

Husband and Wife Nearly Dead With CHOLERA

The chief symptoms of cholera are vomiting, and purgings occur either simultaneously or alternately, and are usually sudden and very violent, and the matter ejected from the stomach has a bilious appearance and a nasty bitter taste.

On the first symptoms appearing, Dr. Fowler's Extract of Wild Strawberry should be taken and the trouble checked before it becomes serious.

Mrs. Isaac Smith, Campbellton, N. B., writes: "We have been using Dr. Fowler's Extract of Wild Strawberry for cholera. My husband and I were pretty nearly dead with it until we started to use your medicine, and thanks to it, we have found great relief, and are recommending it to all our friends."

77 years' reputation stands behind "Dr. Fowler's," therefore you are not experimenting with some new and untried remedy when you get it.

Price, 50c. bottle; put up only by The T. Millburn Co., Limited, Toronto, Ont.

THE NEW FRENCH REMEDY. THERAPION No. 1 THERAPION No. 2 THERAPION No. 3

BEECHAM'S PILLS Safest and best family medicine

MILLER'S WORM POWDERS HAVE A WARM PLACE IN THE HEARTS OF MOTHERS FOR THEY HAVE PROVED THAT THEY ARE ONE OF THE MOST EFFICIENT AND BENEFICIAL REMEDIES THAT CAN BE GIVEN TO A CHILD.

A Bad Case Eczema All Over His Body—His Legs—His Arms Covered

D.D.D. The Lotion for Skin Disease

Sunday Services in Churches

St. Andrew's. — Rev. John W. Stephen, minister, will conduct both services, 11 a.m. and 7 p.m. Students and visitors cordially welcome.

St. Paul's.—Canon W. F. Fitzgerald, M.A., rector. Morning service 11 a.m. Evening service, 7 p.m.—Note—Holy communion on last Sunday in month at 8 a.m.

St. Luke's Church. — Rev. J. de P. Wright, M.A., B.D., rector. Fifth Sunday after Trinity, 8 a.m., holy communion; 11 a.m., morning prayer; 4 p.m., holy baptism; 7 p.m., evening prayer.

Zion Presbyterian Church, Pine street, Rev. Edwin H. Burgess, minister. 11 a.m. and 7 p.m. Rev. John P. Mackie, M.D., will preach at both services. Seats free. Everybody welcome. Sunday school at 3 p.m.

Cooke's Presbyterian Church, Brook street—Union services with Queen street Methodist church in Cooke's church. Rev. W. S. Lennon, D.D., will conduct both services. Helpful discourse, bright singing and a warm welcome to all. Come.

Queen Street Methodist Church.—Rev. W. S. Lennon, B.A., B.D., pastor. Services at 11 a.m. and 7 p.m. in Cooke's Presbyterian church. Preacher, the pastor of Queen street church. Sunday school at 3 p.m. in Queen street church. Strangers cordially welcomed.

Present Truth Hall, corner Princess and Montreal streets—Song service 7.15 p.m.; preaching, 7.30 p.m. Special speaker, Prof. K. L. Gant, president Oshawa Missionary College. His discourses are always inspiring and soul-lifting. Hear him. Seats free.

St. James' Church, corner Union and Arch streets, T. W. Savary, rector, the rectory, 152 Barrie street. 11 a.m., morning prayer and holy communion. Preacher, Rev. Canon Austin Smith, 3 p.m., Sunday school, 7 p.m., evening prayer and sermon. Preacher, the Ven. Archdeacon Dobbs, M.A.

St. George's Cathedral—Very Rev. G. Lotherop Stari, M.A., D.D., dean and rector, 78 Wellington st., phone 2156. Rev. W. E. Kidd, M.A., M.C., curate, 7 Wellington street, phone 869w. Fifth Sunday after Trinity, 8 a.m., holy communion; 11 a.m.,

holy communion. Preacher, Rev. W. E. Kidd, 4 p.m., holy baptism; 7 p.m., evensong. Preacher, Rev. W. E. Kidd.

Bethel Church, Barrie and Johnson streets.—Pastor, A. Sidney Duncan. Services, 11 a.m. and 7 p.m. Subjects, "A Memorable Hour," and "Caleb's Title Deeds." Young men's bible class, 10 a.m.; Sunday school, 3 p.m.; Christian Endeavor, Monday, 8 p.m. Prayer meeting, Wednesday, 8 p.m.

