PAIN IN THE BACK

Usually Comes From Muscular Rheumatism.

Do not worry about a pain in the back. The worry will do you more harm than the pains. The cause of most backaches is muscular rheumatism, which is painful enough, but not fatal. Lumbago is a form of muscular rheumatism, so is a stiff neck. Sufferers from any form of rheumatism should keep their general health up to the highest standard by the use of a blood building tonic like Dr. Williams' Pink Pills, while taking good, nourishing food, without too much meat. Proper nutrition and pure blood are the best means of fighting rheumatism. Rheumatism comes from an acid in the blood, build it up, strengthen the system, and drive out the poisonous acid that causes rheumatism. In this way sufferers have found complete recovery as is shown by the following case: Mrs. Samuel Childerhouse, Orillia, Ont., says:—"About three years ago I was greatly afflicted with a severe pain in the back, which I thought at first was due to kidney trouble. I tried a number of remedies, but they did not help me any, in fact, the pain was growing worse, and got so bad that I was quite unable to do my housework. I could not even sweep a floor. I was advised to try Dr. Williams' Pink Pills, and I am glad I acted upon the advice, for before I had been taking the Pills long the pain began to subside, and under the continued use disappeared entirely, and I have not since been bothered with it in any way. My husband was also cured of a severe attack of indigestion by this same medicine, so that we both have much reason to be grateful for it."

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

FOUNDING OF FRANKFORT.

Now a Great German City of Importance.

The beautiful German commercial city of Frankfort-on-the-Main is said to have had a curious origin.

When the Emperor Charlemagne contended with the Saxons, the fortunes of war were often against him. On one occasion he was forced to retire along the banks of the Main. At the time there was a thick fog, and he was unable to find his ship, or any place where his army could cross.

He was almost in despair when a doe, carrying a young one, sprang from a thicket in alarm, leaped into the stream, and swam over. Charlemagne followed the example, and crossed at the same place. The fog concealed the army, which escaped detection. When the emperor reached the shore, he stuck his spear into the earth and exclaimed:

"Here shall a city arise, to be called Frankenford!"

In consequence of crossing the stream he overthrew the Saxons. He then built the town, which afterwards became the scene of imperial coronations, and, later, of great commercial importance.

Has Germany Shot Her Bolt.

In the two main theatres of the war the German Powers appear to have shot their bolt, says the Westminster Gazette. 'If we hold together, and hold on, victory must be ours. The German hope depends wholly on our falling out with each other or losing heart, because the struggle is long and grim. No objection can be taken to the critic who points to the gravity the issues and the need of the utmost effort, but every objection must be taken to all criticisms which sow doubt and dissension among the Allies or cause depression in the public mind. For doubt, dissension, and depression are the auxiliaries of Germany, and her chance of winning is in quenching our spirits and dividing us from one another before the inherent weakness of her position is declared.

PUZZLED

Hard, Sometimes, to Raise Children.

Children's taste is ofttimes more accurate, in selecting the right kind of food to fit the body, than that of adults. Nature works more accurately through the children.

A lady says: "Our little boy had long been troubled with weak digestion. We could never persuade him to take more than one taste of any kind of cereal food. He was a weak little chap, and we were puzzled to know what to feed him on.

"One lucky day we tried Grape-Nuts. Well, you never saw a child eat with such a relish, and it did me good to see him. From that day on it seemed as though we could almost see him grow. He would eat Grape-Nuts for breakfast and supper, and I think he would have liked the food for dinner.

"The difference in his appearance is something wonderful.

"My husband had never fancied cereal foods of any kind, but he became very fond of Grape-Nuts and has been much improved in health since using it.

"We are now a healthy family and naturally believe in Grape-Nuts.

"A friend has two children who were formerly afflicted with rickets. I was satisfied that the disease was caused by lack of proper nourishment. The children showed it. So I urged her to use Grape-Nuts as an experiment, and the result was almost magical.

"They continued the food, and today both children are as well and strong as any children in this city, and, of course, my friend is a firm believer in Grape-Nuts, for she has the evidence before her eyes every day." Name given by Canadian Postum Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

HONESTY IS NOT AN INBORN TRAIT

IT IS THE DELICATE PRODUCT OF CAREFUL TRAINING.

How the Disease Drives Boys From School to a Life of Crime.

