IF THOSE

HEADACHES

ARE STILL KEEPING UP

Come in and have your eyes examined at once

OUR GUARANTEE OF SATISFACTION means no expense if glasses fail to give relief.

Our Lens Grinding Plant makes possible the low prices we are asking for our Glasses

A. D. SAVAGE, Optometrist Optician

"Right at the Post Office."

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Is Alcohol Hurtful or Helpful?

"The question as to the propriety of using alcohol habitually has a most important moral side, but with this the physiologist does not deal; the physical side, i.e., whether such use is helpful or hurtful, alone claims his attention," says Dr. Horacio C. Wood, the eminent physician and author, in February Lippincott's. "As on the witness stand, in court, my answer to the question as to the practical food value of alcoholic drinks shall precede the explanation. The answer is, the habitual use of moderate alcoholic draughts may be helpful or it may be most harmful, the diversity of result depending upon the circumstances of the individual involved.

"I have been actively engaged in the practice of medicine for more than forty years, and my experience is, that the majority of deaths of men between the ages of fifty and sixty-five years are due to one or more of the three following causes: early sexual dissipation, the use or abuse of alcohol, and excessive eating. Of these, probably the most common and deadly physical sin is that of overeating. At least, among Americans in good financial circumstances, I should estimate its death-harvest as the largest of the three. In India, on the other hand, the funeral palm belongs to undereating. When the habitual overeating is combined with the use of alcohol, then the two co-acting forces are most deadly in their effects.

"When the Norwich Union Life Insurance Company of England opened its offices in Italy, it was found that if the alcoholic limitations used by the company were adhered to no business could be done. Directed by the company, Dr. W. W. Baldwin, then the chief Anglo-Saxon practitioner upon the peninsula, examined into the matter and reported that the habit of the lower and middle classes of Italians was to take for each of the three daily meals a quart of native wine and a large dish of macaroni, animal foods scarcely appearing in the diet. Under such daily routine men are enjoyed and physical strength is preserved, yet drunkenness is most rare, and, according to Baldwin, alcoholism never appears and gout or gouty degenerations are almost unknown. On the other hand, with the Anglo-Saxon in Germany or other northern settlers in Italy, and adopting the wine habits of the Italians, ruining his health along later, terrible gouty degenerations appear as early within one or two years. A similar thing may be seen in Germany. The poor man in Munich takes his glass of ale in the evening in the Leiter where for a few pfennigs he enjoys himself and [illegible] and obtains also nutrition [illegible] dry sips with [illegible] prince might envy. [illegible] the merry [illegible] in the [illegible] table where [illegible] to earth.

"In Europe the [illegible] wisdom rather than [illegible] that he who would [illegible] European peasant [illegible] or least [illegible] peasant [illegible] food and [illegible] stomach [illegible] the [illegible] and [illegible] the [illegible] Anglo-Saxon [illegible]

Omagh School Report.

[illegible]

S. S. No. 13, Nelson.

IV Class—Lillian Hartley, Wilfred Hartley, Maggie Ellenton, Jean Shields, Nellie Shields, Edna Walker, Lottie Garbutt, Florence Walker.

III Class—Pearl Garbutt, Bertie Walker, Gordon Garbutt.

II Class—Mary Hume, Mary Shields, Fred Walker.

Pr. II Lorne Walker, Ernest Mayes, George Cartwright, Mary Cartwright.

Pr. I Muriel Cartwright, Carl Newell.

Number on roll 20. Average 17.

Pearl Anderson, Teacher.

S. S. No. 1, Trafalgar.

Sr. IV Annie Scott, Hazel Anderson, Mary Lawrence, Thomas [illegible] Ernest Ferguson.

Jr. IV Ira Johnson, Leda Ockenden, Merle Fitzsimmons, Albert Cooper.

III Class Florence Turner, Jessie Crozier, Margaret Lawrence, Ethel Anderson, Harry Bowden, Ella MacDougall, Jessie McDougall, William Smith, Hamilton Garbutt.

II Class Freda Featherstone, Gordon Hall, Gordon Cooper, John MacDougall, Evelyn Pettingew, Robbie Crozier, Norman Bousfield.

