

These are "Get There Days" Did You Get a Good Start This Morning?

If Not We Want You To Use Phospho-Cod Just Thirty Days and Get the Surprise of Your Life in the Improvement You Will Make

These are the days of speed, the "Get There Days." Only a few centuries back it took months to cross the Ocean—now it takes less than a week. Only a few years ago doctors were bleeding poor, starved bodies for almost every ailment flesh was heir to—fever patients were refused water—the sick and ailing were shut up in closed rooms with the windows sealed shut and all God-given air and sunlight carefully excluded. But thanks to modern science and a wise Creator, a few rays of intelligence are now filtering through and while the knowledge of how to fight disease and death is but in its infancy yet all intelligent medical men admit that prevention is by far the most effective weapon in the fight for better health, strength and physical perfection. A new Tonic Health Building Formula has been perfected which is accomplishing results that are making thousands glad. It has brought absolutely satisfactory results to many who were frail weaklings in search of health and strength who had spent years in trying first one thing then another. We have files full of letters and photographs showing the remarkable improvements of these people and telling of the satisfaction and help they have had from Phospho-Cod—this new Tonic health Builder—and best of all it is not a secret or patent medicine as we freely give the formula to any one enquiring and publish it herewith and on every package. Phospho-Cod is the name we have given this formula and we make it from a Solution of Hypophosphites of Lime—Sodium—Potassium—Magnesium—Quinine and Strychnine together with Iron Peptonate, Blood Root, Wild Cherry, Glycerine and

Rich Port Wine and a tasteful Extract of Cod Livers, which has no unpleasant taste, grease or odor.

We Do Not Need to Tell the Well Informed Physician that this formula is remarkably efficient for the ingredients speak for it and prove that it is the most effective Body Building, Blood Making and Nerve Vitalizing Tonic ever offered to run-down, ailing men and women. That is the reason we say that if you are not bubbling over with the joy of living we want you to use Phospho-Cod for thirty days and get the surprise of your life in the improvement you will make. It is our belief that with the good, rich, red blood and the powerful, steady, steady nerves others have reported from the use of this splendid tonic that we can rebuild your health as we have done theirs. That we can build up your resistance to disease and all the numerous germs that attack the human body—that you can become strong, vigorous and healthy as your Creator intended you should be—that with increased health, strength and vigor you will become more successful in life to its fullest. Maybe this doesn't appeal to you and if that should be so, you have our apologies for having wasted your time in reading this ad. Also, we wouldn't want you to try our treatment, as we think you would not use it fairly, which would make it useless to you and harmful to us, because we intended you should be—That if you are sincere and need help such as we have described, go to one of the dealers listed below and start Phospho-Cod to-day with our assurance and guarantee that it will do exactly as we claim, for what we claim, or you will return it and we will pay the dealer ourselves.



PHOSPHO-COD is for sale by L. T. Best, Druggist, who will be pleased to send a bottle by mail to those unable to call at the store, on receipt of 25 cents additional to pay postage. Regular price \$1.25 per pint bottle; \$1.50 mailed to any address in Canada.

FOR SALE

FRAME HOUSE—6 rooms, 3 bedrooms, lights, gas, 3 piece bath, separate toilet, garage, henhouse. Good lot—**\$3,000**

A DOUBLE HOUSE—Roughcast, electric light, 3 piece bath, good cellar, garage. Price **\$3,200**

M. B. TRUMPOUR
Phone 704 or 2072w 270 PRINCESS STREET

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

Sold in generous size bottles by all dealers.

THE J. L. MATHIEU CO., Props., SHERBROOKE, P.Q.
Makers also of Mathieu's Nerve Pudding the best remedy for Headaches, Neuralgia and Feverish Colds.

SPECIAL PRICES ON BEDDING

Iron Beds .. \$4.50

2" post Beds, wood finish — worth \$15.50 for **\$10.50**

2" post Steel Beds, wood finishes, worth \$20— for **\$16.50**

Springs ... \$5, \$6, \$8.50 and \$11.

Mattresses \$6.50 to \$30.00.

Pillows \$1.50 pair

Iron Cribs \$8.50 to \$30.00.

Crib Mattresses — \$3.00 to \$5.00.

Robt. J. Reid
Leading Undertaker. Ambulance Phone 577.

Three-fourths of all cars sold retail for less than \$1,000. Sweden may have a gas tax on autos soon.

Twenty per cent. of the brakes in use are defective, say auto engineers. Nearly 3,000,000 persons are directly employed in automobile work.

Sunday Services in Churches

St. Paul's—Morning Prayer, 11 o'clock; evening prayer, 7 o'clock; holy communion (1st Sunday each month) at 11 a.m. till further notice.

