NERVOUS CHILDREN

The Trouble is Often Really St. Vitus Dance-Do Not Neglect It

for not keeping still or for dropping things, when the trouble was really St. Vitus Dance. This disease may appear at any age, but is most common between the ages of six and fourteen years. It is caused by thin blood which fails to carry sufficient nourishment to the nerves. ing of the limbs and body follow. rations for his trip across the Ant- Chief, the Scottish command. In severe cases the child is unable arctic continent, which he hopes to to hold anything or feed itself. St. make in four and a half months' at the annual meeting of the Scot- that the bee, when it stings, injects Vitus Dance is cured by building up the blood. The most successful He has, with the aid of the Royal treatment is to remove the child Army Medical Corps, evolved the from all mental excitement, stop "perfect ration." It will average school work and give Dr. Williams' only 35 ounces daily, as compared Burks, of Rolland Street, Glasgow, poisons in the system which stiffen Pink Pills. These Pills renew the with the three pounds or more conblood supply, strengthen the sumed by the average man, but it nerves, and restore the child to is believed it represents the highest fers. perfect health. Here is proof of nutritive value for polar travel. their power to ure. Mrs. Geo. A. Sir Ernest will be accompanied by MacDonald, Harrington, N.S., five members of his staff when he says: "My son was attacked by goes to Norway to conduct experi-St. Vitus dance; at the outset his ments with these rations and also step was weak and jerky. We called test his tents and motor sledges. in a doctor who treated him, but The party will don polar kit and notwithstanding he continued to grow worse and at last grew so bad that he could not hold a cup in his hand, while his head constantly tense as in the polar regions, the twitched, and his speech became country will furnish the same sort rather indistinct. At this juncture of sudden blizzards as are experi-I saw in a paper the cure of a boy enced in the Antarctic. use of Dr. Williams' Pink Pills. durance, has been almost comfarm of South Longmuir, Langside, We at once sent for a supply, and pletely fitted in Norway, and will tenanted by Mr. Marr. and the land design that the land from similar trouble through the Shackleton's new ship, the En-

By Him Annually.

A great many persons are of the she will enter the Weddell Sea with belief that sharks, no matter what full bunkers. their size or species may be, do not kill or even attack human beings some authorities declare the man-

the species will attack man in deep The latest appointments to the by a majority, acreed to the recom- the prescription filled."

EYE STRAIN

It is said that in Arabia where coffee is used in large quantities, caffeine, as coffee.

An Eastern woman writes to the

his eyes which was hard to reach.

ble with his eyes since.

was in such a condition I thought for a very much longer period. I might die at any time.

heart and never felt better in my

"Postum has been a great bless-

Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

d. 15c and 25c packages. natant Postum-is a soluble powder. A teaspoonful dissolves quick-ly in a cup of hot water and with mileage. oream and sugar, makes a delicious erage instantly. 30c and 50c

The cost per cup of both kinds is o's a Beason" for Postum. -sold by Grocers.

ANTARCTIC EXPLORER IN-TENDS TO USE THEM.

Test Rations and Transportation.

Word comes from England that Sir Ernest Shackleton is about to make a preliminary trial expedition loway cattle. under Arctic conditions in the gla-

Travel Among the Glaciers.

While the cold will not be as

We at once sent for a supply, and pletely litted in Norway, and will tenanted by Mr. Marr, and the and since leaving the hospital seving a few weeks after he began their arrive at the London decks this whole stock of cattle numbering in a few weeks after he began their arrive at the London decks this whole stock of cattle numbering and since leaving the hospital sevuse there was considerable improve- month. She is 18 feet longer than thirty-nine perished ment, and it was not long after this his last ship, Nimrod. She is a thirty-nine, perished. ment, and it was not long after this beautiful specimen of wooden ship before he was completely cured, building and probably the last of Wishing Well at Culloden, near the sobered by a bee-sting, and drink- of 303,322. and has never had a symptom of building, and probably the last of the trouble since. I am convinced there is no medicine like Dr. Her whole keel is made of solid oak that there is no medicine like Dr. Her whole keel is made of solid oak ored ceremony. Williams' Pink Pills for the cure of 51/2 feet thick, and her sides are two ored ceremony. If your dealer does not keep Dr. barkentine class, has the latest seriously injured in a bad fall in Williams' Pink Pills you can get triple expansion engines and will beat Additional seam in Messrs. Rothem by mail at 50 cents a box or steam ten knots an hour. She is Colliser Uddington six boxes for \$2.50 by writing the fitted to consume both oil and coal. Colliery, Uddington. Dr. Williams' Medicine Co., Brock- When in the ice oil will be substipack, as the boilers can be kept residents has been formally opened warm and full heat generated MAN-EATING SHARK NO MYTH quickly. When the oil has been Hundreds of Human Beings Killed water ballast. The Endurance will Grace, another of the diminishing my face were not only mortifying to take on 100 tons of coal briquettes at the South Shetland Islands, so

Dogs From Canada.

