

Nature Never Intended Woman to be Sickly

As a matter of fact it is her right and her duty to enjoy perfect health and strength—to be just as strong and healthy as man—perhaps more so—in view of the fact that it is she who brings into the world the offspring. Every woman can be strong and healthy. Don't resign yourself to a delicate life. If you suffer from headaches, backaches, nervousness, low spirits, lack of ambition, or have lost all hope of being well again—it's more than an even chance that you will speedily regain your health if you will try

Dr. Pierce's Favorite Prescription (In Tablet or Liquid Form)

This famous remedy is the result of years of patient research by a physician who has made women's ailments a life study.

Since its introduction—more than forty years ago—thousands of women in every part of the globe have testified to its wonderful merits. You, too, will find it beneficial. Try it now. Your dealer in medicines will supply you or you can send 50 one-cent stamps for a trial box. Address Dr. Pierce, Invalids' Hotel, Buffalo, N.Y.

Dr. Pierce's Pleasant Pellets regulate stomach, liver, bowels.

JUST ARRIVED

WE have just received a shipment of Bridal Rose China, the largest seller in America to-day. A No. 1 china with dainty rose wreath decoration. This is a stock pattern and can be bought in odd pieces in any town over 2000 in Canada.

- Cups and Saucers.....\$2.75 per doz.
- Bread and Butter Plates...\$1.50 per doz.
- Tea Plates.....\$2.25 per doz.
- Breakfast Plates.....\$2.75 per doz.
- Dinner Plates.....\$3.00 per doz.
- Round Vegetables.....\$1.80 each
- Oatmeal Bowls......15 each
- 40-Piece Tea Set.....\$6.50 each
- 97-Piece Dinner Set.....20.00 each

Every piece of genuine is stamped "Bridal Rose."

The N. B. HOWDEN EST.

Our Word is Good So Is Our Wood

WE mean our Lumber—for that is our business. That and building materials of all kinds. And we want to give you a good word—a word in confidence. We can help you in a very DEFINITE and MATERIAL way. We have been in the lumber business for a long period, and we have the largest equipment, the largest stock and the largest lumber business about here. We can therefore supply your wants promptly and satisfactorily and we can give you the best materials on the best terms. ISN'T THAT WORTH LOOKING INTO? Try us. This is the yard for good values. Mail or phone in a list of your requirements—your orders will receive our prompt and careful attention. Let us hear from you.

ESTABLISHED 1870. **GEORGE CHAMBERS**

CHANTRY FARM

Shorthorn Cattle and Lincoln Sheep

Present offering—Sheep of both sexes, a grand lot of lambs, also a few yearling rams and ewes.

ED. de GEX - KERWOOD, ONT.



KEEP UP WITH YOUR EYES

FROM time to time your glasses require changing, and you gain nothing by going too long. Every three years at least have your eyes examined. If you have suitable frames or mountings, we will be glad to supply you with the exact lenses that you require. Keep up with your eyes and always have good sight.

CARL CLASS

JEWELER ISSUER OF MARRIAGE LICENSES

There are over 20,000 unemployed in Toronto, according to an estimate by the Trades and Labor Council.

A GREAT WHEAT CROP.

The government's July report estimates the wheat crop at 930,000,000 bushels. Since the spring wheat has not yet matured these figures may be revised later, but it is very clear that the yield exceeds all previous records. Fortunately for American producers, the needs of the world are large. Europe must buy a great deal of wheat during the current crop year. How much is unknown and will be until next summer. France, for instance is not a large importer when its crop is normal, but this year its needs are estimated at 80,000,000 bushels. With such a surplus as we have and such a deficiency as exists abroad the price will depend to an unusual degree on the foreign market. The greatest danger now is a rush to ship wheat. While no good is likely to come from a movement to hold for a dollar or any other fixed price, it is wise to be in no hurry to get all of the crop to the elevator. If each man with a surplus can keep part of it until it is required all producers are likely to fare best.—National Stockman and Farmer.

HORSES FOR THE FARM.

