

AUNTY GLEN'S CURE.

How the Old Lady Got Rid of a Dreadful Headache.

Tommy Pomeroy's pneumonia led to a discussion at the sewing-club between an advocate of mustard plasters and a believer in cold-water applications.

"What a variety of cures there are," remarked Miss Everett, pleasantly, with a meaning look at the others. "Yesterday I heard of the 'laughing cure'!"

"Indeed!" The minister's wife hastened to help in steering conversation away from the belligerents. "You've kept yourself so young, Mrs. Glen, you must have something interesting to contribute on cures."

The old lady thus addressed was a recent convert, but it was gradually dawning on the community that they had a saint among them—one of the unobtrusive, happy, healthy kind. Children were already calling her "Aunty Glen."

"Do you believe in mustard?" demanded the determined advocate. "For those that do, benefits, yes," said Mrs. Glen, gently.

"But tell us how you have kept well," hastily interposed Miss Everett. "I don't mind telling, but I guess you'll think it's a funny kind of cure," Mrs. Glen replied, with a smile. "Once, years ago I had a dreadful headache. I hadn't slept a wink the night before—I was grieving about a friend that hadn't treated me right."

"I was just brooding away, going over and over in my mind what I'd say to Mehitabel Record some day, when I saw that a big grudge was growing right up inside of me. 'Now,' said I to myself, 's'pose Mehitabel Record did really do it, is that a reason why you should grow a grudge?'"

"So I set right about forgiving her as hard as I could, and pretty soon I just loved Mehitabel Record, no matter what she'd done."

The needles were motionless. The speaker, although flushing under the gaze of many eyes, continued:

"And when I'd thoughtfully forgiven Mehitabel—I felt, my headache was gone, and I felt nice all over. It set me to thinking. After that, whenever I had an ache or pain, I practised going away by myself and forgiving some one. It worked wonderfully."

"Did you always have some one," asked the minister's wife, softly, "to practise on?"

"Deary me, no!" said Aunty Glen. "Everybody's always treated me so nice, I ran out of folks to forgive long ago."

"How did you manage your 'cure' then?"

"Oh, along about the same time I ran out of aches and pains, too. I haven't lost a day in bed in forty-five years."

There was a pause. Miss Everett, with shining eyes, broke the silence: "Ladies, I move a vote of thanks to—dear Aunty Glen, for a bit of very deep and very dear philosophy. And I move, also, that we adopt her cure and practise it—with mustard plaster or without, as each one likes."

BEARERS OF FAMOUS NAMES.

The "London Directory" shows that John Bunyan is a green-grocer; John Milton keeps a chandler's shop; a barrister, a coach-builder, and a watchmaker each bear of the name of William Shakespeare; while Charles Dickens is a Poplar baker.

WRONG SORT.

Perhaps Plain Old Meat, Potatoes and Bread May be Against You for a Time.

A change to the right kind of food can lift one from a sick bed. A lady in Welden, Ill., says:

"Last spring I became bed-fast with severe stomach trouble accompanied by sick headache. I got worse and worse until I became so low I could scarcely retain any food at all, although I tried every kind. I had become completely discouraged, had given up all hope and thought I was doomed to starve to death. Till one day my husband trying to find something I could retain, brought home some Grape-Nuts."

"To my surprise the food agreed with me, digested perfectly, and without distress. I began to gain strength at once, my flesh (which had been flabby) grew firmer, my health improved in every way and every day, and in a very few weeks I gained 20 pounds in weight. I liked Grape-Nuts so well that for 4 months I ate no other food, and always felt as well satisfied after eating as if I had sat down to a fine banquet."

"I had no return of the miserable sick stomach nor of the headaches, that I used to have when I ate other food. I am now a well woman, doing all my own work again, and feel that life is worth living."

"Grape-Nuts food has been a god-send to my family; it surely saved my life and my two little boys have thriven on it wonderfully." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Get the little book, "The Road to Wellville," in each pkg.

THIS MESSAGE IS FOR WOMEN

DAME BRADETTE CURED OF ALL HER PAINS BY DODD'S KIDNEY PILLS.