Sr. I Sheldon Featherstone, Sam Crozier, Bertha Featherstone, Harry Bousfield, Joey Andrews, Fred Binns, Jr. I Willie Stoutt, Frederick Smith, Gerald Garbutt.

"A" Class—Myrtle Featherstone, Leona Featherstone.

H. G. Snider, Teacher.

No Answer.

It was scarcely half-past nine when the rather fierce-looking father of the girl entered the parlor where the timid lover was courting her. The father had his watch in his hand.

"Young man," he said brusquely, "do you know what time it is?"

"Y-y-yes, sir," stuttered the frightened lover, as he scrambled out into the hall; "I—I was just going to leave!"

After the beau had made a rapid exit, the father turned to the girl and said in astonishment:

"What was the matter with that fellow? My watch has run down, and I simply wanted to know the time."

—February Lippincott's.

MAKE THIS TEST

How to Tell If Your Hair is Diseased.

Even if you have a luxuriant head of hair, you may want to know whether it is in a healthy condition or not. 98% of the people need a hair tonic.

Pull a hair out of your head, if the bulb at the end of the root is white and shrunken, it proves that the hair is diseased and requires prompt attention if its loss would be avoided. If the bulb is pink and full, the hair is healthy.

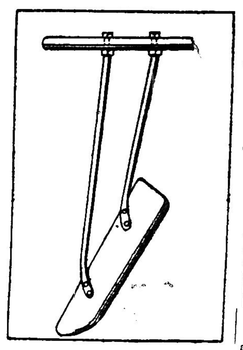
We want everyone whose hair requires treatment to try Rexall "93" Hair Tonic. We promise that it shall not cost anything if it does not give satisfactory results. It is designed to overcome dandruff, relieve scalp irritation, to stimulate the hair roots, tighten the hair already in the head, grow hair and overcome baldness.

It is because of what Rexall "93" Hair Tonic has done and our sincere faith in its goodness that we want you to try it at our risk. Two sizes, 50c. and $1.00. Sold only at our store—The Rexall Store, F. B. Smith.

NEWEST SOD CUTTER

Broad Blade Shears Through Turf with Ease and Speed

The cutting of sod with most of the tools used in that operation is rather tedious. It is usually done with a short curved blade on the end of a long handle and the workman has to step on the top of the blade to force it through the turf and repeat the action every six or eight inches. A western man devised a sod cutter that appears to be a big improvement over



FLUSH BLADE STRAIGHT AHEAD

the old type. A broad, sharp blade is fixed to two substantially parallel arms that are attached to a handle. To cut the sod the workmen inserts two sticks in the ground and runs his guide line from one to the other. Then he starts at one end with the cutter and pushing it straight ahead of him, literally ploughs his way along. It is easy to see how much time this implement will save.

[illegible]DERFUL DISCOVERY

[illegible] dentist, the other day, [illegible] that the most wonderful [illegible] of recent years was [illegible] of Zam-Buk. Just [illegible] a single thin layer [illegible] to a wound or [illegible] is insured against [illegible] No one species of [illegible] found that Zam-Buk [illegible]

[illegible] As soon as Zam-Buk [illegible] to a sore, or a cut, or to [illegible] it stops the smarting. [illegible] children are such friends [illegible] Zam-Buk. They care nothing for [illegible] of the thing. All they [illegible] that Zam-Buk stops their [illegible] Mothers should never forget [illegible]

[illegible] As soon as Zam-Buk is applied to a wound or to a diseased [illegible] beneath the skin's surface [illegible] so stimulated that new [illegible] is quickly formed. This [illegible] of fresh healthy tissue from [illegible] Zam-Buk's secret of healing. [illegible] thus formed is worked up [illegible] and literally casts off [illegible] tissue above it. This is [illegible] Zam-Buk cures are permanent.

[illegible] the other day Mr. Marsh, of [illegible] Dufferin Ave., Montreal, called [illegible] Zam-Buk Company and told them [illegible] for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease he had for twenty-five years—he is still cured, and has had no trace of any return of the eczema!

