

### A COMPLETE WRECK

From the After Effects of Pneumonia Followed by Diptheria

Frequently the after effects of illness are more serious than the original trouble. This was the case with Mrs. James B. Moir, Mutana, Sask. Mrs. Moir says: "Some years ago, while we were still living in Nova Scotia, I was taken down with a severe attack of pneumonia. I had sufficiently recovered to be around, but had not been able to go out when I was attacked with diptheria. In my weakened state it took a terrible hold on me, and neither my friends nor neighbors thought I would recover. I did, however, pull through, but was a physical wreck. The muscles of my throat were paralyzed, so that even a cup of water would flow back through my nostrils unless they were held closed. My voice was almost inaudible, and my eyes so badly affected that I feared I was going to lose my eyesight. I could only walk with assistance, and it looked as though I would be a helpless cripple. Medicine was used but did not help me. Then a neighbor advised Dr. Williams' Pink Pills. I began taking them but had the utmost difficulty in swallowing them owing to the condition of my throat. However, after a couple of boxes had been used I found it easier to take them, which was a sign they were helping me, and I felt greatly cheered. I do not know how many boxes I took, but I continued their use until I was as well as ever, much to the surprise of all who knew me, as all thought I could not get better. Since then I have several times taken the Pills when run down, and have always been greatly benefited by them."

For the after effects of fevers and all wasting diseases there is no medicine can equal Dr. Williams' Pink Pills. They enrich the blood, build up the nerves, restore the appetite and bring back complete health and strength. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Avoid Using Kerosene.

There is probably no one who has had to build fires who has not at some time yielded to the temptation to hurry things up a bit by pouring kerosene into the stove, although everyone is probably aware of what a dangerous practice this is. Even though there is no flame in the stove, the kerosene may ignite the gas in hot ashes, with results disastrous to the fire-builder and his surroundings.

A simple way to meet the difficulty in getting your fire started is to keep a tin can with a little kerosene in it in some safe place. Stand some small pieces of kindling in the liquid, replacing the sticks by others as they are used. The wood will absorb the kerosene just as a lampwick does, and will soon become thoroughly soaked.

Include some of the prepared sticks with your other kindling in laying your fire, and you will obtain all the advantages of the use of kerosene with none of the danger.

The bee that gets the honey doesn't loaf around the hive.

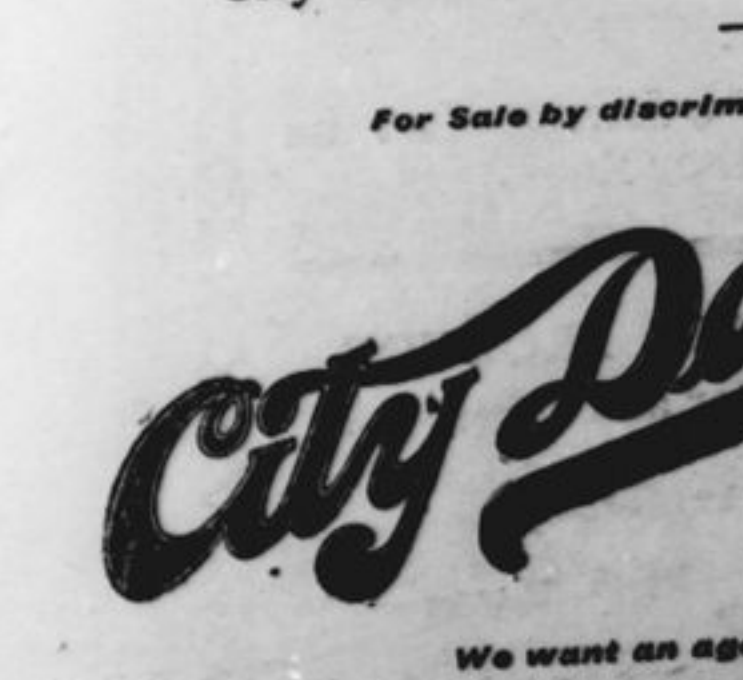


## Pure Ice Cream

**in the Home**

The BRICK has greatly popularized City Dairy Ice Cream with the housewife. There is no other dessert that can compete with City Dairy Ice Cream in the summer.

