

## KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. The Tablets are sold by medicine dealers or by mail at 25 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

### AN EGYPTIAN SINDBAD.

His Story Told in Ancient Papyrus 5,000 Years Old.

In the hermitage Museum of St. Petersburg there is a very ancient papyrus, nearly 5,000 years old, which contains a story reminding one, says a writer in the *Raja Yoga Messenger*, of the adventures of the famous Sindbad in the "Arabian Nights."

The hero, a very ancient mariner, begins by saying that he was one of a band of 160 fearless adventurers, "whose hearts were stronger than lions, and who had seen heaven and earth." They were on their way to the Mines of Pharaoh in a ship of 160 cubits, but ill fate awaited them, for presently the wind rose and threw up mighty waves and the ship was wrecked.

Every one perished but the hero, who was washed ashore on a piece of wood.

He found himself stranded upon an island, but it was no desert. There were fruits and goodly herbs and many other fine things. The sailor had been piously brought up, for after enjoying a good meal he made an offering to the gods.

Immediately the marvels began, and it is clear that the good character of the hero saved him from destruction, for the next thing he saw was a huge serpent of terrible aspect, his body overlaid with gold and his color a bright blue. However, the serpent did him no harm, but, politely asked how he had reached the island.

Being satisfied with the answer, the king of the serpents, for it was no less a personage, carried the sailor in his mouth to a place where there was a tribe of seventy-five other serpents. The serpent king said: "If thou hast come to me it is God who has let you live. It is He who has brought you to this Isle of the Blessed, where nothing is lacking and which is filled with all good things."

The serpent then told him to be of good cheer for he would be rescued by a ship from his own land in three months. Our Egyptian Sindbad spent much of his time watching for the ship from the top of a tall tree. At last it arrived, and the first thing he did was to run to the king serpent to tell him. His surprise was great when he found that the serpent knew all about it, and had some gifts ready for him to take away. On parting the serpent said: "Farewell! go to thy home and see thy little children once more; let thy name be good in thy town."

The sailor was very grateful for the kindness he had received and he offered to speak for the serpent before King Pharaoh and to return with a ship full of treasures fit for each of a friend of men cast away in a far off land. But the serpent said, for no, they would not meet again, for the magical island would disappear and melt away when he was gone.

## HANDLORE AND SYMBOLISM.

Signs of Weakness and Strength—When a Man Is Lying.

When a man is not telling the truth he is apt to clench his hands, as few men can lie with their hands open.

A man who holds his thumb tightly within his hand has weak will power. Strong willed persons hold their thumbs outside when shutting their hands.

Shaking hands when greeting was originally an evidence that each person was unarmed.

Among savage tribes when a man holds up his hands it is a sign of peace, an evidence that he is unarmed or does not intend to use weapons. An outlaw says "Hold up your hands!" meaning thereby to make his victim powerless to resist attack.

When a man kisses the hands of a woman he expresses his submission. This is also the idea when kissing the hands of kings. By this act their superiority is acknowledged.

When an oath is taken it is done by raising the right hand or laying it upon a Bible.

In the consecration of bishops, priests and deacons and also in confirmation the laying of hands is the essence of the sacramental rite.

A bishop gives his blessing with the thumb and first and second fingers. In this the thumb represents God the Father, the first finger is the emblem of God the Son, and the second finger stands for God the Holy Ghost, the three together symbolizing the Holy Trinity.

The wedding ring is placed upon the third finger of the woman's hand to show that after the Trinity, man's love, honor and duty are given to his wife.

Beside the deaf and dumb there are many people, notably of Latin and Semitic races, who talk with their hands.

## CAREFUL DOCTOR.

Prescribed Change of Food Instead of Drugs.

It takes considerable courage for a doctor to deliberately prescribe only food for a despairing patient, instead of resorting to the usual list of medicines.