All druggists sell Zam-Buk at 50c. box, or we will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

TONS OF BIBLES PRINTED YEARLY

Enormous Output of One Great Publishing House—Demand in Canada for Diglot Edition

There is only one book in the world whose annual output from a single publishing house is quoted at 500 tons.

There is only one book in the world that can, in the nineteenth century of its age, double the demand for itself in three years.

There is only one book in the world that is translated into 630 tongues, read from the igloo of the Eskimo through the grass hut of the Hausa trader, clear down to the last lone village of the Southern and most South Sea Islander. It is the Bible, of course.

"The Brittish and Foreign Bible Society alone issues its book in 440 languages," said Dr. R. Kilgour, editorial superintendent of that institution, while on a visit to Canada, "and eight new tongues were added last year, one for an obscure tribe in an island beyond Borneo, one for a people on the borders of Siam, one for New Guinea, two for Africa, two in European Gypsy dialects, and one for the Chinooks who are scattered from Oregon to Alaska along the Pacific. The young people of this tribe could read English, but the old folk longed for at least a little portion of their own jargon. So, of course, the society had to give it to them.

Fifteen Millons a Year

"Last year we issued 7,000,000 bibles, testaments, and portions," Dr. Kilgour went on, "and when you add to this the contributions of the society of Scotland, the German and the American societies, you'll find that the old book was turned out in upwards of fifteen million copies. These bibles are distributed not only through branches, but are carried to the farthest, queerest corners of the world by an army of 1,100 colporteurs. In the cafes and music halls at Budapest, on the docks at Antwerp, in the apple orchards of Tasmania, the nitrate fields of Chili, the mines of Johannesburg—everywhere these silent, intrepid missionaries go with the old book

The Diglot Edtion

And Canada has been the cause of about $80,000," said Dr. Kilgour. "At the newest departure in the society's plans—the diglot edition. Here we see the English, side by side with any one of 29 other languages. Port Said, Johannesburg, and Winnipeg lead the world in the use of these diglots.

"And I'm inclined to think Winnipeg comes first," said Dr. Kilgour.

One doesn't wonder that an income of over a quarter of a million pounds sterling is needed for so stupendous a work.

"Last year we had a deficit of 16,000 pounds," said Dr. Kilgour. "At first we couldn't understand it, but when the figures came in we realized that it was because of the enormously increased demand from China, Japan, and India. Asia is waking up."

ANDREW CARNEGIE

who decided to dispose of all of his immense fortune but twenty-five million dollars. His gifts and benefactions are estimated at $332,000,000.

UNTOLD WEALTH IF TESTS SUCCEED

Experiments With Cobalt as Substitute for Nickel in Steel Alloys—Product Wasted

An investigation which may reveal hidden fortunes in what are now the useless dumps of cobalt oxide at the ore smelters and at Cobalt camp, and give to Canada a new steel alloy industry, is being conducted by the Department of Mines. Experiments to extend over some years will be made in the endeavor to discover a process which will allow of the substitution of cobalt for nickel in steel alloys, thus furnishing a market for a product which now in great part goes entirely to waste. The indirect value of such an increased market would be, of course, incalculable.

"It would not be surprising," said Dr. Eugene Haanel, speaking at Ottawa, "if cobalt could be advantageously substituted for nickel to produce a better grade of high grade steels, where toughness and hardness are desired; for automobile parts, steel tubes, gun steel, cranks and crank shafts, boiler plates, tires, connecting rods and axles; the nickel-iron wires with low temperature co-efficients of electrical resistance and expansion respectively and the variety of important alloys with non-corrosive properties, for coins, boat propellers, etc."

Canada is now practically the sole producer of cobalt ore. The cobalt content of the ores mined in the Temiskaming district exceed 2,000,000 pounds per year. The market for this at present depends altogether on its very limited use as a blue coloring substance. Hence there is a large accumulation of cobalt oxide at the smelters and at Cobalt camp. Under present industrial conditions the smelters refuse to pay for the cobalt and nickel content, consequently the miner receives nothing for this valuable constitutent of the ore. Yet cobalt resembles nickel in almost all its properties and it is considered that it could be substituted for that metal in steel alloys. As cobalt is almost essentially a Canadian product very little investigation has ever been conducted along this line.

