HOW TO OBTAIN GOOD DIGESTION

The Stomach Must be Toned and Strengthened Through the Blood

The victim of indigestion who wants to eat a good meal, but who knows that suffering will follow, finds but poor consolation in picking and choosing a diet. As a matter of fact you cannot get relief by cutting down your food to a starvation basis. The stomach must be strengthened until you can eat good, nourishing food. The only way to strengthen the stomach is to enrich the blood, tone up the nerves and give strength to the stomach that will enable it to digest any kind of food, is through a fair use of Dr. Williams' Pink Pills. The one mission of these pills is to make rich, red blood that reaches every organ and every nerve in the body, bringing renewed health and activity. The following case illustrates the value of Dr. Williams' Pink Pills in curing indigestion. Mrs. T. Reid, Orangeville, Ont., says: "I have much pleasure in testifying to the reliability of Dr. Williams' Pink Pills. For several years I had suffered greatly from stomach trouble. Several doctors prescribed for me but their medicine did not help me. After every meal I would suffer great pain, and would often be attacked with nausea. I grew weak and had almost lost all hope of recovery. At this juncture I decided to try Dr. Williams' Pink Pills, which were recommended to me. In these pills I at last found the right medicine, and I am once more in good health. I have much pleasure in sending you my testimonial in the hope that it will encourage some suffering persons to try this sure remedy."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for $2.50 by the Dr. Williams' Medicine Co., Brockville, Ont.

WEIRD HISTORY.

Queer Version in Use in a Russian School Book.

A textbook of history, written by one Ilajavski, for Russian schools, contains some extraordinary statements, among them these, which the London Star translates:

"Louis XVI. was a peacable and gentle monarch, who, in the course of his long reign, showed himself particularly skilful in finding expert ministers of finance. Loved and honored by his people, the aged monarch died suddenly after a glorious reign, as the result of a fit of apoplexy. He was succeeded by his son, Louis XVII., who was obliged to conduct several wars, wherein the captain of his hosts, the royal marshal, Napoleon Bonaparte, conquered a great part of Europe for his king. Napoleon, however, abused his power and made a public attempt to rebel against his liege lord and to compass his own ambitious ends. Under the leadership of Alexander I., king and autocrat of all the Russias, the general was deposed, deprived of all his honors and dignities, and all claims to pension. He was banished to St. Helena."

Dark Emptiness.

Aunt Liza's former mistress was talking to her one morning, when suddenly she discovered a little pickanninny standing shyly behind his mother's skirts. "Is this your little boy, Aunt Liza?" she asked.

"Yes, Miss; dat's Prescription."

"Goodness, what a funny name, auntie, for a child! How in the world did you happen to call him that?"

"Ah simply calls him dat becuz Ah has sech habd wuk gettin' him filled."

Minard's Liniment Cures Colds, Etc.

The Soft-Lookers.

Figg—Beggars shouldn't be choosers, you know.

Fogg—Wrong, my boy. If I were a beggar, I'd choose the easy marks every time.

PURIFY YOUR COMPLEXION

With CUTICURA SOAP

And Cuticura Ointment. Their use tends to prevent pore clogging, pimples, blackheads, redness, roughness and other unwholesome conditions of the skin.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent post-free. Address Potter Drug & Chem. Corp., Dept. 16E, Boston, U. S. A.

SEEING ABOUT THE WORLD

A WANDERER'S TRAVELS IN MANY LANDS.

Interesting Description of Six Years' Rambling Over the Globe.

To most men there comes, at some time or other, the desire to travel and "see the world." Most frequently it comes to the young man in the early twenties, and only too often is the desire killed—or, at least, put among the impossible ambitions—by the stronger ties of the desk or bench, and the very urgent necessity of earning a living wage.

The desire came to one young man, Mr. A. Loton Ridger, and how he carried out his ambition is told in the fascinating volume "A Wanderer's Trail," which is a faithful record of travel in many lands.

The beginning was the most difficult part in Mr. Ridger's experience. He wanted very badly to go abroad, but his efforts to get a foreign appointment were unsuccessful, says London Answers.

Making a Move.

At last he took a definite plunge. Ten pounds in his pocket, and with unlimited hope and the unbounded enthusiasm of youth, he boarded a tramp steamer bound for San Francisco.