There are some truly scientific physicians among the present generation who recognize and treat conditions as they are and should be treated, regardless of the value to their pockets. Here's an instance:

"Four years ago I was taken with severe gastritis and nothing would stay on my stomach, so that I was on the verge of starvation. I heard of a doctor who had a summer cottage near me—a specialist from N. Y.—and as a last hope sent for him.

"After he examined me carefully he advised me to try a small quantity of Grape-Nuts at first, then as my stomach became stronger to eat more.

"I kept at it and gradually got so I could eat and digest three spoonfuls. Then I began to have color in my face, memory became clear, where before everything seemed a blank. My limbs got stronger and I could walk. So I steadily recovered.

"Now, after a year on Grape-Nuts I weigh 163 lbs. My people were surprised at the way I grew fleshy and strong on this food."

Name given by Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## KEEP THE SKIN CLEAR



## CUTICURA Soap and Ointment

No other emollients do so much for pimples, blackheads, red, rough and oily skin, itching, scaly scalp, dry, thin and falling hair, chapped hands and shapeless nails. They do even more for skin-tortured and disfigured infants.

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a liberal sample of each, with 25-page booklet on treatment of skin and hair, will be sent, post-free, on application to "Cuticura," Dept. 43, Boston, U. S. A.



## QUITE RIGHT.

Inspector—"An abstract noun is something we can think of, but cannot touch. Can you give me an example?" Tommy—"Yes, sir; a red-hot poker!"

## HINTS ON CANNING.

Always screw the lids of the glass fruit jars so tightly that it will be necessary to break the cans open with a hammer next winter. This is one of the first principles of canning and it should never be violated.

Can everything you find excepting your husband. You may need him from time to time.

It is better to remove the pits from peaches before canning them, for the pits are hard to digest and form a very heavy diet when eaten in the winter. Canned peaches are more to be pitied than censured.

Education begins with the cradle and ends only with the grave.



## HOUSE FLIES

are hatched in manure and revel in filth. Scientists have discovered that they are largely responsible for the spread of Tuberculosis, Typhoid, Diphtheria, Dysentery, Infantile Diseases of the Bowels, etc. Every packet of

## WILSON'S FLY PADS

will kill more flies than 300 sheets of sticky paper.



See Open Top Tub Room to Work. See How the Winger is Attached.



## MAXWELL'S HIGH SPEED CHAMPION

The Winger Pads extend from the sides of the top of the tub. This allows practically the whole top of the tub to open up. It is easy to put in and take out. No other vacuum has so large an opening. No other vacuum can be worked with arms extended as far as this. "Maxwell's" is the cleanest, most powerful vacuum. Do you wish to know more? Write us for catalogue if your dealer does not have one.

DAVID MAXWELL & SONS, ST. MARY'S, N.B.

## COULDN'T TAKE RISKS.

Agnes—"This novel looks awfully interesting. Is it good?" Gladys—"It's perfectly splendid. I'd lend it to you in a minute, but it belongs to me."

## To Men Who Live Inactive Lives.

Exercise in the open air is the best tonic for the stomach and system generally, but there are those who are compelled to follow sedentary occupations and the inactivity tends to restrict the healthy action of the digestive organs and sickness follows. Parmelee's Vegetable Pills regulate the stomach and liver and restore healthy action. It is wise to have a packet of the pills always on hand.

## Poverty has helped many a young man out after he has fallen in love.

Minard's Liniment Cures Burns, Etc.

## TOO BAD.

"Too bad Mrs. Smartleigh always has such abominable weather for her afternoon teas." "Yes; she never pours but it rains."

Cholera and all summer complaints are so quick in their action that the cold hand of death is upon the victims before they are aware that danger is near. If attacked do not delay in getting the proper medicine. Try a dose of Dr. J. D. Kellogg's Dysentery Cordial, and you will get immediate relief. It acts with wonderful rapidity and never fails to effect a cure.

It's all right to build castles in the air if you're willing to work up to them.

Minard's Liniment Cures Dandruff.

