

He Meant Every Word He Spoke

JUST WHY J. A. HILL RECOMMENDS DODD'S KIDNEY PILLS.

He Had Sore Back and Other Symptoms of Kidney Disease and Got Real Benefit from Dodd's Kidney Pills.

Sixty-Nine Corners, Ont., June 7 (Special).—"I am recommending Dodd's Kidney Pills as the best of medicines." The speaker was Mr. J. A. Hill, a well-known resident of this place, and he left no doubt in the minds of his hearers that he meant every word he said.

"Some time ago," Mr. Hill continued, "I had a very sore back. It started from a cold and I suffered for six months with it. I also had stiffness in my joints and cramps in my muscles and I felt heavy and sleepy after meals. My appetite was fitful and my limbs were heavy. Then I decided to try Dodd's Kidney Pills. I took four boxes and received great benefit from them. That's why I recommend Dodd's Kidney Pills."

Every one of Mr. Hill's symptoms showed that his trouble was of the kidneys. That is why he got such benefit from Dodd's Kidney Pills. They are no cure all, but they do cure sick kidneys, and the kidneys are the keystone of health.

Napkin Envelopes.

Envelopes are used instead of napkin rings in some of the pensions of Europe.

White or colored or a pretty flowered crepe paper of a heavy quality is doubled, then cut into pieces eleven by sixteen inches, one end rounded at the corners. All around the edge receives a double row of machine stitching and the paper then is folded in three, so that the rounded end is a trifle shorter than the other part. The short end forms the flap of the envelope made by the other part. Stitch at both ends. On the flap paste a bit of white paper one by three inches, on which to write the name.

The napkin when folded fits nicely into this envelope case. These cases are being used in pensions all over Europe, a fresh one being given to each person as soon as the old one is soiled. In various colors they also give a pretty touch to the home table.

She Wasn't Sure.

A famous baseball player has a younger sister who is very proud of him, although she is not very familiar with the game. Having spoken of him one day to a visitor she was asked by the latter what position her brother played.

"Why," she stammered, "I'm not sure, but I think he's a batter."

GET POWER

The Supply Comes From Food.

If we get power from food, why not strive to get all the power we can. That is only possible by selecting food that exactly fits the requirements of the body.

"Not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach trouble," writes a lady from a little Western town.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I kept up its use. I was surprised at the ease with which I digested it. It proved to be just what I needed.

"All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain, disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days trial will show anyone some facts about food.

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.

If, when people are charged with their faults they were credited with their good intentions, there would be more satisfactory neighbors in the world.

Keep Minard's Liniment in the house.

Lights for Battle Fields.

According to the Army and Navy Journal, searchlights are for obvious reasons kept dark until the field artillery has ceased firing and the enemy is charging. To illuminate a field over which the enemy is to advance, star bombs and flares are also used. Flares, which are merely modified fireworks, are like the familiar red, white and blue lights used in Fourth of July celebrations to illuminate streets and parks. Sappers go out in front of the trenches with flares, which are then connected with the headquarters of the officers in command of the first line, who by setting them off at intervals throughout the night can keep the battle front continually lighted. Star bombs are also adaptations of modern fireworks. They are shot from mortars into the sky, where for twenty miles they will give off an intense light over a wide circle of the surrounding country. Before one bomb dies out another is shot into the air. A kind of star bomb, shot into the sky like an ordinary rocket is used by both armies for signalling at night.

Not Unanimous.

Hix—Women are suspicious creatures!

Wix—My experience is to the contrary. For instance, there's my wife; she's a woman and trusts me, while my grocer, who is a man, doesn't.

THE BEST MEDICINE FOR LITTLE ONES

Thousands of mothers say Baby's Own Tablets are the only medicine they would give their little ones. Among them is Mrs. Howard Hodgins, St. Catharines, Ont., who says: "I am a user of Baby's Own Tablets and think them the best medicine in the world for little ones." Once a mother has used the Tablets she will use no other medicine because she feels the Tablets are absolutely safe and knows they never fail to banish all the simple ailments of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Among the new summer fabrics is a cotton material known as "Joffre," while the new colors include "battleship grey" and "Petrograd blue."

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure 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 Druggist or **Murine Eye Remedy Co., Chicago**

WHERE THE SPARK IGNITED

Serajevo, Capital of Bosnia, Losing Oriental Character.

Serajevo, the unknown Bosnian town where the spark ignited that flamed forth into the greatest war of the ages, is described by the National Geographic Society as one of the beauty spots of the Balkans. It was the scene of the assassination of the Archduke Francis Ferdinand, heir apparent to the thrones of Austria and Hungary, and his wife the Duchess of Hohenberg.