Perth Road—Next Sunday at 7:30 special Orange Sermon by Rev. H. W. W. Bromwich (late chaplain to the 146th C.E.F. Come and bring a friend.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister. Public worship, 11 a.m. and 7 p.m., conducted by Rev. A. M. Gordon, D.D. Strangers cordially invited.

Princess Street Methodist Church—Rev. W. H. Raney, B.A., D.D., minister. Sunday, July 13th, 10.15 a.m., Sunday school; 11 a.m., public worship; 7 p.m., public worship. The pastor will preach at both services.

Bethel Congregational Church, corner Barrie and Johnson streets—Services, 11 a.m., and 7 p.m. Rev. J. A. Miller will preach at both services. Sunday school, 3 p.m., Christian Endeavor society, Monday, 8 p.m.

St. Luke's Church, Nelson street—Rev. J. dePenier Wright, M.A., B.D., rector. Fourth Sunday after Trinity, 11 a.m., morning prayer; 4 p.m., holy baptism; 7 p.m., evening prayer. Seats free. Visitors and strangers welcome.

Gospel Hall—The usual Sunday services. Fellowship of the Lord's Supper at 11 a.m. Sunday school and Bible classes at 3 p.m. and Gospel meeting at 7 p.m. This meeting will be addressed by Mr. G. A. Neilson, Toronto. Mr. Neilson is a Scotchman and an excellent speaker. Don't miss this opportunity to hear him.

St. George's Cathedral—Very Rev. Dean Starr, M.A., D.D., rector; Rev. W. E. Kidd, M.A., M.C., curate. Fourth Sunday after Trinity; 8 a.m. holy communion; 11 a.m., Matins and sermon; 3 p.m., Sunday school; 4 p.m., holy baptism; 7 p.m., short-eve evening song. "At Twilight," by Misses Anna and Florence Mitchell.

Chalmers Church, corner Earl and Barrie streets—Minister Emeritus, Very Rev. Malcolm MacGillivray, D.D. Minister, Rev. Geo. A. Brown, M.A., B.D. During July Chalmers and Sydenham street Methodist Church will hold union services in Sydenham street church. Worship, 11 a.m. and 7 p.m., conducted by the minister of Chalmers church.

Canadian Achievements

By Lyman B. Jackes

No. 10—THE SLEEPING CAR.

The Hamilton Spectator, in a recent article telling of the industrial history of the district, made the following statement:—

"Hamilton was the birthplace of the first sleeping car known to the world. Samuel Sharp, the first master mechanic of the Great Western shops in this city, was the genius who worked out the plan.... The Wagner Company took the hint and built both sleepers and diners, and then George Pullman came in and claimed credit for being the inventor. The late H. B. Witton, who was then the master painter of the Great Western shops, worked on the construction of these sleeping cars."

George Mortimer Pullman produced the car that bears his name in the year 1859, but the date for the first sleeper turned out from the Great Western shops in Hamilton is given as 1857. Construction work on the Great Western was started in 1851 and by 1854 the line was built across the Niagara River and as far west as Detroit, and by 1857 exceeded a length of three hundred and fifty miles. From 1853 the investment had paid a dividend of six per cent. and a substantial bonus. There were therefore the necessary funds and a length of line sufficient to call for sleeping cars to offset the competition that was being offered by the newly organized Grand Trunk, which had been chartered in 1853.

The claim is also made by local historians in Hamilton, that a model of these pioneer sleepers was sent to Great Britain and France.

During 1923, 25 per cent more was spent in maintaining old cars than in buying new ones, says an auto equipment man.

More than half a million motor trucks, exclusive of those in this country, are transporting goods in all parts of the world.

City population of 56 per cent. own 70 per cent of the autos in the United States.

WOMEN'S HANDICAPS

Headaches and Backaches Often Make Life Miserable.

A woman's health handicaps her almost always. She has pains and disabilities which do not afflict men. Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she often neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suffering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman toils all day with a pain in her back and side, a burning headache, and a sense of having no spine left.

What a pity women will not listen to their friends whom Dr. Williams' Pink Pills have saved from their misery. Whenever a woman suffers they will help her—in youth, middle-age and afterlife. Mrs. John Mitchell, of Middleville, Ont., gives her experience for the benefit of other women sufferers. She says:—"Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got at the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condition I began taking Dr. Williams' Pink Pills. When I had finished six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being exhausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up."

You can get these Pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

POOLE'S RESORT.

