

## Message of Hope For All Women

MISS MARY SABOURIN TELLS  
HOW SHE FOUND HEALTH.

Suffered for Three Years and Could  
Find No Lasting Relief Till She  
Used Dodd's Kidney Pills.

Thurso, Que., May 24th (Special).  
Tired, run-down women can read a  
message of hope in the statement of  
Miss Mary Sabourin, an estimable  
lady living here. In a statement to  
the public Miss Sabourin says:  
"I was a sufferer for three years.  
I was always tired and nervous.  
My sleep was broken and un-  
refreshing. I was troubled with head-  
aches and pains in my back. I had  
heart flutterings to add to my anx-  
iety."

"I was treated by a doctor and a  
specialist, but nothing seemed to  
do me any lasting good till I  
started to use Dodd's Kidney Pills,  
and I took just three boxes of  
them."

Nine-tenths of women's troubles  
come from sick kidneys. Sick kid-  
neys fail in their duty of straining  
the impurities out of the blood.  
That means that poison and disease  
is carried to all parts of the body.  
The remedy is to cure the kidneys  
with Dodd's Kidney Pills. If you  
haven't used them ask your neigh-  
bor about them. Nearly every  
family in Canada is using or has  
used Dodd's Kidney Pills.

### Computing the Weight of Cattle.

There are many rules for esti-  
mating the weight of cattle by  
measurement, but one of the au-  
thorities on the subject says that  
"There is no rule that comes near-  
er than good guessing," and that  
"no two animals will weigh alike  
according to measurement."

The same authority further re-  
marks that a rule, as good as any,  
is to find the superficial feet by  
multiplying the girth, just behind  
the shoulder blades, by the length  
from the fore part of the shoulder  
blade to the root of the tail.

Thus an ox girthing 7 feet 9  
inches, and measuring 6 feet in  
length, would contain seven and  
three-quarters times six, or forty-  
six and a half superficial feet. For  
cattle, grass fed, the following is  
given as the weight per superficial  
foot:

Girth less than three feet—11  
pounds; girth three to five feet—  
16 pounds; girth five to seven feet—  
23 pounds; girth seven to nine  
feet—31 pounds.

Thus the steer, as per above  
measurements, should weigh 46.50  
by 31, or 1,441 pounds, gross. Un-  
der this rule it is usual to deduct  
one pound in twenty on half-fatted  
cattle, from fifteen to twenty  
pounds on a cow having two calves,  
and if not fatted an equal amount.  
The author of this rule suggests its  
use only when the scale is wanting,  
as the scale is the only true stand-  
ard.

### WHEN DINNER COMES

One Ought to Have a Good Ap-  
petite.

A good appetite is the best sauce.  
It goes a long way toward helping  
in the digestive process, and that  
is absolutely essential to health and  
strength.

Many persons have found that  
Grape-Nuts food is not only nour-  
ishing but is a great appetizer, and  
children like the taste of it and  
grow strong and rosy from its use.  
It is especially the food to make  
a weak stomach strong and create  
an appetite for dinner.

"I am 57 years old," writes a  
grandmother, "and have had a  
weak stomach from childhood. By  
great care as to my diet I enjoyed a  
reasonable degree of health, but  
never found anything to equal  
Grape-Nuts as a standby."

"When I have no appetite for  
breakfast and just eat to keep up  
my strength, I take 4 teaspoonfuls  
of Grape-Nuts with good rich milk,  
and when dinner comes I am hun-  
gry. While if I go without any  
breakfast I never feel like eating  
dinner. Grape-Nuts for breakfast  
seems to make a healthy appetite  
for dinner."

"My little grandson was sick with  
stomach trouble during the past  
summer, and finally we put him on  
Grape-Nuts. Now he is growing  
plump and well. When asked if he  
wants his nurse or Grape-Nuts, he  
brightens up and points to the cup-  
board. He was no trouble to wean  
at all—thanks to Grape-Nuts."

Name given by Canadian Postum  
Co., Windsor, Ont. Read, "The  
Road to Wellville," in pkgs.  
"There's a Reason."

Ever read the above letter? A new  
one appears from time to time. They  
are genuine, true, and full of human  
interest.

## FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRE-  
LAND'S SHORES.

Happenings in the Emerald Isle  
of Interest to Irish-  
men.