Physical diseases and disabilities in a wide range are found to be incidentally correlated with thieving and to be contributing factors. We might enumerate many of these physical abnormalities. First among them, and easiest to appreciate the effects of, are those bodily conditions that bring about failures, dissatisfactions and irritations in school life and lead to truancy and its consequent bad companionship, writes Dr. William Healey, of Chicago.

We might mention defective vision, for instance. Here is a boy with poor sight who has never enjoyed his work in the schoolroom. With a great sense of relief he stays out, and the enticements of street life thereupon become many. He has no money, and as a natural consequence may get into petty thieving.

Schoolroom Breeds Disease.

It is hardly necessary to go through the list of ailments which may cause dissatisfaction with the closed-in life of the ordinary schoolroom. We have found anemia, general poor conditions of nourishment and development, defective hearing and many other ailments responsible for this social and educational misfortune. Much has been made of diseased conditions of the nose and throat, and no doubt they are important.

A child who is a mouth breather and who has large adenoids is quite apt to do poorly on the work that other children perform with ease. This leads to the irritations and consequences we have just mentioned. Many local conditions tend to produce the same outcome—none of them, however, would one lay special stress on as cause for stealing, although in every case they should conscientiously be sought for. The truant-thief presents a problem that is best studied under the head of truancy; the stealing is secondary.

The Part Development Plays.

Some physical conditions that are not nearly well enough understood as causative of delinquency belong in the categories of over development and premature development. If a child is possessed of a super-abundance of energy and lives in an environment that cannot provide material proportionate to his needs the reaction may be delinquency. We studied a boy of 14 years who was 6 feet in height and astonishingly well developed otherwise. He was already a head taller than any other member of his family. They lived in a cooped-up city apartment.

His career serves as a text for one phase of our discussion; we have seen many others who present the same characteristics. Some of the earliest of this boy's impulses were toward adventure, and after dark he found the greatest chances for leading his wild life. Under his social circumstances there can be little wonder that he began thieving—it is of interest to know that he frequently stole such material as would serve him for future adventure.

For a long time he collected his plunder in hidden places, and as a last adventure stole a neighbor's horse and made off into the country with it, to begin a long journey toward the West. After we pointed out the essentials of the case, fortunately the father had discernment enough to realize them, and though the boy had not finished his school life, he gave him, on a Western ranch, the opportunities that his nature imperatively craved.

Why Children Steal.

To the ardent restlessness of boyhood, and sometimes girlhood, can be attributed not a few cases of stealing. Physiological phenomena are at the base of this. Often the so-called nervousness is nothing more or less than a developmental affair. General oversize, as in the above case, is by no means always present, but the effect may be caused by such a factor as premature puberty.

Over and over we have seen cases of this kind where, particularly in boys, the forwardness of physiological conditions was responsible for their not acting as their fellows of the same age; the outcome has been that illicit adventures and satisfactions were sought. In such cases a great deal of care is needed; less, however, on account of stealing than because of other delinquencies. A free country life with plenty of opportunity for physical exercise and normal adventure is highly desirable.

Quite in contrast to the class in which such ailments as nervous diseases, St. Vitus' dance, etc., we may consider unfortunate physical states through which the will is weakened and the individual becomes an easy prey to temptation from within or without. The main source of those physical conditions that bring about a weakened will and lead to stealing is pernicious sex habits. Considerations of the same sort apply to any other cause of physical depletion; we can include the wasting of any chronic disease, and particularly the result of poor hygiene.

Cannot Resist Temptation.

The boy who starts out in the morning after having spent a night breathing air deficient in oxygen, for example, is much more prone to be a victim of temptations, to be easily led by bad companions, than is the individual who is in possession of full physical and mental strength. We by no means want to urge the conclusion, however, that the majority of delinquents are suffering from atrociously bad physical conditions. Indeed, we observe that among children it is very often the most active ones who engage in certain forms of stealing.

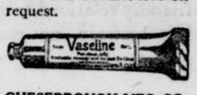
Vaseline

Trade Mark

Petroleum Jelly

The reliable home remedy for cuts, burns, insect bites and many other troubles. Sold in glass bottles and handy tin tubes at chemists and general stores everywhere. Refuse substitutes.

Illustrated booklet free on request.



CHESEBROUGH MFG. CO.
(Consolidated)
1880 Chabot Ave. Montreal

But in this matter, as elsewhere, there are many varieties of individuals, of factors and temptations. Physical weakness may be a source of trouble and must be reckoned with.