Through the kindness of a shipbroker he had been able to arrange this first passage, paying only the small sum of three shillings a day for mess-money. His first journey was uneventful enough, though the sixty-nine days of the voyage to San Francinsco were full of interest for the man who had never been out of England before. A short stay in 'Frisco preceded his search for work among the fruit ranches of California; but the idea of making the principle of "Get a Move On" the leading one in his life led the adventurer into a maze of quickly-changing berths.

From fruit-farming he became purser on board a boat bound for Portland, Oregon. Here he asked for a job in a lumber camp.

"Do you mind getting killed, young fellow?" the boss foreman asked, and on being assured that the young man would take his chance, he gave him a note to the boss of No. 1 camp, and thither Ridger went. He took on the job of fireman of the donkey-engine at the rate of three dollars a day and all found. He knew nothing about the work, but was prepared to do his best.

As a matter of fact, he did one morning's work in that camp—and then he was sacked! The boss decided that the new man was never intended to be a fireman. Trying another camp, he failed to get work, so set out for the little wooden settlement of Stella. Here he earned something by stacking timber for a week, at the end of which time he decided to change his occupation, and became a strawberry-picker.

Much Work; Little Pay.

This proved to be the worst job struck in six years' wandering, and once more a change of scene was sought. Various jobs followed in quick succession, most of them distinguished by the big amount of hard work they entailed and the microscopic amount of pay they brought.

In America, particularly in the West, there is a very large floating population of men who go from one state to another, spending part of their time in a lumber camp, the summer in Klondyke, and then when the winter comes on they get rid of their earnings in a couple of months among the lights of one of the big towns. When broke they will start all over again, and repeat the programme till illness or a bullet in a 'Frisco brawl brings down the curtain.

Thus in his wanderings Mr. Ridger was rarely lacking companionship. He "beat" the trains with the hoboes—in other words, crawled on to a freight train as a stowaway and took his chance of being discovered.

After laying sidewalks in Vancouver, and being an assistant in a cigar store, he decided to go to Alaska. There is a wonderful word picture of the far-famed White Pass, the Gateway of the Yukon, the land of gold, and the graveyard of many hundreds who joined in the great gold rush of '97.

But there was no gold here for the single-handed adventurer, and he returned by way of Vancouver to Seattle. Hard times in this American town led him to work his passage to Japan on a boat that was nothing but a "coffin-ship." After a stormy voyage across the Pacific and weeks of gales and misfortunes, he landed in Japan with three shillings still between him and starvation.

From Japan to Korea, through Manchuria, and then on board a Japanese coal tramp, down the Chinese coast, he came, after many adventures, to Boston in the United States. As there were no fortunes going a-begging, he returned to England with ten shillings in hand.

That ought to have been the end of his adventures, but, having tempted Fate, that mistress herself now took a hand. In a short time Mr. Ridger found himself in the Transvaal, a fully-qualified miner, with a Government certificate. This work was abandoned when an opportunity came to join an expedition which was being fitted up to go North in order to recruit natives for the mines. The magnitude of this undertaking, which entailed travelling some thousands of miles, was realized by none, least of all by those who organized the expedition.

Sadder But Wiser.

The innumerable difficulties encountered by the small party of white men who undertook the task were enough to satiate the appetite of the most wildly adventurous man that ever breathed. It was ten months later when our wanderer came back to Johannesburg, a sadder and wiser man. He decided to leave South Africa, and by devious ways and with many odd jobs on the road came back to England.

DR. ADAM SHORTT.

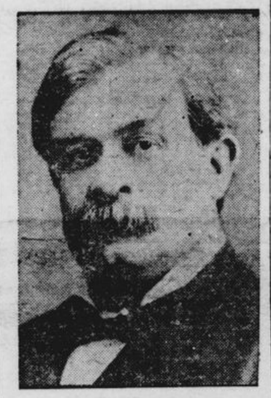
Is Head of Canada's Civil Service Commission.

There are not many men, even in this land of "mushroom" growths, who lived to see extinguished the village in which they were born. Villages are usually slow growing and usually are persistent as well. Especially is this true in the old settled Province of Ontario. Yet the tale that I am now telling is of such a man. He was born in the village of Kilworth in the valley of the Thames, and he is yet in the prime of life. The man is Dr. Adam Shortt, Civil Service Commissioner.