Suffered for Years Before She Found Quick Relief in the Great Canadian Kidney Remedy.

St. Rose du Degele, Temiscouata Co., Que., Aug. 21—(Special).—Suffering women all over Canada will read with feelings of interest and relief the experience of Dame Amedee Bradette of this place.

"It gives me pleasure to be able to tell," says Dame Bradette, "that I am cured of all the ills I suffered for a number of years. I found in Dodd's Kidney Pills quick relief from all my pains. I only had to take one box to bring back my health, and in five months I have had no return of my trouble."

Those troubles known only to women always spring from disordered Kidneys. The female organs are entirely dependent on the Kidneys. Dodd's Kidney Pills never fail to cure the Kidneys. That is why they always bring health, strength and cheerfulness to weak, run-down, suffering women.

BIG REVIEW BY THE KING TO BE HELD IN EDINBURGH, SCOTLAND.

His Majesty Will Inspect 40,000 Troops on September 18th.

The announcement that his Majesty the King is to hold a review of volunteers in Edinburgh on September 18, has created intense satisfaction all over Scotland. It has long been known that Lord Provost Cranston has been exerting himself to the utmost in order to get his Majesty to hold a review on something like the August, which Queen Victoria held in the scale, 1881, when almost 40,000 volunteers were on parade from every part of Scotland. The arrangements are in the hands of the military headquarters in Scotland, who now occupy spacious offices in the palatial buildings of the "Scotsman."

ARRANGEMENTS ON FOOT.

It is believed that the military authorities in Scotland have already put themselves in connection with the War Office with a view of ascertaining what allowance is to be made toward the expenses of the volunteers who may come to the review from a distance, as soon as definite information has been obtained upon this point no time will be lost in communicating with commanders of corps throughout the country. Edinburgh is sure to make a good contribution to the gathering, for it will be the desire of the brigades of which Lord Provost Cranston is so popular a commander to turn out in such numbers as will demonstrate to his Majesty how admirably he has interpreted the feeling of the volunteers of the capital. All over Scotland the same feeling is believed to prevail, and there is general expectation that throughout the country the day will be observed as a general holiday. This will mean an influx of people to the capital on a scale which will help to make up for the lack of visitors recently complained of. The various railways will undoubtedly offer tempting facilities which will insure an immense attendance of spectators. It will provide, too, another of the too rare opportunities which people from every part of Scotland have of testifying how popular his Majesty is among his Scottish subjects.

HELP VOLUNTEER MOVEMENT.

The review will also tend to infuse new life into the volunteer movement, which in Scotland, as in some parts of England, has rather suffered in popularity within recent years as the result of what, rightly or wrongly, is regarded as the want of genuine practical interest on the part of the war office. It is not yet known whether the Queen is to accompany the King, but if his Majesty is accompanied by his royal consort, this will only lend additional eclat to what has every prospect of being a memorable occasion in Scottish history. Unfortunately the last review took place on what was one of the wettest days on record. But he the weather what it may be this time, there is no doubt but there will be plenty of enthusiasm on the occasion of the King's visit, and it will not be surprising if the muster of volunteers at the review exceeds even the great gathering which marched past Queen Victoria in 1881.

AFFAIR IS IN GOOD HANDS.

General Sir C. Tucker is not the man to leave anything undone that is calculated to ensure the success of the review, and once he returns to headquarters in Edinburgh from his tour of the Scottish volunteers no time will be lost in pushing forward the needful arrangements.

She—"You say you are devoted to art. What is the particular art that you love best?" He—"Thou art."

Results from common soaps: eczema, coarse hands, ragged clothes, shrunken flannels.

SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Bar

A PROSPEROUS SOCIETY.

How the Independent Order of Foresters Has Grown.

