

CURED AT SEVENTY-FOUR TRAIN TIDINGS

Little Digesters are a Great Help to Mr. John F. Becker

The weight of years very often brings with it a still heavier burden, that of indigestion or some form of Stomach Trouble.

These "Little Digesters" come in the rescue—if you give them a chance, as did Mr. Becker. Here is his letter telling what they did for him:

New Dundee, Nov. 10, 1909.

TO THE COLEMAN MEDICINE CO.

Dear Sirs:

I was for a long time troubled with bloating after meals, and my tongue was always coated. Seeing the "Little Digesters" advertised I bought a box, and they took all that trouble away, but I thought one box would not be enough, so I sent to you for more. They are a great help to my body.

Yours truly, JOHN F. BECKER.

Excuse my writing with pencil, being an old man of 74.

"Little Digesters" did the feeble stomach to digest the food perfectly. This means that you can enjoy every meal, and get the strength out of what you eat, if you take a "Little Digester" afterwards.

See at your druggists or by mail from Coleman Medicine Co., Toronto.

BRITISH LABOR EXPERIMENT.

Official Exchanges Assume Task of Finding Work for the Idle.

An interesting experiment in practical economics has been undertaken in Great Britain, namely the establishment of official employment bureaus in London and the other large cities of Great Britain and Ireland, where employers of labor can find all the help they need, and wage earners of any class may register and make known their wants without the payment of a fee.

It is thus proposed by the Government to bring the employers and the unemployed together on an official basis, and the arrangements are such that opportunities for employment in any part of the kingdom may be communicated promptly to all of the exchanges, as the agencies are to be called, and posted in a prominent place for the information of whomsoever it may concern.

The Government does not undertake to recommend or to give any information further than that which is communicated by the persons directly interested, and will assume no risk; but will simply act as a medium of communication. There is considerable curiosity as to how the scheme will work and the labor unions generally are skeptical as to its practicability. But the undertaking is a by-product one and should be well supported.

Daily reports will be made from each of the exchanges to headquarters and to each other, so that workmen who cannot find employment in one locality will be advised as to the outlook in other localities. In case employment is offered by responsible people, railway tickets will be furnished workmen of good character to such places and the cost collected from their second month's earnings. It is proposed to erect buildings in convenient locations for permanent homes for the exchanges. Special attention will be given to finding employment upon farms for boys whose physical condition will permit them to do manual labor, and those who are physically incapable of manual labor will be certified to hospitals and sanitariums, where they can receive proper treatment. The general superintendent of the system of exchanges will be W. H. Beveridge, a recognized authority on labor questions and author of Unemployment.

The success of the enterprise will depend entirely upon the co-operation of the employers, because if they ignore the new exchanges in seeking help it will be useless for the unemployed to make application. Many of the labor unions are hostile to the plan, and others are inclined to be distrustful of an agency that can supply any number of laborers and mechanics at any time they may be needed for any purpose. They argue that such an agency places in the hands of the Government an instrument that will defeat any strike at short notice. But the law establishing the exchanges expressly stipulates that strike breakers shall not be furnished.

An Interesting Link.

One curious incident in the siege of Badajoz may be related. The day after the assault two Spanish ladies, the younger a beautiful girl of fourteen, appealed for help to two officers of the rifles, who were passing through one of the streets of the town. Their dresses were torn, their faces, from which rings had been roughly snatched, were inflamed and to escape outrage or death they cast themselves on the protection of the first British officers they met. One of the officers was Capt. Harry Smith of the rifles. Two years later he married the girl he had saved in scenes so well known. Capt. Harry Smith, in after years served at the Cape as Sir Harry, and this Spanish girl, as Lady Smith, gave her name to the historic town which Sir George White defended with such stubborn valor.—"Wellington's Men."

Going One Better.

"Ma father's a soger," said a little Scotch lassie.

"An' ma father, too," said her playmate.

"Ah, but ma father's a brave mon. He's been in war, an' he's got a hale gang o' medals. An' he's got the Victoria Cross. The King named it on him wi' his ain hand!" breathlessly announced lassie No. 1.

"An' ma father's braver!" cried the other little one. "He's been in dozens o' wars, an' he's got gangs o' gangs o' medals o' Victoria Crosses. An' he's got a bonnie wad o' leg, an'—with a triumphant shriek—"the King named it on wi' his ain hand."—London Exchange.

How Those Lords Love Each Other.

