

## NEWFOUNDLAND PAYS TRIBUTE

TO THE GRAND WORK DODD'S  
KIDNEY PILLS ARE DOING.

Fishermen Regard Them as a Boon  
to Mankind—Mr. Frank Banfield  
Tells How They Cured His Back-  
ache.

Garnish, Fortune Bay, Nfld.,  
Nov. 8. (Special).—Among the fish-  
ermen here, who through exposure  
to wet and cold are subject to those  
pains and aches which come from  
diseased kidneys, Dodd's Kidney  
Pills are looked upon as a positive  
boon to mankind. They are never  
tired of telling how their backaches  
and their Rheumatism vanished be-  
fore the great Kidney remedy.

Among many others Mr. Frank  
Banfield, after years of suffering,  
has found relief in Dodd's Kidney  
Pills, and here is what he is telling  
his friends:—

"I find Dodd's Kidney Pills the  
best medicine for Backache I have  
ever used. I only used two boxes  
and they cured me of Backache I  
had for five years. It started  
through a strain. My father's back  
also bothered him, and he got some  
relief from one pill I gave him. They  
were too precious to give him more.  
All persons suffering from Backache  
should use Dodd's Kidney Pills."

Why do Dodd's Kidney Pills cure  
Backache? Simply because Back-  
ache is Kidney ache, and Dodd's  
Kidney Pills positively cure all Kid-  
ney aches and ills. This has been  
proved in thousands of cases in  
Canada. If you haven't used them  
yourself ask your neighbors.

## DRINK WATER AT MEALS

SCIENTISTS SAY IT'S GOOD  
FOR YOU.

Old Axiom Knocked on the Head—  
Subject Drinks While He Eats  
and Grows Fat.

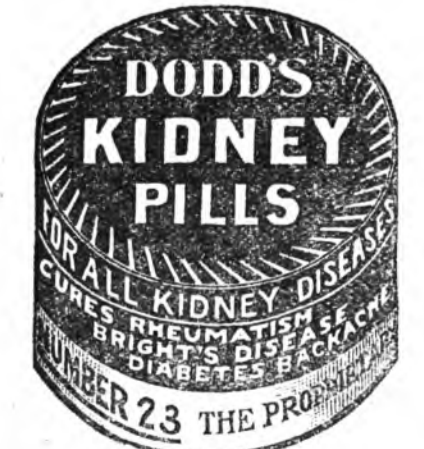
Add at least a quart of water to  
the amount customarily taken at  
each meal if you wish to derive the  
maximum efficiency from your food.  
The water drinking edict has gone  
forth as the result of tests recent-  
ly conducted by C. C. Fowler and  
P. B. Hawk, professor of physiologi-  
cal chemistry at the University of  
Illinois.

The unanimous opinion of the  
medical profession has been strong-  
ly antagonistic to the taking of  
water at meal time. The argument  
of the physicians is that water tak-  
en in this way dilutes the digestive  
juices and therefore lowers the ef-  
ficiency of those fluids. The Uni-  
versity of Illinois experiments,  
however, apparently overthrow the  
deep-rooted ideas of many doctors.

YOUNG MAN IS THE SUBJECT.  
In a detailed statement given out  
by the university authorities recent-  
ly it was pointed out that the  
subject of the experiment was a  
young man 22 years of age, who  
was normal in all respects and who  
weighed 157 pounds when the inves-  
tigation was inaugurated. The  
statement continues:

"In experiments of this sort, it  
is customary to use a simple diet  
in order that the chemical analysis  
of the foods may not entail any un-  
due labor. In this instance the daily  
diet consisted of three-quarters of  
a pound of crackers, three ounces  
of corn flakes, two ounces of peanut  
butter, one and one-half ounces of  
sugar, three ounces of butter, one  
quart of milk, nine-tenths of a quart  
of water, and, in addition during  
the water period, three quarts ad-  
ditional of water were added to the  
daily menu. Of the nine-tenths  
quart of water taken daily during  
the preliminary and final periods  
three-quarters of it was taken be-  
tween meals."

