Oh! Such Pain! dizzy—dragged-down? With dull headache, backache — racking with pain here or there — poor woman, she's one of many. On those days each month, when in other circumstances she would go to bed, she must still be at the desk or counter, or struggle through the day as best she may with her housework or her family cares. Usually she who feels those dragging-down or dizzy symptoms, and other pains caused by womanly disease, can be cured by Dr. Pierce's Favorite Prescription. It cures the cause of these pains. *Faded*, jaded, tired, overworked, *weak*, nervous, delicate women are restored to strength and health by Dr. Pierce's Favorite Prescription. It makes weak women strong and sick women well. In liquid or tablets.

CHATHAM, ONT.—"Being a nurse I have had occasion to use 'Favorite Prescription' quite a lot. I recommend it to my patients and it has been a wonderful help to many of them. I never knew of a case where it failed. I have a patient who is using it now and is doing fine. I have taken it myself and got the very best results. I consider it the best medicine there is for women who are ailing."—MRS. EDITH MOORE, 9 Rector Street.

Ships are the secret of our success says Mr. Lloyd Harris, head of the Canadian Mission in London. We must find means of joining our railways in Europe. Ships only do this.

June Weddings

KIMMITT—STEELE NUPTIALS

A quiet but pretty early June wedding took place this morning at 7.30 in St. Mary's R. C. Church when Rev. Father Smythe united in holy bonds of matrimony, Hattie Margaret only daughter of the late Charles Steele and Mrs. Steele, St. Joseph St. and Wilfrid Laurier (Todd) Kimmitt. The bride was becomingly gowned in a suit of taupe satin and wore a black hat with ostrich trimmings. Miss Mabel Dixon of Port Dalhousie, in a suit of navy blue and black hat, made a charming bridesmaid, while the duties of groomsman were ably performed by Mr. George Steele, brother of the bride.

The happy couple were the recipient of numerous costly presents which testify to the high esteem in which they are held by a wide circle of friends and acquaintances.

Although the wedding was extremely quiet, the church was filled with many friends to witness the ceremony.

Mr. and Mrs. Kimmitt left at 8.35 for a wedding trip to Buffalo and points east and upon their return will reside in the city where they will receive best wishes for a happy and prosperous wedded life.

ECCLESTONE—SCOTT

A pretty wedding took place on Thursday at the Methodist Manse, Morrison street, Niagara Falls, when Rev. Mr. Todd united in marriage Zelia Geoa Scott, daughter of Mrs. Cudney of St. Davids, and Walter Ecclestone, son of Mr. and Mrs. G.F. Ecclestone of St. Catharines. The bride looked very attractive in a pretty navy blue suit, with leghorn and blue crepe hat, and a corsage bouquet of white roses. After a short honeymoon, Mr. and Mrs. Ecclestone will make their temporary home on Ferry Street, Niagara Falls.

DON'T LET WIFE DIE OF LOCKJAW

Warn her against cutting corns because they can be lifted out.

Women wear high heels which buckle up their toes and they suffer terribly from corns. Women then poceed to trim these pets, seeking relief, but they hardly realize the terrible danger from infection, says a Cincinnati authority.

Corns can easily be lifted out with the fingers if you will get from any drug called freezone. This is sufficient to remove every hard or soft corn or callus from one's feet. You simply apply a few drops directly upon the tender, aching corn. The soreness is relieved at once and soon the entire corn, root and all, lifts out without pain.

This is a sticky substance which dries in a moment. It just shrivels up the corn without inflaming or even irritating the surrounding tissue or skin. Cut this out and pin on your wife's dresser.

There is every indications says the Canadian Trade Commission that cost of manufacturing in Canada for a long time will not be greater than in Europe. Canada in the meanwhile could get a footing in the foreign markets

AIR LINE TO WINDSOR TO START NEXT WEEK

WINDSOR, June 7.—Through the efforts of a few local men, Windsor has been selected by an American company as the terminal for a Toronto Windsor Detroit airplane passenger service. The service will be inaugurated next week, when Lieut. J. Kirkham, son of the promoter will make a flight from Toronto.

Negotiations are proceeding with the Windsor Jockey Club for the use of the racecourse as a landing place for the planes.

Windsor was chosen after the promoters unsuccessfully attempted to interest Detroit in the plan it was said.

TELEGRAPHERS TO STRIKE

Members of Pacific Coast Union Make Demand.

SAN FRANCISCO, June 9.—A strike of commercial telegraphers who are members of the union throughout the Pacific Coast States, is to be called June 11 unless demands made upon employers are complied with according to a message received by Patrick O'Connor, president of the local organization of the Commercial Telegraphers' Union of American.

EGYPT AGITATORS BUSY

Masses, However, are Nonresponsive to Disturbers.

Cairo, Egypt, June 9.—Nationalist extremists are agitating for a renewal of the disturbances, but the masses of the people are unresponsive. The police raided several cafes in Cairo, seized seditious literature and made several arrests.

DRINK A GLASS OF REAL HOT WATER BEFORE BREAKFAST.

