

Suffered Terrible Pains From Her Kidneys For Nine Months.

For Backache, Lame or Weak Back—one of the commonest and most distressing symptoms of kidney inaction, there is no remedy equal to Doan's Kidney Pills for taking out the stitches, twinges and twinges, limbering up the stiff back, and giving perfect comfort.

A medicine that strengthens the kidneys so that they are enabled to extract the poisonous uric acid from the blood and prevent the chief cause of Rheumatism.

Mr. Dougald A. McIsaac, Broad Cove Banks, N.S., writes:—"I was troubled with my kidneys for nine months, and suffered with such terrible pains across the small of my back all the time that I could hardly get around. After taking two boxes of Doan's Kidney Pills I began to feel better, and by the time I had taken three I was completely cured."

Price 50 cents per box, or 3 for \$1.25, all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering specify "Doan's."

SYNOPSIS OF CANADIAN NORTH-WEST LAND REGULATIONS.

ANY person who is the sole head of a family or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months in each of three years cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

Nature's cure for Liver and Stomach Troubles—

Abbey's Effervescent Salt

SOLD EVERYWHERE. 36

WANTED

Reliable Parties to do Machine Knitting for us at home. \$7 to \$10 per week easily earned. Wool, etc., furnished free. Distance no hindrance. For full particulars address

The Canadian Wholesale Distributing Co. ORILLIA, ONT.

Halifax Shredded CODFISH

NOT A BONE IN IT.

Makes delicious Fish Patties, Creamed Cod and dozens of other dainty dishes.

IN TEN CENT PACKAGES AT YOUR GROCERS

hour. Her slender fingers nestled in his big, warm hand.

"Will you ask Uncle Norman to come up to see me?" she said. "This evening will be a good time."

The man's face darkened. He and his brother had not spoken for five years "You'd better send a note."

"I'd rather you'd take the message—please."

"All right. I'll tell him," and the girl felt a tear on her cheek as he stooped to kiss her.

"If only I could see them friends before I go!" she whispered to herself.

Her longing was granted. At her bedside the barrier of years was broken down, and the two were brothers again.

Christine's favorite cousin was in college. He was not making the best of himself, and friends were anxious. A note from her brought him home for a parting visit.

"Theodore, do you know the meaning of your name?" she asked.

"No. Something I'm not, I presume."

"Something you can be," the gentle voice replied. "It is 'powerful among the people,' and I think it is beautiful."

Only one cannot be that, you know, unless one is master of himself, and is true to the best, to the highest. I wish you'd think about it when I'm away."

The boy did think and he became a power for good among his fellows.

So full were those ten days! Through the influence of the dying girl two estranged lovers were reunited, a home was provided for a destitute cripple, a church contention was resolved into harmony, and a despairing woman found peace and joy. Besides this, there were uncounted deeds of love that lived in many hearts long after the doer of them had passed from sight.

Ten days! They are waiting just ahead. One by one they will come in to the grasp of all of us. Shall they be filled with frivolities or blessed by deeds of love and Christian service? Shall those days which are to be dedicated to God be only the last ten days of life, or shall they be the next ten days, and every ten that follows them?

How to Build a Cottage in the Woods.

Four persons make a good camping-party. Before arriving at their destination these persons should choose one of their number as captain. The captain gives directions and superintends the pitching of the tent or the building of the rustic cottage. If the forest abounds in pine trees, the cot-

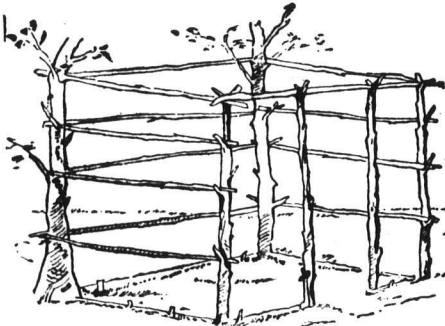
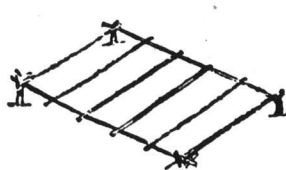


FIG. 1.



