NO MORE

HEADACHES



FORESTS OVERRATED

NOT SO BIG AS MANY CANADIANS BELIEVE,

Toronto July 31.—"Canada's commercially valuable forests are not so big as Canadians are inclined to think they are," declared Dean Fernow of the faculty of forestry in Toronto University in delivering the last of the series of public lectures under the University at the physics building.

in a thousand. No, there is no mistake. It is my Laura as sure as I am alive."

Manager Roth of the Jolictte said: "The woman's face is one of the most beautiful I ever saw in a motion picture. The finding of a wife in the manner which Mr. Halstrom has just completed is a decidedly new one on me.

"I received a telegram from the company that made the picture that the woman Mr. Halstrom claims as pis wife living in Philadelphia, but is at present posing for characters for a series of pictures at Baltimore."

Dr. J. C. Smith, of Barrie, is dead aged 45.

Barley cutting along the C. N. R. is general.

Rain is needed for the crops along the C. N. R.

Ottawa covers 5,119 a.res, or eight square miles.

Hamilton would like a permanent artillery corps.

PHYSICALLY EXHAUSTED ? You're out of joint with everything—lacking in courage—no nerve—scarcely on speaking terms with yourself. Such low spirits are pitiable. Your brain is fagged, vitality exhausted till your nerve-wracked body has gone all to the bad. FERROZONE is what you need.

=FERROZONE IS A BODY-BUILDER, A VITALIZER, A NUTRITIVE TONIC.

It's by making flesh and blood, by infusing iron and oxygen into the system that FERROZONE helps. It repairs the weak spots, instils energy, vim and endurance into worn-out organs—makes you feel like new. Why not use this grand restorative? It lifts age from the old, brings new resiliance and buoyancy of spirits to the depressed. Be vigorous, manly, ruddy-colored, cast aside weakness and enter into that happy life that follows the use of FERROZONE.

Ferrozone is sold everywhere in 50c boxes or six for \$2.50. By mail from N. C. Polson & Co., Hartford, Conn., U. S. A., and King-

Eating Carelessly

return and the stomach again work without any discomfort. The skin will clear, the face plump out, while people will remark "How well you're looking." These are facts, not fancies. Prove it yourself.

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold by all Druggists in Canada and U. S. America. In boxes 25 cent

DIED IN PRISON

WAITING FOR RAIN.

Hamilton Spectator

The Cha hom News tells the stor of a farmer whose three acre straw berry plot is within a few hundre feet of a bountful supply of running water, and who on the Chattana mar ket the other day glumly remarked that his crop would be a mighty shor one if it didn't soon rain. And the News proceeds to make some pointed observations with this as a text. The tarmer who during a drought, sit down and waits for a rainy spell it make his crop for him, while nearby there is a river or lake of water ready and waiting to be tapped for his benefit, doesn't deserve a crop.

As a matter of fact nature has beer altogether too predigally kind to the average Canadian farner In the matter of climate, natural richnes and variety of soil, and, in a hundres other ways it has been lande possible for him with but a minimum of effort to gather bountiful harvest. And minimum effort his come to be a habit with him, He prefers to wait for the rain rather than spond a little time and money providing the means for artificial irrigation. The old methods suit his taste better than the new fangled ones and the result is that he averages an indifferent income from a big land holding when he might by adopting improved methods live well off a much samiler property and be guaranteed a much steadier income.

Not until necessity forces ill there likely be a general change in conditions among the old time tarming communities, It was necessity that forced event and available has forced event and available that the forced event and available has forced event and available has a forced forced forced forced force

HER TWO PRAYERS.

Both Were Answered, but the Results Were Discouraging. During and for many years after the civil war there lived in Franklin coun-

During and for many years after the civil war there lived in Franklin county, Mo., where the old state road, built before the days of railroads, crossed Boenf river, a Mrs. Samuel Hutton, who met with the misfortune of having two of her prayers answered, and thereafter, her neighbors used to say, she never prayed again. And this happened during the civil war, "Sam being away in the Confederate army," was the way she used to tell it, "I got lonesome among so many bragging stay at home northerners that one day I got down on my knees and prayed for the southern boys to come and clean out the neighborhood, and it wasn't a week before along came General Pap Price's army, and, it being near dark, the whole cutift camped along the river, confiscated all my stock feed, robbed my chicken roost and burned half the fence rails on the place without asking my permission. As I didn't know where Sam was to tell him what the scamps had done, I prayed again, asking the Lord to send the Federals to chase Pap Price to the jumping off place. It was about sundown that day when I looked up the road and saw my answer coming, and the northern boys stopped at the river for the night, ate what food the Confederates had left me and destroyed the balance of the fence rails."—Buftalo Times.