## HINTS FOR HOUSEKEEPERS.

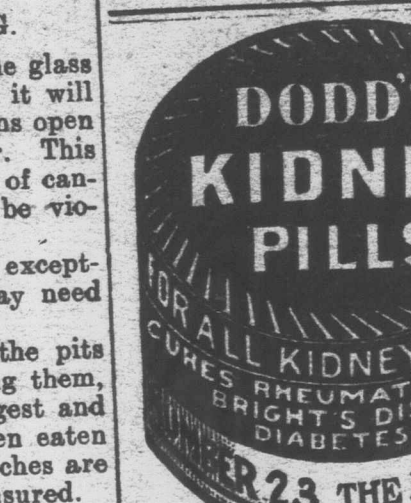
Try to win the friendship of your butcher, so that you can go to his icebox and pick out your own steak.

It is easy to screw a lawn-mower up so tight, that your neighbor can't use it after he has borrowed it.

It is no longer fashionable to cut a boy's hair by putting a large bowl on his head and trimming up to the edge of it. Take him to a barber and pay for the hair-cut out of the boy's savings bank.

## DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES. CURES RHEUMATISM, BRUISES, DIABETES, BACKACHE, GRAVEL, ETC.



ED. 7

ISSUE 38-12

Delicious—wholesome—no scales—no bones—packed in purest Olive Oil.

## KING OSCAR SARDINES

Cut Them From Your Grocer

Trade supplied by John W. Bickie & Co., Hamilton

## PLANTS HAVE EYES.

Prof. Haberlandt Says He Has Found Them in Tree Leaves.

After long experimenting and study Prof. Gottlieb Haberlandt of the Botanic Institute, of Graz, in Styria, declares that plants, the word taken in its widest sense, and including trees, can see.

The professor says that he has succeeded through photography and the use of the microscope on the visual organs of plants. The images included objects at different distances, and even persons and houses. Plants may, he says, be classed with the inferior animals in this respect. His observations have been confirmed by Dr. Nuttall and Dr. Harold Wagner.

We are still so ignorant of animal, plant and insect life (because we do not understand their language) that we fancy the plant, like the insect, is not conscious of what it sees, but that is probably a discovery for the future. At present we are forced to accept the theory that they are not conscious.

But that they do see, Prof. Haberlandt says, he has satisfactorily proved. He has found the same minute eye such as belongs to bees and other insects in sycamore leaves, in the sugar maple and in the Peruvian acanthus. The eyes of plants appear different from the eyes of insects in that they have no coloring matter, though this is not yet determined.

The professor is continuing his experiments, and he expects to make further interesting and surprising announcements. He says that plants and trees have eyes is undoubtedly a proof that all natural life is linked in one long chain.

On Sale Everywhere.—There may be country merchants who do not keep Dr. Thomas' Electric Oil, though they are few and far between, and these may suggest that some other oil is just as good. There is nothing so good as a liniment or an internal medicine in certain cases. Take no other. The demand for it shows that it is the only popular oil.

PUTTING HIM RIGHT.

"Do you admire Burns' poems?" asked the young man with the serious face.

"Pardon me for correcting you," answered Miss Pansy Hobblerot, "but Mr. Burns ain't a poetry writer. He's the famous author of detective stories."

Low Colonist Rates to Pacific Coast via Chicago and North Western Ex. Sept. 25th to Oct. 31st from all points in Canada to Los Angeles, San Francisco, Portland, Seattle, Victoria, Vancouver, Helena, Butte, Missoula, Kalamazoo, Pocatello, Yampa, Salt Lake City, Ogden, Grand Junction, etc. Through tourist sleeping and free reclining chair cars from Chicago. Variable routes. Liberal stop-overs. For information write or call on B. E. Bennett, General Agent, 46 Yonge St., Toronto.

It is sometimes a good plan to be sure the other fellow is right—then follow in his footsteps.

Minard's Liniment Relieves Neuralgia.

A HAY FEVER OPTIMIST.

