SUFFERED FOR YEARS

Says Peruna Completely Restored



MRS. CHAS. GROS DOUIS, Indian IVI Lorette, Quebec, Can., writes:

"For years I suffered from a disease that the doctors did not understand. "One day I read in the paper about your excellent remedy, Peruns. I procured a bottle of it and took it according to directions. It was not long until I observed a change for the better. "I can say that Peruna has cured me.

I could not take any nourishment except milk. "I will at all times say a good word

for Peruna. I hold it in the highest Not only women of rank and leisure

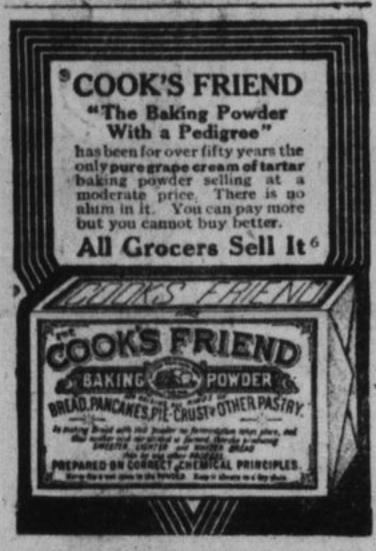
praise Peruna, but the industrious, useful women engaged in manual toil would not be without Dr. Hartman's world-renowned remedy.

The doctor has prescribed it for many thousand women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Pe-

TEA!

From the Finest Tea Gardens of Ceylon, uncolored, and of the finest flavor, Green and Black at 30c per Wading Rombers of Rubberized Silk Water paddling can be indulged to the

ANDREW MACLEAN'S, Ontario Street.



MRS. WILKES' BLESSING

Her Dearest Hopes Realized - Health, Happiness and Baby.

Plattsburg, Miss. - "Lydia E. Pinkham's Vegetable Compound has proved very beneficial to me, for now I am well and have assweet, healthy baby, and our

"I was an invalid from nervous prostration, indigestion and female troubles



"I think I suffered every pain a woma could before I began taking Lydia E. Pinkham's Vegetable Compound, and I think it saved this baby's life, as I lost

"My health has been very good ever my friends."-Mrs. VERNA WILKES, R.

F. D. No. 1, Plattsburg, Miss.
The darkest days of husband and wife are when they come to look forward to a childless and lonely old age.

Many a wife has found herself incapable of motherhood owing to some derangement of the feminine system, often curable by the proper remedi-

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Com-pound makes women normal, healthy expensive wrap, which was made to order for a June bride. The lines If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



Verily this is the day of sensible; out of door clothing for little girls and boys. The wardrobe for the child's out of door life has shaped itself to his ease and comfort and the freedom of his development and best to this, it has evolved to meet the mother a needs, for the simple practical play aproas mean a great saving of labor in the sewing room and they h lp worderfully to cartail the summer laundry expense.

Sen's pinafores and play aprens in unsimitted varieties are found in the shops now and torm an indispensable adiosci to the little girks wardrobe. The shapes are invariably sime ple, the material durable and the garments have a touch of unobtrusive trimming for prettimess. Heavy galaten has been used to make the apron hown, gray with straps and pipungs of the o'd-fashioned red muslin. Natural colored linen with feather stitching of red embroidery cotton is a combination that is always attractive! and becoming to children. Then there are gin hams, duck, chargeray, kindergarten cloth, and the host of stuffs that resist wear and come out of the

The one piece slip-on has undergone

PROBLEM.

Sir William Willcocks as Eden.

A LACE WRAP DESIGNED FOR A JUNE TROUSSEAU.



the test of practical requirements and tands in the champion class for general usefulness. One straight piece of goods, doubled, shaped at the neck dy implest thing in the world even for the amateur dressmaker. Then think of the iconing. Just spread it out flat and-presto! and the spic spanness of several slip ons a day will add to haby's happiness and lovableness and won't matter much as far as laundry is concerned. Soft oilcloth in this pattern might be a useful suggestion for some occasions.