Wealthy Lumber Dealer Pleads
Guilty to Charge to
Save Girl

New Yory, July 31—Charles of the subservage of the subservage of the subservage of the form of the post heapt of the fallowing section of the Transcontinent of the post heapt of the fallowing section of the form of the form of the fallowing section of the form of the fallowing section of th

The Commissioners of the
Transcontinental Railway.
Ottawa, 18th July, 1908.
Newspapers inserting this advertisement without authority from the Commissioners, will not be paid for

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When you want COAL will make a WHITE HEAT, and unless you always get BEST COAL you will get into a WHITE HEAT yourself. The very best coal is sold by

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- Phone No. 7

SUGGESTIVE QUESTIONS ON THE

SUNDAY SCHOOL LESSON

By REV. Dr. LINSCOTT, FOR THE INTERNATIONAL NEWSPAPER BIBLE STUDY CLUB

Sam. xvi. 1-13.
Golden Text—Man looketh on the outward appearance but the Lord looketh on the heart. I. Sam. xvi, 7.
Verse 1—What method did God use in talking to Samuel, and what method does he use to day in talking to the faithful?

Ought the feelings and the judgment of every true man, always harmonize with the clearly expressed will of God?

What is the difference in God's judgment, and in man's judgment, of a man!

Verse 2-Did the Lord intend this instruction to Samuel, to say he was to come to sacrifice, to be a means of deceiving Saul, and if so, is such deceit in harmony with the teaching of Jesus?

Why did God not tell Samuel which of Jesus?

Do we all need special preparation in order to enjoy public worship to the utmost, or should we always be lair a proper state of mind for wor.

Lesson for Sunday, Aug. 2th, 1908 in a proper state of mind for wor.

38-49.

Aug. 9th, 1908. David and Goliath--1, Sam. xvii, 38

David Anointed in Bethlehem. I. selves to form a definite opinion of Colden Text—Man looketh on the utward appearance but the Lord

Does God permit really true and careful men to sometimes form wrong opinions, and if so why?

Verse 7-Hew much dependence can we place upon a handsome appearance as an index to ability and goodness?

of deceiving Saul, and if so, is such deceit in harmony with the teaching of Jesus?

Verse 3—Is it perfectly safe to go where God may send us, with only partial knowledge of what we have to do, with the confidence that God will make clear our full mission in due time?

Verse 4—May we hope for prosperity if we do not fall in gladly with God's plans?

Verse 5—If we are afraid of God's representative, or of God's providence, is it a sign of guilt?

Is God's coming, in any guise, always "peaceably," and for our good, if we are true to God?

Do we all need special preparation in order to enjoy public worship to

Aug. 9th, 1908.

Bavid and Goliath—I. Sam. xvii, 38

Golden Text—In the Lord put I my
trust, Ps. xi, 1.

This lesson does not lend itself easily to a verse by verse discussion, hence the following questions are based upon the lesson story and its suggestions.

Does the fate of a various even well.

Does the fate of a nation ever mat-rially depend upon one man accord-ing to the teaching of history? (This question is to be answered in writing by members of the club.) Was David's conquest of Goliath natural or supernatural? Could God just as easily have per-formed this feat with a tuan who had had no previous experience with a sling?

annot subdue the world and overthrow sin?

Was David's conquest of Goliath
natural or supernatural?

Could God just as easily have performed this feat with a main who had
had no previous experience with a
sling?

Did God bave in view this event of
the slaying of Goliath, in David's previous training with the sling and
stone?

Does God always arrange to
his children a suitable present training for the work which he has in
store for them in the future?

Does God always provide a way by
which every enemy, or barrier, to the
accomplishment of our life's work,
can be vanquished?

May a strong man in the long run
who has espoused a cause opposed to
God, sometimes be successful?

Napoleon said that Providence was
always on the side of the heaviest
battalions, is this always or ever

Canada's Growing Time Is Most Strongly Marked By The Increase Of Its

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Montreal Express ...
Pacific Express

CANADIAN PACIFIC Port Burwell

Going south Going south Arriving from south Arriving from south All trains daily exc

All trains daily exce Jas. En INGERSOLL POST

G. T. R. Going 8.09 a.m., mail closes to 2.44 p.m., mail closes to 12.12 p.m. mail closes to

Mails C. F. Going West and 11.07 a.m. mail closes h Going Eas 5.45 p.m. mail closes h

Going We 10.14 a.m., mail closes 9.24 p.m., mail closes

Stages. Bayham - Arrives 9.1 11.45 a.m. Registered mail ma minutes earlier than o English Ma

First boat sails via Wednesday. Mail clos p.m., Monday Second boat sails via Saturday. Mail closes m., Thursday. Sails fro Third boat sails via Saturday. Mail closes at 830 p.m.

H. Allan, a memoer circus, wanted in W causing a riot, cluded arrested him at Sasse

M