

# NERVOUS CHILDREN

### Hard Study and Too Little Exercise Leads to St. Vitus Dance.

There is much criticism of modern educational methods that require too much work of school children, allowing them too little time for play and preventing sufficient out-of-door exercise. When the study of music or any other accomplishment, with the necessary practice, is added the strain is increased. Under these conditions the blood becomes impoverished and fails to nourish the nerves. The child becomes restless, and twitching of the muscles follows. Sometimes the child stumbles in walking and drops what it tries to hold. Pallor, listlessness and irritability are symptoms that early show that the blood and nerves are failing to meet the demands made upon them, and that St. Vitus dance has fastened its hold upon the child.

In this condition there is no tonic can equal Dr. Williams' Pink Pills, which build up the blood, strengthen the nerves and safely help to meet the demands of the growing child. Out-of-door exercise, nourishing food, plenty of sleep with these tonic pills will cure even the most severe cases of St. Vitus dance. We offer the following proof: "Up to the age of ten years," says Mrs. Johnson, of Hemford, N.S., "my son Calvin was as healthy and rugged as any child could be. Then he began to complain that his eyes hurt him, and of pains in the head, and began to fall back in his studies at school. Then I noticed a twitching of the muscles of his face and arms, and later his whole body seemed to be in constant motion. Our family physician was called in and pronounced the trouble a severe attack of St. Vitus dance. He was under the doctor's treatment for some three months, but did not seem to improve. We had taken him from school, and were careful that nothing should excite him, but notwithstanding he grew worse, and the least start would bring on attacks of hysteria. This went on for some months until Dr. Williams' Pink Pills were brought to my attention, and we decided to give him this medicine. After using a few boxes there was a noticeable improvement, and by the time he had taken nine or ten boxes he had recovered his former good health. There has been no sign of a return of the trouble, and I can scarcely say how thankful we feel for the complete restoration of our son's health."

Parents who find their growing boys or girls becoming nervous should lose no time in giving them Dr. Williams' Pink Pills. You may ward off an attack of St. Vitus dance, or if the trouble has reached that stage the Pills will effect a cure. Sold by all medicine dealers or by mail at \$2.50 cents a box or six boxes for \$15.00 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Hot Weather Hints.

Dr. Harvey W. Wiley, of Washington, has promulgated a few "hot weather do's and don'ts." Here they are:

- "Eat everything, but moderately."
- "Abstain from alcohol and tobacco."
- "Drink plenty of cold water, but do not gulp it."
- "Never drink with meals, but immediately after."
- "Eat plenty of fruits and vegetables."
- "Abstain from sweet soda fountain drinks, unless the syrup is used sparingly in them."
- "If you eat moderately and refrain from drugs, do not be afraid of sunstroke."



## Pure Ice Cream

IS IDEAL for the growing child, especially in the summer.

But it must be pure and made in a sanitary plant, such as the City Dairy. We ship thousands of Ice Cream Bricks for consumption in the home and thousands of gallons of Bulk Ice Cream for consumption in the shops of discriminating dealers everywhere in Ontario.

Look for the Sign.

**CITY DAIRY**

TORONTO.

We want an Agent in every town.

# SUBMARINE AND ZEPPELIN.

### German Pride and Confidence in These Two New Weapons.

In German opinion the submarine has rendered obsolete all other types of warship. Great Britain's naval supremacy is deemed a thing of the past. Even in the most responsible quarters the hope is expressed that the neutralization of private property relating thereto, may be brought about before the end of the war, writes "A Neutral" in the London Times. From the German point of view, the development of submarine power radically changes the status of merchant shipping. The long roll of torpedoed vessels vividly testifies to the practical destructive power of this new naval weapon. The Germans still seem to hope that they will find some ground for reaching an agreement with England. In fact I found that the hatred against England among the upper classes has subsided. As a high official put it to me, "We hope that even England will realize that we are an enemy worthy of her steel. The spirit of true sportsmanship, so strong in the Englishman, will recognize that we have put up a splendid fight against overwhelming odds." These words are not without peculiar significance as coming from a typical, uncompromising Prussian. They show that there is a more sober spirit among them.

