

STARVATION OR MERCILESS TORTURE

A choice between starvation or merciless torture is the dismal prospect before all victims of indigestion, for although they are in need of food to nourish the body, they are afraid to eat because of the long periods of pain and discomfort that follow even the lightest of meals.

The urgent need of all who suffer from indigestion is to gain strength so that the stomach can extract nourishment from the food taken. Pain after eating is the way the stomach signifies its protest that it is too weak to do nature's work. To take purgatives is only to aggravate the trouble. Dr. Williams' Pink Pills give new strength to weak stomachs because they enrich and purify the blood supply, thus enabling the stomach to digest food naturally. Almost from the first the appetite revives; then food can be taken without pain and the burden of indigestion disappears.

The following case proves the truth of these statements. Mr. W. H. Silver, a well-known farmer living in the vicinity of Hemford, N.S., says: "For upwards of seven years I was tortured with indigestion; sometimes I was so bad that I would not taste a bit of hearty food, but would have to content myself with a bit of stale bread. At times I suffered excruciating pains in my stomach, and could hardly sleep at night. I tried various prescriptions, but got no benefit from them and naturally I was in a very reduced state of health. I had come to believe that I was doomed for the balance of my life to be most constant torture, when I read of a case similar to my own cured through the use of Dr. Williams' Pink Pills. This gave me new courage, and I decided to try them. To make a long story short, the use of the Pills for a couple of months completely cured me. This is some two years ago, and I have had no return of the trouble, and am able to eat as hearty a meal as anyone."

You can get Dr. Williams' Pink Pills through your medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

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 increased in size. "Man," he said to the carrier, "I have clean forgotten the weight of that bag. Let's pit it on the scales again." The carrier would 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 carrier went away. The farmer's wife, as once missed the cheese, and, rushing to the yard, told her husband that some thief had stolen the cheese. "Na, na, Meg," replied the farmer, quietly; "I have just set the cheese for twa shillin's the pound."

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 regard it simply as a form of suicide, sah."

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.



TORONTO'S MOST POPULAR SUMMER DISSIPATION IS CITY DAIRY ICE CREAM—the demand has spread from year to year until it is now on sale in nearly every town in Ontario. There seems to be something about the climate of Canada that makes it the confection that everybody craves in warm weather—infants, invalids, children or grown-ups, it makes no difference what your state or station. City Dairy Ice Cream is most refreshing, nourishing and digestible.

For Sale by discriminating shopkeepers everywhere

Look for the Sign.

TORONTO.

We want our agent in every town.

FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

As the result of a mysterious explosion in a Dublin whiskey distillery 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 University, Belfast, now numbers 374 graduates, undergraduates and members of the O.T.C. of the university.

Acting on fresh instructions issued recently, the Royal Irish Constabulary 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 Belleek 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 resolutions pressing for a grant to Irish railwaymen of a similar war bonus to that secured for those in England and Scotland.

A number of residents of Castlewellan are considering the feasibility of a public electric lighting installation, 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 Fly Complaint

"Times are not what they used to be for us frys. Ah, no! Far from it. Why I remember," said the father fry, "when grandpa, in whose house we used to live, told her children that if they killed a fly a dozen would come to the funeral. She never harmed us, bless her sainted name."

"Yes," said another fly, "and grandpa would let us play on his bald head and walk over his face when he took a nap, and the worst he did was to wrinkle his nose and fan his hands to show his pleasure. But now! Ah me! How different the grandpa's of these days, as well as the rest of the relationship, including the grandchildren, who are really the worst of all. They are so impudent that we cannot even enjoy a garbage can in peace. They say we carry disease germs on our hairy legs and spongy feet. Just think, and she wiped away a falling tear, "all our children gone and we alone are left without a home to our backs, for we cannot get into houses or barns, and even there no place to hatch our eggs. Oh, dear! I am growing so shy since I have been swatted at so often that I dodge at every movement. Nobody looks at me in a friendly way any more. I keep out of reach, I can tell you. Oh, I wish the good old times would return."