A Pittsburg doctor arrived at New York with the first Friedmann serum for the cure of tuberculosis.

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Mrs. H. VON RODEN of LYNDON, KY.

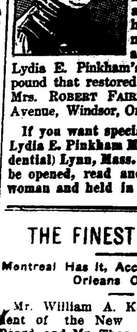
Recommends Lydia E. Pinkham's Vegetable Compound for Backache, Nervousness, Headaches.

Lyndon, Ky.—"I have been taking Lydia E. Pinkham's Vegetable Compound for headaches, neuralgia pains, backache, nervousness and a general run down condition of the system, and am entirely relieved of these troubles. I recommend your remedies to my friends and give you permission to publish what I write."—Mrs. H. VON RODEN, Lyndon, Ky.

When a woman like Mrs. Von Roden is generous enough to write such a letter as the above for publication, she should at least be given credit for a sincere desire to help other suffering women, for we assure you there is no other reason why she should court such publicity.

Canadian Woman's Experience:

Windsor, Ont.—"The birth of my first child left me a wreck with terrible weak spells, but I am glad to tell you that I do not have those weak spells and I feel like a new woman since taking Lydia E. Pinkham's Vegetable Compound. I am now well and strong and can do my own housework. I do not take medicine of any kind. It was Lydia E. Pinkham's Vegetable Compound that restored me to health."—Mrs. ROBERT FAIRBAIRN, 72 Parent Avenue, Windsor, Ontario.



If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

THE FINEST HARBOR

Montreal Has It, According to a New Orleans Official

Mr. William A. Kernaghan, President of the New Orleans Harbor Board, and Mr. Thos. J. Kelly, a member of that board visited Montreal during a tour made for the purpose of visiting all the harbors on the continent with a view to becoming conversant with modern harbor equipments and adapting them for use in the ports of their city.

Mr. Kernaghan said he considered that Montreal possessed the finest harbor in North America.

NON-BALKABLE—SELF-POINTING

A Hammerless Gun with Solid Frame.

Easiest operating and smoothest action.

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Caldwell's Molasses Meal

The quantity an animal eats counts for very little—it's the amount it digests which tells in class and value. Caldwell's Molasses Meal lowers "Feed" Bills. It takes the place of an equal quantity of cereal—makes other "Feed" more palatable and digestible. Molasses Meal is 84% pure Cane Molasses—16% an edible moss selected because of its known digestible action. You might as well save money and increase the value of your stock by using Caldwell's Molasses Meal. If your feedman cannot supply you—write to us—write anyhow!

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EARLY INDISCRETIONS AND EXCESSES HAVE UNDERMINED YOUR SYSTEM

The nerves control all actions of the body so that anything that debilitates them will weaken all organs of the system. Early Indiscretions and Excesses have ruined thousands of promising young men. Unnatural Drains sap their vigor and vitality and they never develop to a proper condition of manhood. They remain weaklings, mentally, physically and sexually. How you feel? Are you nervous and weak, despondent and gloomy, specks before the eyes with dark circles under them, weak back, kidneys irritable, palpitation of the heart, bashful, debilitating dreams, sediment in urine, pimples on the face, eyes sunken, hollow cheeks, careworn expression, poor memory, lifeless, distrustful, lack energy and strength, tired mornings, restless nights, changeable moods, premature decay, loins pains, hair loose, etc.

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We have treated Diseases of Men for almost a lifetime and do not have to experiment. Consult us FREE OF CHARGE, and we will tell you whether you are curable or not.

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We intend to ship, as usual, to Toronto every week Cattle, Hogs, Sheep, and Calves. People having fat cattle, sheep, calves or fat or store hogs for sale, will please leave word at the shop.

Horse and Cow Hides, Wool, Sheep Skins and Tallow bought at Highest Prices.

We pay Cash, and past experience has taught us to sell for Cash Only.

Mark Twain Introduced Himself.