But this is not the feeling of the people. To them Grand Admiral von Tirpitz is the specially appointed instrument of Providence to humble British pride. The most popular bit of "war art" I saw exhibited in Berlin is a bronze plaque representing in bas-relief on the one side the long-headed Tirpitz as Triton, trident in hand, rising out of a sea strewn with the inscription, "Gott strafe England." He alone is keeping alive the spirit of revenge. It is not difficult to make a people ignorant of naval matters believe that a fleet in the modern sense consists of submarines and airships, and that in this respect they have a two-to-one superiority over the English, who in the past boasted of their "two-power standard." But the fact that inspires the most enthusiasm is that England has been "invaded."

"The German flag has floated over England, over London; England is no longer an island," are utterances which express the jubilant confidence of the people in their "fleet."

To many Germans it is only a question of time before a phalanx of Zeppelins and aeroplanes advancing four abreast in battle formation will sweep over Britain and in a night destroy the chief arsenals, factories, etc., of the land, and above all, of London. Inquiries as to when this event would take place met with the cryptic reply, "When we have beaten the Russians!"

### Rumania Owes Much to King.

To King Charles, Rumania owes most of its modern development. He was one of the most progressive of monarchs. He built up an army of the first class, carried out great national works, inspired and supported an educational system, encouraged railway development, and organized the agriculture of the country so effectively that Rumania is now one of the principal grain exporting countries of the world.

### Clock Made of Straw.

A clock made entirely of straw and willow withes has been completed recently in Switzerland. The chimes are made of straw put through a special process to give a ringing sound. Not a bit of metal was used in the unique clock.

# US IT

### Has Removed Wrinkles For Over 2,000 Years

Since the time of Cleopatra, the beauties of the East have preserved their fresh bloom of youth and kept their skins free from all wrinkles by the application of a combination of Oriental oils, the preparation of which is a secret handed down from generation to generation.

A Canadian traveler in Egypt was fortunate enough to secure the secret from an Arab. After exhaustive tests of the preparation in England, United States and Canada, the preparation has been placed in the hands of druggists everywhere under the trade marked name of Us It.

Us It Mfg. Co., Ltd., 476 Roncesvalles avenue, Toronto, Ont.

### TWO WOMEN HEROES.

#### Aid Belgian Soldiers in the Firing Line.

Few more splendid tales of devotion, courage and self-sacrifice have come from Belgium than the story of the gallant work of two Englishwomen on behalf of the Belgian soldiers in the trenches. They are Mrs. Kureker and Miss Chisholm, who went out to the Belgian trenches, and they have been there—the only two women allowed in the firing line since the 3rd Division ever since last September. They spend their whole day in rescuing and caring for the sick and wounded, whom they themselves carry to a little hut they have built a quarter of a mile from the trenches, having already been shelled out of two houses which they had been occupying since last September. They spend their whole day in rescuing and caring for the sick and wounded, whom they themselves carry to a little hut they have built a quarter of a mile from the trenches, having already been shelled out of two houses which they had been occupying since last September. They spend their whole day in rescuing and caring for the sick and wounded, whom they themselves carry to a little hut they have built a quarter of a mile from the trenches, having already been shelled out of two houses which they had been occupying since last September.

### RENOVATING BUILDINGS.

#### Canadian National Exhibition Authorities Taking Precautions.

It will be interesting to stockmen generally to know that the most extraordinary precautions are being taken by the Canadian National Exhibition, Toronto, to thoroughly disinfect all sheds and buildings to be occupied by livestock during the coming fair, Aug. 28 to Sept. 13.

Immediately after the military authorities had removed the last of the horses housed at the grounds over the winter, a meeting of the chairmen in charge of the different branches of the livestock department at the Exhibition met and decided at once to seek Government co-operation in the work of disinfecting and cleansing the grounds.