The village in which Dr. Shortt saw the light was one of the old mill villages of the early days in Ontario. It was situated on the River Thames, not far below Springbank, which again is not far below the City of London. London was chosen as the site of the capital of Canada by Sir John Graves Simcoe, who was Governor of Canada at the end of the eighteenth century, and this portion of the Province was settled early in the century that followed. Kilworth consisted of a mill, a store, and a half dozen houses. Its reason for existence was the mill, to which the farmers from roundabout brought their grain to have it ground. In the middle of last century the mill was prosperous, and gave a living to two partners, of whom Dr. Shortt's father was one. With the growth of London and the drift of business thither, however, the mill fell on evil days, and had eventually to be closed down, and then dismantled. A few years ago Dr. Shortt visited his native village, and found not a building standing. Even the old bridge was gone. The only means of identifying the spot were the few remains of foundations that it had not been profitable to carry away. The place has gone, and the name has been picked up and bestowed upon another hamlet in a slightly varied form. Kilworth Bridge is in the same valley of the Thames, but is some miles distant from the hamlet in which the present Civil Service Commissioner was born.

A Broad-Minded Citizen.

There is a tendency to consider university men as narrow. Dr.



Dr. Adam Shortt.

Shortt is an outstanding figure among university men in the Dominion. Yet, whatever justification there may be for the tendency just referred to, there is no justification for regarding Dr. Shortt as narrow. He came into public notice first as an economist, and perhaps the dry-as-dust reputation of political economy may have attached itself to him. But Dr. Shortt was one of those men who was a "calculator and economist" from his youth up. His first love in the halls of learning was philosophy, and his turning to political science was an evidence of his underlying practical bent. He was a gold medalist in philosophy at Queen's University; and he began his career as a teacher in the department of philosophy at the same university. In the meantime, however, his mind had turned to the practical problems of the science of wealth, and at the end of the eighties he transferred into the department of political science.

It was while engaged in this branch of university work that he became a public figure in the Dominion. Soon after the organization of the Labor Department by the Dominion Government he was chasen as chairman of commissions under the Conciliation Act, and later under the Lemieux Act. In his capacity of combined mediator and judge he showed a keen insight into labor troubles, and won a reputation as a skilful adjuster of relations between employers and employes. He entered upon this work known only as a college professor. By his success in it he became a national figure in the world of practical affairs.

Always a Keen Student.

Dr. Shortt has always been a student, and he is a student today. He will be a student as long as he lives. He was a close student when he was attending high school at Walkerton. He was a student while he was teaching school and putting himself through Queen's by the extra-mural course which has made that university a blessing to so many men, who have had the zeal for knowledge, but not the financial basis or leisure. When he was teaching philosophy he was delving into economics, and when he was teaching economics he was studying the problem of labor and capital at first hand in Government commissions. Now that he is a civil service commissioner, he is devoting his evenings to the investigation of the history of the Dominion. If he ever takes to historical study as a means of livelihood, one may be confident that he will acquire some new branch of learning as a hobby.

As civil service commissioner, Adam Shortt is the cynosure of the eyes of all politicians and of all civil servants. He is also the head at which all criticism is directed. He is doubtless human, and consequently he may err. But one does not have to be a champion of all his official acts to recognize that here is a man who is somewhat of a rarity in our political machinery. He is not afraid of the politician, even of the politician in power. He has backbone. If he thinks he is right he is not easily to be moved. Such men are needed if we are to have an efficient staff of public servants. The principle of competitive examinations may be pushed too far in choosing Government employes, and there must be allowance made for other qualities that come out on a written test. The Minister and his deputy have points of view which require consideration. But, after all, it is quite impossible to "take the service out of politics" unless you have men of backbone at the head of the Civil Service Commission. — Francis A. Carman in Star Weekly.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to little ones. The complaints of that season, which are cholera infantum, diarrhoea and dysentry, come on so quickly that often a little one is beyond aid before the mother realizes he is really ill. The mother must be on her guard to prevent these troubles, or, if they do come on suddenly, to cure them. No other medicine is of such aid to the mother during hot weather as is Baby's Own Tablets. They regulate the bowels and stomach and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

INTERESTING WATER BIRD.

The Grebe Rarely Flies, Although He Can Do So Upon Occasion.