In summary we may state that delinquent children should be studied from the physical standpoint in the first place to ascertain whether any physical conditions and peculiarities are causative of the delinquent tendencies. We are not going to find an excessive proportion of these, but such as are found may prove very important.

Society's Great Debt.

In the second place, it is hard enough for the child with quite normal tendencies to get along under bad physical conditions, while it is much harder for delinquents to make good in such circumstances.

Lest one may say, in this connection, as is often said, that delinquents are having too much done for them nowadays, that they are receiving too much study and attention, one might answer that society has a great deal at stake in the welfare of individuals who show a tendency to prey on it.

Whatever can be done to check their tendencies should be done in full measure and at the very earliest opportunity. If physical conditions are in any way at fault they, if possible, should be remedied.

Baron, Ei-Ichi Shibusawa.

World peace secured by a six-power alliance, which shall include the United States, Japan, Great Britain, France, Russia, and Italy, is the dream of Baron Ei-Ichi Shibusawa, recognized as the leading financier of Japan, who is in America on a pleasure trip.

The baron, who is often referred to as the "J. P. Morgan of Nippon" on account of his financial pre-eminence in that country, suggests that the United States co-operate with his country in the development of China. He also urges that President Wilson take the initiative to bring about negotiations tending to settle the European war.

An Old Soldier.

One of the soldiers who recently received the war cross is Corporal Charles Surugue, former Mayor of Auxerre, France, a 76-year-old volunteer who has been at the front from the beginning of the war. A citation in the orders of the day says that the aged volunteer "has participated as sapper and miner in all the work of the trenches, night and day under the enemy's fire, without once weakening." Monsieur Surugue is a veteran of the war of 1870; he had received the red rosette of the Legion of Honor before the war.

Minard's Liniment Cures Distemper.

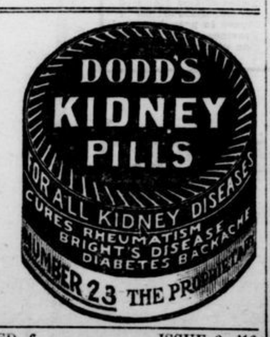
Missed Opportunity.

Brown—I should think doctors would be even more tyrannical and autocratic than they are.

Smith—Why so?

Brown—Because all their dealings are with people who are in no condition to fight back.

Clerk (run into by somebody in the dark.—Clumsy idiot (perceiving that it is his employer) that I am!"



THE WAYS OF CRABS.

Some That Travel Like Diminutive Armies.

On some of the sand-flats of the Philippine Islands, uncovered at low tide, there are often to be seen huge numbers of the grayish-blue crabs called Myctiris. The body has the shape and size of a cherry, and the legs are set close. Dr. R. P. Cowles has given us a lovely picture of the ways of these creatures.

They move about like diminutive armies, and, though the individuals seem to be scrambling along rather awkwardly.

But what is most remarkable is their power of intrenching themselves with extraordinary rapidity. At one moment there are tens of thousands on the sand; the next moment there are none.

By approaching very slowly and carefully, Dr. Cowles was able to see what happened. When he got near enough and stamped with his foot, every crab dug into the sand with the legs of one side, and at the same time rotated its body so that it sank out of sight in a spiral.

In two or three seconds the army had buried itself. After a few minutes, if the sand was not shaken, they began to dig themselves out again and, reforming their ranks, resumed their march.

LEARN SPANISH.

It Is Far Easier to Learn Than the French Language.

Spanish is the simplest language to learn in the world, and, commercially, it is one of the most valuable.

Six months' tuition should enable the average person to acquire a sufficient knowledge of Spanish for business purposes. It is quite simple, too, to compose an ordinary business letter in this language at the end of that period.

One fact that makes the language so easy is that Spanish is pronounced exactly as it is spelt—there are no accents to trouble about, and the letter "h" is always silent. It is far easier to learn than French, and a knowledge of Latin helps one considerably.

An ambitious man, familiar with the Spanish tongue, is offered enormous opportunities in the continent of South America. German success in the Spanish markets has been largely due to the fact that they have mastered the language and conducted their business in it. Their catalogues are drawn up in Spanish, and their agents speak it well enough for all commercial purposes, though with the inevitable Teutonic accent.