The second ship, Aurora, intendeater will only attack the human ed for the Ross Sea side of the exform when it is motionless; others pedition has been purchased, and that it will not touch a human in will be delivered at Hobart, Tas-

clarations, and affirms that the will finally start for the Antarctic shark of twelve feet or more will at tack man or woman under all conditions—the body being still or in motion, nude or fully dressed. He writes mo: "Hundreds of human the England in th

shark, and aided in killing the are a cross between a wolf and a ed the procession. shark. The body of the man-that Scotch stag hound, and have been The Aberdeen ship painters have of Thomas Ashe, pilot of the schoon- bred in Northern Canada. The come out on strike as the result of er Wallace A. McDonald, sailing in lightest of them will turn the scales the employers refusing an increase Florida waters—was cut completely at 80 pounds, whereas the heaviest of 2 cents per hour, making the in two and sank in fifty feet of wa- dog with the last Shackleton expe- hourly wage 14 cents. Some 70 ter.

After biting its victim the shark was about to devour the parts of the body when a well-directed harpeon ended its career. The shark poon ended its career. The shark the most experienced drivers from lic school after forty-seven years' two dollars. The man had only five may not molest human beings swim- Canada, who was chosen by the service, and in all fifty-one years dollars. He said to the physician: ming in shallow water or attack commissioners of the Northwest as a head teacher.

who made the first ascent of Mount | ance against third party risks. Relieved by Quitting Tea and Coffee ant Courtney Brocklehurst, of the SAVE THE CHILDREN There is no remedy for that. Many cases of defective vision are caused by the habitual use of tea or dition have been received.

HOT AND COLD.

Over Panama Canal.

point concerning eye trouble and to Liverpool via the Panama Canal at hand to give promptly. Baby's office. She says:

"My son was for years troubled old route round Cape Horn. None if given occasionally to the well with his eyes. He tried several the less, shipowners engaged in child will prevent their coming on. kinds of glasses without relief. The the frozen-meat trade declare that The Tablets are guaranteed by a optician said there was a defect in they will make no change. government analyst to be absolute-

coffee and finally became so ner- ceeding from New Zealand to Pa- Ont. yous I could hardly sit still long nama would cross the equator slantenough to eat a meal. My heart wise, and so would be in hot water

machines have to work.

No Use.

"I'm going to engage in a battle wits," he announced "What's the use of going into battle without any ammunition?" she

NOTES OF INTEREST FROM HEB BANKS AND BRAES.

and Lowlands of Auld Scotia.

by being caught between the buf-

The death has occurred of Mr. Hawick, aged ninety-two. He was a pioneer of the temperance cause that the treatment had done more in Scotland.

The annual pilgrimage to the

One miner was killed and another for alcohol

A public playground and gymnastuted for coal, which will mean ium provided by the corporation of economy if she is delayed in the Paisley for the benefit of children

attached to the Scots Guards.

lice a weekly day of rest, but it de-

The Corporation of Glasgow have Lend me two dollars and I'll have

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infifty. Tea contains the same drug, Advantages of Cape Horn Route fantum and diarrhoea carry off Liniment asked for at my store and the mer, in most cases because the mo-The new route from New Zealand ther does not have a safe medicine At present ships traverse a long ly harmless even to the new-born "He used to drink coffee, as we stretch of cold water from New babe. They are especially good in all did, and finally quit it and be- Zealand to the Horn; they still pass the summer because they regulate gan to use Postum. That was three through cold water while coming up the bowels and keep the stomach years ago and he has not had to the Patagonian coast, and strike sweet and pure. The Tablets are wear glasses and has had no trou- almost vertically across the equa- sold by medicine dealers or by mail ole with his eyes since.

I was always fond of tea and only a few days. But ships pro-Williams' Medicine Co., Brockville,

A Mile in Various Lands.

might die at any time.