The Far West has many interesting birds, none more so than the Western grebe, writes a Youth's Companion contributor. That bird, which is unknown in the East and South, enjoys the distinction of being "Number One" on the Check List of the American Ornithologists' Union. For many years the soft velvety breast feathers were in demand as trimmings for ladies' hats. Fortunately, through the efforts of the various bird-protective societies, laws have been passed to prevent this slaughter.

The grebe is admirably adapted to a life in the water. His feet are placed far back, so that when he attempts to walk he falls forward in the most ridiculous manner, but in the water nothing can equal the grace with which he moves about. The long, slim neck and sharp-pointed beak offer but little resistance to the water when the bird dives, and the dense, smooth breast down, impervious to water, is the proper thing for swimming. The short, stout wings move with great rapidity when flying, and carry the bird through the air like a bullet. Grebes seem to know their exposed condition when on the wing, and are loath to leave their natural element.

The nesting traits of the Western grebe are unique. When nesting time comes the birds seek some secluded lake or pond where rushes and lily pads grow. They pull a mass of these together into a great heap, which they anchor to a stout lily pad. The nest is hardly above the surface, and when the wind blows, the waves dash over the eggs, and keep them continually wet. Mrs. Grebe does not seem to mind this in the least, nor do the eggs seem to suffer.

There are two eggs, and they are pure white at first, but soon become stained a dirty green from contact with the decaying vegetation. The mother bird incubates them three weeks. When the chicks are hatched, they take to the water immediately. I have seen a little fellow plunge off the nest into the water with half a shell clinging to his back.

Whenever the old bird leaves the nest, she covers the eggs with lily pads or rushes. Naturalists formerly thought she did this to protect the eggs from prowling enemies, but now they believe she does it to keep the eggs from becoming over-heated by the sun. The predacious birds and animals do not seem to prey upon the grebe to any great extent; they seem to realize that it is impossible to capture one of these birds on the water, and as the grebe seldom leaves it, they are not often caught. It might be supposed that the muskrats, which are always numerous where the grebes nest, would eat the eggs, but they do not seem to do so. I watched a grebe's nest through my glasses for several hours. A muskrat crossed the nest a number of times, but did not trouble it.

Once I was watching a sitting grebe through my glasses, when a muskrat came out of the water and started across the nest. The valiant little lady darted at him, and knocked him back into the water with her beak; he did not return.

Minard's Liniment Cures Diphtheria.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family When Hope Was Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St., would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I than'k that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

AN INQUISITION.

The Sulaimanians are Great for Asking Questions.

It is the right of every Sulaimanian to inquire closely into the aims and identity of every stranger. Fortunately, he does not resent equally close inquiry. Inconsistent as it may seem, once the stranger has answered their questions, they accept him at his own valuation. Having learned somewhat of the matters, Mr. E. B. Soane, on reaching one of their villages, was not surprised to receive a visit from a gorgeous individual. In "To Mesopotamia and Kurdistan" he describes this visitor as wearing a fine cloak of camel's hair, covered with gold thread work. The dialogue was something like this:

"Are you going to Persia?"

"I do not know at present."

"Why do you not know at present? How shall a man not know his destination?"

"Because my plans are not formed."

"What are you by trade? Are you a doctor?"

"No; why?"

"Because of your European style of dress, which for any but a doctor is an impropriety here. Where did you buy those thoes?"

"In Kerkuk."

"Here they are improper, for they have laces."

He cast about for new questions. Then suddenly:

"Where did you buy those trunks?"

"In London."

"In London? Why did you go there?"

"I had business."

"What business?"

"My own business—every man has his own business and affairs."

"Quite true; but I came here to tell you, as a friend, that you should act sit in a caravanserai; it is not proper."

My patience came to an end, and I reversed the order of things, and started an inquisition of my own.

"Why do you wear a turquoise ring?" I inquired, severely.

"What?"

"I say, why do you wear a turquoise ring? It is improper in my country."

"I came here as a friend; why do you ask such unkind and ridiculous questions?" he asked, in a hurt tone.

"Because," I replied, "in my country there is a saying, 'He who annoys the stranger by inquisitiveness seeks after the abuse and ridicule that ill manners may call forth from the tormented.'"