July 9.—Farmers have begun haying, which is a good crop. Much improvement has been done on roads around here. It was badly needed. Miss Amelia Lea has returned from her school at Oshawa, for the summer holidays. Mrs. (Dr.) Campbell and daughter, Kingston, spent a few days with her sister, Mrs. T. Weeks, R. W. Turklington.

FARMERS' NEEDS

can best be supplied at our store, for we carry a complete stock of HARVEST TOOLS, PLOW POINTS and REPAIRS, MOWER and BENDER SECTIONS, GUARDS, etc., for all makes.

Paris Green, Arsenate of Lead, and Potato Dust. Our prices are right.

LEMMON & SONS
Telephone 840 - - - 187 Princess St.

Dominion Textile Company (Limited)

MANUFACTURERS
"PURE COTTON"
MONTREAL—TORONTO—WINNIPEG

has returned from a business trip to Smith's Falls. Recent visitors were Mr. and Mrs. F. L. Nixon and sons, Miss Andrew and Mrs. G. A. Turklington, Yonge Mills, Mr. and Mrs. Smith, Kingston; Paul Senecal and Miss Wells, Aultville, all at R. W. Turklington's. John Haws has the foundation for his new house laid.

Barrett ROOFINGS
No Rot - No Rust - No Paint
A roof for every type of building

What the World Is Doing

(As Seen by Popular Mechanics Magazine)

Hats for Wear in Next Century Are Displayed in Paris

Designed for styles in the spring of 2000 A. D., styles of millinery shown at a ball in Paris were composed of massive



arrangements of feathers and large clusters of leaves. One of the most popular models consisted of a decoration of gorgeous feathers that towered above the wearer's head and drooped gracefully to her shoulders. Gaudy headresses of blossoms and foliage also were displayed in fashions that would be the mode during the first years of the next century.

Hyena Strong but Cowardly, Runs from Small Dog

Although it is one of the strongest mammals, the hyena is held in contempt among the natives of Asia and Africa, where it is most commonly found. The strength of its jaws is sufficient to crush the shinbone of a horse.

Wear on Gold Coins Results in Loss of Millions

What becomes of gold? It has many channels of disappearance, according to experts. Figures show that more than half of the annual output is employed in the fine arts and jewelry trade. Thousands of pounds also are used by dentists, one estimate being that over a ton is needed every year for the filling of teeth. Then money is worn away in handling, this loss being placed at \$1,250,000 annually. Bank of England sovereigns are often tested and found to have lost much of the original weight. Of the immense quantities of the precious metal that have been buried away in the earth, it is believed comparatively little has ever been recovered.

The priests of Peru are said to have buried approximately \$10,000,000 worth of treasure to preserve it from the clutches of their persecutors. None of this has been found. The tombs of the old kings of Egypt were treasure houses, immense quantities of gold and jewels being interred with them. It has been estimated by historians that Alexander the Great became the master of great hoards of gold, all of which, so far as is known, has vanished.

A Kink for Paperhangers

When hanging wall paper on a side wall it is necessary to see the edge of the paper from top to bottom in order to get the correct lap. This is very difficult to do when wearing spectacles, for it is impossible to see through them as well as with the naked eye. It has been found that this difficulty can be eliminated to a great extent by driving a small nail slightly into the wall on the edge of the paper as far from the edge as is necessary to get the correct lap, and at a point about one-third of the length from the top. The nail can readily be seen and the paper hung against it. Only the slightest fraction of an inch lap is needed in lapping, and this lap can be rolled down so as to present the appearance of a perfect butt joint.

The Smallest Radio Set?

What is claimed to be the smallest radio set in the world has been built by an amateur in Providence, R. I. Spurred on by accounts of what others had accomplished in building small sets, he first built a set 2 in. long, 2 in. wide, and 1 in. high. This contained a fixed crystal, a phone condenser, and a single-slide bank-wound coil. His next attempt resulted in a set 2 in. long by 1 in. square, containing everything but the phone condenser, which was discarded as unnecessary. Slender bars on top of these sets permit tuning up to 500 meters.

Even the second was not small enough, so a third set was built, which can be covered completely with four postage stamps, one on each side. It is 3/4 in. in diameter



and 1 1/4 in. long. On this set concerts broadcast within a radius of 50 miles can be heard distinctly.

Cleaning and Peeling Potatoes

In some parts of the southern states, a novel and interesting method of cleaning and removing potato skins is used. The potatoes are placed in a pail half full of water and a number of rough stones are added. By stirring the potatoes and stones around in the water, the skins soon wear off due to the abrasive action of the stones, and the potatoes are washed clean.

Estimates place the total number of newspapers published in the world at 56 thousand.

famous

Guinea Gold

CIGARETTES

OGDEN'S LIVERPOOL

20 for 25¢
12 for 15¢