

NEW WAY TO BE WELL

Healthfulness of Oranges.

The one lesson which most people never seem to learn is, how to guard their health.

We have been eating oranges since time immemorial, yet how many of us know that orange juice contains a medicinal principle which has a marked action on the stomach, bowels, kidneys and skin. Some physicians go so far as to say that they can cure the average case of indigestion, constipation, biliousness and dry skin with orange juice and proper diet.

This can be easily proved to the satisfaction of any sufferer. Take the juice of one or two oranges every morning before breakfast, take one or two "Fruit-a-lives" every night at bed-time, exercise a reasonable care in diet, and the proof will be found in health.

The cure will be greatly assisted and hastened by taking "Fruit-a-lives" in conjunction with the orange juice. "Fruit-a-lives" are fruit juices in which the medicinal principle of oranges, apples, figs and prunes are many times increased by the special way in which they are combined. These tonics are added and the whole made into tablets. "Fruit-a-lives" may be obtained at all dealers, or will be sent postpaid on receipt of price—50c a box—\$1.50. "Fruit-a-lives," Limited, Ottawa.

A STORY AND A HALF BUNGALOW.

Designed by Chas. S. Sedgwick, Architect, Minneapolis, Minn.



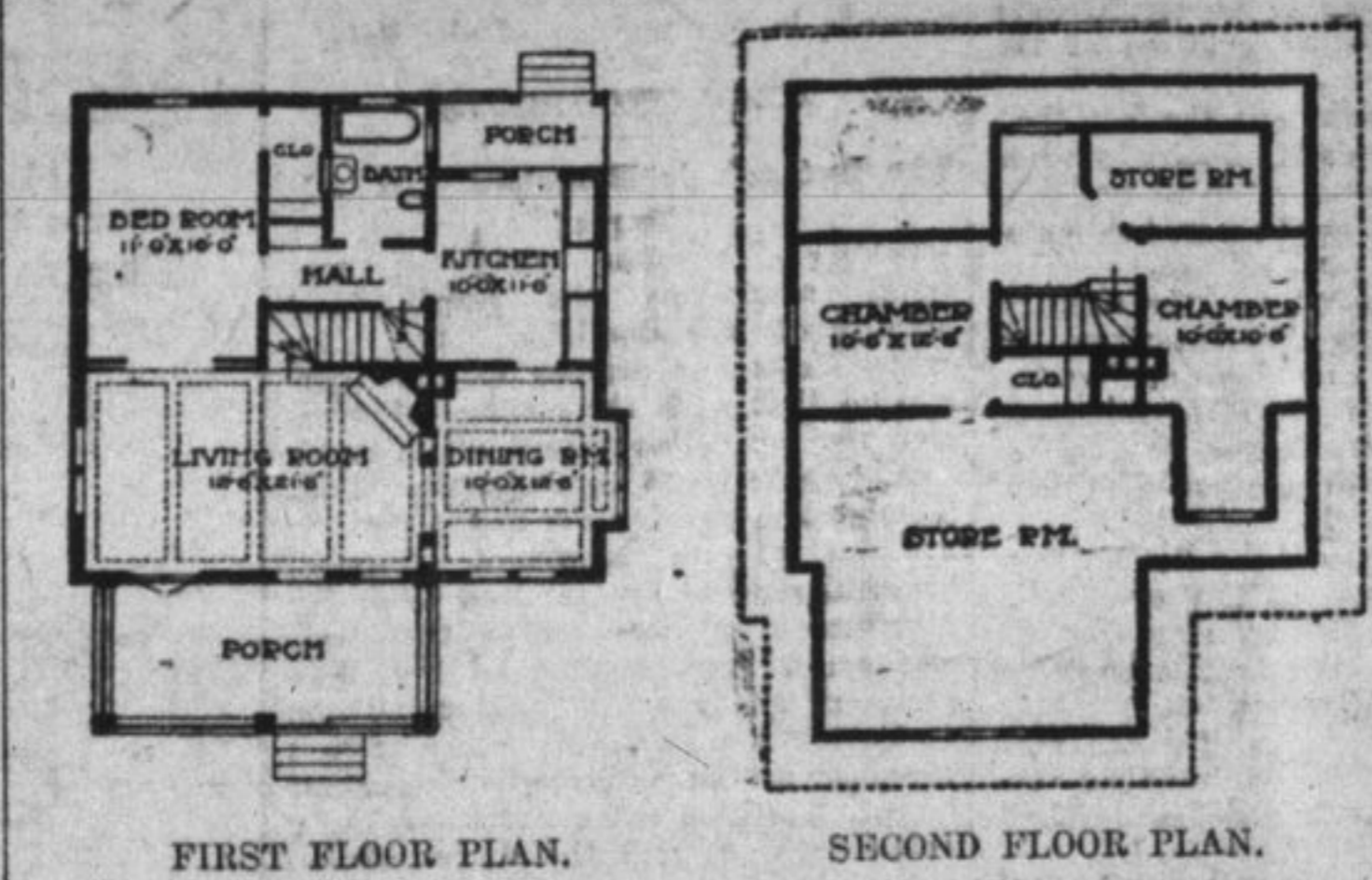
A low cottage home or bungalow carries with it a home feeling and a look of comfort that appeals to the great majority of small home builders. It is not new, as some sections of the country are built up very largely of these one-story homes, but it is the invariable experience of an architect that people, when asking about plans and making inquiries regarding one-story bungalows, always complete their inquiries and requests by asking for "space above," and they do not seem to be satisfied unless there is a stairway and rooms above or space that can be used on the second floor, and if this space has good height the plan will always recommend itself better than one that is all on one floor and nothing above.