A large force of men have since been engaged at the work of immunizing every inch of space, in which task they are using the most thorough methods. Floors, walls, ceilings and every nook and cranny that might prove a lurking or breeding-place for germs are being treated with specially prepared disinfectants of extra strength and effectiveness.

Before the livestock are housed at the grounds previous to the Fair, the Exhibition Board will have all buildings inspected by the Veterinary General, who will come from Ottawa for the purpose. The Ontario Government, too, will conduct an independent inspection, and it will be a very elusive germ indeed that will be able to dodge this combined attack.

### BUILT A MONUMENT

#### The Best Sort in the World.

"A monument built by and from Postum," is the way a man describes himself. He says:

"For years I was a coffee drinker until at last I became a terrible sufferer from dyspepsia, constipation, headaches and indigestion. (The effects on the system of tea and coffee drinking are very similar, because they each contain the drug, caffeine.)

"The different kinds of medicine I tried did not cure me, and finally some one told me to leave off coffee and take up Postum. I was fortunate in having the Postum made strictly according to directions on the package. Gradually my condition changed. The old troubles disappeared and I began to feel well again. My appetite became good and I could digest food. Now I am restored to strength and health, can sleep sound all night and awake with a fresh and rested body.

"I am really a monument built by Postum, for I was a physical wreck, distressed in body and mind, and am now a strong, healthy man. I know exactly what made the change; it was leaving off coffee and using Postum."

Name given by Canadian Postum Co., Windsor, Ont. Read, "The Road to Wellville," in plugs.

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. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

# WHAT SCIENCE

### COULD DO FOR US

#### SCIENTISTS OF BRITAIN SHOULD BE MOBILIZED.

The British are Great Inventors, But Opportunities are Neglected.

The British Empire is mobilizing its industries for the manufacture of shells at last in the tenth month of the war. When shall we mobilize our scientists? asks a British writer. Emphasized by the news that the French Academy of Science is about to be placed in the closest possible touch with the French army. Officers are to inform the academy of new needs as they arise and to submit questions for solution. Thus in present conditions wire entanglements are usually removed by a very clumsy process—using high-explosive shell to tear down their supports. It might be possible to devise some more effective scientific means of achieving this end. Similarly with gas. The present idea is to moist poisonous gas by the issue of respirators. It would be better and quite as practicable to neutralize the asphyxiating gas with some other gas or vapor. To give an example, chlorine fumes would be rendered harmless by soda solution sprayed. In place of choking vapor there would be a snowfall of a solid viscous substance, chlorine of sodium, or common salt.

The Germans mobilized their scientists and physicists for military purposes as they mobilized their whole nation. The war is more and more becoming a matter of science.

### British Brain Best.

The scientists have given them various kinds of asphyxiating gases and bombs charged with formaline and other choking fumes. They have turned out high explosives in gigantic quantities and of relative stability. When the allied blockade interfered with the supply of nitrates—and nitric acid is an essential ingredient in every explosive—the German chemists produced their plant by which nitrogen was extracted from the air. They have anticipated every move of the allies and have sprung surprise after surprise upon us.

There is an ill-founded idea that the British are inferior to the Germans in scientific requirements and inventiveness. This has been much exploited by the Huns, but it is sheer nonsense. One of the most famous American millionaires states that he has made an immense fortune out of British brains and declares that the British are greater inventors than the Americans. Sir William Bayly recently showed that the most remarkable chemical inventions of the last few years were the achievement of Englishmen.

### Unemployed Skill.

Even in military matters we have shown originality. In the application of heavy artillery to war, for example, the British led the way. In India, so far back as the Mutiny, they took weapons of the largest size that then existed into the field. They forgot or dismissed what they had done, to be disagreeably surprised when the Germans in this war turned up with 11-inch and 16-inch howitzers.