Now, frozen meat leaves the 'Medicine did not give me relief works in New Zealand as hard as yards, but in Ireland it means dead as a door nail?' asked the old and I was almost desperate. It was stone. It softens slightly during 2,240 yards, and in the Highlands foggy. "Why is a door nail any about this time we decided to quit the process of handling at the it may mean the old Scotch mile deader than a door?" coffee and use Postum, and have wharves, and for two days, per- of 1,976 yards. In Switzerland the Because it has been hit on used it ever since. I am in perfect haps, after the ships are laden the mountaineers think 9,153 the pro- head," replied the grouch. health. No trouble now with my refrigerating machines are kept at per thing, even when, as it generalwork driving out the warmth. But ly is, it is very much uphill. The once this is done, all the machines Swiss is the longest mile of all, behave to do is to prevent warmth ing followed by the Vienna post ing to us all, particularly to my son leaking in; and, naturally, the mile of 8,296 yards. The Flemish warmer the water through which mile is 6,869 yards, the old Prus-Name given by Canadian Postum the ship is passing, the longer the sian 8,237 yards, the Russian (worst) 4,100 yards, and in Den-In fact, so great would be the ex- mark they walk 8,244 yards and call Regular Postum — must be well going that a stroll of a mile. The Germans ther with the canal dues, would ferent miles into the kilometers more than counteract the saving in (less than the English mile). The Arabs call 2,143 yards a mile, while the Turks are satisfied with 1,826 yards, and the Italian shortens the distance of a mile to 1,766.

Even a gold handled umbrella has ts ups and downs.

BEE-STINGS FOR DRUNKARD Discovery Made by Accident in a London Hospital.

According to the recent testimony of various English doctors and their patients, some really wonderful cures of rheumatism and sciatica ward, has been punished in school Experimental Trip in Norway to What is Going on in the Highlands have been effected by the sting of pled by rheumatism for fifteen years was completely cured after he be-

gan to keep bees and was contin-The death is announced of Mr. ually stung by them; while in an-Andrew McGill, Barsalloch, Pen- other case a lady who had been ninghorne, a noted breeder of Gal- crippled for four years by an attack of rheumatic fever had beestings applied to the various affect-Lieutenant-General Sir Spencer and the child becomes restless and ciers of Norway. This will be for Ewart, K.C.B., has been appointed ed parts, and within a fortnight the twitching of the muscles and jerk- the special purpose of testing the General Officer Commanding-in- stiffness and pain left her feet, ankles, elbows, and finger-joints.

The financial statement submitted | The explanation lies in the fact tish Football Association showed a a large quantity of formic acid into profit of \$19,320 on the year's work- the body. This acid, as has been shown by experience with hundreds A railway porter named John of cases, is the best antidote for the was killed at Queen Street station the muscles and joints with rheu-

It is affirmed, too, by physicians Dundee Parish Council have rethat inebriety as well as rheumasolved to present an address to the tism may be cured by bee-sting King and Queen on the occasion of The discovery was made quite by their forthcoming visit to Dundee. accident in a London hospital. Five As a result of a kick from a horse men were being treated for chronic in the yards at Sankind Road, Dum- rheumatism. Four of them had barton, a carter named Trotter has been hard drinkers for years, and died in the Western Infirmary, one was a confirmed drunkard.

Bee-stings were applied to them, and the rheumatic condition Munro Wilson, a retired grocer of promptly subsided. When they were finally discharged they found than cure rheumatism-it had des-

An intoxicated person is quickly verness, on the first Sunday in May ing-men who take up work among

Can Regain Health

READ THIS VERY CAREFULLY.

There has just died at Eaglesham, I lost color and was easily tired; a mile tunnel. at the age of 82, Corporal Robert yellow paller, pimples and blotches on The German village of Remborn skin would never look nice again I be more than 1,200 years old. Bank, and the plans have already visit to my sister put into my hands been passed by the Town Council. a box of Dr. Hamilton's Pills. She

ozone Co., Kingston, Ontario.

Wrong Diagnosis.

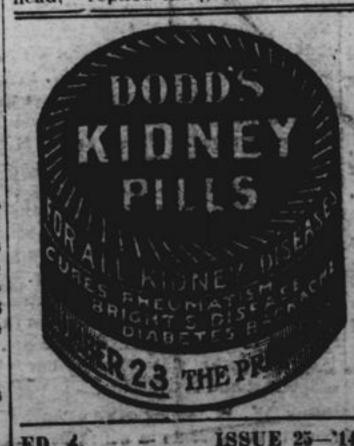
expeditionary staff are Sir Philip mendation of the Tramway Comexpeditionary stall are Sir Philip mittee, that the Tramway Depart- for a moment, then said: "I have cures painlessly in twenty-four hours. Harry?" asked the mother of a Les Brockienurst, who was with ment should carry their own insur- made a mistake in my diagnosis. Use "Putpam's," the only vegetable respectively asked the mother of a small boy. "Isn't your older bro- made a mistake in my diagnosis. The only vegetable respectively asked the mother of a small boy. "Isn't your older bro- made a mistake in my diagnosis." Your nerve is all right. You are medy known, price 25c. at all dealers. affected with an enlarged gall.