Lord Lansdowne once congratulated Lord Crew on an eloquent speech in the House of Lords.

"I have followed it," he said, "with earnest attention, not only on account of the importance of the subject, but also on account of the noble lord's judicial attitude. I admired his eloquence, but what impressed me most was his impartiality."

A pause.

"Yes, until the last minute, I did not know on which side of the fence his lordship was coming down."

The Wonderful Scott.

Volume and quality both considered, Sir Walter Scott was probably the most wonderful writer ever known. More than 40,000,000 volumes of his "Life and Works" have been printed, and the demand is by no means exhausted. Within five years after the fame of "Waverley" had gone abroad he was read by all Europe and America, and the annual profits of his novels amounted to more than \$60,000.

A Woman's Bank.

A novel departure in British banking will be inaugurated shortly with the opening of a woman's bank, offered and conducted exclusively by women and catering only to women customers. The plan is permitted on the premises will be the manager, and one of his functions will be to keep other men away. No man may be a depositor or transact business with the new institution.

Mr. Roosevelt has authorized an unqualified demand of the resources published report that he had written letters expressing his attitude towards the administration of President Taft and favoring a certain candidate for governor of New York state.

TRAIN TIDINGS

SIGNS AND SIGNALS FOR THE TRAVELLERS.

If They Are Stopped Men Will Know a Great Deal About the Working of the Railway Lines.

There are many signs and signals on the British railway that are apt to puzzle even the most seasoned of season-ticket holders. The man who reads and remembers the simple facts given below can pride himself on knowing considerably more than most people.

One point that puzzles many people is the fact that engine-drivers pass some danger signals and stop at others.

Well, the ones he passes are "distant" signals. Those he stops for are "home" signals. When the driver sees the "distant" signal against him he goes right on. He knows it only means "Be careful—the home signal may be against you." When the "home" signal is against him, it means "Stop, and quickly!"

The "distant" signal is only a caution signal. Its arm has a "swallow-tail" end—i.e., there is a wedge-shaped piece cut out. The "home" or "stop" signal, on the other hand, has an arm with a square end.

Sometimes it is necessary to have a signal on a particularly high post, in order that it may be easily seen. When this happens, you will always find a second signal on the same post, only very much nearer the ground. This second one is called the fog arm. In foggy weather it can often be made out when the higher one cannot.

A signal with the letter "S" on its arm is intended solely for the use of engines and trains engaged in shunting. A signal with the letter "O" on its arm is at many busy stations, used for slow and local trains; while the fast-line traffic uses the ordinary signals.

On some lines signals are to be seen with two round holes in the arm. These are used to control the movements of "backing" trains, or trains that the engine pushes instead of pulling.

Perhaps you have wondered how a porter, by glancing at an approaching train, can tell whether it will stop or not, and where it is going? Well, he knows the engine code. It is a very simple one. He tells by the lamps it carries both by night and by day.

If you look at an approaching engine and you see two lamps on the top of the boiler, each with one above each buffer—the train is a passenger express. If there is one above the right hand buffer and one on top of the boiler, at the foot of the smokestack, it is a goods express. If it is a train of empty passenger coaches there will be three lights—one above each buffer, and one at the smokestack. A slow local train has only one light, and that at the smokestack. An engine running alone has also only one lamp. In this case it is over the left-hand buffer.

If you remember these simple points you should not have the faintest difficulty in telling whether a train coming in the distance is yours or not. The position, by the way, of the two wooden arms sometimes to be seen at the foot of the smokestack indicates whether the train takes the right or the left line.

Besides the lamps on the engine, there are the lamps at the other end of the train. At night the last carriage has to carry a red light. If there are two red lamps, side by side, it gives station-masters and signalmen warning that a special train is coming immediately behind. In the daytime this warning is given by a red flag beside the tail lamp, or by a red board with the words "Train following" painted conspicuously on it.

The reason of the tail-light system is to let the signmen, as the train passes, know whether the train is complete or not. There must be no stray carriages left on the line for the next train to smash itself against. Hence the red light.

Notes From Flower.

Flower, May 14.—Mr. and Mrs. Mack McConnel, of Cobalt, are visitors at S. McConnel's, Miss Edith Appleby visited in Renfrew this week. Mrs. John Cross and children are spending a few days at her father's, Mr. McInnis, Lavant.

Sir Edward Morris, premier of Newfoundland, was taken ill, in London.

Heaviness at Pit of the Stomach

A Feeling of Uneasiness Before and After Meals is Quickly Cured With Nerviline.