As the result of a mysterious ex-  
plosion in a Dublin whiskey distil-  
lery a vat containing 3,000 gallons  
was blown up last week.

Mr. Wm. Colhoun, proprietor of  
the Londonderry Sentinel, and one  
of the best known Irish journalists,  
has died at his Derry residence.

The roll of honor of Queen's Uni-  
versity, Belfast, now numbers 374  
graduates, undergraduates and  
members of the O.T.C. of the uni-  
versity.

Acting on fresh instructions is-  
sued recently, the Royal Irish Con-  
stabulary are about to enter on a  
general recruiting campaign all  
over Ireland.

The death of Mr. Loftus L.  
Nuyum, J.P., head of the firm of  
Messrs. Nuyum, coal importers,  
Dublin, occurred at his residence,  
Brunswick Street.

Mrs. Rose Murphy, Newcastle,  
County Down, who died recently in  
her 91st year, left five sons, three  
daughters, 45 grandchildren and 52  
great-grandchildren.

A gigantic scheme is on foot that  
will light the whole of Ireland by  
electricity to be developed at Bel-  
leck by the water of Lough Erne,  
and at Limerick by the Shannon.

It is proposed to make a complete  
list of the names of those Old Boys  
of Mountjoy School, Dublin, who  
have come forward in the defence  
of King and country.

Dublin, Belfast, and Limerick  
railway workers have passed resolu-  
tions pressing for a grant to Irish  
railwaymen of a similar war bonus  
to that secured for those in Eng-  
land and Scotland.

A number of residents of Castle-  
wellan are considering the feasi-  
bility of a public electric lighting in-  
stallation, the gas works being  
mentioned as a possible site for a  
generating station.

The Standing Council of the Irish  
Technical Instruction Association  
have decided, owing to the war,  
not to convene the 1915 Technical  
Instruction Congress which was to  
have been held at Larne.

The diversion line of the Dublin  
and South-Eastern Railway Com-  
pany is now almost completed, and  
passenger trains are now running  
over the Woodbroke and Shawga-  
nagh section in the Harcourt Street  
line.

## No More Corns

quick, safe and sure as Putnam's Pain-  
less Corn Extractor. Sold every-  
where—25c. per bottle.

### How the World Sleeps.

Most people sleep on their sides,  
with their knees drawn up. Ele-  
phants always, and horses common-  
ly, sleep standing up. Birds, with  
the exception of owls and the hang-  
ing parrots of India, sleep with  
their heads turned tailward over  
the back, and the beak thrust  
among the feathers between the  
wing and the body. Storks, gulls,  
and other long-legged birds, sleep  
standing on one leg. Ducks sleep  
on open water. To avoid drifting  
shoreward they keep paddling with  
one foot, thus making them move  
in a circle. Sloths sleep hanging  
by their four feet, the head tucked  
in between their forelegs. Foxes  
and wolves sleep curled up, their  
noses and the soles of their feet  
close together, and blanketed by  
their bushy tails. Hares, snakes,  
and fish sleep with their eyes wide  
open.

### Ye Wadna Tak' It.

A Highlandman from Tobermory  
asked the price of a railway ticket  
from Oban to Killie of the clerk at  
the Oban railway station. "So  
much," replied the clerk. "Och  
awa," replied Donald, "it's far  
over dear. I'd rather walk." And  
off he started. He had not pro-  
ceeded far when the train came  
tearing along, whistling as it near-  
ed the station. "Ye needna whistle  
for me!" said Donald; "I made ye  
an offer aince, an' ye wadna tak'  
it; sae ye can gang on. I'm no'  
comin'."

### Easy.

Yankee: "If some one were so  
ill-advised as to call you a liar,  
colonel, in what light would you  
regard the act?"

Kentucky Colonel: "I would re-  
gard it simply as a form of suicide,  
sah."

## A Nova Scotia Case Of Interest to All Women

Halifax Sends Out a Message of Help  
to Many People.

Halifax, N.S., Dec. 15.—When inter-  
viewed at her home at 194 Argyle St.,  
Mrs. Haverstock was quite willing to  
talk of her peculiarly unfortunate case.  
"I was always 'blue' and depressed,  
felt weak, languid and utterly unfit  
for any work. My stomach was so  
disordered that I had no appetite.  
What I did eat disagreed. I suffered  
greatly from dizziness and sick head-  
ache and feared a nervous breakdown.  
Upon my druggist's recommendation  
I used Dr. Hamilton's Pills.