> MINARD'S LINIMENT is the only HARLIN FULTON. Pleasant Bay, C.B.

Spoiled the Job.

Howell-When you want a thing done right, do it yourself. Powell-I guess that's good ad- Ravages of Beetles on the Roof of vice: I never got a fellow to lie for me when he didn't make a mess of

Minard's Liniment Lumberman's Priend Certainly.



All Over Face in Big Disfiguring Blotches. Burning and Itchy Used Cuticura Soap and Oint Ringworm Disappeared.

scaly spots around my mouth and chin which would last for about a week, then would disappear and in two or three weeks' time would appear again. As the little scales or scabs came off it would get like a cracked sore which was always increasing in size and cating into the flesh. It was always getting worse until it had spread all

which did not disappear at all. They would have a burning itchy soreness. The ringworm disfigured my face very much for the time being and was always very irritating. "I tried all the known household remedles Cuticura Soap and Ointment and I obtained a cake of Cuticura Soap and a box of Cuticura Ointment. The first application afforded relief. I washed with the Cuticura Soap and warm water as directed, then applied the Cuticura Ointment. In a week's time the ringworm had entirely disappeared." (Signed) Miss Marjorie E. Mor-

rison, May 26, 1913. Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. For a liberal free sample of each, with 32-p. book, send post-card to Potter Drug & Chem. Corp., Dept. D, Boston, U. S. A.

ODDS AND ENDS.

Canada exported 20,941,000 lbs. of cheese during October. The Chinese divide the day into 12 parts, each two hours long. A well-constructed brick house will outlast one built of granite. Vaccination is an essential qualification for marriage in Norway and

The ants of South America have "For years I was thin and delicate, been known to construct a three-

thusiastic over the personal hygiene campaign that they frequently anywhere. A man called upon a physician bring their fathers and brothers to

"Doc, five dollars is all I have. UNFIT TO LIVE-MUST DIE The verdict rendered a thousand times when corns get sore. Do them to

> fellow. "He was eating pudding "It seems strange that he could plunder a great corporation like that for years without being found out." "Well, you see, the corporation was pretty busy itself."

YOUR OWN DRUGGIST WILL TELL YOU trouble 'Try Murine Eye Remedy for Red. Weak, Watery Eyes and Granulated Eyelids; No Smarting—just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

If a young man has the audacity to propose to a girl, she should have the impudence to accept him.

Minard's Liniment used by Physicians.

EATING A FAMOUS ROOF.

Westminster Hall.

More than five hundred years ago a foreman carpenter designed the hammer beam roof in Westminster Hall, and finished the job in 1397, charging six shillings a day for his genius. It was cheap enough, and his work might have lasted another five hundred years but for the Westminster beetle. The Westminster beetle has eaten into the wall beams until one can scoop out the rotten wood by handfuls, and the whole arched edifice is sinking

hy inches. Needless to say, the beetle is eatng into other parts of the oak beides the beams we have mentioned. Neither purlin, nor the longitude nal struts which form the side arches, nor the fine gothic tracery and carving are sacred to this infamous parasite; but the wall posts and hammer beams and posts are principally mentioned because on them lies the work of supporting the hammer beam roof; and also because some of these great timbers have suffered most from the roads of the larva of the beetle. I is almost possible to stand inside some of the cavities. The arched hammer beam roof is like an inverted A with a smaller A inside

reaching to the walls of Westminster Hall on either side. The smaller A might rest on this cross-bar and support the big arch.

As a matter of structure the two halves of this imaginary cross-bar do not join in the middle. They The only project far enough to allow the bowed legs of the smaller A to rest on their ends. These two projections are called the hammer The beams. They end in carved angles picnicker's and support and are braced to the large A by upright posts. We hope face. It first made its appearance in little this description is moderately clear, and will, at any rate, serve to show the ingenuity with which the fourteenth century English carpenter devised his balancing system of stresses and thrusts.

What is happening now is that the weakening of the hammer posts and beams, as well as of the arches H. W. DAWSON, Ninety Colborne Street which spring from them, is actually pulling the wall posts and plates TF YOU WANT TO BUY OR SELL clear away from the walls. It will I Fruit, Stock, Grain or Dairy Farm. be necessary and sufficient to brace Colborne St., Toronto. the whole structure together with a H. W. DAWSON, Colborne St., Toronto light and imperceptible steel framework. Little can be done to repair ones without any effect. A friend told me of the ravages of the beetle, though steps are being taken to fill up its cavities and by means of various press of Ireland." Best book publish preparations of sulphur to discour-age any further activity on its part. Sichols Limited, Publishers, Toronto.