So with the machine-gun, of which the Germans are making so enormous a use. The British army—after the French discarded their mitrailleuses—was the first in Europe to be equipped with this pattern of weapon and to grasp its value. Having content with a tiny allowance of these guns. The Germans ordered just before the war 50,000 machine-guns. The result is that they are able to hold their trenches to-day with machine-guns worked by half a dozen men, whereas we, for want of these weapons, are compelled to cram our lines with men and thus to let the German high-explosive shells a splendid target.

### State and Chemists.

Britain led the world in the adoption of the Dreadnought type, and here again the Germans merely copied. The real German invention is the Zeppelin, and to this—if we had taken pains, gone to our men of science and been content to spend a little money—a reply could long since have been discovered. But while harping upon the importance of science and the value of it to the State, there is no class which our chemists, physicists, and men who know their business.

The State's idea of the chemist was shown in an English advertisement last year offering the princely salary of £2 5s. a week to a first-rate chemist required for research work in one of the Government laboratories. While tens of millions have in the past been expended on teaching small boys and girls to read and write, the princely sum of £4,000 a year has been allotted by the State to the Royal Society for Research. It sounds like a grim joke, but unhappily it is true.

### Obbliging.

A servant-girl one day went to her mistress in tears, and asked permission to go home for a few days—she had a telegram telling that her mother was ill.

"Of course, go," said the mistress; "only, Maggie, do not stay longer than is necessary. We need you."

Maggie promised to return as soon as possible, and hurried away. A week passed without a word from her; then came a note by post—"Dear Miss M., I will be back next week, an please keep my place for me; Mother is dying as fast as she can. To oblige, Maggie."

# Will Quickly Cure

### Any Sour Stomach

#### Relieves Fullness After Meals.

"When I was working around the farm last winter, I had an attack of inflammation," writes Mr. E. P. Dawkins, of Port Richmond. "I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was pain and fullness, and all the symptoms of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting, like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and I feel so glad that I have found a mild yet certain remedy. To-day I am well—no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills, and my letter, I am sure, proves it."

Refuse a substitute for Dr. Hamilton's Pills of London and Boston, but, sold in yellow boxes, 25c. All dealers, by The Catarthozone Co., Kingston, Ont.

### The Royal Children.

Princess Mary recently celebrated her eighteenth birthday. There would have been great rejoicings if the war had not intervened, for the Princess was to have given a fancy-dress ball in honor of the occasion.

Although, however, the birthday itself has passed off with comparative little ceremony, the recognition of Princess Mary's new state as a "grown-up" will probably be duly celebrated by her debut at a special Court after the war. Our little Princess is very like Queen Mary when she was eighteen, and is not nearly so shy and retiring as she used to be. Princess Mary is, of course, the most eligible Royal party in Europe, and will, no doubt, in time make a very great match. But up to the present the matter has not been discussed, and the Princess is free from any thoughts of marriage. Indeed, she is very childish still, and there was a rumor going the rounds a short time ago that she and the Prince of Wales solemnly congratulated one another on the fact that owing to the war they would never have to marry Germans.

The Prince of Wales reached his twenty-first birthday on June 23rd. Although he has only been a few months at the front, he has been highly praised by the Commander-in-Chief, and has earned the liking and respect of privates and officers alike.

It is a matter of great satisfaction to his parents that his Royal Highness has outgrown his delicacy and developed into a wiry young man capable of standing any amount of fatigue, and with every promise of being able to carry on with distinction the onerous duties which will some day devolve upon his shoulders.

### A French Boy's Pluck.

A patient in the American Ambulance Hospital at Neuilly-sur-Seine tells the following story of one of his comrades:

"We had been living in the trenches for days with the water above our ankles. At that time our trenches were only thirty-six yards away from the German trenches, so that we could hear an enemy talking and whistling, and, indeed, were often called across to them."

"One day, young P., who was a hot-tempered chap about twenty-one years of age, threw down his shovel and said that he wouldn't work in such a nasty hole another moment, and that he had rather die at once from a German bullet than live another day in the trench. Anyhow, he was going out to chop some wood for a floor and let the Germans shoot him if they wished."