This apron goes over the head and [the tape ties are the easiest solution ! of the fastening problem. Straps of the material sewed on one edge and buttoned on the other, are good, too. If the apron is to be used more as a dress there may be several straps along the sides to the bottom. It is described to cover entirely underclothing or rompers, -buttonholes being worked along one edge, and buttons set on a lap of the material stitched underneath the other edge. To add to the dress effect, tops may be lengthened into arm caps or little

Then the pockets! Don, forget the pockets in the play appare! What is play without a pocket ? Put big strong ones at the sides of across the front, wherever there is an excuse for themand into them will go many of the treasure, that help to make the joyusness of the summer play day. For the seashore and the mountain, brooks, children's insatiable thirst for This Holland Pinafore Completely true ascendancy vein from J. H.

full with a little garment simply and chaily made, and at a minimum of expense: A pair of rubberized silk wading rompers will make the summer trip twice as much fun for the little folks. The rompers slip on quickly with no fastening but the suspender ready for the merning's Jun. If the garment is to be made. home the rubberized silk is treated

ton or silk thread, edged, hemmed, was not satisfactory, but large mafaced or bound with tape. Edges on which there is no strain may be pinkrd. The suspenders may be of self ma- ings terial, doubled or lined, and stitched, er of heavy suspender clastic. A bag of the sik will hold the rompers and the shoes and a towel, and encourage the little man or the little woman to carry his own kit and take care of his own garments.

Of course heavy cotton, khaki, duck, den'm or gingham will suggest its usefulness when it is to be dry fun in the grass or sand or country dust. In fact some sort of rompers for all the



Covers a Dainty Frock.

the Royal Geographical Society, held Eden of the people of Sumer and Ak- confidence of the people. under the presidency of Lord Curzon, kad lay, propably, just north of Ur of HAS NOW BECOME A FINANCIAL The theory is that the site of the Chaldees."

of the Euphrates." If, therefore, the maintains that the Euphrates-Tigris of an Irish parliament. Any devent Euphrates and the Tigris can be mas- Delta can be reclaimed. 'If we wish Irishman would, he said, wish to British Scheme to Reclaim Delta of tered by dyke and barrage, it is held to reclaim Babylonia without tens of leave a country inhabited by such Euphrates and Tigris Described by that the garden can be restored into a thousands of captives weeping by its monsters and fools as would be replace of fruit and flowers, and rich waters, we must provide the Euphrates certainly, and, if possible, the The vast tract of land forming the "Every part of the Euphrates Delta, Tigris, with efficient escapes. The Eudelta of the Euphrates and the Tigris, from Hitt to the Persian Gulf," said phrates can be mastered thus. The described by Sir William Willcocks, Sir William Willcocks, "has been call- ancients controlled it by an escape K.C.M.G., as "The Garden of Eden," ed Eden-that is, the cultivated and into a depression of five hundred ster members when the chief secretary is possibly to be reclaimed. This at irrigated plain, as distinct from the square miles in extent and fifty feet said that no Ulster man really least is the scheme which the famous unirrigable plain. The Garden of Eden deep, north-west of Kerbela. A belt Mesopotamian explorer has submitted of our own Biblical tradition lay, I of shells gave me the clue, and I rediscovered it, and now the Habbania from this bill; and he expressed the escape under construction, has been conviction that no circumstances. designed to carry the excess waters of would arise in Ireland to compel any designed to carry the excess waters of the Euphrates into it again.

"The Tigris is a more difficult problem. Provisionally I have suggested to the Turkish government to sacrifice the left band of the river to the floods, and to create a very massive canal and dyke along the right bank. On the other hand, an escape could be constructed. If we could overcome the objections of the Shamar Arabs could utilize a salt pan south-west of Samara, in which, as we have discovered, the River Tarthar terminates. pel loval citizens to secede. We should have to raise the level of and the two burrages and canal needed would cost \$30,000,000.

"But there would be a splendid resay that, as the Egyptians are so sunk. for Babylonia.