The Supreme Court of the Independent Order of Foresters held its triennial session at Atlantic City, New Jersey, recently. The reports submitted at this meeting show the society to be a wonderfully prosperous one. An Independent Finance Committee investigated all the securities, etc., and reported that they found the business affairs of the order managed in a thoroughly business manner, the investments safely and wisely made, and that no losses had been incurred during all the years of the order's history. The order's accumulated funds have increased in the last three years \$3,272,345.51. The order's position is growing better every year, for instance, the increase in accumulated assets during the last two years, 1903-4, was 34.34 per cent., while the increase in insurance at risk during the same period was only 6.97 per cent. The funds has increased its accumulated funds since the last meeting of the Supreme Court more rapidly than it increased in any equal time previously. During the 313 working days of the year the order pays out \$8,892.89 per day, and each day puts away a surplus of \$3,907. The order's accumulated funds now amount to over \$9,000,000, and these, the committee reports, are all well and safely invested. The society has added 11,000 members net for each year of the past triennial period. No changes were made in the rates, the Supreme Chief Ranger contending that the rates of the order at the present time were ample.

All the Supreme Executive were re-elected, with Hon. Dr. Ornyatekha at their head. It should be added that the death rate of the order is low, indeed much lower than it was some years ago, and the average age of the membership is only thirty-seven. The medical work seems, therefore, to be well and carefully done. As a fraternal society the Independent Order of Foresters certainly has been a wonderful success, and something of its financial strength may be understood from the fact that the reports show that it has already enough in its treasury to pay all probable death claims for about five years without collecting any premiums from any one of its members.—Toronto Globe, August 15.

RING IT IN.

"He made quite a little speech when he brushed last night," confided Helen, playfully. "Sort of a ringing speech, I presume?" laughed Katherine, noticing the glitter on her chum's hand.

It is an Officer of the Law of Health.—When called in to attend a disturbance it searches out the hiding-place of pain, and like a guardian of the peace, lays hands upon it and says, "I arrest you." Resistance is useless, as the law of health imposes a sentence of perpetual banishment on pain, and Dr. Thomas' Electric Oil was originated to enforce that sentence.

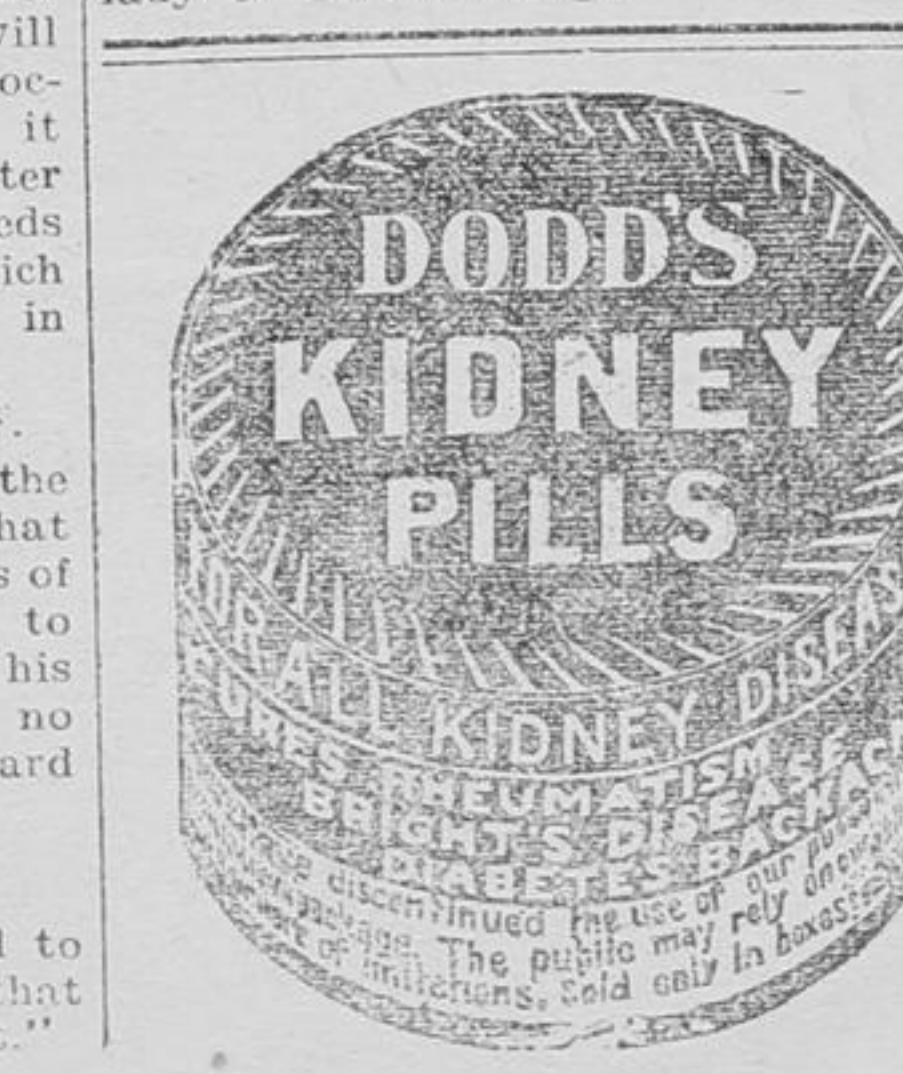
MAILS BY SKY-ROCKET.