Kansas Farmers Are Advised to Raise Horses and Sell the Surplus. Maintaining a big bunch of horses to carry on the work of the farm is quite an item of expense, says the Kansas Farmer. Many farmers do not realize how much it amounts to until they begin to make some effort to keep a record of the cost of maintaining horses through the year. It is almost incumbent upon the man requiring a great deal of horsepower in his farming operations to follow the practice, to some extent at least, of raising horses and selling the surplus on the market. In this way the horsepower of the farm becomes in a measure self supporting. There is no place in Kansas more favorable to the raising of good horses than the central and western portions. There are numerous instances all through this territory where



GROUP OF FARM HORSES.

farmers have to some extent specialized in the growing of horses and aules and made good money in it. Really good horses are bringing good prices on the market, and the farmer who will pay serious attention to the producing of a few good animals each year will not only keep himself equipped with good horses, but will have some money coming in from time to time as a result of sales of surplus. The great losses from the horse disease which prevailed through the state so extensively two years ago has caused many to hold back from engaging in the raising of horses for fear of another epidemic of this kind. It is true there are risks involved, but these risks are no greater than those of many other lines of production. They are not as great as the risks which the exclusive wheat grower must take.

The Summer Silo.

For a summer silo for, say, twenty cows the diameter should not exceed ten feet. The surface silage spoils very quickly in hot weather, and so, if one gets down to sweet silage, one will have to take off about two inches a day, which will be the necessary amount for twenty cows. When the farmer has tried it out he will find that the silo is less expensive in every way and much handier than siling his cows in summer. Besides, he will find that cows prefer the silage to any green stuff he may cut and cart in before them.

Influence of the Dairy Sire.

A poultry breeder writing about laying hens says: "A hen is a good layer or a poor one, not because her mother or any of her (the mother's) ancestors were high or low producers, but because her father came from a superior laying hen."

There you have the importance of the sire in a word, and, what is more, it is true. It applies to cows just as well as to hens, but thousands of farmers don't see it, and so they go stumbling along trying to get good cows from poor, cheap bulls.

The Cow and Her Feed.

The more a cow relishes her feed the more she will eat, and that means the more she will produce at the pail. That's the idea of palatability in the ration, increasing the cow's desire for food, stimulating her appetite and catering to her taste. Of course all this presupposes a good, profitable cow.

SUSPENDER FROCKS.

They May Have Adjusted Waists of White to Prolong Their Freshness. The suspender gown is a very attractive style for the little girl. The white waist worn with it may be changed for another when soiled and have its freshness prolonged in this



GREEN AND WHITE LINEN.

way. The straps and skirt do not soil so quickly as the white of the waist. Illustrated here is a pretty frock of this kind suitable for the small girl of about ten years of age. It is carried out in green linen, with the waist in white linen.

Freshening Rolls.

If you have biscuits or rolls left from one day to the next and want to warm them up place in a pan and cover tightly. Two pans the same size do beautifully. They can then be placed in a hot oven for a few minutes, just long enough to heat them thoroughly, and when taken out they will be like fresh baked ones, much more delicious than when dampened before putting into the oven.

Nothing as Good for Asthma. Asthma remedies come and go but every year the sales of the original Dr. J. D. Kellogg Asthma Remedy grow greater and greater. No further evidence could be asked of its remarkable merit. It relieves. It is always of the same unvarying quality which the sufferer from asthma learns to know. Do not suffer another attack, but get this splendid remedy to-day.

In Japan nearly 200,000 women earn their livelihood outside their homes. Many of them work in the fields and some at the docks.

In France and Russia thousands of women are replacing the men who have been called to arms in factories and as house porters. They are even acting as tram conductors.

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.

Arthur Kasner was shot and killed near Shelbrook, Sask., by N. Ploff, who was lately turned back at Regina when trying to make his way to Germany.

The coroner's jury at St. Catharines returned a verdict charging Private Frank Hartley with wilfully murdering Private Burgoyne on the Welland Canal Wednesday night.

Miller's Worm Powders are sweet and palatable to children, who show no hesitancy in taking them. They will certainly bring all worm troubles to an end. They are a strengthening and stimulating medicine, correcting the disorders of digestion that the worms cause and imparting a healthy tone to the system most beneficial to development.

The contributions of Berlin and Waterloo citizens, less than 25,000 in number, are likely to amount to \$140,000.