Our Service makes it possible for your dealer to supply you with City Dairy Ice Cream in brick form so that you can serve it in your own home at Dinner, Afternoon Tea or Evening Party, just the same as your City Sister.



For Sale by discriminating shopkeepers  
Look for the Sign  
We want an agent in every town.

### MANY HEROIC DEEDS.

St. Catharines Major Tells of Bravery of Canadians at Langemarck.

Major Belson, 4th Battalion, wounded at Langemarck, writing home from hospital, states: "I saw many deeds performed by my own men which in an ordinary campaign would have won the Victoria Cross for them, such as binding up wounded comrades and carrying them to shelter under hot fire."

He corrects an account in "Eye Witness" statement that the Battalion wavered, and that Col. Birchall had to recall it. "Nobody wavered," writes Major Belson, "from start to finish," and after the first few hundred yards no officer or N.C.O. had any influence on the action except in its immediate vicinity. Col. Birchall died as he lived, a gallant English gentleman, after stating that he was proud to lead such men.

A letter from Pte. Donaldson, of the same regiment, to relatives, tells of the death of Pte. Crawford, which has not yet been listed in the casualties. Donaldson, Crawford and Pte. Hargreaves, of Merriton, were cutting through a hedge when all three were hit. Hargreaves was shot through both hips while binding up Donaldson's wounds, and in this condition crawled to assist in this condition Crawford and Hargreaves snailed along the ground, through a hail of bullets, 350 yards to shelter.

### Small Kitchens.

In building a house, it is a great mistake to build a large kitchen, unless it must also be used as a dining-room. A big kitchen means an enormous number of extra steps for the housewife in preparing her meals, and a wholly unnecessary amount of labor in sweeping and cleaning.

Have your kitchen made just large enough to contain comfortably your range, work table, cupboard, and a couple of chairs. If you need extra space for washing or work of that sort have a room partitioned off from the kitchen to be used for these purposes alone, and shut up during the ordinary routine of kitchen work.

### MOTHERS OF LITTLE ONES

No mother of young children should be without a box of Baby's Own Tablets. The Tablets are mother's best friend and are as good as a doctor in the house.

Concerning them Mrs. F. Wurger, Ingersoll, Ont., writes: "I have used Baby's Own Tablets for the last eight years and would not be without them. I can highly recommend them to all mothers of young children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Never Went Away.

Neighbor's Little Girl: "When did you get back, Mrs. Brown? Did you have a good time?" Neighbor: "Why, I haven't been away, my dear."

"Haven't you, really? I'm sure I heard mother say you and Mr. Brown had been at loggerheads for a week."

### First Long Step Towards Recovery

IS TO FIND IF YOUR SYMPTOMS ARE OF KIDNEY DISEASE.

Kent County Lady Did This—Then She Used Dodd's Kidney Pills and Was Cured.

Upper Bouctouche, Kent Co., N. B., May 31st (Special).—Miss Genevieve Bastarache, an estimable lady living near here, is telling her friends of the benefit she has received from Dodd's Kidney Pills. "I am indeed happy to be able to state that I have been cured of Kidney Disease by Dodd's Kidney Pills," Miss Bastarache says in an interview.

"I was often so feeble I could not work. My sleep was broken and unrefreshing. I had headaches and cramps in the muscles. "I suffered from Rheumatism and Backache and was always tired and nervous. "I was in this miserable condition when I decided to try Dodd's Kidney Pills, and I had not taken two boxes till I felt better, and three boxes cured me."

Miss Bastarache made a long step towards recovery when she discovered that her symptoms were of Kidney Disease. She then had only to use the old reliable Kidney remedy, Dodd's Kidney Pills, to find a cure. Are your symptoms those of Kidney Disease?

### NEWS OF THE MIDDLE WEST

YOUR SKIN NEEDS FOOD  
Is your skin harsh and dry? Are there signs of approaching wrinkles? Are you getting worried about the possible loss of your youthful beauty? Cleopatra didn't worry about these things. You needn't either.

"Cleopatra," perfectly well that the skin requires food just as does the rest of the body. They fed their skin with a preparation of Oriental oils, the secret of which has been so jealously guarded by successive generations that it has only recently come to light.