RESULTS OF WATER DRINKING  
After sifting and boiling down



their conclusions and translating  
them into non-technical language,  
the investigators believe the influ-  
ence of copious water drinking with  
meals to be as follows:

"The water, as it enters the  
mouth, comes first into contact  
with the saliva, diluting this fluid  
to a marked degree and causing this  
digestive fluid to assume greater di-  
gestive activity than that possessed  
by the natural saliva, which is se-  
creted upon food which is digested  
unaccompanied by water.

"Digestion is further accelerated  
and the products of digestion are  
more rapidly and completely ab-  
sorbed through the presence of the  
large amount of water.

"Finally, as a result of the above  
factors, the body weight of the  
water drinker was increased two  
pounds during the five days of wa-  
ter drinking, a gain which was not  
subsequently lost."

FURTHER INVESTIGATING.

Dr. Hawk, in reporting the re-  
sults of the investigation, was care-  
ful to call attention to the fact that  
the experiments included tests up-  
on but a single subject. He adds:  
"However, the experiments up to  
date indicate that the drinking of  
large amounts of water with meals  
is most beneficial from the stand-  
point of health. Other investiga-  
tions along similar lines are un-  
der way."

## BLUNDEROUS.

At a court of justice in Australia  
much frequented by Chinese a new-  
ly appointed crier was ordered by  
the judge to summon a witness to  
the stand. "Call for Ah Song," was  
the command. The crier was puzzled  
for a moment. He glanced shyly  
at the judge, but found him quite  
grave. Then he turned to the spec-  
tators. "Gentlemen," he said,  
"would any of you favor his lord-  
ship with a song?"

## ECZEMA AND PILES CURED.

Magistrate and School Commission-  
er Healed by Zam-Buk.

Zam-Buk by its healing power has  
earned the praise of men and wo-  
men in the highest stations of life.  
One of the latest prominent gen-  
tlemen to speak highly in Zam-  
Buk's favor is Mr. C. E. Sanford,  
of Weston, King's Co., N. S. Mr.  
Sanford is a Justice of the Peace  
for the county, and a member of  
the Board of School Commission-  
ers. He is also deacon of the Baptist  
Church in Berwick. He says: "I  
had a patch of eczema on my ankle,  
which had been there for over  
twenty years. Sometimes also  
the disease would break out on  
my shoulders. I had taken solution  
of arsenic, had applied various oin-  
tments, and tried all sorts of things  
to obtain a cure, but in vain. Zam-  
Buk, unlike all else I tried, proved  
highly satisfactory, and cured the  
ailment."

"I have also used Zam-Buk for  
itching piles, and it has cured them  
completely also. I take comfort in  
helping my brother men, and if the  
publication of my experience of  
Zam-Buk will lead other sufferers  
to try it, I should be glad."

Zam-Buk also cures burns, cuts,  
ulcers, blood poisoning, ringworm,  
scalp sores, chapped hands, cold  
sores, and all skin injuries and dis-  
eases. Rubbed well on to the chest  
in cases of cold it relieves the tight-  
ness and aching. All druggists and  
stores sell at 50c. box, or post free  
from Zam-Buk Co., Toronto, for  
price, 3 boxes for \$1.25.

Teacher—"Now, children, who  
can tell me what 'obedience' is  
derived from?" Pupil—"From get-  
tin' caned, miss!"

Kindly mention the name of this  
paper in writing to advertisers.

Conscience is something those who  
need it haven't got.



"That old hairbrush is certainly  
a success as a doormat."—Life.

## Billousness

is certainly one of the most dis-  
agreeable ailments which flesh is  
heir to. Coated tongue—bitter taste  
in the mouth—nausea—dizziness—  
these combine to make life a bur-  
den. The cause is a disordered  
liver—the cure Dr. Morse's Indian  
Root Pills. They go straight to the  
root of the trouble, put the liver  
right, cleanse the stomach and bow-  
els, clear the tongue and take  
away the bitter taste from the  
mouth. At the first sign of bilious-  
ness take

## Dr. Morse's Indian Root Pills

NOT BRIGHT TO HIM.

"Don't get down in the mouth,  
old man," said the Optimist. "Look  
or the bright side of things."  
"That's all very well," mourn-  
fully replied the sufferer; "but  
what is the bright side of a gum-  
boil?"

