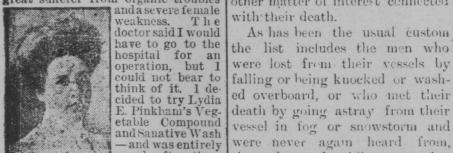


great sufferer from organic troubles other matter of interest connected



months' use of them."-Mrs. S. A WILLIAMS, R. F. D. No. 14, Box 39, Gardiner, Me.

cal operation, which may mean death,

This famous medicine for women has for thirty years proved to be the from other porty. most valuable tonic and renewer of Another year ha most valuable tonic and renewer of the female organism. Women resid-ing in almost every city and town in the United States bear willing testi-mony to the wonderful virtue of Lydia The United States bear willing testi-the word " missing" against any the word " missing" against any those you love, give it a trial.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write herfor advice. Her advice is free and always helpful.

It is well to have on hand a remedy, simple, effective and easily applied, for mosquito bites, insect stings, sores, bruises, sunburn, and injuries to the skin, and forty other ailments not always danger. ous, but which can be cured by outward application. Such a remedy is Davis' Menthol Salve(TheD.&L.), which comes in tins for 25 cts. at druggists.



CASTORIA The Kind You Have Always Bought

published today as usual a resume TWENTY-TWO MEN LOST of the loss of lives and vessels in

By Lydia E. Pinkham's the year, giving as tar as ascer-tained the names of the men, their ages and places of birth, whether ages and places of birth, whether straved from their vessel in a snowmarried or single with the number storm and were unable to reach is box from The Dr. Williams' Med-Gardiner, Maine.-"I have been a of children left fatherless, and any port or any other craft, and five icine Co., Brockville, Ont.

the red snapper fishery from Pen-As has been the usual custom, sacola, Fla., and whose craft sailed have to go to the the list includes the men who from port and who never heard attacks of sudden exhaustion, weak hospital for an operation, but I were lost from their vessels by from, having probably foundered falling or being knocked or wash- in a gale.

vessel in fog or snowstorm and "TD RATHER BE DEAD than suf--and sanative wash were never again heard from, fer again the tortures of insonnia, palcured after three those drowned while attempting pitation and nervous twitching of my

to board their vessels, those dying muscles induced by simple neglect of a little indigestion." These are the on shipboard from natural causes, forceful and warning words of a lady No woman should submit to a surgiand those who while clauning who proclaims that her care by South al operation, which may mean death, Clauserton as their when everything cal operation, which may mean death, mtil she has given Lydia E. Pinkham's Vegetable Compound, made exclusive-ly from roots and herbs, a fair trial. This famous medicine for women

Another year has passed, making

the sixth in succession, in which it DALHOUSIE LUMBER SHIPMENTS

Shipments of deals, etc., to trans **E.** Pinkham's Vegetable Compound. the word " his sing against any Atlantic ports for 1909, were as follows It cures female ills, and creates radi- vessel of the fleet until the anxious Number of vessels, thirty; tons, 49,190; Atlantic ports for 1909, were as follows ant, buoyant female health. If you are ill, for your own sake as well as the return of the heard one and Number of vessels, thirty; tons, 49 190; superficial feet deals, battens etc. the return of the loved ones, and 19.500,000; 1,4000 cords of pulpwood; the belief has become fixed that 0.090 000 latas; one million shingles

> The highest medical authority on foods, Sir James Crichton Browne, LL.D.-F.R.S. of London. gives the best reasons for eating more

Youth's Companion of Septem- oped, mentally energetic race. ber 23rd, 1909, Dr. Browne, the great medical authority on foods, says, about brain and muscle building-

"There is one kind of food that seems to me of marked value as a food to the brain and to the whole body throughout childhood and adolescence (youth), and that is oatmeal.

"Oats are the most nutritious of all the cereals, being richer in fats, organic phosphorus and lecithins.'

He says oatmeal is gaining ground with the well-to-do of Great Britain. He speaks of it as the mainstay of the Scottish aborer's diet and says it pro- meals.

In an article published in the duces a big-boned; well-devel-His experiments prove that good oatmeal such as Quaker Oats not only furnishes the best food for the human being, but eating it strengthens and en-larges the thyroid gland-this

gl_nd is intimately connected with the nourishing processes of the body. In conclusion he says-

"It seems probable therefore that the bulk and brawniness of the Northerners (meaning the Scotch) has been in some measure due to the stimulation of the thyroid gland by oatmeal porridge in childhood.'

The Scotch eat Quaker Oats because it is the best of all oat-

government analyst that the Tablets are absolutely safe. Mrs. Ed. Suddard, Haldimand, Included in the list however, are A Que., says:-I have used Baby's the fisheries from this port during a portion of three crews, one of 11 Own Tablets in my home for a long time and always with the men who met their death by the best results. I do not know how

> ALL OLD PEOPLE SUFFER from complete. heart action and prostration. best aid in such case is FERROVIM. the invigorating tonic which is pre-pared from fresh lean beef, Citrate of

strengthens the whole body. \$1.00 a face the public in order to vindicate sam; try it. bottle.

pollings of the general elections only a a good proportion of there shine more fortnight away, the campaign shows brilliantly at fox hunting than statesless popular excitement than the last manship their audiences get-plenty of stages of most previous general elec- fun out of them.

the House of Lords and the general ex-plosion of oratorical efforts here by politicians the contest has settled down into a dull bombardment of speeches the House of Lords and Tariff Reform.

The list of candidates is still far from

FUN WITH THE PEERS The Peers on the platform continue

Iron and pure old Spanish Sherry to turnish a picturesque element in THERE ARE MANY Cough Mix-Wine. It stimulates the digestion and the battle. They feel compelled to tures, but only one Allen's Lung Balto furnish a picturesque element in)

envelopes.

WOMAN ACID THROWER A wommn believed to be a suffragette attempted today to destroy with acid a quantity of literature at the political headquarters of John Burns at Battersea. The clerk in charge was seriously burned about the face and hands by the acid before he could prevent her desigh. The woman gained an entrance to the headquarters on the pretense of assisting to address



It isn't necessary-it's expensive and it means doubling your work. You don't have to boil clothes when you use Taylor's Borax Scap, for it dissolves and removes the dirt in a jiffy-vet it never harms the daintiest textures, nor shrinks woolens.

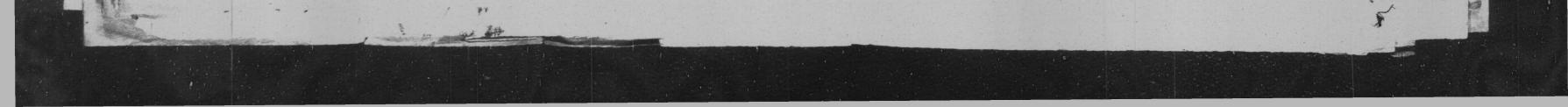


It leaves everything whiter, sweeter and cleaner than you ever dreamed possible. Try it and see.

JOHN TAYLOR & CO., Limited, TORONTO

TUB TALK No. 2

To wash colored muslins, linens or lawns, first make a strong suds with Taylor's Borax Soap and luke warm water. Wet but one piece at a time. Unless the article is very much soiled, do not run the soap directly on the article. Rub gently with the hands until perfectly clean. Wring out the clothes, and rinse thoroughly in water of the same temperature as that previously used. Never boil colored clothes. A very little Taylor's Borax Spap added to boiled starch will prevent it from sticking, and makes the clothesiron smoother and easier.



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