The bungalow that is illustrated in this issue is twenty-three feet wide by thirty feet deep, exclusive of the front piazza, that is ten feet wide and screened in, making a nice summer room. The main roof is brought out over the front porch with wide gable, with timbered cornice and wide verge boards, the cornice being projected three feet on all sides. It is estimated that this cottage can be built complete for \$2,400, including plumbing and small fixtures.

The finish of the interior is on the craftsman order, with plain four-inch casings, a four-inch strip carried

around the wall five feet above the floor, with picture shelf, and four-inch strips below dividing the wall into panels, a plain beam ceiling through the living-room and dining-room, all of the woodwork, including floors of Washington fir stained in shades of green.

There are two finished rooms on the second floor, and the balance of the space left for storage purposes. Located over the kitchen and bathroom is a small tankroom. It is designed to have a full basement under the entire house, giving ample space for laundry, vegetable cellars and heating apparatus, with outside entrance and steps. The exterior walls are shingled, the shingles being stained with light brown shade on the walls and the roof shingles stained red or a reddish-brown, and all sash painted white.



GILLETTS

ABSOLUTELY PURE CREAM TARTAR.

Nearly all goods in this line at the lowest prices in the city. Located in the heart of the city.

GILLETTS is used by the best of chefs and caterers everywhere.

REFUSE SUBSTITUTES.

GILLETTS costs no more than the inferior adulterated goods.

REFUSE SUBSTITUTES.

E. W. GILLETTS COMPANY TORONTO, ONT.

CARTERS

LIVER PILLS.

CURE SICK HEADACHE

Headache and relieve all the troubles that attend a bilious attack of the system, such as indigestion, nausea, drowsiness, flatulence, and other ailments in the head. While their most remarkable success has been shown in curing...

ACHE

is the basis of so many lives that here is where we make our great boast. Our pills are small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not grip or purge, but by their gentle action prevent the bile from becoming too thick and sticky, and thus regulate the bowels. After attack head...

CARTER MEDICINE CO., New York.

Small Pills. Small Dose. Small Price.

Indigestion

Stomach trouble is but a symptom of, and not itself a true disease. We think of Dyspepsia, heartburn, and indigestion as real diseases, yet they are symptoms only of a certain specific liver ailment—acidosis.

It is this fact that first convinced Dr. Shoop of the creation of that now very popular Restorative—Dr. Shoop's Restorative. Going direct to the stomach trouble, he sought the cause, and found it in the liver. He then sought the remedy, and found it in the liver. He then sought the remedy, and found it in the liver. He then sought the remedy, and found it in the liver.

Dr. Shoop's Restorative

"ALL DEALERS"

Every Woman is interested and should know of this wonderful medicine. It is the most powerful and effective of all medicines. It is the most powerful and effective of all medicines. It is the most powerful and effective of all medicines.

Cook's Cotton Root Compound

The great Uterine Tonic, and the only safe effective Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, 2, 3. No. 1 is the strongest. No. 2 is the medium. No. 3 is the weakest. It is the most powerful and effective of all medicines. It is the most powerful and effective of all medicines.

BORDEN'S BUCCANEERS.

Speaks Plainly About Hold-Up of Country's Business.

Montreal Witness.