"Thereupon P. calmly crawled out of the trench, walked to a woodpile in full sight of the Germans, and began making planks from the wood. He worked a whole hour; for the Germans were so much astonished at his audacity, and so delighted with his pluck, that they made no attempt to stop him."

"When he had finished the needed pile of boards, P. as calmly carried them into the trench; and the men made a good floor of them."

### Tea Is a War Munition.

Tea is being used as the most portable beverage ration in the trenches in Europe. The belligerent Governments are buying immense quantities of tea that will greatly increase the future consumption. Cheap tea is a thing of the past now that the new demand has arisen, and rising prices may be expected for some time.

### There are over ten thousand islands in the British Empire.

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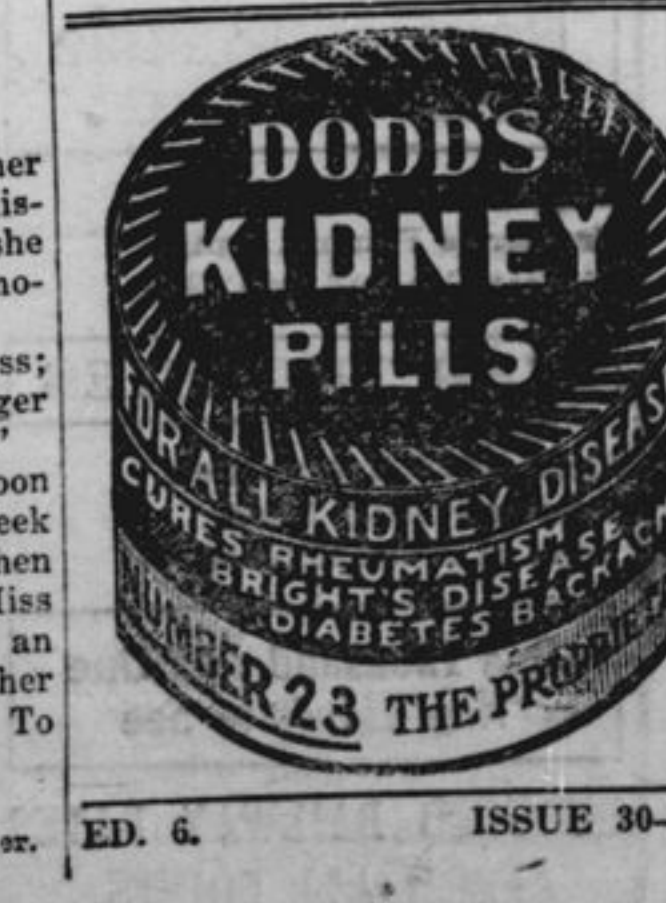
### Minard's Liniment Cures Colds, Etc.

A Difference.

Owens—"Here comes my tailor. Let's cross over."

Owens—"Why? To avoid paying his bill?"

Owens—"No; to avoid his asking me to pay it."



### Overblouses and Boleros the Vogue for Girls.

There is nothing, perhaps, that harmonizes better with the young girl's figure than overblouses and boleros. These have been exceedingly popular this season, due in no small measure, not alone to their good looks, but to their practicability. A very delightful dress with an overblouse is Ladies' Home Journal Pattern No. 8663, shown above. The underwaist opens in front, and has a roll collar, full-length sleeves and a pretty four-piece circular skirt, with plaits at the hips. The overblouse slips on over the head, and is held in place by a belt. The pattern cuts in sizes 14, 16, 17 and 18 years, requiring for size five yards of 36-inch material with two yards of material for the underwaist.

Pattern, 15 cents each, can be purchased at your local Ladies' Home Journal Pattern dealer, or from The Home Pattern Company, 183-A George Street, Toronto, Ontario.