"Ladies and Gentlemen—By the request of the chairman of the committee I beg leave to introduce to you the reader of the evening, a gentleman whose great learning, whose historical accuracy, whose devotion to science and whose veneration for the truth are only equaled by his moral character and his majestic presence. I allude, in these vague and general terms, to myself. I am a little opposed to the custom of ceremoniously introducing a reader to the audience, because it seems unnecessary where the man has been properly advertised. But, as it is the custom, I prefer to make it myself—in my own case—and then I can rely on getting in all the facts! I never had but one introduction that seemed to me just the thing, and the gentleman was not acquainted with me, and there was no nonsense. He said: 'Ladies and Gentlemen—I shall waste no time in this introduction. I know of only two facts about this man—first, he never has been in state prison, and, second, I can't imagine why!'"

The Brigand Chief.

Not many years ago the highways of Mexico and especially that of Guadalajava, were infested with brigands, who usually stopped all travelers whom they met. Whenever a conveyance entered the capital with the curtains removed it was taken for granted that the victim of the brigands had taken them to use as a substitute for his own garments of which he had been deprived. The situation at length became unbearable, and, a daring robbery having been committed, the authorities sent out troops to pursue the malefactors. The leader of the gang was captured, bound, placed on a mule and escorted to the city. The president sent for the chief of police. He was not forthcoming.

"Does any one know where he is to be found?" asked the president.

"Why, yes, sir," the men replied in chorus; "he is on the mule!"

Goldsmith's Showy Clothes.

Goldsmith was ludicrously fond of showy clothes. When he sought to take orders in Ireland he tried to dazzle his bishop by a pair of scarlet breeches. While studying medicine in Edinburgh he wore "rich sky blue satin," "fine sky blue shalloon" and silver hat lace. Before Johnson, Reynolds and Garrick he strutted about bragging of his bloom colored coat, and when his reputation had been made by his two principal poems he blazed forth in purple silk small clothes, a scarlet greatcoat and a physician's wig. He carried a gold headed cane, and a sword hung by his side, a weapon so disproportioned to his diminutive stature that a coxcomb who passed him in the Strand called out to his companion to "look at that fly with a long pin stuck through it."

An Omitted Story.

The reminiscences of the late Melton Prior, the English artist war correspondent, do not contain, for obvious reasons, perhaps the best story told of that irrepressible little man. At a dinner given to Mr. Prior the chairman, Sir Evelyn Wood, who was seated next to the guest of the evening, commenced his speech thusly: "Our honored guest, Mr. Prior, has been in twenty-one engagements." Prior, prompting, "Twenty-two, my lord, twenty-two." Sir Evelyn continued, "In twenty-two engagements and has never seen a shot fired!"

The Lava Lake of Hawaii.

One of the large volcanoes in Hawaii has a large lake of liquid lava in its crater or hollow. This seething, boiling mass looks like redhot bottle glass to the naked eye, but under the microscope pieces of the original rocks of very minute size may be detected. Where it has cooled in curious festoons along the "coast" it resembles slag from some mammoth furnace.

Bears a Boomerang.

"My wife made me promise to quit smoking before she would marry me," remarked Mr. Meekton.

"And now?"

"I'm doing my very best to get her to promise not to begin."—Washington Star.

Its Only Use.

Grinder—I see that a fellow over in England has invented a wire netting guard that will prevent automobiles from spattering mud on pedestrians.

Grouch—But what's mud for?—Cleveland Plain Dealer.

If thou faint in the day of adversity thy strength is small.—Book of Proverbs.

Novel Cure for Pleurisy

An extraordinary new cure for pleurisy is at present finding favor among French medical men. The treatment consists of re-injecting diseased matter into the patient immediately after it has been withdrawn. The cure was originally and successfully tried by Dr. Gilbert at Geneva as far back as 1906. Prof. Chantemesse and Dr. Corvoux have now devoted a volume to the study of the treatment. By some authorities the cure is deemed dangerous.

Week's Thanksgiving

[illegible]

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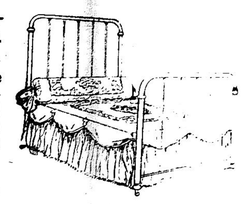

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What's the use of saving a few cents and ruining your watch? If it is not keeping time it needs repairing—just the same as your body needs a doctor when you are sick. And like your body, unless it is doctored at once, it will go permanently wrong.

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