Frowning with indignation, he gathered his gay cloak about him, and departed swiftly; he did not even deign to answer my farewell.

Getting Even.

A little boy had been punished by his mother one day, and that night at bedtime he prayed thus:

"Bless papa and Sister Lucy and Brother Frank and Uncle Fred and Aunt Mary, and make me a good boy. Amen."

Then looking up into his mother's face, he said:

"I suppose you noticed that you weren't in it."

THOUGHT IT WAS SUICIDE

A prominent merchant was discovered a few days ago brandishing a razor at midnight. His wife called for assistance, but found her Hubby was only paring his corns. Far better not to risk blood poisoning—use Putnam's Corn Extractor, 25c. at all dealers.

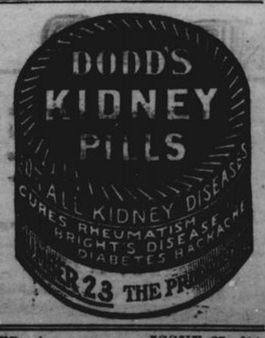
Many a man who has that tired feeling did not acquire it legitimately.

Minard's Liniment Cures Garget in Cows.

Naturally.

Mrs. Jones—Men never know how much they owe to their wives. Now there's Mr. Blank, who is praised by every one as a successful man, but what would he have been if he had never married?

Mr. Jones—A bachelor, my dear.



SMOKING SUITS FOR LADIES.

New Fashion as Result of Growth of Cigarette Habit.

The cigarette habit amongst smart women in England is responsible for a curious fashion in smoking suits.

One that resembles a fancy pierrot suit of black charmeuse is covered with a startling design of emerald green leaves, relieved with flashes of yellow and white. The trousers are loose and baggy, the neck, slightly decollette, has a large black satin collar and green ruffle. Another suggests a Chinese vase with its background of blue covered with a hawthorn design.

Handkerchiefs have also succumbed to the craze for futurism. The latest have a wide border of some startling color, with a contrasting flower in the centre, whose leaves should be black or blue or purple, any color, in fact, that is not usually found in a leaf. On others are embroidered chickens, or beetles, or peacocks, or storks, or elephants, and the like in natural colors.

Vegetarians are especially catered for in the handkerchief, which shows a carrot, a head of asparagus, a strawberry, and other fruits and vegetables in one corner.

Magic "Nerviline" Ends Stiff Neck, Lumbago

Any Curable Muscular or Joint Pain is Instantly Relieved by Nerviline.

GET TRIAL BOTTLE TO-DAY.

You don't have to wait all day to get the kink out of a stiff neck if you rub on Nerviline. And you don't need to go around complaining about lumbago any more. You can rub such things away very quickly with Nerviline. It's the grandest liniment, the quickest to penetrate, the speediest to ease muscular pain of any kind.

One twenty-five cent trial bottle of Nerviline will cure any attack of lumbago or lame back. This has been proved a thousand times, just as it was in the case of Mrs. E. J. Grayden, of Caledonia, who writes: — "I wouldn't think of going to bed without knowing we had Nerviline in the house. I have used it for twenty odd years and appreciate its value as a family remedy more and more every day. If any of the children gets a stiff neck, Nerviline cures quickly. If it is earache, toothache, cold on the chest, sore throat, Nerviline is always my standby. My husband once cured himself of a frightful attack of lumbago by Nerviline, and for a hundred ailments that turn up in a large family Nerviline is by far the best thing to have about you."

FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going on in the Highlands and Lowlands of Auld Scotia.

The returns for the Edinburgh harbor and docks last month show a decrease in the revenue.

The Earl of Glasgow is promoting a scheme for the lighting of the village of Fairlie by electricity.

The Atholl Hydro, which has been improved at the cost of nearly $70,000, has now been re-opened.

Dalkeith is one of only three places in Scotland where picture houses give exhibitions on the Sabbath.

A highly respected member of the committee of Kingussie has been removed by the death of Mr. James Robertson.

A young man named William Mitchell, aged 22, was drowned while swimming in the Woodside Public Baths, Glasgow.

The population of Gatehouse has been estimated by the Registrar-General to be 3,214 as compared with 3,357 in 1911.

There has passed away a well-known botanist in the person of Christopher Skerry of the Royal Botanic Gardens, Glasgow.