### Controls Liquor Sales.

Under the powers conferred by the Defence of the Realm Act the British Government by an Order-in-Council decided to take over the control of the sale and supply of intoxicating liquors in many districts where war material is being made and loaded, unloaded or otherwise dealt with. The districts affected include the city of Bristol and surrounding towns, Avonmouth, Newhaven, Southampton, Newport, Cardiff, Barry, Barrow-in-Furness, Liverpool and adjoining towns, and most of the munition and shipbuilding centres in Yorkshire.

Members of Parliament of all parties have undertaken a campaign to thank the employers and workmen in munition contrivance for the work they already have done, and to urge upon them the vital importance of turning out as great a quantity of munitions the country is capable of producing.

### Described.

"Pa, what is an interesting conversationalist?"

"One who knows all about what's in the books that you've been too lazy or too indifferent to read for yourself, my boy."

### No More Corns

Guaranteed Never known to fall; acts without pain in 24 hours. It soothes, heals, and takes the stings right out. No remedy so quick, safe and sure as Putnam's Painless Corn Extractor. Sold everywhere—25c. per bottle.

### Calling Bismarck's Bluff.

Bismarck was conferring the Iron Cross on a hero of the ranks, and, being in a humorous mood, he said: "I am authorized to offer you, instead of the Cross, a hundred thalers. What do you say?"

"What is the cross worth?" asked the soldier.

"About three thalers."

"Very well, then, your highness; I'll take the cross and ninety-seven thalers."

### This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN.

### The Romans punished pericides by first scourging the criminal, then sewing him up in a leather sack made air-tight, with a live dog, a cock, a viper, and an ape, and thus casting him into the sea.

### Minard's Liniment Cures Diphtheria.

George III. took dinner at four o'clock; George IV. at six; William IV. at seven; and Queen Victoria and her successors at eight.

### Minard's Liniment Cures Garget in Cows

No Joke.

"What's on the carpet to-day, my dear?" asked Mr. Wombat, who is flowery of speech.

"More mud that Johnny has tracked in, I 'pose," responded literal Mrs. Wombat.

### LOW FARES TO THE CALIFORNIA EXPOSITIONS VIA CHICAGO & NORTH-WESTERN RY.

Four splendid daily trains from the New Passenger Terminal, Chicago to San Francisco, Los Angeles and San Diego. Choice of scenic and Direct Routes through the heart of the West. Something to see all the way. Double track, automatic electric signal systems all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett, G.A., 45 Yonge St., Toronto, Ontario.

### In ancient Greece amethysts were worn round the neck to prevent intoxication; hence the name, which means "unintoxicated."

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### FARM FOR RENT.

IF LOOKING FOR A FARM, CONSULT me. I have over two hundred on my list, located in the best sections of Ontario. All sizes. H. W. Dawson, Brampton.

### NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

### MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal or external, cured without pain by our some treatment. Write for particulars. Dr. William Medical Co., Limited, Collingwood, Ont.

### FARMS FOR SALE.

FARMS FOR SALE IN THE County of Norfolk. Good choice. Prices ranging from \$300.00 to \$100.00 per acre. Terms reasonable. Apply R. W. Bartmann, Lynedoch, Ont.

### DUTCH BULBS.

FOR FALL 1915—DIRECT FROM Holland. Bulbs of first quality, guaranteed true to name and color. Low prices. Send for our catalogue. Dorval Nurseries, Dorval Station, P.Q.



## PRESIDENT SUSPENDER

MADE IN CANADA

### A True German Flag.

The German flag would be a rainbow if it included all the colors of the various kingdoms, principalities or states of the German empire. The black and white and the eagle in the German flag are Prussian, and in the staff head corner is the canton, black, white and red representative of the North German confederacy, which was established in 1867.

The colors of Bavaria are blue and white; Hanover, yellow and white; Saxony, white and green; Wurtemberg, black and red; Mecklenburg-Strelitz, red and yellow and blue; Brunswick, blue and yellow; Saxe-Coburg-Gotha, green and white; Schaumburg-Lippe, blue and white. The colors of Waldeck are black, red and yellow; Pomerania, blue and white; Baden, red and yellow; Hesse, red and white; Hanover, yellow and white.

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