Men, too, find Ut a valuable friend. An occasional application to the face not only feeds and softens it, but keeps it in the healthiest condition, but it leaves the face much easier to shave. Experience alone proves how much easier.

Ut is the trade mark name by which this preparation is known and sold by all druggists, wholesale and retail. Ut Mfg. Co. Ltd., 478 Rensselaire Ave., Toronto, Ont.

### BETWEEN ONTARIO AND BRITISH COLUMBIA.

Items From Provinces Where Many Ontario Boys and Girls Are Living.

Winnipeg has an Australasian Club.  
G. N. Jackson is the newly-elected president of the Winnipeg Board of Trade.  
Winnipeg had 574 births in April, 1915, against 475 in the same month a year ago.

Winnipeg machine shops have a million-dollar contract for making shells for Britain.  
In Eastern Manitoba, this year, wild geese have been more plentiful than for many years.

At Edmonton, William Miller tried to swim his horse across the Saskatchewan, and was drowned.  
At Winnipeg, Joseph Ramsden was allowed \$2.25 as damages for being thrown from a C.N.R. hand-car.

The Winnipeg School Board will this year spend \$150,000 on new buildings, to help the unemployed.  
More land in the vicinity of Wuldonan Park, Winnipeg, will be dug up to provide work for unemployed unmarried men.

The St. Andrew Society of Winnipeg gave a set of band instruments to the 7th Cameron Highlanders (43rd Battalion, C.E.F.).  
Among those killed recently at the front was Pte. Joseph H. James, formerly a member of the 90th of Winnipeg, and health inspector for Assiniboia.

W. S. Foster, one of the old timers of the Wanacona district, is dead. He was postmaster at Wanacona for 25 years, and very well known throughout Manitoba.  
Mrs. H. A. Maguire, who was visiting in Winnipeg, is a granddaughter of the late General Henry Shrapnel, of the British army, who invented the shrapnel shell.

Lieut.-Col. A. H. Correll, who was clerk to the Manitoba Legislature, resigned to go to the front. He was appointed quartermaster-general of the second overseas contingent.  
A man named Kelly, who was under the influence of liquor, was trampled to death by a stallion he was driving near Windsor, Sask. He fell over the shafts under the horse's feet.

The tails of 14,718 gophers have been handed to the local Union of United Farmers of Alberta since the first appearance of the pest, and \$109.67 handed out as prizes. This is less than a cent for each tail.

At Cardston, Alberta, fire broke out in the store of the Cardston Impement Company. Through the quick action of the soldiers of the C Squadron, C.M.R., most of the stock was removed without damage.

His Reply.  
A Londoner was showing some country relatives the sights of London recently, and was pointing out a magnificent old residence built years ago by a famous and rather unscrupulous lawyer of his time. "And," the Londoner was asked, "was he able to build a house like that by his practice?" "Yes," was the reply, "by his practice and his practices."

Not So Bad.  
Mrs. Busybody: "Do you feel lonely, Mrs. Tinley, now that your three lads 'ave 'listed'?" "Not so bad," was the reply. "I do come over more terribel on washdays, though, when I've none of their things to do. In deed, I 'ave to borrow some of a neighbor's washing just to keep myself cheer-ful."

Promises are worse than eggs—you can't keep them after they are broken.

"Do you keep servants?" asked the inquisitive neighbor. "Not long," responded her truthful friend.

### Story Against Himself.

The Duke of Connaught tells a good story against himself. Some years ago, when he was raised to the position of Lieutenant-Colonel of the 1st Rifle Brigade, the late Queen Victoria commanded that he should only be saluted as a regimental officer, and not as a member of the Royal Family. On one occasion, however, an Irish son, seeing the Duke and Duchess approaching, turned out the guard and gave the Royal salute. The Duke was much annoyed, and proposed to give the sergeant in charge a piece of his mind. But the quick-witted Irishman was equal to the occasion. "The guard, sorr," he said, in his richest brogue, "is for Her Royal Highness, who, as a member of the Royal Family, is entitled to it." After that the Duke could say nothing.