Hindie Barrages on the Euphrates, and "Never," he said, "will we be govern-the canals and drains dependent on ed by the nationalist party in a Dubthem. On the Tigris the canals to ir- lin parliament." rigate the country north-west of Bagh- Mr. Asquith moved the closure. The dad will be taken off above the pro- prime minister's motion was received posed barrages near Nimrod's Dam, with angry murmurs from the opposiwhich are, I hope, to provide the estion. The chairman at once put the cape into the Tartar depression. The motion, but Ronald McNeill, Ulstersecond barrage on the Tigris will be man, who sits for one of the divisions made at Koot, to convert the Hai of hent, rose to continue the discusbranch of the river into a permanent sion. William Peel did likewise. These canal. Further down, at the junction, two continued on their feet while the regulating works, dykes, and canals chairman of committees was still are proposed to reclaim the land from standing. Basra to Khor Abdalla."

Tourist Rates to Pacific Coast. time tables, and full particulars, ad- style." dress B. H. Bennett, general agent, 46 Youre street, Toronto, Ont.

A permanent peace follows only the victory over self. being true to yourself.

Discourtesy to the Chair.

tot will need very little help to get Robartes Amendment, for the exchiat magh, Down and Londonderry, from just as other material, sewed with cot- The government majority, sixty-nine,

fority. Two votes were lost to the government and two were added to the opposition by the appointment of two liberals as tellers for the amendment, namely, Mr. Agar-Robartes and tapt. Pirie, Six votes were lost by the fact that three liberal members, Munro Ferguson, W. II. Cowan and Sir Clifford Cory went into the lobby against the government. Sir Clifford Cory has always been opposed to year round are sure to "come in han- home rule; but Munro Ferguson and Mr. Cowan arg avowed home rulers and the motives that governed their action and Capt. Pirie's are unfathomable. The labor members made aq exceedingly poor muster, but several of their men are ill. Nationalists were present in force, and the O'Brienites also went into the government lobby.

Mr. O'Brien is for taking steps to allay any genuine misgivings in Ul impossible and inequitable.

"We will not," he said, "pary with a single Irishman within the shores of Ireland." He would as soon cut off his right hand as consent to the ex clusion of Ulster, the home of some of the most celebrated and heroic of Irish chieftains and leaders. He predicted that in an Irish parliament, Irish Protestants, so far from being exposed to persecution, would constitute one of the most powerful and effectual elements in the national as-

the Tigris in flood by eight metres, Ulster. When they rebel neither this nor any other government would dare to employ British troops against the men of Ulster. If they dared to de turn. The value of every acre of land so, the government would run the in the delta would be doubled; it risk of being lynched here in London. would be a godsend to Baghdad, and Loud and prolonged tory cheers greetallow the Baghdad railway to tra- ed this new style. Both this amazing verse the cultivated land instead of speech from the spokesmen of a great the desert. The delta of the two riv-ers would be richer than the delta of which it was acclaimed testified to the Nile, and a safer place for the in-vestment of capital. Indeed, I should tual feebleness British toryism has

eager to return to the protection of After Bonar Law came, Capt. Craig, Turkey, England would make a good a stalwart Ulsterman, who believes financial bargain to exchange Egypt that Ulster has a right to rule the "The first direct irrigation works to ster would commence the organization be carried out will be the Feluja and of its forces to resist home rule.

This marked discourtesy to the chair gave rise to cries of "Order, order !" Mr. Peel quailed before the storm, but Mr. McNeill, remained standing like a Via Chicago and North Western mountain peak on the opposition siderailway. Special low rate round trip His defiance of the chair produced tutickets on sale from all points in Can- mult in the house. A difficult situation ada to Los Angeles, San Francisco, that threatened to develop into a Portland. Seattle, Vancouver, Victoria, etc., etc., during June, July, Whitley, but not before the tory party August and September. Excellent train had given a deplorable exhibition of service. For rates, illustrated folders, bad manners. We have the "new

> True recompense lies in loving, not in love returned. An ounce of helping's worth

pound of preaching. The most wearable morality is just | Morally speaking, every man is his