"I felt better at once. Every day I  
improved. In six weeks I was a well  
woman, cured completely after differ-  
ent physicians had failed to help me.  
It is for this reason that I strongly  
urge sufferers with stomach or diges-  
tive troubles to use Dr. Hamilton's  
Pills."

Dr. Hamilton's Pills strengthen the  
stomach, improve digestion, strength-  
en the nerves and restore debilitated  
systems to health. By cleansing the  
blood of long-standing impurities,  
by bringing the system to a high point  
of vigor, they effectually chase away  
weariness, depression and disease.  
Good for young or old, for men, for  
women, for children. All dealers sell  
Dr. Hamilton's Pills of Mandrake and  
Butternut.

### Suddenly Increased in Size.

A Scottish farmer was one day  
selling some wool to a carrier, and  
after weighing it in the yard he  
went into the house to make out an  
invoice. Coming back he missed  
a cheese which had been standing  
on a shelf behind the outer door,  
and glancing at the bag of wool he  
observed that it had suddenly in-  
creased in size. "Man," he said  
to the carrier, "I hae clean forgotten  
the weight o' that bag. Let's  
pit it on the scales again." The  
carrier could not refuse. Being  
duly weighed the bag was found to  
be heavier by the weight of the  
cheese inside. A new invoice was  
made out, and the crestfallen car-  
rier went away. The farmer's wife  
at once missed the cheese, and,  
rushing to the yard, told her hus-  
band that some thief had stolen the  
cheese. "Na, na, Meg," replied  
the farmer, quietly; "I hae just  
selt the cheese for twa shillin's the  
pund."

Ask for Minard's and take no other.

### Rale Releegious.

An-erson—"A'm hear'n that  
thou Gairman Emperor preten's  
tae be rale releegious in a wey o'  
his ain." Murdoch—"Ay, releegious  
like 'is gran-faither. D'ye min'  
the auld sang o' he seventies—  
"Ten thousand Frenchmen laid  
below

Praise God from whom all bless-  
ings flow."

Tams-n—"A've heard it. An' whin  
this yin sen's ower a dizzen or twa  
o' his Zeppelins tae drap bombs on  
Glesca he'll be singing—"All good  
things come from above."

Had ship's anchor fall on my knee and  
leg, and knee swelled up and for six days  
I could not move it or get help. I then  
started to use MINARD'S LINIMENT  
and two bottles cured me.  
PROSPER FERGUSON.

When Sultan of Turkey, Abdul  
Hamid possessed about two thou-  
sand waistcoats. Three of these  
were bullet proof.

Keep Minard's Liniment in the house.

### What Is It?

A college professor who was al-  
ways ready for a joke was asked  
by a student one day if he would  
like a good recipe for catching rab-  
bits. "Why, yes," replied the pro-  
fessor. "What is it?" "Well, you  
crouch down behind a thick stone  
wall and make a noise like a tur-  
nip." "That may be," said the  
professor, with a twinkle in his  
eyes, "but a better way than that  
would be for you to go and sit  
quietly in a bed of cabbage heads  
and look natural."

## PILES.

You will find relief in Zam-Buk!  
It eases the burning, stinging  
pain, stops bleeding and brings  
ease. Perseverance, with Zam-  
Buk, means cure. Why not prove  
this? All Druggists and Stores.

Zam Buk

ED. 6.

ISSUE 22-15.

## SONS OF PEERS KILLED.

Heir of Marquis of Northampton  
Dead; Others Wounded.

Official and unofficial casualty  
lists published include the names  
of more than 200 officers, many of  
them members of the aristocracy.  
Among the killed are:

Lieutenant W. F. Rodney, of the  
flying corps, son of the late Lord  
Rodney; Lord Spencer Douglas  
Compton, a lieutenant in the Horse  
Guards, son of the late Marquis of  
Northampton and brother and heir  
of the present Marquis; Lieuten-  
ant Keith Anthony Stewart, of the  
Black Watch, son of the Earl of  
Galloway; Captain Eric Upton, of  
the Royal Rifles, son of Viscount  
Templeton.

Lieutenant-Colonel Lord R. F.  
Cavendish, of the Royal Lancas-  
ters, is listed as wounded. He is a  
brother of the Duke of Devonshire.  
Among the wounded also are Lieuten-  
ant Charles Huntington and  
Lieutenant G. Bruce, son of Lord  
Bruce.