Nearly everyone gets an occasional attack of indigestion and knows just what that heavy feeling means in the stomach. It was subject to stomach derangements and my health was seriously hampered on this account. After meals I belched gas, had a weighty sensation in my stomach and over my left side. The first relief I got was from Nerviline—I used it three times a day and was cured. I continue to use Nerviline occasionally, and find it is a wonderful aid to the stomach and digestive organs.

NERVILINE RESTORES WEAK STOMACHS.

The above letter comes from Mrs. P. R. Stetson, wife of an important merchant in Brockton, and still further proof of the exceptional power of Nerviline is furnished by A. E. Roseman, the well-known upholsterer of Chester, who writes: "Let everyone with a bad stomach use Nerviline, and I am sure there will be less suffering. I used to have cramps, rumbling noises, gas on my stomach and severe fits of indigestion. Nerviline was the only remedy that gave me relief, and I found it so entirely satisfactory that I would like to have my letter of recommendation published broadcast in order that others may profit by my experience."

You'll find a hundred uses for Nerviline—it's a truly household remedy that sells to the extent of a million bottles per year—that's the best proof that it must cure and give unlimited satisfaction. Refuse anything offered in place of Nerviline. Large bottles, 50c; trial size, 25c; at all dealers.

Let Us Buy the Dessert for Your Family



We are going to buy from your grocer, for you and your family, a full size tin of the finest and tastiest table delicacy in all Canada!

It's the most delicious sweetmeat you ever tasted—combining all the nutriment of a heavy dessert, with the appetizing "smack" of an easily digested food!

It's absolutely free!

THE DAINTY DESSERT IN THE DAINTY PACKAGE.

Watch This Space Tomorrow

Advertisement for 'Salvador' Beer, featuring a logo and text describing its benefits as a tonic and digestive aid.

Advertisement for Cowan's Perfection Cocoa, showing a woman preparing cocoa and highlighting its rich and exquisite flavor.

Advertisement for 2 in 1 Shoe Polish, featuring a large graphic of the number '2 in 1' and text describing its effectiveness for shoe care.

Advertisement for R. H. Toye's Sale of Chocolates, listing prices for various boxes and providing contact information for the company.

Advertisement for Free Trial of Electric Irons, offering a trial of a free electric iron and providing contact information for Halliday Electric Company.

Advertisement for a Used Upright Piano, offering a mahogany case piano for \$125 and providing contact information for Wormwith Piano Company.

Advertisement for Building? services, offering ready roofing, wall plaster, lime, and portland cement, with contact information for P. Walsh.

Advertisement for J. E. Hutcheson, an auctioneer and appraiser, offering services and providing contact information.

Advertisement for Grand Trunk Railway System, featuring Victoria Day Round Trip Tickets and Homeseekers' Excursions.

Advertisement for Kingston & Pembroke Railway, featuring Victoria Day Round Trip Tickets and Homeseekers' Excursions.

Advertisement for Bay of Quinte Railway, featuring train services and contact information.

Advertisement for Olives, featuring various types of olives and contact information for D. Couper's.

Advertisement for Underwood Multiple Unit Typewriter, highlighting its features and providing contact information for United Typewriter Co., Ltd.

Boils and Pimples.

Whenever your complexion is unnatural, your skin in an unhealthy condition, your face covered with blotches and pimples, when boils and festering sores abound then your blood is bad. You can best cleanse it with that purely vegetable compound, Burdock Blood Bitter, which acts and promptly renews the blood and invigorates the entire system.

Mr. G. A. Mussen, Bewick, Alta., writes: "I recommend Burdock Blood Bitter as being the best blood purifier there is. About three years ago I was greatly troubled with boils and our druggist advised me to try Burdock Blood Bitter and after taking two bottles I have not had a boil or even a pimple."

Mr. J. Morehouse, Zealand Station, N.B., writes: "My face and neck were covered with pimples, and I tried all kinds of remedies, but they did me no good. I went to many doctors, but they could not cure me. I then tried Burdock Blood Bitter and I must say it is a wonderful remedy for the cure of pimples."

Advertisement for Highest Grades of Gasoline, Coal Oil, Lubricating Oil, Floor Oil, Grease, etc., provided by W. F. Kelly.

Advertisement for H. Parks & Son, florists, offering various floral services and contact information.

Advertisement for Our Salt, highlighting its purity and providing contact information for Andrew MacLellan.