Serajevo is built upon the river Miljacka, a small tributary of the Bosnia, and spreads over both slopes of the narrow valley to the rugged hills. Partly oriental and wholly set in the green and emerald of its gardens and neighboring well-wooded hills, Serajevo is frequently called "The Damascus of the North." The city lies 122 miles southwest of Belgrade. With a growing population of 50,000 and a thriving commerce and industry, Serajevo has been fast losing its eastern character, reconstructing the old Turkish city to conform to the purposes of Western progress.

Its large bazaar is a favorite market place for the peasants of the whole province, while its commission houses conduct the exchange of Bosnian agricultural and mineral products with the manufactories of other parts of the empire. It has potteries, silk mills, a tobacco factory and a large individual, or house industry, which produces fine embroideries, rugs, embossed and filigree work.

Alaska was bought by the United States from Russia for \$7,200,000.

There are some guests who almost pay for the hospitality they receive by the pleasure they give their hosts by going.

Among the regimental trophies of the Lancashire Fusiliers is a Life of Marlborough presented to the regiment by Napoleon when they were guarding him in St. Helena.

Minard's Liniment Lumberman's Friend
ED. 6. ISSUE 24-'15.

How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed. I grew very weak. Various remedies, pills, tonics and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once gripped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and unwrinkled as when I was a girl. Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or The Catarrh-ozone Co., Kingston, Ontario.

24-HOUR SYSTEM.

Paper Dials Were Issued in 1886 By the C.P.R.

A souvenir of the early days of the C.P.R., in the shape of one of the original watch dials which the company got out when it introduced 24 o'clock time in the West, is in possession of one of the officials.

In 1886 the company determined to introduce the 24-hour system on the western divisions; and to give emphasis to the new departure, and, at the same time, help the memory of all concerned, it issued paper dials with the whole 24 hours completing the day, which were to be worn on the watches of the employees, to familiarize them with the new method. This setting up of the new time standard was deemed, at the time, a radical innovation, calculated to disturb the all conservative and timid creatures who dreaded change. A certain sensation was produced at the time; it passed; the business went on its way; the western employees became acquainted with the new time standard, and accepted it as a matter of course; but the sight of one of the old dial plates, which everybody was showing as a curiosity in 1886, as something which was going to revolutionize the common life of the people, recalls the eagerness of the company to arrest the attention, though, of course, the change was advantageous in itself.

Sore Corns Go! Absolutely Painless. No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting overnight. Never falls—leaves no scar. Get a 25c. bottle of Putnam's Corn Extractor to-day.

The object of the National Service League, founded in 1902, is to promote the movement for compulsory military service in Great Britain.

Minard's Liniment used by Physicians.

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WANTED—LADY OR GENTLEMAN of good standing in every neighborhood of Ontario and Quebec Provinces, to obtain list of reliable people who are interested in saving money during these war times on purchases of staple merchandise selected from illustrated catalogue of established Montreal Departmental Store. To the right persons we offer attractive remuneration. Write immediately giving name, residence, experience, with references. Character is of more importance than experience. Address P. O. Box 443, Montreal.

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TRUE ORIGINALITY.

If you have the consciousness of genius, do something to show it. The world is pretty quick, nowadays, to catch the flavor of true originality; if you write anything remarkable the magazines and newspapers will find you out, as the schoolboys find out where the ripe apples and pears are. Produce anything really good and an intelligent editor will jump at it. Don't flatter yourself that any article of yours is rejected because you are unknown to fame. Nothing pleases an editor more than to get anything worth having from a new hand.

There is always a dearth of really fine articles for a first-rate journal; for, of a hundred pieces received, ninety are at or below the sea-level; some have water enough, but no head; some head enough, but no water; only two or three are from full reservoirs, high up that hill which is so hard to climb.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.
ALFRED STOKES,
General Sec'y.

At Any Vaudeville.

"Why do these pipers keep walking up and down while they are playing?"
"Because it makes them harder to hit."

Ask for Minard's and take no other.

The official reporter in the House of Lords receives \$2,500 a year.

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The best bed for a child is one of chopped straw in a strong unbleached cover. It is healthy, springy, and cheap.

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NEWSPAPERS FOR SALE.

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ENGLISH VIOLET CREAM, MAGIC Beautifier. Price 25c. Viodora Company, Orillia.

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"Overstern" V Bottom Motor Boat \$55.00

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