"He sure is an optimist."

"So?"

"No question of it."

"But I heard him growling yesterday because he has hay fever."

"That's just the point. He's had it for ten years, but always he is sure that he won't get it next year."

Corns cannot exist when Holloway's Corn Cure is applied to them, because it goes to the root and kills the growth.

MAN'S REAL DIGNITY.

Every young man when starting in the race of life should stamp into his being the fundamental principle of all moral philosophy—that the real dignity of a man lies not in what he has, but in what he is. Beware of being infected by the moral contagion which more or less taints the atmosphere of every rich trading and manufacturing community—the estimating the value of men by the external apparatus of life rather than by its internal nobility.

FOR sunburn, windburn, cracked lips, chaps, roughness or irritation after shaving, try

## NA-DRU-CO Witch Hazel Cream

Its creamy ingredients soothe and soften the outer skin, while the Witch Hazel penetrates and heals the deeper tissues. Delightful after shaving or washing. 25c a bottle, at your druggist's.

NATIONAL DRUG AND CHEMICAL CO. of Canada, Limited.

167

## HOW TO AVOID SEA SICKNESS.

There are a few homely remedies for seasickness, such as stuffing the ears with cotton wool, taking a strong cup of very hot coffee or a teaspoonful of neat Worcestershire sauce just before embarking, which may tide the poor sailor safely over a short journey. Chronic victims of sea sickness, however, should give the liver a rest for 24 hours before going on a voyage, eating only food of a simple and readily digestible nature. Rest, with the head lowered in a comfortable position with the hands and feet kept warm, is the first rule in all cases.

## A WONDERFUL DISCOVERY.

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the discovery of Zam-Buk. Just think! As soon as a single thin layer of Zam-Buk is applied to a wound or sore, such injury is insured against blood poison! Not one species of microbe has been found that Zam-Buk does not kill!

Then again, As soon as Zam-Buk is applied to a sore, or a cut, or to skin disease, it stops the smarting. That is why children are such friends of Zam-Buk.

Again, As soon as Zam-Buk is applied to a wound or to a diseased part, the cells beneath the skin's surface are so stimulated that new healthy tissue is quickly formed. This forming of fresh healthy tissue from below is Zam-Buk's secret of healing. This is why Zam-Buk cures are permanent.

Only the other day Mr. Marsh, of 101 Delormier Ave., Montreal, called upon the Zam-Buk Co. and told them that for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease he had for twenty-five years—he is still cured.

All druggists sell Zam-Buk at 50c. box, or we will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

OLD-FASHIONED.

"How old-fashioned they are." "So!"

"Yes, they still keep their fathers' pictures hanging in the living room."

A Remedy for Bilious Headache.

To those subject to bilious headache, Parmelee's Vegetable Pills are recommended as the way to speedy relief. Taken according to directions they will subdue irregularities of the stomach and so act upon the nerves and blood vessels that the pains in the head will cease. There are few who are not at some time subject to biliousness and familiar with its attendant evils. Yet none need suffer with these pills at hand.

HIS TIME LIMITED.

"Your beau," remarked the first summer girl, "doesn't seem to care to spoon in secluded nooks."

"No," responded the second summer girl, "the poor gink only has four days in which to acquire a coat of tan."

Minard's Liniment Co., Limited, Osterhall, Nfld.

Dear Sirs:—While in the country last summer I was badly bitten by mosquitoes, so badly that I thought I would be disabled for a couple of weeks. I was advised to try your Liniment to allay the irritation, and did so. The effect was more than I expected, a few applications completely curing the irritation, and preventing the bites from becoming sore. MINARD'S LINIMENT is also a good article to keep yours truly. W. A. Y. R.

THE MASHER.

A masher is a despicable creature who gets a good deal of encouragement.

No child should be allowed to suffer an hour from worms when prompt relief can be got in a simple but strong remedy—Mother Graves' Worm Exterminator.