Says we will both look and feel clean, sweet and fresh and avoid illness.

Sanitary science has of late made rapid strides with results that are of untold blessing to humanity. The latest application of its untiring research is the recommendation that it is as necessary to attend to internal sanitation of the drainage system of the human body as it is to the drains of the house.

Those of us who are accustomed to feel dull and heavy when we arise splitting headache, stuffy from a cold foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous, stagnant matter.

Everyone, whether ailing, sick or well, should, each morning before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indegestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the phosphated hot water is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatic stiffness; others who have sallow skins, blood disorders and sickly complexion are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make any one a pronounced crank on the subject.

THE SONG MY PADDLE SINGS

West wind blow from your prairie nest
Blow from the mountains, blow from the west.
The sail is idle, the sailor, too;
O wind of the west we wait for you.
Blow, blow.
I have wooed you so,
But never a favor you bestow.
You rock your cradle your hills between,
But scorn to notice my white lateen.

I stow the sails, unship the mast;
I wooed you long, but my wooing's past;
My paddle will lull you into rest,
O drowsy wind of the drowsy west,
Sleep, sleep,
By your mountain steep,
Or down where the prairie grasses sweep.
Now fold in slumber your laggard wings,
For soft is the song my paddle sings.

August is laughing across the sky,
Laughing while paddle, canoe and I
Drift, drift,
Where the hills uplift
On either side of the current swift.

The river rolls in its rocky bed;
My paddle is plying its way ahead;
Dip, dip,
While the waters flip
In foam as o'er their breast we slip.

And, oh, the river runs swiftly now;
The eddies circle about my bow.
Swirl, swirl.
How the ripples curl
In many a dangerous pool awhirl.

And forward for the rapids roar,
Fretting their morgin for evermore.
Dash, dash,
With a mighty crash,
They seethe, and boil, and bound, and splash.

Be strong, O paddle, be brave, canoe,
The reckless waves you must plunge into.
Reel, reel,
On your trembling keel,
But never a fear my craft will feel.

We've raced the rapid, we're far ahead;
The river slips through its quiet bed.
Sway, sway,
As the bubbles spray,
And fall in tinkling tunes away.

And up on the hills against the sky,
A fir tree rocking its lullaby,
Swings, swings,
Its emerald wings,
Swelling the song that my paddle sings.

E. Pauline Johnson.

The Ortoix Family, Sensational Wire Walkers, With Sparks Circus

The first circus to visit St. Catharines since the war diverted one's attentions to more serious matters is in the city today and a big crowd was in attendance this afternoon at the big main exhibition tent near the Grand Trunk depot.

The Sparks circus crossed the line at Suspension Bridge Saturday night from North Tonawanda and arrived in St. Catharines early yesterday morning. All day yesterday the show grounds was thronged with people bent on seeing the animals and watching the circus people put up the many tents of the outfit.

Early visitors were treated to the novelty of seeing all the stakes driven by a gasoline propelled stake driver and the elephants harnessed and at work pulling up the long heavy poles. The Sparks circus has to all appearances one of the cleanest outfits ever seen here. It pretty well covered the big show lot with its tents and its horses and all the paraphanalia looked in first class condition.

There was the big main exhibition tent, a menagerie, side show, four tables, a dining room and cook tent, harness repair and blacksmith shop and numerous smaller tents for the side exhibitions. All of the work was accomplished before church time Sunday and the men had a chance to spend the remaining hours as they saw fit.

Most of the performers spent the day at the Falls and quite a few rested at the local hotels. Early this morning preparations were under way for the big parade and it hove in sight promptly at the advertised hour. The Sparks circus makes no pretentions of being the biggest on earth but it claims to have a show of exceptional merit both as regards parade and performance. There are two rings and a stage and the parade this morning did very much to establish the show as one that would in every way live up to its billing. Everything about the street display denoted lavish expenditure and good taste, there was a liberal display of wild animals in gold and gilded dens, three bands and a calliope that played popular airs, mounted ladies and gentlemen tastefully uniformed wild west cowboys and cowgirls, clowns that tickled the kids, six elephants and several camels and the best horses ever seen here with any circus. The harness and trappings was bright and in perfect repair and there was an air of neatness about the whole parade that bespoke careful attention to every detail.

Major Smith, the press agent, who has seen service on many of the big western dailies states that the Sparks circus is now in its 32nd season and has toured every portion of the States. It is in size the third largest in that country and has been enlarged in the past ten years from a ten car show to its present mammoth proportions. It is a show that can be seen in its entirety from all parts of the big tent and the features are all exhibited singly. These include Captain Tiebor's trained seals, the famous statue horses, Col. Greer's high jumping stallions, Ray Westney's dancing and cake walking Arabians, the Sasai troupe of Japs, the Guice trio on the horizontal bars, the Earle's and Yorks, aerielists, the famous Orton family of wire walkers, Kyo Namba who walks on his head and a bunch of funny clowns.