Perhaps the most unusual way of delivering mails is that adopted for one of the islands of the Tonga group in the Pacific, where the danger of approaching inshore renders it necessary for the mail steamer to use a sky-rocket as a postman.

Use the safe, pleasant and effectual worm killer, Mother Graves' Worm Exterminator; nothing equals it. Procure a bottle and take it home.

"It is a positive delight to meet a man you feel you can trust," remarked the individual with the high forehead. "Oh, I don't know! I prefer a man who pays cash," replied the man who kept the grocer's shop.

"It must be awful," remarked a gushing young girl, "never to have a chance to marry." "Yes; but not nearly so bad as to have had a chance and let it slip!" said the lady of uncertain age.



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B. W. SOMERS, Principal.

DOMINION SCHOOL OF TELEGRAPHY

5 Adelaide St. East, Toronto, Ont.

Mention this paper.

PACIFIC COAST EXCURSIONS.

During June, July, August and September the Chicago and North Western Ry. will sell from Chicago, round trip excursion tickets to San Francisco, Los Angeles, Portland, Ore. (Lewis & Clarke Excursion), Seattle, Victoria, Vancouver at very low rates. Correspondingly cheap fares from all points in Canada. Choice of routes, best of train service, favorable stopovers and liberal return limits. Rates, folders and full information can be obtained from B. H. Bennett, General Agent, 2 East King St., Toronto, Ont. 31

DISGRACEFUL DEFICIENCIES.

It is a disgrace— To half do things. To be lax, indolgent, indifferent. Not to develop your possibilities. To do poor, slipshod, blotched work. To give bad example to young people. To have crude, brutish, repulsive manners. To live a half-life when a whole life is possible. Not to be scrupulously clean in person and surroundings. To acknowledge a fault and make no effort to overcome it. To be ungrateful to friends and to those who have helped us. To go through life a pygmy when Nature intended you for a giant. To kick over the ladder upon which we have climbed to our position. To be grossly ignorant of the customs and usages of good society.

They are Carefully Prepared.—Pills which dissipate themselves in the stomach cannot be expected to have much effect upon the intestines, and to overcome costiveness the medicine administered must influence the action of these canals. Parmelee's Vegetable Pills are so made, under the supervision of experts, that the substance in them intended to operate on the intestines is retarded in action until they pass through the stomach to the bowels.

ANTHROPOMETRIC SURVEY.

"In my opinion," said the Duke of Devonshire, "the report of the commission has not received from the public all the attention it deserves." He suggested a systematic anthropometric survey. Speaking for the Government, Lord Lansdowne gave the assurance that the report should not be pigeon-holed and forgotten. But further enquiry and investigation were necessary before a great many of the recommendations could be taken up.

A Small Pill, but Powerful.—They that judge of the powers of a pill by its size, would consider Parmelee's Vegetable Pills to be lacking. It is a little wonder among pills. What it lacks in size it makes up in potency. The remedies which it carries are put in these small doses, because they are so powerful that only small doses are required. The full strength of the extracts is secured in this form and do their work thoroughly.