The Dumfries Parish Council has agreed to supply waterproofs to the inmates of the poorhouse, who are engaged on errands outside.

A fatal accident occurred at Fordown Railway station, resulting in the death of Mr. William Duncan, farmer, Mains of Fordown.

The Statute Labor Committee of Glasgow Corporation have approved of an important scheme for the widening of Stockwell Street.

Callander Town Council has accepted the offer from Lord Esher, to pay the rent of a field for a children's playground for five years.

It is alleged that the recent gunfiring which has been engaged in by warships over the Firth of Forth, is accountable for the dearth of fish.

Altogether 1,140 passengers left the Clyde on a recent Saturday for Canada and the United States, a total far below that of the corresponding week of last year.

Albert Peddil, aged nine, son of a lamplighter, and Hugh Davidson, son of a potter, were found drowned in ten feet of water in a disused clay pit at Portobello.

The Medical Officer of Health, Glasgow, has reported that there are in the city hospitals and under sanitary supervision at home 6,489 cases of infectious diseases.

At Paisley, Patrick Lee of Glasgow, aged only fifteen, was charged with loitering for betting purposes. On account of his youth he was put on probation for three months.

A serious accident occurred at the Calderbank Pit, Baillieston, by which one man named McKnight was buried beneath a fall weighing about a ton, and was instantly killed.

At a meeting of Edinburgh University Undergraduates' Unionist Association it was announced that Sir Edward Carson had consented to become the Unionist candidate for the Lord Rectorship.

While dog-racing was in progress at Coatbridge, John M. C. Sloane, the official starter, was accidentally shot by the pistol going off prematurely, and he subsequently succumbed to his injuries.

CLARK'S SOUPS

WHY WORRY! Choose your variety and ask your grocer for "Clark's".

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain or Dairy Farm, write H. W. Dawson, Brampton, or 99 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto.

STOCK SALESMAN.

WANTED FOR BEST ALBERTA Oil proposition yet organized. Apply for particulars to W. B. Leitch, Bank of Ottawa Building, Montreal, P.Q.

NEWSPAPERS FOR SALE.

GOOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only $4,000. Terms liberal. Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

MAPLE SUGAR SOUVENIRS.

On Dominion Day last year every passenger who entered a dining car of the C.P.R. received a maple sugar maple leaf enclosed in a little box with a miniature Canadian Ensign and a copy of "The Maple Leaf For Ever." In the United States each particular fruit, such as the orange, has its day, and the C.P.R. idea was to identify the Canadian National Holiday with this typical Canadian product. The Quebec Government was much interested in the idea and decided to elaborate it on a still more comprehensive scale, Quebec being the province most intimately connected with the maple sugar industry. Indeed, the higher standard of purity noticeable in commercial maple sugar is largely due to the enlightened efforts of the Quebec Ministry for Agriculture, which directs three schools for educating farmers in the best methods of tapping, distilling and producing the sugar. This year, therefore, the Quebec Government itself has taken in hand the Maple Day idea, and is itself providing maple sugar souvenirs to passengers served in dining cars on all Canadian lines, following the C.P.R. example.

He Got Off.

A smart youth, who had tarried on his way to school playing marbles, had soiled his hands badly during the game. Just before going into school he managed to perform a schoolboy toilet upon one hand. For being late he was called out for punishment, and naturally put forward the cleaner hand, although this was far from its natural condition. "Well," said the teacher, in disgust, "if you can show me a dirtier hand than that in the whole school I will let you off." Instantly the little fellow put forth his other hand. "Here you are, sir," he said.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM.

Rossway, Digby Co., N.S.

Grateful Patient—Doctor, I owe my life to you. Doctor—That's all right, sir; but I cannot take it in payment of my services.

YOUR OWN DRUGGIST WILL TELL YOU 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.

Still, if you find yourself in a rut, remember that a rut is the smoothest part of the road.

Minard's Liniment Cures Distemper.

Irate Parent—No, siree. You can't have her. I won't have a son-in-law who has no more brains than to want to marry a girl with no more sense than my daughter has shown in allowing you to think you could have her.

Zam-Buk

is the best remedy known for sunburn, heat, freckles, eczema, cold sores, chapped hands, chilblains, piles and all skin troubles. A skin food!

50 cents and 25 cents.

ONTARIO ARCHIVES TORONTO