FIG. 2.



tage-builder's task is an easy one. It often happens that two or three trees already standing can be made to serve for the corners of the proposed edifice, though trees for corners are not absolutely necessary.

Fig. 1. represents part of the framework of one of the simplest forms of rustic cottage. In this case two trees serve for the two posts of the rear wall.

The front posts are young trees that have been cut down and firmly planted at about four or five paces in front of the trees. Enough of the branches have been left adhering to the trunks of the upright posts to serve as rests for the cross-bars. To prevent complication in the diagram, the roof is not shown. To make this, fasten on an additional cross-bar or two to the rear wall, then put a pole at each side, slanting down from the rear to the front, and cover these poles with cross sticks. When the framework is finished, the security and durability of the structure will be improved by fastening all the loose joints, tying them together with withes of willow, grass, or reeds.

The next step is to cover the frame; this is done after the method shown in Fig. 2. From among some boughs, saved for this purpose, take one and hang it upon the third cross-bar, counting from the ground up; bring the bough down, passing it inside the second bar and resting the end on the ground outside the first bar; repeat this with other boughs until the row is finished. Then begin at the fourth bar, passing the boughs down inside the third and outside the second bar, so that they will overlap the first row. Continue in this manner until the four walls are closed in, leaving spaces open where windows or doors are wanted. The roof is thatched after the same method, beginning at the front and working upward and backward to the rear wall, each row overlapping the preceding row of thatch. The more closely and completely you thatch the roof and walls, the better protection will they afford from any passing shower. This completed, the house is finished, and you will be astonished to see what a lovely little green cottage you have built.

A cottage may be made differing from the one described by having the roof extended so as to form a sort of verandah, or porch, in front; the floor of the porch may be covered with a layer of pine needles. Should you find your house too small to accommodate your party, you can, by erecting a duplicate cottage four or five paces at one side, and roofing over the intervening space, have a house of two rooms with an open hallway between.

Before going to housekeeping, some furniture will be necessary; and for this purpose we do our shopping right in the neighborhood of our cottage. Here is our cabinet and upholstery shop, in the wholesome fragrance of the pines.

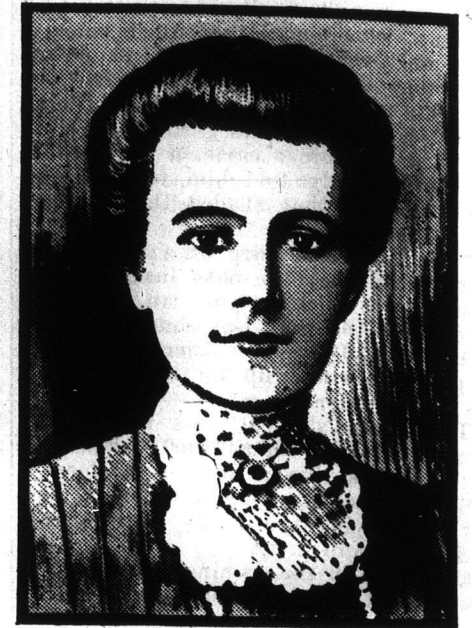
After the labor of building, your thoughts will naturally turn to a place for sleeping. Cut four forked sticks, sharpen the ends, and drive them firmly into the ground at the spot where you wish the bed to stand in your room. Two strong poles, long enough to reach lengthwise from fork to fork, will serve for side-boards, a number of short sticks will answer for slats; after these are fastened in place you have the rustic bedstead as shown in Fig. 3. A good spring mattress is very desirable, and not difficult to obtain. Gather a lot of small green branches, or brush, and cover your bedstead with a layer of it about one foot thick; this you will find a capital substitute for springs. For your mattress proper, go to your upholstery shop under the pine tree and gather several armfuls of the dry pine-needles; cover the elastic brush springs with a thick layer of these needles; over this spread your India-rubber blanket, with the rubber side under, so that any moisture or dampness may be prevented from coming through. You may now make up your bed with what wraps or blankets you have with you, and you have as complete and comfortable a bed as any forer need wish for.

In the place of pine needles, hay or grass may be used. Also, in selecting the bed-post sticks, be careful to have them strong enough for the weight they are to bear.