## RAISE CALVES WITHOUT MILK

Letters or postals addressed to  
"The Steele, Briggs Seed Co.,  
Ltd., Toronto, Ont.," will procure  
a valuable pamphlet for the farmer,  
entitled "How to Raise Calves  
Cheaply and Successfully Without  
Milk," and every farmer should  
have one. It tells how to raise  
three calves at the cost of one,  
avoid scours and keep calves healthy  
and fat. Tells how to veal calves  
at about half the usual cost,  
how to save the milk and, in fact,  
how to make more money out of  
calves than you ever thought possi-  
ble.

## UNCLE EZRA SAYS:

"The only way a blacksmith kin  
ever git a raise is to strike while  
the iron is hot."

A cough is often the forerunner  
of serious pulmonary afflictions, yet  
there is a simple cure within the  
reach of all in Bickle's Anti-Con-  
sumptive Syrup, an old-time and  
widely recognized remedy, which, if  
resorted to at the inception of a  
cold, will invariably give relief, and  
by overcoming the trouble, guard  
the system from any serious conse-  
quences. Price 25 cents, at all  
dealers.

## WHO?

If it is proven  
That Mars is dry,  
Who'll want to visit  
There by and by?

It Retains Old and Makes New  
Friends.—Time was when Dr. Thom-  
as' Electric Oil had but a small  
field of distribution, but now its  
territory is widespread. Those who  
first recognized its curative quali-  
ties still value it as a specific, and  
while it retains its old friends it is  
ever making new. It is certain that  
whoever once uses it will not be  
without it.

"I don't believe in that doctor."  
"Why?" "He didn't tell me ev-  
erything I wanted to eat was bad  
for me!"

It is a Liver Pill.—Many of the  
ailments that man has to contend  
with have their origin in a disor-  
dered liver, which is a delicate organ,  
peculiarly susceptible to the dis-  
turbances that come from irregular  
habits or lack of care in eating and  
drinking. This accounts for the  
great many liver regulators now  
pressed on the attention of suffer-  
ers. Of these there is none superior  
to Parmelee's Vegetable Pills. Their  
operation though gentle is effective,  
and the most delicate can use them.

Kindly mention the name of this  
paper in writing to advertisers.

## BRITISH INN NAME.

The inn known as the "Same  
Yet" at Prestwich has a curious  
history, which Mr. Hackwood re-  
lates in the London Daily News:  
"The house originally bore the  
'Seven Stars,' but many years ago  
it became necessary to have its  
faded sign repainted. When the  
painter asked the landlord what he  
was to put on the board he receiv-  
ed the answer 'The same yet.' And  
the man took him at his word."



Send for free sample to Dept. W. L., Na-  
tional Drug & Chemical Co., Toronto.

## HEAVILY HANDICAPPED.

"Sir, I wish to marry your daugh-  
ter," faltered the young man."  
"You do, eh?" exclaimed the fond  
parent. "Well, I have been rather  
expecting this, and to be thorough-  
ly orthodox, I shall put a few ques-  
tions to you. Do you drink?"  
"No, sir. I abhor liquor."  
"You do, eh? Smoke?"  
"I never use tobacco in any  
form."

"Well, I didn't suppose you ate  
it. Do you frequent the race  
tracks?"

"I never saw a horse-race in my  
life, sir."

"Um-m-m. Play cards for mon-  
ey?"

"Emphatically no, sir."

"Well, young man, I must say  
you are heavily handicapped. My  
daughter is a thorough society girl,  
and I can't for the life of me see  
what she is going to do with you.  
However, it's her funeral, and if  
she wants to undertake the job, she  
can risk it."

## A Cure for Fever and Ague.

Disturbance of the stomach and  
liver always precede attacks of fe-  
ver and ague, showing derangement  
of the digestive organs and deterior-  
ation in the quality of the blood.  
In these ailments Parmelee's Vege-  
table Pills have been found most ef-  
fective, abating the fever and sub-  
duing the ague in a few days. There  
are many who are subject to these  
distressing disturbances and to  
these there is no better preparation  
procurable as a means of relief.

## NEVER DONE.

Young Husband—You mark me!  
A woman always manages to get  
what she wants.

Old Husband—I wouldn't mind  
that so much, but the worst of it is,  
as soon as she gets it she wants  
something else.