Arthur J. Leach was electrocuted at St. Catharines by taking hold of the cord of an incandescent lamp while repairing a valve in his bathroom.

An Oil That is Famous.—Though Canada was not the birth-place of Dr. Thomas' Electric Oil, it is the home of that famous compound. From here its good name was spread to Central and South America, the West Indies, Australia and New Zealand. That is far afield enough to attest its excellence, for in all these countries it is on sale and in demand.

CARE OF PETS.

How to Keep Pussy and Her Family Healthy and Handsome.

One of the early afflictions of kittens is sore eyes. The kittens should be kept out of the light until they begin to run about; then, as a rule, eye troubles need not be feared.

If in spite of precaution and care the eyes become affected, bathe them frequently with a weak, warm boracic lotion applied on absorbent cotton, dry thoroughly with a soft rag and then apply a little vaseline.

At three weeks old the kittens may begin to lap a little milk. To commence each should have a tablespoonful twice a day—not pure milk; a little warm water and sugar should be added. This can gradually be increased and thickened with barley meal. Then bread and milk may be given, and a little mashed potato and gravy.

Olive oil is splendid for their coats and checks constipation. Give a small dose twice a week. Begin with a quarter of a teaspoonful, gradually increasing to a teaspoonful.

At eight weeks the kittens should be weaned. Give them four meals a day. Sweetened and slightly diluted milk should be served for breakfast. Another saucerful should be given at 11 a. m. Mashed vegetables, breadcrumbs and gravy, with a few tiny scraps of meat—no bones or gristle—are suitable for dinner, and at 8 p. m. a saucerful of bread and milk will be sufficient. Before leaving them for the night place a little diluted milk within reach.

When administering medicine coating is the best plan. Get the teaspoon between the kitten's teeth with the right hand while stroking the head and ears with the left. Pussy loves to be fondled and is seldom too ill to appreciate it.

GIRLS' GOWNS.

Simple and Graceful Styles For Summer Vacation Wear.

In the matter of the waist line—whether it is up under the armpits or down below the normal waist line or right at the waist line—there seems to be no fixed rule this season. Some of the very little girls' frocks are made with a high waist line and a round yoke that drops off the shoulders with very small puff sleeves that remind one of the delightful children on Lawrence's canvases or some old daguerrotype. These dresses are, many of them, made up with a combination of Irish lace and hand embroidery.

Many of the new lingerie dresses are finished around the hem with a trimming of lace, sometimes narrow and sometimes several inches wide, but there is something prettier, daintier, in better taste about the plain hem. The simplicity of a straight line around the bottom of the frock is more suitable for the little girl. A row of Irish lace insertion at the head of the hem is much more effective than a row of edging at the bottom.

Colored linen—pink, blue, green and yellow—is seen in some of the new frocks of a more substantial sort. The newest development of these frocks is in the separate overlapping waist portion—a sort of sleeveless bolero that slips on over the skirt, which is fastened to a lining body which also holds the sleeves. Often in these frocks the sleeves and collars are made of white muslin or linen. Buttons of white crochet are the most acceptable trimmings for this sort of frock.

SILVER LIKE NEW.

Put a Piece of Aluminum in the Water In Which It is Cleaned.

If you want to clean your silver try this plan:

Get a piece of aluminum—you can buy it at any shop where metals are sold—or a few scraps of aluminum from a repairing motor garage will do. Put the aluminum into an enamel bowl or saucerpan (don't use an iron one on any account); add two quarts of boiling water and two heaped table-spoonfuls of washing soda.

Put the silver in, being careful that some of it touches the aluminum, and let it stay from three to five minutes, or, if you can manage it, boil it in the water for a minute or two.

Rinse in warm water and dry with a clean cloth, and your silver will look like new.

The piece of aluminum should be taken out of the water, dried and saved for use again till it gradually wears away.

A Picnic Dainty.

A cooling addition to the picnic lunch box is a cucumber. This can be carried easily and when pared and cut into sections and eaten with the salt and pepper brought for the hard boiled eggs is very refreshing. Even the skin may be utilized, for if no water is available the face and hands may be cooled by rubbing with the inside of the rind.