We doubt if any more brutal and altogether indefensible piece of parliamentary warfare has occurred in all parliamentary history than that which has taken place in the House of Commons since the introduction of the bill for the control of the parliamentary electoral lists, and if parliament chooses to take those lists out of provincial hands, no one can make any reasonable objection, even if it took them into its own hands. But when the control of the lists is to be transferred entirely into the hands of the judges and thus placed out of the reach of political manipulation altogether, the demand of the opposition becomes as egregious as their method of carrying it is subversive of parliamentary liberty. The most painful part of this outrage is that the leader of the opposition, who has so far shown himself an honorable statesman, should have been forced into it by a provincial government, with the aid of such a sordid man as Mr. Taylor, whose prominence in the conservative party has never contributed to public amenity. It cannot be supposed that the whole conservative party is in sympathy with this piece of brigandage. There are many gentlemen in it. Whether those will make themselves felt remains to be seen.

Of course, the first question, politically, is how the country would receive the parties coming before it on such an issue. It is presumable that the filibusters count on sympathy there. They probably say to themselves, "The people are in love with 'hold-up warfare, and if the government has to appeal to the country 'without getting its estimates 'through, there are fools enough in the country to regard it as already 'defeated, and to vote against it accordingly, as mean people do." On the other hand, we should think that there are enough of intelligent men in the country to see that government by hold-up with a view to electoral piracy is altogether intolerable in a free country, and could only have the effect of reducing us to the level of a Spanish republic, and of making us a byword in the world for parliamentary failure. As our thinking is altogether along the latter lines, we cannot but assume that for the opposition to force a general election on this issue would be to wipe it out. As for the thousands of civil service people whose salaries will be stopped, and who have a chance to test the length of their credit, as well as that of the nation, possibly the raiders think that the voters look upon this with ill-will, and will be the better pleased. There are, however, a good many of them, and it is commonly believed that many of them have political backers, and sympathizers on one side or the other, and there are many voters who themselves aspire to the civil service, so that this gigantic piece of gratuitous cruelty would seem on the whole to count pretty strongly against the buccaneers.

PURE RED BLOOD.

Is Necessary to Health, Strength and Happiness.

Pure, rich, red blood is what is needed by every woman, young or old. Thin, weak, watery blood is the cause of all the headaches, and backaches, and sideaches—all the weakness and weariness, all the dizziness and languor, all the nervousness and fainting spells that afflict girls and women. The only thing that can help you is Dr. Williams' Pink Pills. These pills make new, rich, red blood, that gives new life and strength to every organ of the body. In this way they make pale, feeble girls develop into healthy, happy women, and for the same reason bring ease and comfort, and regularity to women at all ages of life. Miss J. Dietrich, St. Clemente, Que., is one of the many thousands made well and happy through the use of Dr. Williams' Pink Pills. She says: "I tried several medicines but got nothing to help me until I took Dr. Williams' Pink Pills. I was subject to palpitation of the heart, a throbbing in the head, and dizziness and fainting spells. I had no appetite and was weak, pale and discouraged when I began the use of Dr. Williams' Pink Pills. Six boxes of these have made me feel like an altogether different person, and have given me new health and strength."

Rich, red blood is the true secret of health and strength, and it is simply because Dr. Williams' Pink Pills make new pure blood, that they cure such troubles as anaemia, loss of appetite, indigestion, neuralgia, rheumatism, St. Vitus' dance, partial paralysis, kidney troubles, and the special ailments that only women-folk know. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around each box. If in doubt, send to The Dr. Williams Medicine Co., Brockville, Ont., and the pills will be mailed at 50c a box, or six boxes for \$2.50.

AN ABLE ADMIRAL.

In after years a courtship may be converted into a battleship. How men does hate to be grateful for an ill-timed favor! Experience and real estate booms are great teachers.

Lord Charles Bessford.

AN AGED MAN DEAD.

The Late Chaney Bellings, of Bellings Mills.

Klynesboro, June 1.—There passed away, in this neighborhood, on Wednesday night last, May 27th, the oldest resident in the person of Chaney Bellings, of Bellings Mills, aged ninety-two years and two months. Deceased was a man of sterling qualities. He was a Methodist in religion, and a life-long liberal. He was highly esteemed by a large circle of friends, as was shown by the large cortege—over a mile in length—which followed his remains to their last resting place, in the Methodist cemetery, Toledo. He was born in Aylmer county, removing with his parents to Elbe, Leeds county, when a child, where his father carried on a distillery. In his early manhood he married Miss Bates, of Elbe, by whom he had a family of six children, three sons and three daughters. His eldest son, James, preceded him some years ago; two other sons, George and Warren, live next the homestead, at Bellings Mills. One daughter, married William Hawes, of Plum Hollow. The two younger daughters married the Messrs. Orval and Oscar Chapin—the Chapin twins of Plum Hollow. Mrs. Orval Chapin preceded her father to the grave some years ago. Mrs. Oscar Chapin, who lives in Michigan, arrived home for her father's funeral. The deceased moved on the farm where he died, at Bellings Mills, over sixty years ago, where he carried on a prosperous milling business, now conducted by his son George.