One of the greatest blessings to  
parents is Mother Graves' Worm  
Exterminator. It effectually expels  
worms and gives health in a marvel-  
ous manner to the little one.

Miss Gushing—"Why, how do you  
do, dear? I didn't think you would  
remember me. It's a whole year  
since we met." Miss Cutter—"I  
didn't recall your face at first, but  
I remembered your dress."

Mrs. Robert E. Peary, more than nine  
years ago, favorably commented on Murine  
Eye Remedy after its application to her  
family for eye troubles resulting from  
measles and scarlet fever, and later re-  
commended to the famous Explorer, the  
man who now returns home as the Discover-  
er of the North Pole. Cold, Cutting  
Winds and Dust cause Red, Weak, Watery  
Eyes. Murine Eye Remedy affords Re-  
liable Relief. Write Murine Eye Remedy  
Co., Chicago, for illustrated Eye Book.  
Murine, 50c., by Mail from All Druggists.

A town man never gets rid of the  
idea that he will make a fortune in  
the poultry business when he has  
saved up enough to buy a ten-acre  
farm.

Only those who have had experi-  
ence can tell the torture corns  
cause. Pain with your boots on,  
pain with them off—pain night and  
day; but relief is sure to those who  
use Holloway's Corn Cure.

## BADLY PUT.

Solicitor—"And I am sure you  
will find, madam, that this is the  
best course to adopt—in the event  
of your friendly letter failing to  
produce the effect we desire."

Client—"Yes, I see, Mr. Jones;  
if I cannot get what I want by fair  
means, I must put the matter un-  
reservedly in your hands."



CALVES Raise Them Without Milk  
Booklet Free.  
Steele, Briggs Seed Co., Ltd., Toronto, Ont.



662—The Pin-Headed Crescent and genuine Baroque Pearl  
906—Ring—Well cut Ruby with fine Opal  
929—Ring—Set with 5 Rubies  
1062—Earrings—Well finished with sparkling Brilliant  
Above are guaranteed heavy gold-filled cases.  
Sent prepaid on receipt of price. When ordering Rings  
measure finger with a thick piece of paper.  
PARK SALES COMPANY  
Box 527 LONDON, ONTARIO

## COUGHS & COLDS

LEAD TO CONSUMPTION  
Colds are the most dangerous of all  
forms of disease. A neglected cold leads  
to Bronchitis, Consumption, Pneumonia.  
"Coughs" are the result of irritated bron-  
chial tubes. "PSYCHINE" cures coughs  
by removing the irritating particles and  
healing the inflamed membrane. It is a  
germicide and destroys the tubercle germ.  
It is a tonic that strengthens the lungs, the  
liver, and tones up the system. It makes  
for better health in all conditions of human-  
ity. Get strong and the cough will disappear.  
"PSYCHINE" makes weak people  
strong. It cures coughs of the most obd-  
urate kind and breaks up a cold in a few  
hours.

Write for Free Sample.  
For Sale by all Druggists and Dealers 50c. & 50¢  
per bottle.

Dr. T. A. SLOCUM  
LIMITED,  
TORONTO



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PERMANENT REPRESENTATIVES WANTED  
everywhere. ALCONO No-n-Alcoholic  
Flavoring Extracts save consumers 80%. Good  
profit to agents. Only those insuring business  
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used in every household, fifty per  
cent. profit. For free samples and cata-  
logue, address Cockburn Manufacturing  
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ents for "Star" Independent Mangle  
Lamps. Manufactured in Canada. 100  
Candle power. Generates Gas from ordi-  
nary Coal Oil. Odorless, smokeless, ab-  
solutely safe. Write quick for particulars  
and open territory. Star Mfg. Co., Man-  
ning Arcade, Toronto.

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lection published in English language.  
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er, 43 Becht St., Toronto.

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FARM WANTED IN EXCHANGE FOR  
640 acres unimproved Southern Al-  
berta Fall Wheat land. P. West, 84 Don-  
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## FARM WANTED.

640 acres of land with house and stable.  
Very pretty place, over a mile of creeg.  
Twenty (20) dollars an acre. Apply A. S.  
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home treatment. Write us before too late. Dr.  
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