Calvary Congregational Church.—Corpor Charles and Bagot streets. Pastor, Rev. A. F. Brown, 144 Barrie street. Phone 1806W. Sunday, 10 a.m., Sunday school, 11 a.m., subject, "The Unknown Christ," 7 p.m., subject, "The Great Trial." Monday, 8 p.m., Christian Endeavor; Wednesday, 8 p.m., prayer meeting. Everybody welcome.

First Baptist Church, Sydenham and Johnson streets.—Rev. J. S. LaFlair, pastor. 9.45 a.m., bible school; 11 a.m., sermon theme, "Who's Who," 7 p.m., sermon theme, "Storms in the Night." Services conducted by Pastor LaFlair. Union street church.—George Cowie, B.A., student pastor. 3 p.m., bible school; 7 p.m., public worship.

First Church of Christ Scientist.—Johnson street, between Bagot and Wellington. Sunday services, 11 a.m. Subject: "Life." Public reading room, same address, every afternoon, except Sunday and holidays, 3 to 5 o'clock, and Thursday from 7.30 to 9.30 p.m. Wednesday, 8 p.m., testimonial meeting. All are cordially invited to the services and to the reading-room.

Chalmers Presbyterian and Sydenham street Methodist Church.—Union services in Chalmers church. Rev. Prof. A. J. Johnston, B.A., of Victoria College, Toronto, will preach morning and evening. Subject, 11 a.m., The Parable of the Elder Brother; subject, 7 p.m., The Groundwork of Spiritual Life. Morning services anthem by the choir, "I Lay My Sins on Jesus." Evening. Solo by Miss Anna Mitchell, "Saviour Thy Drink Love." Students and strangers are welcome.

In Sydenham street church.—W. W. Chown's class, 9.45 a.m. Bible class, 2.45 p.m. Primary and beginners, 10.15 a.m. Prof. Johnston will address the Bible school. A good attendance is requested.

THE MATTER OF EATING

By the Rev. Charles Stelzle.

Some men are old at thirty, others are young at sixty. "It's a good thing you've got the ambition to start in again at fifty," said a workingman chum of the same age to a semi-professional man who was practically beginning his life's work over and doing it with enthusiasm. But the "ambition" was due to a mind kept fresh because of contact with live, new things—whenever the workingman who was offering his congratulations to his friend was old and "lousy" because his life had consisted of dull routine.

If your mind is kept young by reading study and by mingling and talking with live people, your body is sure to respond to its freshness. If your mind is not fed upon the vital things of life, it is bound to grow old and die before its time. It is generally true that workmen as a class "die" sooner than professional men—physically as well as mentally. This isn't altogether due to the fact that workmen's jobs are more dangerous

ous than other men's jobs. It is due principally to the workmen's attitude, toward life. He assumes that when he's fifty he's an old man with nothing to which to look forward. Among the so-called "upper classes" a man is at his best at fifty—and he does some of the finest work between fifty and seventy. Feed your mind to keep young.

There's many a man who brutally tells his wife that she can't cook. But there's many a woman who don't know HOW to cook because she don't know WHEN to cook. Her husband comes home any old time—and, of course, he expects his supper to be ready on the dot, no matter when he arrives, and even though he never told his wife when he'd get home. And, to be sure—the potatoes are soggy, and the meat is fried to a frazzle—or otherwise spoiled—and the coffee has lost its freshness—and about everything else is overdone.

including his wife's temper. There's no particular pleasure in serving a meal under such circumstances, and if the wife either hasn't anything to say, or says too much, you can't blame her—if you'd stop to think that you haven't given her a fair show.

The business of cooking isn't like a carpenter's job or a machinist's or a clerk's—which may be left at any time and gone back to with the assurance that it will be just as you left it. Figure it out for yourself. You know that there's a lot of difference between "ready to serve" dishes in a restaurant and dishes that are "cooked to order."

The former are apt to be tasteless and cold because they've been standing a long time waiting for you, whereas the latter come to you right off the fire, cooked just the right length of time.

When you're tempted again to charge your wife with being a bad cook, it might be a fair thing to ask yourself whether you're a good eater.

I was in a hurry to keep an engagement the other day, and I didn't have much time to eat my lunch, and I was in a city with whose eating places I wasn't very familiar, so I rushed into a restaurant close by to order the "simplest" thing on the menu card.

If it had been an ordinary restaurant, I should have called it the "bill of fare."