Often what appear to be the most trivial occurrences of life prove to be the most momentous. Many are disposed to regard a cold as a slight thing, deserving of little consideration, and this neglect often results in most serious ailments entailing years of suffering. Drive out colds and coughs with Bick's Anti-Consumptive Syrup, the recognized remedy for all affections of the throat and lungs.

HER DEATH WAS HOURLY EXPECTED

Enterprise, Ont., Oct. 1st, 1908.
"For seven years I suffered with what physicians called a 'Water Tumor.' I could neither sit, stand, nor lie down. Hypodermics of morphia had to be given me to ease the pain."



MRS. JAMES FENWICK

My cure seemed hopeless, and my friends hourly expected my death. I was so bad that I wanted to die, and it was during one of these very bad spells that a family friend brought a box of "Fruit-a-tives" to the house. After much persuasion I commenced to take them, but I was so bad that it was only when I had taken nearly two boxes that I commenced to experience relief. I kept up the treatment, however, and after taking five boxes I was cured, and when I appeared on the street my friends said, "The dead has come to life," and this seemed literally true, because I certainly was at death's door."

(Signed) MRS. JAMES FENWICK.

"Fruit-a-tives" are sold by all dealers at 50c a box—6 for \$2.50, or trial box, 25c, or sent post-paid on receipt of price by Fruit-a-tives Limited, Ottawa.

WAIT'S Homoeopathic Specifics

Cures Effected by them are radical and certain. They do not cure one disease and produce another. They will cure a larger percentage of cases, and in less time than any medicine known.

NO.	CURES	PRICE
1	Fever, Congestion, Inflammation	25
2	Neuralgia, Toothache, Faceache	25
3	Crying Colic, or Teething of Infants	25
4	Sore Mouth or Canker	25
5	Dyspepsia, Bilious Stomach, Costiveness	25
6	Effects of eating Rich Food	25
7	Piles, blind or bleeding, internal or external	25
8	Cholera Morbus, Nausea Vomiting	25
9	Headaches, Sick Headaches, Vertigo	25
10	Inflammatory Affections of the Windpipe	25
11	Diarrhoea, of Children or Adults	25
12	Rheumatism, Rheumatic Pains	25
13	Worms, Worm Fevers, Worm Colic	25
14	Diseases of Infants or Young Children	25
15	Diphtheria or Ulcerated Sore Throat	25
16	Asthma Oppressed, Difficult Breathing	25
17	Coughs, Colds, Hoarseness and Bronchitis	25
18	Whitening Profuse Periods, Bearing Down	25
19	Croup, Hoarse Cough, Difficult Breathing	25
20	Salt Rheum, Erysipelas, Eruptions	25
21	Fever and Ague, Chill Fever, Agues	25
22	Ophthalmia, Weak or Inflamed Eyes	25
23	Whooping Cough, Violent Cough	25
24	Scrofula, Swellings and Ulcers	25
25	Dropsy, Fluid Accumulations	25
26	Sea Sickness, Nausea, Vomiting	25
27	Kidney Disease, Gravel, Renal Calculi	25
28	Nervous Debility, Seminal Weakness, Spermatorrhoea	\$1.00
29	Urinary Weakness, Wetting the Bed	25
30	Suppressed or Painful Menses, Pruritus	25
31	Epilepsy and Spasms, St. Vitus' Dance	25
32	Dysentery, Griping, Bilious Colic	25
33	Female Irregularities	25
34	Catarrh, Acute or Chronic, Influenza	25
35	Ear Discharges, Hardness of Hearing	25
36	Disease of the Heart, Palpitation, Change of Life	25
37	General Debility, Physical Weakness	25
38	Wait's Homoeopathic Rheumatic Cure	\$1.00

Any number will be sent by mail on receipt of Price. Send for Manual (free). Address DEPT. W.H.

WAIT HOMOEOPATHIC MEDICINE MANUFACTORY
JOHN T. WAIT, Proprietor, ARNPRIOR, ONT.

Marriage, Annulment, Domicile Divorce, 8th Edition gives law and time governing these subjects in all of the States and Territories of the United States. Postpaid, One Dollar. Jos. Mitchell Donovan, Attorney, Sioux Falls, South Dakota, U.S.A.