How to Save Your Eyes

TRY THIS FREE PRESCRIPTION

Do your eyes give you trouble? Do you already wear eyeglasses or spectacles? Thousands of people wear these "windows" who might easily dispense with them. You may be one of these, and it is your duty to save your eyes before it is too late. The eyes are neglected more than any other organ of the entire body. After you finish your day's work you sit down and rest your muscles, but how about your eyes? Do you rest them? You know you do not. You read or do something else that keeps your eyes busy; you work your eyes until you go to bed. That is why so many have strained eyes and finally other eye troubles that threaten partial or total blindness. Eyeglasses are merely crutches; they never cure. This free prescription, which has benefited the eyes of so many, may work equal wonders for you. Use it a short time. Would you like your eye troubles to disappear as if by magic? Try this prescription. Go to the nearest wideawake drug store and get a bottle of Bon-Opto tablets; fill a two-ounce bottle with warm water, drop in one tablet and allow it to thoroughly dissolve. With this liquid bathe the eyes two to four times daily. Just note how quickly your eyes clear up and how soon the inflammation will disappear. Don't be afraid to use it; it is absolutely harmless. Many who are now blind might have saved their eyes had they started to care for them in time. This is a simple treatment, but marvelously effective in multitudes of cases. Now that you have been warned don't delay a day, but do what you can to save your eyes and you are likely to thank us as long as you live for publishing this prescription. If your own druggist cannot fill this prescription, send $1 to the Valmas Drug Co., Toronto, for a complete Bon-Opto Home Treatment outfit—tablets and all.

THOUGHTS FOR THE DAY.

He who loves not his country can love nothing.—Byron.

Religion is the best armor in the world, but the worst cloak.—Newton.

In the love of a brave and faithful man there is always a strain of maternal tenderness.—George Eliot.

Habit is a cable; we weave a thread of it each day and it becomes so strong we cannot break it.—Mann.

To talk in public, to think in solitude, to read and hear, to inquire and answer inquiries, is the business of a scholar.—Johnson.

It is a pleasure to think that we have not followed the impious assumption of another State that the Almighty is its Lord and that the Almighty is leading it to victory.—Lord Bryce.

No chapter in the history of the world's conflict more vividly reveals the devilish craftiness, the unexampled perfidy, and true cynicism of the German mind than the use of poisonous gases.—Dr. P. Eugene Guiseppe.

Minard's Liniment Cures Garget in Cows

A Curious Will.

A curious will has just been settled in England containing a moral worth a wider circulation than a miser's last testament often obtains. The poor man died, when to general surprise it was found he left $170,000. The $150,000 in a package, signed and sealed, was to be given to his native town; five thousand each to three brothers, and five thousand to a friend with whom he had quarrelled. It was stipulated that none of the four should follow the body to the grave, which suggestion the three brothers gladly accepted, but the quarreller walked alone, and forfeited his $5,000 for the sake of paying a last mitigating honor. When the package was opened for the town it disclosed another will, giving the $150,000 to any of the four who should disregard the stipulation.

"The Perfect Day" is the day when you work in harmony with law. Health comes from Harmony. Get in harmony with Nature's laws by eating Shredded Wheat, a simple, natural, elemental food which supplies the greatest nutriment with the least tax upon the digestion. Try it for breakfast with hot milk or cream. Delicious with sliced bananas or other fruit. Made in Canada.

LADY COLONELS.

A Number of Royal Lady Commanders of Regiments.

The proposal recently put forward that Princess Mary, who is now officially of "full age," should be made an honorary colonel in the British Army, is a reminder that there are quite a number of Royal lady commanders of regiments, each of whom is technically entitled to wear the uniform of her corps, and to ride at its head upon occasion, should she desire to do so, says London Answers.

Thus, Queen Alexandra is colonel-in-chief of the 10th Hussars, while the Princess Royal and Queen Mary hold similar honorary commands in connection with the 7th Dragoon Guards and the 18th Hussars respectively.

The above are, of course, unpaid, but in the German Army there are no fewer than eight women colonels who draw small swords occasionally, and large salaries regularly; and in this connection it may be of interest to note that the late Queen Victoria was, at the time of her death, colonel-in-chief of the 1st Prussian Dragoon Guards, the famous corps d'elite that suffered so heavily at our hands in the fighting round Ypres in November last.

The Empress of Russia, again, is in nominal command of no fewer than four regiments of cavalry, while most other European queens and queen-consorts hold similar positions in connection with one or more corps.

INVENTIONS BY WOMEN.

Have Perfected Many Useful Articles For the Home.

Women inventors are constantly increasing in number, and among those who have recently achieved success is a woman who has perfected spout kettles, tea kettles, coffee pots and like utensils. She not only has a special spout design in these, but also a baffle plate at the bottom of the kettle, which in conjunction with the spout causes a smooth, controllable stream to issue from the spout.