A Dundermine Collic.  
"Duke," a Scottish collic owned by Mr. H. C. Aitken, of Priory Lane, Dunfermline, had the shield and medal for dashing into the road at Dunfermline in August, 1911, and saving a child from being run over. This is quite an unusual form of canine heroism, and suggests that there is no limit to the possibilities of a dog in saving life. The child was, it seems, quite a stranger, yet "Duke" sprang into the road and snatched it from under the horse's feet. There is an instance on record of a collic dashing after a perambulator containing a baby, which had "taken charge" down a very steep hill at Bristol and stopping it. Unfortunately no data has been preserved that would establish this interesting incident as an undoubted fact.

A Grave Topic.  
An old Scotchman having a friend on a visit one day took him to see an ancient cemetery in the village—the only sight it could boast of. "What do ye think o' that?" he inquired. "Hoots, man," said his friend, viewing the dilapidated condition of the graves, "before I'd be buried there I'd die first." "Aw, weel," said Sandy, "as far as I'm concerned I mean to be buried nae ither place if I'm spared."

Seeing Europe.  
An American who had been "seeing Europe" was describing his experience in the rush to get home when war was declared. The boat was crowded. The third day a man went up to the purser and said "You will have to get me a place to sleep." "Where have you been sleeping?" asked the purser. "Well," the passenger answered, "I've been sleeping on a man who was sea-sick, but he's getting better now and says I'll have to move."

Farmer Was Astonished.  
Old Tom Hopkins had worked on the same farm for twenty years, and until his master took to poultry-farming he was quite satisfied with life. But the poultry business was a bit too much. He had to take the eggs as they were laid, and write the date on them with an indelible pencil; and, worse than that he had also to write on the eggs the breed of the hen that laid them. "I'm a bit fed up," said he one day to the farmer, "and I'm going to leave." The farmer was astonished. "Surely, Tom," said he, "you're not going to leave me after all these years?" "Yes, but I am!" replied the old man. "I've done every kind of queer job on this here farm, but I'd rather starve than go on being secretary to a lot of hens."

Head Bookkeeper Must Be Reliable  
The chief bookkeeper in a large business house in one of the Western cities speaks of the harm tea and coffee did for him:  
"My wife and I drank our first cup of Postum a little over two years ago, and we have used it ever since, to the entire exclusion of tea and coffee. It happened in this way:  
"I had an attack of pneumonia, which left me with dyspepsia, or neuralgia of the stomach. My 'cup of cheer' had always been tea or coffee, but I became convinced, after a time, that they aggravated my stomach trouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.  
"Next day it came and we liked it so much that we will never change back; for I am a well man to-day and have used no medicine.  
"My work as chief bookkeeper in our Co.'s branch house here is of a very confining nature. During my tea and coffee drinking days I was subject to nervousness and the blues, in addition to my sick spells. These have left me since I began using Postum and I can conscientiously recommend it to those whose work confines them to long hours of severe mental exertion."  
Name given by Canadian Postum Co., Windsor, Ont., Read "The Road to Well-being," in pkgs.  
Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.  
Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious beverage instantly. 90c and 50c tins.  
Both kinds are equally delicious and cost about the same per cup.  
"There's a Reason" for Postum.—sold by Grocers.

Johnny's Strategy.  
Little sister had not been well and had been especially trying to small Johnny all day. Finally his patience came to an end. "Mother," he asked, "don't you want little sister to be a good wife when she grows up?" "Of course," said the mother. "Well, you make me give everything to her 'cause she's littler'n me. But you're littler'n father, and when he comes home, you say—Here's your slippers and magazine, and when tea or coffee comes, his mother could move Johnny into his train of cars from the screaming baby. "If we don't begin to train her she'll be a terrible wife," he said as he slammed the door.

A Puzzle.  
The lady of the house was explaining things to the new maid. "An' what's this, missus?" asked the girl, indicating a metal bottle. "That is a bottle, which will keep things either hot or cold, whichever you desire," replied the mistress.  
"Well, for the land sake!" ejaculated the girl. "How is it gwine to know whether you want things hot or cold?"

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### Death Nearly Claimed

New Brunswick Lady  
Was Restored to Her Anxious Family When Hope Had 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 back-ache 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 think 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.

Up to the Minute.  
"Cranque" is an expensive luxury. "Blancque" is an automobile. "Cranque" is Sure. But you can get a new model every year.

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.

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