But it wasn't a regular restaurant, as I discovered by glancing at said menu card. Also, there were the "appointments," the linen, and the "crockery," and the music, and the waiters—and the HEAD WAITER.

And the boy who checked my hat and coat. Here's what I paid for my lunch:

Cornd beef hash \$1.00 Coffee25 Bread and butter10 Pie25 Tip to waiter25 Tip to hat boy10 Total \$1.95

I couldn't help comparing this meal with those I used to eat regularly every day for years, when I was machinist.

Here's what I then ate, and what I paid for it:

Bread03 Bologna07 Apples03 Total13

This very simple meal was eaten on the top of a work bench, with a newspaper for a table cloth, instead of the linen; humming machinery for music, and never a waiter or hat boy in sight.

Just a bunch of hearty, joshing machinists to joke with, and sometimes a bit of a wrestle or "rough house" engaged in good-naturedly, to produce a laugh and to make the blood tingle.

But, oh boy! how good that hot, juicy sausage tasted, dipped into a dab of mustard spread on brown paper—for which the butcher made no extra charge.

Now, mind you, I'm not advocating rye bread and bologna sausage as a steady diet, nor would I dare say that a working man should always be content with this very simple meal.

I've never been an advocate of any scheme which will teach a workingman and his family how to live on a dollar a day. I'm more concerned about schemes that will help him earn TEN dollars a day.

But, take it from me, there were certain distinct advantages in that machine shop "dinner" over my simple "luncheon" in a swell restaurant, and I would gladly have paid \$1.95 for it if I could have bought the fun and the freedom and the solid comfort that I got out of that thirteen-cent meal which I used to enjoy when I wore the overalls.

Don't waste a dollar's worth of time looking for a lost penny.

THE MAN ON WATCH

Well, the Birmingham car is a findandy anyway. Like the Scotchman and the penites, the church denominations make the little things count in their differences.

Kingston has had its 249th birthday anniversary, and such an auspicious occasion can only be properly celebrated by the use of very old wine. Why we hadn't even good beer to do the celebrating.

Personal liberty is to be given Toronto and Kingston teachers in regard to bobbed hair, but what about personal liberty in the choosing of our drink?

Many people go to Macdonald park just to see how bobbed haired girls look in bathing suits.

Does the chairman of the parks committee intend to appoint any person to measure the girls' bathing costumes to see that they are the proper distance above the knee?

The Quebec province man who traded his son for a horse was no worse than the patriarch Abraham, who according to bible story, conceived the idea of killing his son and burning the body on an altar.

The Constantinople harem attendants have gone on strike. Has Kingston any unemployed young men who would like a journey to Turkey?

"Unseen and yet seen." Yes, several Kingston young women were observed in the vicinity of Sandy Bottom one day this week peeping out from their resting place at some nude young men going in for a swim.

Now that the government is getting after the doctors for their popemanship, let it also give the lawyers, the bankers and in fact some of their dear selves a reminder that all people are not mind-readers.

Why do people insist upon staring at girls in riding habit? This question was asked of the Lampan and he gave it as his view that riding habit is more decent than the average summer attire and permits of less display of the form.

Bobbed hair in Kingston schools is nothing new. A Bagot street resident tells the Lampan that when he was a boy over thirty years ago

Mathieu's SYRUP OF TAR & COD LIVER EXTRACT STOPS COUGHS

Take A REAL TRIP THIS YEAR SEE THE CANADIAN PACIFIC ROCKIES AND THE PACIFIC COAST

more than one of the teachers wore bobbed hair. So it may have been that Kingston was the birthplace of bobbed hair among teachers.

"Aint we got fun?" must have been how the street railway people felt on Wednesday night at Lake Ontario park. You know it is a "most pleasant thing" for a street railway company in a small city to have a big crowd on its hands at a summer park when a storm cuts off its source of electric power supply, and it has to hire taxis to get the people home.

When you figure out the cost of such things, say a prayer for the company that it may not become broke.