Another woman has invented an egg beater that consists of a single piece of resilient wire bent spiral shape over the handle strand. It is said to conform to the size and shape of the dish or bowl in which it is used.

One of the newest clothes-pins is fitted with a spring so that it can be clamped upon the wire and the garment suspended from it. A groove is cut in the upper end of the pin, in order that the clothes line will fit in it, and the inner lower surface of the pin that clamps the garment is corrugated, so that the drying article will not slip.

Excellent lunch boxes are now provided for children, thermos bottles included, at comparatively little cost, an invention of a woman. These boxes are of metal or tin, that permit of daily scalding. Lots of them have adjustable compartments, so that the contents can be neatly packed and kept in place.

How Much Rye Do You Eat?

Most people eat little, if any, rye. Yet rye is one of the most healthful and nutritious cereals.

Dr. Jackson's Roman Meal, the most nutritious cereal food known to science, contains 35 per cent. whole berries of rye.

In addition it contains whole wheat, deodorized flax seed, and bran. It distinctly differs in composition from any other food on the market. It will positively relieve constipation or "money back."

Roman Meal looks different and requires a simpler way of preparation. So be absolutely certain to follow directions on package and do not stir while cooking porridge or you spoil it.

Sold by grocers at 10c and 25c.
Made by Roman Meal Co., Toronto.

And many a man has lost money through the hole at the top of his pockets.

Minard's Liniment Cures Diphtheria.

He Could Tell.

Fond Mother—Bobbie, come here. I have something awfully nice to tell you.

Bobbie (aged six)—Aw, I don't care. I know what it is. Big brother's home from college.

F. M.—Why, Bobbie, how could you guess?

B.—My bank don't rattle any more.

ZAM-BUK

Purely Herbal—No poisonous coloring matter.
Antiseptic—Stops blood-poisoning, festering, etc.
Soothing—Ends quickly the pain and smarting.
Heals all sores.

50c. Box. All Druggists and Stores

PAYING OUR DEBTS.

Man Ought to be as Honest as the Earth.

Any man making a pretence at being honest will try and pay for what he gets. But having admitted the justness of his claim that he do so he may be surprised at the wideness of the application of the principle that lies at the back of it. The earth pays for what it gets—the rain and the sunshine, and the breezes of Heaven—with fruitfulness, waving grain, buds and blossoms and fruits, and the smiling green of fields. It is not a mere sponge, receiving always and never responding to the giver. It gives back everything, with an added something of its own. The earth is honest, generously honest. And a man ought not to be any less so. He is getting every day and hour and moment of his life, getting from all sides and in all possible ways.

HAVE WEDDING RING FAMINE.

British Firms Report It Is Growing Serious.

The London Daily Mail says there is a wedding ring "famine" in Great Britain, although gold is abundant. The paper cites three main causes for this shortage in wedding rings: The great number of war weddings, unprecedented investment in gem rings by workers since the rise in wages, and the absorption of the jewellers' workmen by aircraft and munitions factories.

The manager of a leading wholesale firm in London is quoted as saying his concern has orders in the value of $125,000 which cannot be filled for the reasons mentioned. These orders have been acumulating since last May.

KEEP YOUR BABY WELL.

Mothers can keep their little ones happy and healthy by the occasional use of Baby's Own Tablets. There is no minor ailment of little ones that the Tablets will not cure, and above all they are absolutely safe and positively no injury can result from their use. Concerning them Mrs. Henri Huard, Kingston, Ont., writes: "There is no medicine I know of so good for little ones as is Baby's Own Tablets. They have certainly been of great service to me." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What She Wanted.

"My dear," said Mrs. Strongmind, "I want you to accompany me to the Town Hall to-morrow evening."

"What for?" queried the meek and lowly other half of the combine.

"I am to lecture on 'The Dark Side of Married Life,'" explained Mrs. Strongmind, "and I want you to sit on the platform and pose as one of the illustrations."

Minard's Liniment Co., Limited.

Gentlemen,—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors.

A COTE, Merchant.
St. Isidore, Que., 12 May, '98.

Britain's Wealth.

At a rough estimate the capital wealth of the British Empire is £26,000,000,000 ($130,000,000,000), and its yearly income £4,000,000,000 ($20,000,000,000), Reginald McKenna, Chancellor of the Exchequer, told an enquirer in the House of Commons recently.