Too often it is the things we shouldn't do that seem to make life worth living.

Minard's Liniment for sale everywhere.

FORCE OF HABIT.

One of the French marshals who had been defeated by the Duke of Wellington in the Peninsula tried to insult the duke, when the latter was visiting Paris. But in the ballroom as on the battle-field, the victory was Wellington's.

Louis Philippe of France had just introduced the marshal to the duke. Smarting under the memory of his defeat, the marshal thought to slight Wellington by ostentatiously turning his back to him. Louis Philippe was greatly displeased, and apologized for his general's rudeness.

"Forgive him, sir," said the duke. "I taught him to do that in the Peninsula."

It doesn't take very long for the worst to happen.

## FRAGRANT AND DELICIOUS

millions who drink it recom mend

## LIPTON'S TEA

Does farthest for the money

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne St., Toronto.

OVER FIFTY GOOD IMPROVED Farms in Manitoba, Saskatchewan and Alberta at right prices on easy terms.

FRUIT FARMS IN THE BEST FRUIT district of Ontario. All sizes at right prices.

IF YOU WANT TO BUY OR SELL a stock grain of dairy farm consult me.

H. W. DAWSON, Toronto.

## MALE HELP WANTED.

EARN THE RAILWAY STATION work and earn more money than in any other trade. We qualify for all Canadian Railway positions secured. Write for Free Book 15, Dominion School Railroading, Toronto.

## MISCELLANEOUS.

HAY AND FARM SCALES. Wilson's Scale Works, 3 Esplanade, Toronto.

CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

TON SCALE GUARANTEED. Wilson's Scale Works, 3 Esplanade, Toronto.

ALL STONES, KIDNEY AND BLAD- der stones, kidney trouble, Gravel, Lumbago and kindred ailments positively cured with the new German Bismarck "Sand," price \$1.50. Another new remedy for Diabetes-Mellitus and pure cure, is "Sand's" Anti-Diabetic. Price, \$2.00 from druggists or direct. The Sand Manufacturing Company of Canada, Limited, Winnipeg, Man.

## DYEING! CLEANING!

For the very best, send your work to the "BRITISH AMERICAN DYEING CO."

Look for Agent in your town, or send direct. Montreal, Toronto, Ottawa, Quebec.

LANGMUIR'S ORBOSOTE Shingle Stains

Protect—Preserve—Beautify Samples and Booklets on Application JAMES LANGMUIR & CO., Limited 1974 Bathurst Street TORONTO

## TELEGRAPHY

and Station Agents' work in all its details are included in the course of training included in the Central Telegraph School, 3 Denison St., Toronto. Correspondence invited. J. J. Johnson, Pres. W. H. Shaw, President.

Maypole Soap

CLEANS AND DYES Gives rich glowing colors, fades in sun or suds. Dyes cotton, silk, woolen mixtures. Use it yourself at home. No trouble—no cost. 24 colors—will give you shade, color, black, 15c. at your dealer's or postpaid with booklet "How to Dye" from

F. L. BENEDICT & CO. Montreal

## Anti-Dust

disinfectant sweeping powder, is a life-preserver because it kills all disease germs.

Floors clean; carpets bright; home fresh and sweet. No dust while sweeping.

Ask your Dealer for it.

MacLaren Imperial Cheese Co. Limited

Sole distributors for Ontario

THE SAPHO MFG. CO., Limited Montreal

SOMETHING ABOUT SALT.

The chief thought about salt in the midst of all holiday-makers will be in connection with the sea; but it has other uses and significance. Most people think that spilling salt is unlucky. This superstition has been handed down from the ancient Romans. Two or three hundred years ago all the servants of the wealthy sat below the salt to show their humble origin, and this custom was observed not so very long ago in Scotland. Salting a coffin is still prevalent among some nations, but the most curious use to which salt is put to-day is in Abyssinia and Tibet, where cakes of salt are employed as money.

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula or the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and

Cleanse the System