DISCUSSED IN BRITISH HOUSE

Two Fine Speeches on the Question -Bona: Law Makes Threats-

After many days' debate, the House of Commons divided on Mr. Agarsion of the counties of Antrim, Arthe operation of the home rule bill. jorities are not to be looked for at elery stage of the committee proceed-

Secreal factors contributed towards. the reduction of the government ,ma-

There were two speeches of striking ability, the one from William O'Brien and the other from Mr. Buckmaster. ster. Certain compromises, are quite practicable, but this particular one is

Mr. Buckmaster, spoke with a stately eloquence, an argumentative force, and a fire of conviction that entranced the house Later in the debate the chief secretary intervened, following an impassioned speech in the

Mr. Birrell laid it down that it mpossible to have a strong executive to the Turkish government, and which believe, on the typer Euphrates, be in Ireland unless it is a local execurecently explained at a meeting of tween Anak and Intt. The Garden of tive, deriving its strength from the He dismissed with scorn the pre-

tence that Protestants will be in dangarden was devastated by "the dragon At any rate, Sir William Willcocks ger of being extirpated by the decrees Mr. Birrell did not make light of the Uister problem and treated the threats of civil war 'with gravity. There were loud mumurs from the Ullieves that his life or his liberty or his religion or his property is in peril body of men to oppose the national government by force. He roused merriment by quoting a saying of Irish tory judge, "No Irishman hates another Irishman half so much as all Irishmen hate Englishmen.'

Bonar Law plunged straightway into a speech of a very incendiary character. In the United States the great civil war took place to prevent people from seceding from the union. This government will be creating civil war. not to prevent secession, but to com-

Bonar Law anticipates resistance in

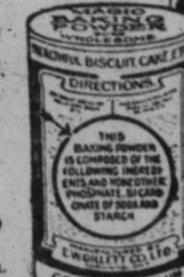
rest of Ireland. He threatened that Ul

own ancestor.

MANY brands of Baking Powder contain alum, which is an injurious acid. The ingredients of alum baking powder are never printed on the label. Magic Baking Powder contains no alum and is the only baking powder made

in Canada that has all the ingredients plainly printed on the label.

E.W. GILLETT COMPANY LIMITED THE PARTY TAXABLE PROPERTY AND THE PARTY TAXABLE PARTY.



Every Eddy Matcheis a Sure, Safe Match. =

TT is made of first quality materials by skilled workmen and mechanically perfect machines, and carries with it the Eddy guarantee that it's a sure light.

A LWAYS make sure you are well supplied with Eddy's matches because " If you're sure they're Eddy's, you're sure they're right."

CDDV'S matches are always full M.M. count-good dealers everywhere keep them.

The E. B. EDDY COMPANY, Limited

Makers of Paper, Paper Bags, Toilet Paper. Tissue Towels, etc.



ENGLISH

cheap paint at any price. My time is worth money to me, so I use BRANDRAM.

HENDERSON, Limited, "ENGLISH" Paint whenever I have a job of painting to do. I find

B-H "ENGLISH" Paint spreads easier than cheap paint—I can do my painting quicker with it.

I find too that it holds its color longer — so I don't have to paint so often. All in all, therefore,

B-H "ENGLISH" is the cheapest of all the paints I have used."

ELLIOTT BROS., Kingston.

Back to Nature's Food



With the advent of Summer comes a desire for closer contact with Nature and for a simpler, more rational diet. When you get back to Nature you will want to get back to Nature's food. Cut out meat and potatoes for a while and eat

AND BERRIES

with fresh green vegetables. It will mean health; strength and Summer joy.

Because of its porous shreds and its Biscuit form Shredded Wheat combines most naturally with all kinds of fresh fruits, presenting them to the palate in all the richness of their natural flavor.

Heat the Biscuit in oven to restore crispness and then cover it with berries or other fresh fruits and serve with milk or cream.

Shredded Wheat Biscuit is the Real "Staff of Life"

The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East