SONS OF PEERS KILLED.
Heir of Marquis of Northampton Dead; Others Wounded.
Official had 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; Lieutenant 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 Lancasters, is listed as wounded. He is a brother of the Duke of Devonshire. Among the wounded also are Lieutenant Charles Huntington and Lieutenant G. Bruce, son of Lord Bruce.

Called For a Rope.
An Irishman applied at the wharf for work as a stevedore. He was only four and a half feet in height, and the boss was dubious. "We're loading 300-lb. anvils into that steamer," said he, "and a little chap like yourself couldn't handle 'em." "Try me," said Pat, and the boss put him to work. Pat handled the anvils aboard all right. The cargo was nearly all stowed in the hold when the boss heard a splash. He ran to the rail, and looking over, saw Pat struggling in the water. "Throw me a rope!" he yelled, as he went under. "We're came up, called for a rope and went under again. Again he rose to the surface. "If you don't throw me a rope," he sputtered angrily, "I'm going to drop this anvil."

Laws of the Moral World.
The moral world, like the material, is held in a state of stable equilibrium by the combined action of two laws. As the planets are kept in their orbits by the balanced counteraction of the centripetal and centrifugal forces, so the moral universe is maintained in harmony and settled now by the complementary action of the two great laws of vicarious love and personal responsibility, stated by Paul in these simple terms: "Bear ye one another's burdens," that being the law of love; "Let every man prove his own work," that being the law of individual responsibility.—Bruce.

When Dinner Comes
One Ought to Have a Good Appetite.
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 nourishing 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 teaspoonsful of Grape-Nuts with good rich milk, and when dinner comes I am hungry. 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 cupboard. He was no trouble to wean at all—thanks to Grape-Nuts."

Name given by Canadian Postmaster, Windsor, Ont. Read, "The Road to Wellville," in pkgs.

"There's a Roscoe!"
Ever see the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

One salmon has been known to produce ten million eggs.

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 unrefreshing. I was troubled with headaches and pains in my back. I had heart flutterings to add to my anxiety. "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 kidneys 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 neighbor about them. Nearly every family in Canada is using, or has used Dodd's Kidney Pills.

COLICKY CHILDREN
Colicky children can be promptly cured by Baby's Own Tablets because these Tablets act directly on the stomach and bowels and cleanse them of all impurities. Concerning them Mrs. Jas. C. Slater, Summerville, N.S., writes: "I have used Baby's Own Tablets and am glad to say I have found them an excellent medicine for colic and loss of sleep." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What Is It?
A college professor who was always ready for a joke was asked by a student one day if he would like a good recipe for catching robbers. "Why, yes," replied the professor. "What is it?" "Well, you crouch down behind a thick stone wall and make a noise like a turnip." "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."

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

Keep Minard's Liniment in the house.
Wellington's men and officers often fought through a whole campaign without receiving a letter from home.

HOME STUDY SUMMER SCHOOL JULY AND AUGUST
QUEEN'S UNIVERSITY
KINGSTON, ONTARIO
ARTS EDUCATION MEDICINE SCHOOL OF MINING
CHEMICAL MINING MECHANICAL CIVIL ENGINEERING
GEO. Y. CHOWN, Registrar

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NONE SO EASY
MADE IN CANADA

CUTTEN & FOSTER AUTO AND BOAT TOPS
Ford owners write for our catalogue.
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TORONTO, - ONT.

Perfect Heat For Any Kind of Cooking
STRIKE a match—in less than a minute the NEW PERFECTION Oil Cookstove is giving full, easily regulated heat for any kind of cooking. The NEW PERFECTION gives you, too, a cool, comfortable kitchen. No smoke, no odor, no coal, ashes or kindlings. Let your hardware dealer show you the NEW PERFECTION today, in the 1, 2, 3 and 4 burner sizes. If he can't supply you, write us direct.