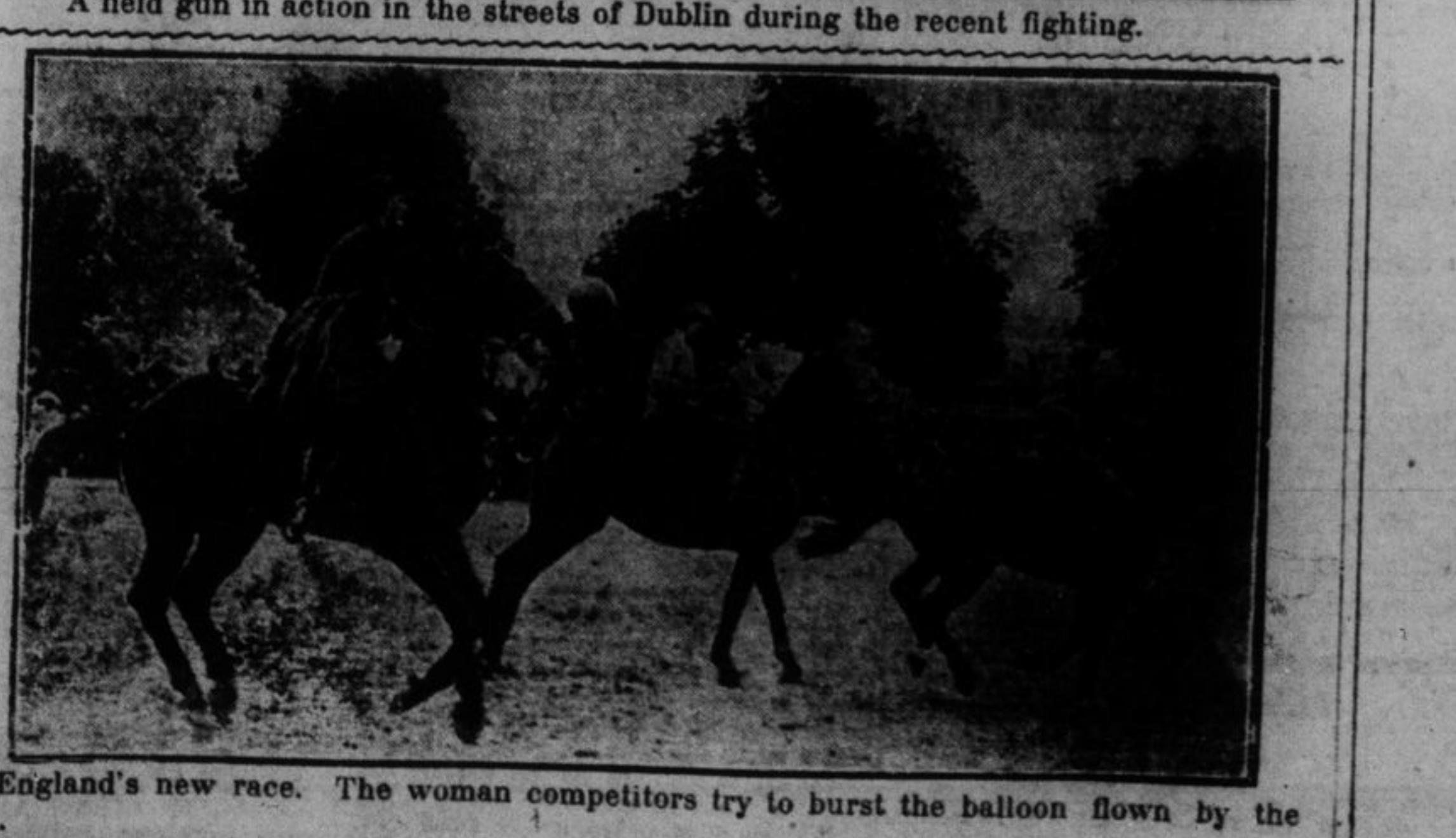
EGZEMA you are not experiencing what you use Dr. Chase's Ointment

Beatty Would Not Load Naval Guns With Shot

WOULD Admiral Beatty permit the six-inch projectile for a naval gun to be replaced by its equivalent weight in bird shot? Nothing could result but waste. The effect is the same when an advertising appropriation is divided into nickles and blown against the map of Canada through media of general circulation.

When you attack a certain market in Canada you must hit the bull's eye. The daily newspapers in that market are your high power guns. Your own advertising is the projectile. Your salesmen, samplers, distributors, advance under the barrage. Successful merchandizing manufacturers know how to make their products a household word.

Mr. W. M. MacKay of Lever Bros., Ltd., has written: "When we inform you that the greater part of our advertising expenditure, year by year, has been in the newspaper, that is the best answer as to the suitability of the press in Canada as one of the best means of advertising any household or other commodity."



England's new race. The woman competitors try to burst the balloon flown by the man.