MURINE FOR YOUR EYES Granulated Eyelids, Eyes inflamed by exposure to Cold Winds and Dust quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists' 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free write Murine Eye Remedy Company, Chicago

THE QUEEN AND THE TEACUP.

How She Came to the Rescue of An Old Servant.

The mother of the present Queen of Holland married King William when the King was pretty well along in years; it was his second matrimonial adventure. He was so pleased with it that one day he purchased a tea set of costly porcelain as a gift for his queen. He felt that it was quite an extravagance, and threatened to discharge any servant who was careless enough to break a part of the set.

One day, says Novellen-Schatz, a man who had been in the service of the royal house for many years, had the misfortune to break one of the precious cups. He was heartbroken. Tearfully he went to Queen Emma and told her his story. The sympathetic queen took the broken pieces and put them together, saying, "I think we can fix that. Just paste it together with cement. The edges are smooth and won't show much. Leave the rest to me. I'll do what I can to save you."

When the royal family sat down to tea the next time, the injured cup was at Queen Emma's place. The queen, pretending to be very thirsty, drank all the tea at once; and then, as if struck with a sudden idea, she turned quickly in her chair toward the king, and her arm swept the cup to the floor. As it crashed into a thousand pieces, the queen affected an expression of deepest regret, and said timidly, "There, Your Majesty, see what an awkward servant I am. Now, the only thing you can do is to dismiss me from your service."

But William was in a happy mood; seeing how grieved his wife appeared, he made light of the loss and consoled her affectionately, while the old servant stood trembling by, thanking his good fortune for a mistress whose tact and kindness had saved him his position.

FARMS FOR SALE.

FARMS — ALL SIZES — STOCK, Grain, Dairy or Fruit. When you want to buy, write H. W. Dawson, Brampton, Ont.

100 ACRES, 13 IN SIXTH CONcession, Franklin, $5,000. H. J. Wilder, Birkendale, Muskoka.

FOR SALE

FOR SALE—A 10 H.P. D.C. MOTOR 900 revolutions, 250 volts; in first-class condition. Apply Mr. Stainton, Daily News, Toronto.

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 and external cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collings ad. 4081

America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author

H. CLAY GLOVER, V. S.
118 West 31st Street, New York

19c FOR CHICKENS

We pay the above price for crated chickens, bled, and picked clean to the wing tips.

WALLER'S
700 Spadina Avenue - Toronto

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. Horse Book 9 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, heals Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

NEW CHICKEN COOP.

One That Will Prevent Hens From Setting.

A device invented by Benjamin R. Bush consists of a coop made of lath about two feet square and swung on a shaft set a little above the centre so that most of the weight will be below the shaft on the lower part of the coop.

The ends of the shaft are set on posts about three feet above the ground. It is impossible for a hen to sit on the slatted bottom, and if an attempt is made the rocking and tippling of the coop will soon make her seek a more stable support, and the only one within the cook is the shaft passing through it; and the most persistent broody hen is usually glad to roost on it the first night. When the hen has perched for two nights she may be considered cured. This coop will accommodate three or four hens without crowding and insures quick results.

Minard's Liniment Cures Colds, Etc.

If It Comes to the Worst.

Smith's wife said to him one evening anxiously, "I know, John, dear, this high cost of living is terrible, but do you really think we can get along without a servant?"

"We'll have to," Smith answered firmly, "unless I get a rise. Why, hang it, if the worst comes to the worst you can do the cooking yourself—and I can get my meals at a restaurant."

PAINS AFTER EATING

WIND IN THE STOMACH—ACIDITY, HEADACHES—CONSTIPATION

ARE SIGNS OF INDIGESTION.

Indigestion—the complete or partial failure of the digestive processes—frequently throws out of gear the whole machinery of the body. You can't enjoy the vigour and vitality of good health unless your stomach, liver and bowels do their work regularly and efficiently.

MOTHER

SEIGEL'S SYRUP

As a digestive tonic and stomachic remedy, Mother Seigel's Syrup is esteemed in tens of thousands of homes, wherever the English language is spoken. If you suffer much or little from disorders of the stomach, liver or bowels, try the effect of taking 15 to 30 drops of this famous remedy in water, after meals, for a few days and note its beneficial effects. 4015

ASSISTS DIGESTION

The new 50c size contains *three times* as much as the trial size sold at 25c per bottle.

ONTARIO ARCHIVES
TORONTO