

With the advance of years the vital from his fetlock when necessary. ened and there is no longer healthy cir-Even a child could see this.—Collier's culation. The brain is congested with blood, giddiness, trembling and cold ex-

tled up, villages have sprung up collect his salary, said in his farewell beaten. They cut ed me." Your case tive hours, and the number admissible along the recently constructed railsermon: I have little more to add, may be chronic but Catarrhozone will at one time was strictly limited to The news of the shelving of the \$5,ways, and the population in the other settlements has increased. Many in favor of free saluation and the out of the saluation and the

To Improve III Temper

"Bad Men" Up North. A few days ago a would-be bad

distance neck? Persons given to the es the valuable property of destroying ticles of clothing were taken. Dr. work." Can be given without the person know- use of common sense will realize that insects which feed on the roots of Porter's canoe was missing the next day. By this time it is probably lying in the bush with affresh coat different colored paint on it, thus placing it beyond hopes of recognition. This comes, of "nothing to do" blood is weakened. Nerves are irritable However, several husky residents break down even the strongest. gave a generous licking recently to perience teaches that nothing is more

Woodstock, N.B. who writes: A good old west country preacher, past year new districts have been set
The force is addinistered from the office of the President of the Privy Council—Commissioner Perry writes: "During the past year new districts have been set
A good old west country preacher, who had decided to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge. Finding it is added to leave an unremunerative charge, finding it is added to leave an unremunerative charge. Finding it is ad

Arctic Ocean, and scattered over the vast Northland along the lines of communication. They are found along the International Boundary for 600 guickly done by the reliable Putsam's honeymoon trip in a canoe from Portland, Oregon, to Hudson Bay and the International Boundary for 600 flesh-eating substitutes and insist on Atlantic seaboard, is the unusual expenses averted at once make you a new local state of the lines of communication.

METHODICAL BURGLARS.

The Ones John's Wife Was Sure She There had been a number of bur-

on burgiars. Everybody had expressed an opinion except a quiet, elderly gen-"Doesn't it make you nervous," some

glance across the room at his wife. "We're too well used to them, aren't

light sleeper."

"Rather disturbing the first night," continued the speaker, "but not so | have to do, you know, is to get up and ing room window. Very methodical they are, too," added the elderly gen-

DON'T BUY A GUN until you have seen our New

with Stevens Compressed Forged Steel Barrels-DEMI-BLOC SYSTEM

The mode of constructing these superb Trap and Field Guns is fully set forth in our New Shotgun Pamphlet. Send two-cent Ask your Dealer for Stevens

J. STEVENS ARMS & TOOL CO. P. O. Bex 4099

A Modest Art Student. An art student in Berlin wrote to a brewing concern in Bohemia offering to paint for the brewers "pictures suitable for advertising purposes—artistic, the same purpose at the same price. He came back, again and several Why should not I, who owe my tallor

Invaluable for Nursing Mothers.

With nursing comes an unceasing a "sport" who said he was a trifle helpful than Ferrozone. What an aplight fingered on the trigger of a gun. petite it brings! No blood-former Its not healthy tossay too much, un- nerve tonic more potent, no medicine tremities are common. No assistance is less your mind is crunning along the known that so steadily brings back the as you desire to go health, vigor and spirit that mothers require. It's because Perrozone nourishes. because it supplies the materials for re- pay you. building that it does such permanent good, soc per box at all dealers.

> The British Museum. In the early days of the British mu-

for Lost Manhood

chs, Linoleums, Room

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Special attention given to Investment of Trust Funds First Mortgage Bonds and Stocks secured to vield the purchaser 5 to 61 percent.

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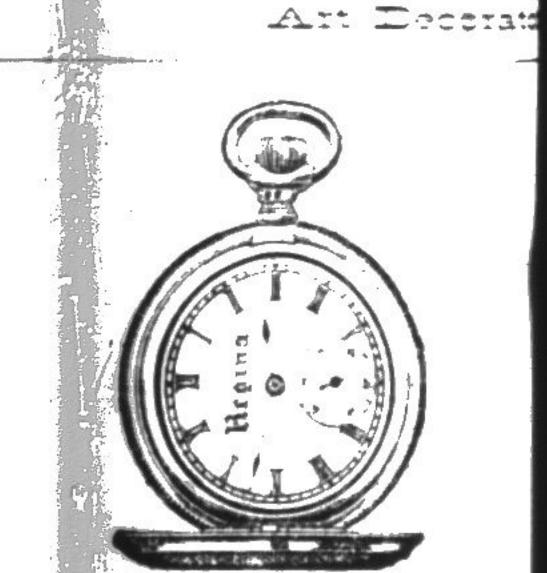
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PAPERS Double Barrel Models fitted

EVER SHOWN.

early for your spring work. FRANK PEAREN



The Practical One. 'All writers are not impractical, an "Oh, no! One man will write a los and sell it for 50 cents. Another

write a comic opera around it

draw \$20,000 in royalties."-Louisvil

Courier-Journal As Good as His Word. He-I always make it a point profit by the mistakes of others. She I got weary of George Bris He then bade her good night,-Clay

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