REMARKABLE BOOK.

The Prince de Ligne is the fortunate possessor of perhaps the most curious book in the world. It is neither printed nor written. The letters of the book are all cut out of vellum and pasted on blue paper. The book is as easy to read as if printed from the boldest type. All the characters are cut out with marvellous precision and uniformity, and this dexterous piece of handicraft must have required a great amount of time, labor and patience by the author. The volume bears the title "The Book of all Passions of Our Lord Jesus Christ, with characters not composed of any material." It is said that in 1640 the German Emperor, Rudolph II., offered the enormous sum of 11,000 ducats for this wonderful, but yet curious, work of art. What makes the history of the book more peculiar is the fact that the English arms are inscribed upon it, although the book is supposed never to have been in England.

"Is that a birthmark on your friend's forehead?" "No; that's a laundry mark." "A laundry mark. How odd?" "Not so very. His wife hit him with a flat-iron."

FOR SALE—EVERYBODY WHO

keeps hens or pots should send 30c at once and get the best practical information and latest news, every poultry and pet stock keeping, every month for the next 16 months. Money back if not satisfied. Agents wanted. Address, Poultry News, Owen Sound, Ont.

Superfluous Hair Permanently Removed

While traveling in Mexico I discovered a drug which removes hair from face, arms, neck, or any part of the body instantly and permanently. So will send to any one afflicted without any expense but a postage stamp. Don't judge my treatment by unsuccessful attempts of others. I have suffered for years with this affliction and now my life's work is to help others from this humiliating trouble. My treatment is easy and accomplished at home, and I will forfeit \$500 if it fails to remove hair. Don't suffer longer. Relief is now yours for the asking. Write now lest you forget my address. DOROTHY BLACK, 1815 North Sixteenth Street, Philadelphia, Pa.

FARM AT AIRDRIE, ALBERTA—2598 acres—22 miles north of Calgary; 3 miles from Airdrie railway depot; convenient to church, schools, stores, etc.; splendidly situated; magnificent view; first-class soil; good water supply; up-to-date improvements; well-built house of eight rooms, fitted with all modern conveniences and drainage system; stable, cattle sheds, burry shed, workshop, corrals, etc.; good fences, all new and substantial; will be sold as a going concern, with stock, crops, machinery, tools and house furnishings; this farm is all plowable, and is especially adapted for growing hard fall wheat and for mixed farming. Full particulars on application to Gray Bros., Airdrie, Alta.

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LET THE BABY SLEEP

USE WILSON'S FLY PADS

MUSHY.

Pearl—"I hear that Jeanette and Harry were about the softest couple that were ever married in this town." Ruby—"I should say so. Why, they were so soft that their friends boiled the rice before they threw it at them."

Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. J. D. Kollogg's Dysentery Cordial, the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and thoroughly subdues the pain and disease.

James—"When I'm calling I never know what to do with my hands and feet?" Jims—"Offer your hand to the girl, and use your feet to get away from her father."

Have you tried Holloway's Corn Cure? It has no equal for removing the troublesome excrescences as many have testified who have tried it.

Mrs. Casey—"An' wot be ye goin' to make of yer boy, Mike?" Mrs. O'Toole—"Well, we intended him for a hodcarrier, like his pa, but the bye! aim was so good at hittin' scab wid bricks while the last strike was on, that now Tim is goin' to wa him train for a ball player."

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

Mavis—"And so you are going to marry Ferdinand after all. You're chary him out of all the legions o' suitors you used to have?" Avis—"Yes, he was the only one who proposed, and I decided that a Ferdinand was worth two in the bush."

Summer Whooping Cough

The children seem to catch whooping cough easily in the summer time when it is always so much harder to get rid of.

Shiloh's Consumption Cure

The Lung Tonic will cure them quickly. There is no injurious drug in it and it is pleasant to take. At all druggists, 25c, 50c, and \$1.00 a bottle. 404