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NOW SERVING 2,000,000 HOMES
PERFECTION
THE IMPERIAL OIL COMPANY Limited
BRANCHES IN ALL CITIES
Made in Canada

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Computing the Weight of Cattle.

There are many rules for estimating the weight of cattle by measurement, but one of the authorities on the subject says that "There is no rule that comes nearer to good guessing," and that "no two animals will weigh alike according to measurement."

The same authority further remarks 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:

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

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

Cure Guaranteed
Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putnam's Corn Extract. Sold everywhere—25c. per bottle.

Even As You Or I.
"Every man," said Uncle Eben, "thinks he's right most of the time. An' de res' of de time he thinks his mistakes is puffedky excusable."

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. "Och awa," replied Donald, "it's far ower dear. I'd rader walk." And off he started. He had not proceeded far when the train came tearing along, whistling as it neared 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'."

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

Canoes, Skiffs, Motor Boats
THE PETERBOROUGH LINE.
If any canoe can give you satisfaction, it is a "PETERBOROUGH." Always and ever the acme of service, model, strength and finish. Over fifty styles and sizes. Write for catalogue. The latest canoe is the Peterborough canvas covered. Ask for illustrated folder. Skiffs for the popular Outboard Motors. Power Launches, all sizes and powers. Get folders telling all about these.

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"Overstern" V Bottom Motor Boat \$55.00
Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.
Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.

THE GIDLEY BOAT CO., LIMITED, PENETANG, CAN.

How to Kill Trouble.

Many people seek trouble, court worry. Some of you are not happy unless you are fretting over something. It is an unhealthy state of mind—almost a wicked state of being; for your Creator did not intend you to fret your life away, and in doing so deal unhappiness to others. Consider God's good gifts to you, and thank Him every day for the many blessings you enjoy. You have but to look at your neighbor to find someone who is worse off than you yourself are—some unfortunate whose trouble makes yours appear like a pebble beside a boulder. Go, give your neighbor a cheery word, a little lift on life's weary road, and see how quickly your own trouble will sink into nothingness. Don't worry—and, again, don't worry.

No More Corns
Cure Guaranteed
Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putnam's Corn Extract. Sold everywhere—25c. per bottle.

Granulated Eyelids.
Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Martin's Eye Remedy. No Stinging, just Eye Comfort. At Your Druggist's 50c per Bottle. Martin's Eye Remedy. For Book of the Eye Remedy Druggists or Martin Eye Remedy Co., Chicago.

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

Minard's Liniment Lumberman's Friend.
SEED POTATOES.
EARLY IRISH COBBLER POTATOES, specially selected, and Government inspected for seed. Only limited quantity. Price, One Dollar per bushel (cash). Also Commemorative Prize and New Show, two excellent new potatoes. Price, Two Dollars per bushel. Special price for large quantity. Cash must accompany all orders. H. W. Dawson, Brantford, Ont.

NEWSPAPERS FOR SALE.
PROFIT-MAKING NEWS AND JOB OF. Best for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 71 West Adelaide St., Toronto.

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

KERMATH Marine Engines
America's Standard & Best Marine Motor. Kermath's 10 to 15 H.P. Highest quality. Cylinder 10 to 12 in. Highest quality. Use the latest Motor Car engine. Extensive experience in the design and construction of marine engines. Write for literature. Kermath Engine Co., Brantford, Ont.

Wear Every Member of the Family

WILLIE: Paw, what is an optimist?
Paw: A man who regards a license to hunt as a good investment.

Worn by Every Member of the Family

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WEAR
FLY FOOT
Shoes for every Sport and Recreation
Sold by all Good Shoe Dealers
Worn by Every Member of the Family

Father's Omniscient.
Willie: Paw, what is an optimist?
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Sore Eyes
Granulated Eyelids. Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Martin's Eye Remedy. No Stinging, just Eye Comfort. At Your Druggist's 50c per Bottle. Martin's Eye Remedy. For Book of the Eye Remedy Druggists or Martin Eye Remedy Co., Chicago.

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