Robert Boyd, a well-known cheese manufacturer of Newboro, died, on Saturday, May 30th, at the residence of his friend, John Bell, of Kitley, after a short illness, aged fifty years. He was a man of much wealth. He was unmarried. He was a Presbyterian in religion, and a conservative in politics. His funeral, on Sunday afternoon, at the Presbyterian church, in Toledo, was largely attended.

Out With Corns.

Don't trifle with corns, don't endure them. No matter what kind they are or how long you have had them, Peck's Corn Salve will take them out. In big boxes, 15c., at Wade's drug store.



A JUVENILE WEDDING.

A Boy of Fifteen Weds Girl of Eleven.

Sergeant, Ky., June 2.—Elder Joseph Hall's son, Leonard, fifteen years old, and Mrs. Sarah Proffitt's daughter, Annie, eleven years old, were married here at Upper Rock House Creek. The ceremony, performed by Elder Hall, who is a pillar in the Hardshell Baptist church, was witnessed by many relatives.

Just before the ceremony was performed the bride was found by her mother, dressing several of her dolls, which she had played with since she was a baby. The girl almost broke down as she kissed the dolls goodbye.

The young husband has been offered a position in a local store and says he will support his young wife to the best of his ability. His father, while not rich, is comfortably well-to-do, and says he will see that the young couple do not find the matrimonial sea too rough at the start.

SLEEPWALKER STRUCK DOWN.

By Man Who Mistook Her For Burglar.

Bellefontaine, Ohio, June 2.—Miss Jessie Weaver forgot to tell the other roomers at the Diner boarding house, at West Liberty, when she took up her home there recently that she was subject to somnambulism.

At night when she was walking about the halls and entering various rooms, clad only in her night gown, she uttered a scream that awoke Nathaniel Reber with a start and the guests thought a murder was being perpetrated.

Reber grabbed a chair, and, with a powerful blow, knocked Miss Weaver down and awakened her.

The young woman is suffering from a deep crack in the head and a nervous shock, while Mr. Reber has a consuming attack of mortification.

An ignorant person is one who doesn't know what you have just found out.

There's no hope for the man who declines to give himself a square deal.

Every man has a license to be a gentleman.



Remember: One fare for the round trip—for the message and the answer.

This point in long-distance telephoning is worth thinking over!

A Chain and Its Links.

A chain is no stronger than its weakest link.

In telephoning there are three links in the chain that constitutes "good-service": 1. The person calling. 2. The operator. 3. The person called.

No matter how much any one or any two of these links do to develop good service, the result is determined by the measure of co-operation of the third.

If the person calling fails to consult the directory and gives a wrong number, the operator inevitably repeats the error. If the person called fails to answer promptly, and the caller leaves the telephone, naturally "there is no one on the line."

Being human, the operator—the third link—is liable to err occasionally, but careful analysis demonstrates that she is not fairly chargeable with many of the difficulties frequently ascribed to her.

If Link No. 1 gives the right number and calls distinctly, and Link No. 3 answers promptly, the Telephone Company will be responsible for its part of the chain. If no higher motive actuated it, the motive of economy, or self-interest, would suffice.

From any Pay Station you can speak to anyone in Ontario, Quebec or the United States within a radius of a thousand miles.

If the party you wish to reach has no telephone, you can arrange to have him called to a Pay Station to talk to you.

The Earl-Carbide Feed Acetylene Generator

Is fully approved by fire underwriters. The feeding of Carbide is controlled entirely by the Gas Holder.

Easily filled with Carbide and no waste Gas, Gas Generated Cool and Pure.

High grade work and material. No delicate parts, water-sealed throughout and perfectly safe.

Each machine is tested and warranted to work satisfactorily 5 to 10 light sizes, for summer cottages.

Sizes from 5 to 500 light.

Write for catalogue and prices, to the Inventor and Manufacturer.

W F. EARL

Athens, Ont.

TO THE JUNE BRIDE

Who will soon find the Veil and The Orange-blossoms succeeded by the cares of the New-formed Household,

LET US SUGGEST

—to insure Few Destroyed Linens and an Easy Washing—the Constant Use of one of

Eddy's "2 IN 1" Washboards

Just as good as Eddy's Matches.

J. A. HENDRY, Agent.