The Westminster beetle is a greyish animal, not unlike a skate-shaped wood louse. It is the larva GOOD WEEKLY IN LIVE TOWN IN which does the damage, and this Business in connection. Price only warrior has an enormous appetite 34,000. Terms liberal. Wilson Publishquickly eat its way through the Toronto. and very powerful pincer-like jaws. cork. One specimen which was con- out pain by our home treatment. Write fined in a bottle with a tin-protect- us before too late. Dr. Bellman Medical ed cork retired from the contest with the tin and was in danger of Singapore now has a population starving. Its life was preserved and its appetite restored by a meal British South Africa has 8,501 of the familiar Westminster oak. The larva always eats its way in along the grain of the wood. The light golden-brown color of much of the roof is due to a species of mildew or rust

Best Liniment of All Destroys Every Pain But Never Burns

"How thankful we are to get hold of such a wonderful household rem-Grace, another of the diminishing my face were not only mortifying to list of Crimean veterans. He was my feelings, but because I thought my has a linden tree which is said to edy as Nerviline," writes Mrs. E. P. New premises are to be built on grew despondent. Then my appetite Shanghai recently saw the open-taskiwin, Alberta. "In this far-away the High Street of Hawick, for the remedies pills topics and tablets I the High Street of Hawick, for the Hawick National Security Savings tried without permanent benefit. A solely by Chinese. In one of the Spanish cities a co- best of all. It destroys every pain, been passed by the Town Council. a box of Dr. Hamilton's Pills. She operative society has been formed in a score of ways. If it's rheumagow Corporation is understood to that they have made me a well woman which is to have a central market, tism, aching back, pain in the side. be in favor of granting the city po- I would not be without them whatever where all sorts of foodstuffs and sciatica or stiff neck,—you can laugh ton's Pills by their mild yet searching Geologists have estimated that handy. For earache, toothache or

the nude, only those that are diess mainia, at the end of August.

ed, writes Charles Bradford, in The Endurance, which is to opersanction.

At a meeting of the Peeblesshire character of a woman's nature. They never once griped me, yet they established never once griped never once griped me, yet they established never once griped never A friend of mine residing at Pensacola, Fla., resents all these desacola, Fla., resents all these desalts, practically the only in Autic, will leave England early in AuCounty Council the county clerk lished regularity. My appetite grew lished regularity. My appetite grew lished regularity. My appetite grew lished regularity at the present rate of exploitation and speedy to

writes me: "Hundreds of human by mail steamer and join his ship beings are killed and eaten annual."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J. Y. Todd, wife of a well-ship whole of the appear in succession from Mrs. J ly by sharks. I personally witnessall the billing of one map by a ed the killing of one man by a shark and aided in killing the schools under the United States warming and safe for young and old Bureau of Education become so en- to use. Get the large 50c. family size Small trial size 25c. at any dealer's

> Something should be done to discourage the belief that comfortable clothes are never stylish.

Catching Up.

"Why do you insist upon having

two years before I was born.' The Nearer Hills.

"And, my dear, what mountains in domestic life give you most "The kitchen range."

one to think it natural.



Full flavored and perfectly cooked make delicious sandwiches.

PARMS FOR SALE.

ed; write at once for Free Outfit. Best

MISCELLANEOUS. quickly eat its way through the cork One specimen which was con-



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Obvious.

Miss Caustic - Your friend, Smythe, brags that he is a self-made man. You never hear a self-made woman boasting about it. Mr. Critic-No, they like every-



a pint of red rast the amount of be his depends, of meiness of the frun nox of gelatine in empful of cold water then add a cupful and make sure this thoroughly diss through a fine wa scant cupful of gr

Among the most s

serve raspherries 1

raspberry sponge.

and add the pint of Mix thoroughly a pan of chopped to

it is chilled. Not

whites of four

thoroughly mixed

mold and stand ready to serve.

This dessert ma whipped cream, b. tempting without Raspherry Ch Laspberry charlo one quart of fre dozen lady finge gelatine, one cur sugar and a pit whipped stiff at taste. The lady split and placed ! has been lined Now soak the g of cold water at over the fire to gelatine mixture the juice of the q and one cupful Now add the w pour the mixture hours before ser Raspherry (

> little powdered they have stood off a cupful of batter with two butter, one-ha lated sugar, th and one-half c which has been ful of baking p en whites of tw fin tins and s raspberry saud this way from cupful of water

baked dessert c

red raspberries.