In all probability there will be a big attendance at the evening performance as the show has made a very favorable impression since its arrival here.

The first Roumanian order for seevral million dollars, placed through the Canadian Trade Commission, has been satisfactorily completed.

Mr. Henry B. Thomson, of the Canadian Trade Commission, now in London, says there is practically an unlimited market for Canadian farm produce in Great Britain, alone.

FARM LOANS for SOLDIERS

How Returned Men Can Become Farmers

EVERY returned man who wants to become a farmer and is qualified for that vocation can get real, practical help through the Soldier Settlement Board.

The Government's programme includes:—

(1) The securing of land.

(2) The loaning of capital needed to purchase equipment and live stock, and erect buildings.

(3) Agricultural training and farm supervision.

The Loans Granted

Loans may be approved by the Loan Advisory Committee, according to the needs of the settler, on the following basis:—

(1) Up to $4,500 on the purchase of land.

(2) Up to $2,000 on the purchase of live stock, implements and other equipment.

(3) Up to $1,000 on the erection of buildings and other permanent improvements.

The first and third are repayable in twenty-five equal annual instalments; the second in four equal annual instalments beginning the third year, no interest being charged for the first two years.

On all these loans the low interest rate of five per cent. will be charged. A cash payment of ten per cent. of the purchase price will be required on the land—but this may be waived by the Board in special cases.

Qualified settlers on Dominion lands may secure loans up to a maximum of $3,000 on a plan similar to the above for farm equipment, live stock, and erection of buildings, provided security offered justifies the loan.

To Whom Granted

To be entitled to these privileges a man must have served with an honourable record in the Canadian, Imperial, or British Colonial forces in an actual theatre of war or outside of the country in which he enlisted (service in U.S. or Bermuda *not* included). Others eligible are:

A British subject who lived in Canada before the War and who was on active service with the Allied Forces in an actual theatre of war.

A member of the Canadian Expeditionary Force who served in Canada only, but is in receipt of a pension for disability occasioned by such service.

These benefits are also granted to widows of such men.

A Broad Policy

All soldiers whose best interests will be served by taking up farms will be assisted. Only suitable land will be approved. That is (a) land that is near to existing railways or organized communities; (b) land that will make money for the soldier; (c) land that will provide a first class home.

In addition to these advantages the Board has planned a system of collective purchase, so that it can guarantee settlers the best value obtainable anywhere in live stock, implements, lumber, and other needs. It will also assist soldier settlers with advice and supervision, if necessary, in the management of their activities, so that the best results will be obtained.

Where to Apply

Apply to the Soldier Settlement Board in the Province in which you live. The address is given below.

Offices

BRITISH COLUMBIA—
Superintendent, Soldier Settlement Board, Pemberton Building, Victoria, B.C.
Superintendent, Soldier Settlement Board, Rogers Building, Vancouver, B.C.

ALBERTA—
Superintendent, Soldier Settlement Board, Edmonton Public Building, Edmonton, Alta.
Superintendent, Soldier Settlement Board, Beveridge Building, Calgary, Alta.

SASKATCHEWAN—
Superintendent, Soldie Settlement Board, Whitmore Block, Regina, Sask.
Superintendent, Soldier Settlement Board, Canada Building, Saskatoon, Sask.
Superintendent, Soldier Settlement Board, Empress Building, Prince Albert, Sask.

MANITOBA—
Superintendent, Soldier Settlement Board, Enderton Building, Winnipeg, Man.

ONTARIO—
Superintendent, Soldier Settlement Board, 32 Adelaide St. E., Toronto, Ont.

QUEBEC—
Superintendent, Soldier Settlement Board, Drummond Building, Montreal, Que.
Superintendent, Soldier Settlement Board, Sun Life Building, Sherbrooke, Que.

NEW BRUNSWICK—
Superintendent, Soldier Settlement Board, P.O. Building, St. John.

NOVA SCOTIA—
Superintendent, Soldier Settlement Board, 529 Barrington St., Halifax, N.S.

PRINCE EDWARD ISLAND—
Superintendent, Soldier Settlement Board, Riley Building, Charlottetown, P.E.I.

REPRESENTATIVE IN GREAT BRITAIN
Lt.-Col. K. C. Binson, 7 Parliament Mansions, Orchard Street, Victoria Street (adjoining High Commissioners), London, S.W.1, England.

BUY W.S.S. WAR SAVINGS STAMPS

The Soldier Settlement Board

(W. J. BLACK, Chairman)
Union Bank Building, OTTAWA.

You Have No Right To Suffer

Suffering is unnecessary and with CHIROPRACTIC at hand, ready and willing to help you, you are acting very foolishly if you do not consult your Chiropractor at once. Upon the condition of your Spine depends the state of your health and your suffering is without doubt due to a subluxated vertebra which is pressing upon the nerves causing the stop of mental impulse from the brain to the various organs. Your Chiropractor will give you a Spinal Analysis, will locate the place where the subluxation occurs and will proceed to adjust it. Mental impulse will then flow freely and unimpeded and your sufferings will be over.

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