## Sore Eyes

Granulated Eyelids,  
Eyes inflamed by expo-  
sure to Sun, Dust and Wind  
quickly relieved by Murine  
Eye Remedy. No Smarting,  
just Eye Comfort. At  
Your Druggist's 50c per Bottle. Murine Eye  
Salve in Tubes 25c. For Book of the Eye Free ask  
Druggists or Murine Eye Remedy Co., Chicago

### Even As You Or I.

"Every man," said Uncle Eben,  
"thinks he's right mos' of de time.  
An' de res' of de time he thinks his  
mistakes is puffedekly excusable."

Minard's Liniment Lumberman's Friend.

When a person has a fishbone in  
the throat insert the forefinger and  
press down upon the root of the  
tongue, so as to induce vomiting.  
If this fails let him swallow a large  
piece of potato or soft bread, and  
if these fail give a mustard emetic.



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Worn by  
Every Member  
of the Family

### Father's Omniscient.

Willie: Paw, what is an optim-  
ist?

Paw: A man who regards a  
license to hunt as a good invest-  
ment.

Minard's Liniment used by Physicians.

Many a woman who thinks she is  
a good mother is only a slave to the  
tyranny of a child.

The quickest way to do things is  
to do one thing at a time.

### SEED POTATOES.

**EARLY IRISH COBBLER POTATOES,**  
specially selected, and Government  
inspected for seed. Only limited quantity.  
Price, One Dollar per bushel f.o.b. Bramp-  
ton. Also Cunoisseur's Pride and New  
Snow, two excellent new potatoes. Price,  
Two Dollars per bushel. Special prices  
for large quantity. Cash must accom-  
pany all orders. H. W. Dawson, Bramp-  
ton.

### NEWSPAPERS FOR SALE.

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fices** for sale in good Ontario towns.  
The most useful and interesting of all  
businesses. Full information on applica-  
tion to Wilson Publishing Company, 75  
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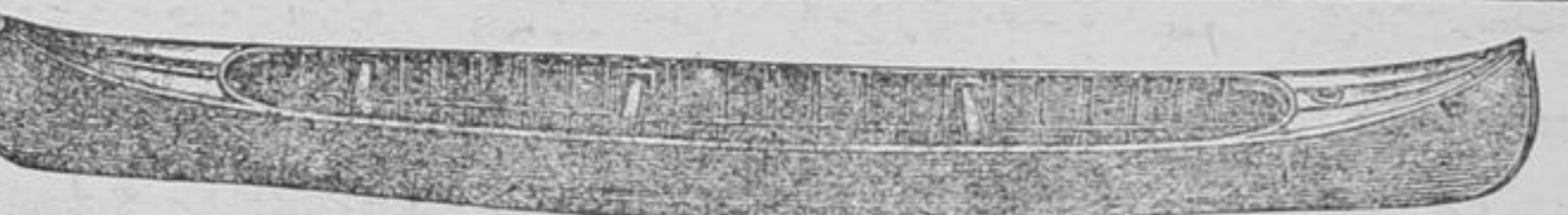
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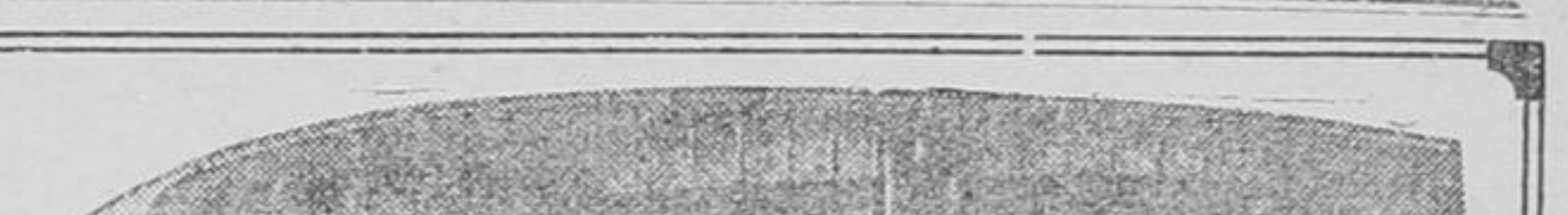
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