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In Use For Over 30 Years.

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RAILWAY TIME-TABLE GOING WEST

	140. 1		140. 9	
Brockville (leave)	9.30	a.m	4.20	p.n
Lyn	9.55	66	4.85	.66
Seeleys*	10.05	66	4.42	. 66
Forthton *	10.18	66	4.53	66
Elbe *:	10.24	66	4.58	66
Athens	10.38	44	5.05	46
Soperton *	10.58	* 66	5.22	66
Lyndhurst *	11.05	66	5.29	66
Delta	1.13	66	5.85	66
	1.82	66	5.49	66
Forfar *1	1.40		5.55	66
	1.48	46	6.00	66
Newboro	11.58	66	6.10	66
	12.15	p.m	6.20	44
GOING	EAS	T		
	No.	2	No.	4
	7.00	a.m.	8.20	p m
Newboro	7.10	66	3.35	-6
Crosby *	7.20	66	8.46	
Forfar	7.25	46	8.52	66
Elgin	7.81	46	4.02	66
Delta	7.45	66	4.21	66
Lyndhurst *	7.51	44	4.28	
Soperton *	7.58	66	4.87	6
Athens	8.15	44	5.05	66
Elbe *	8.22		5.12	66
Forthton *	8 27	66	5 18	**

Forthton *8,27 " 5.18 "

Seeleys *8 38 " 5.30 "

Lyn 8.45 " 5.41 " Brockville (arrive) 9.00 " 6.00 " *Stop on signal W. J. CURLE,

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sation.

If you have a headache, it's blood pressure.

If you have a headache, it's blood pressure.

If it's painful periods with women, same cause,

If the painful periods with women, same cause,

If the painful periods with women, same cause,

If you are sleepless, restless, nervous, it's blood ongestion—blood pressure.

That surely is a certainty, for Dr. Shoop's Headache Tablets stop it is not blood pressure.

Beausatural blood pressure.

Beausatural blood pressure.

Grown of the property of the property of the pressure is seen to blood pressure.

You'll find it where pain is—always. It's simply Common Sense.

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You are at liberty to use my name for reference if you wish to publish it for the benefit of others. I am yours truly,
C. A. VANKOUGHNET. Portland, Feb. 8, 1908

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CRAWLED THREE MILES.

derful Pluck of Injured Man or

After the terrible experience of spending two nights on the side of a mountain in the Snowdonian range, with a broken leg, a young German doctor, named Hahn, lies in a weak condition at Penygwryd Hotel.,

Dr. Hahn, who hails from Berlin, left the Penygwryd Hotel, Llanberis, on a recent Sunday, saying he intended to climb one of the heights in the vicinity, but he did not inform anybody as to the place he meant to reach, nor did he engage a guide.

He did not return that night, and his absence did not attract a great deal of notice; but as he did not put in an appearance on the following day a search party was formed, and on Tuesday morning the missing man was found in a state of extreme exhaustion.

Dr. Hahn told a wonderful story of

was found in a state of extreme exhaustion.

Dr. Hahn told a wonderful story of pluck and resource. "I scaled the mountain for a considerable distance," he said, "when I lost my way in a dense fog, and to make matters worse an unlucky fall on the rugged path fractured my leg. I then became unconscious—for how long I do not know—and I remained on the mountainside numb with cold and blinded by the mist.

"Some sheep drew around me suriously, and for two nights and a day they were my sole companions.

"I thought I would make an attempt somehow to descend. I had a stout stick with me, and I broke it up into three pieces. I used two of them as splints for my fractured leg, and then I began my descent. But I was like a dead weight, and was compelled to stop and rest close to a huge chasm where one of the searchers saw me waving my handherchied.

"I had only a few bars of chocolate to sustain me during my pilgrimage."

Altogether Herr Hahn must have crawhed over three miles.

HUNTING GULLS' FGGS

Englishwoman Thinks It Fun to Be Lowered Over High Cittle.

Lowered Over High Ciffe.

A visitor at a seaside resort in England recently espied on the face of a cliff 400 feet high the figure of a woman. She was seated in a kind of chair arrangement suspended by ropes from above, and she carried a pointed pole to steer herself clear of the jagged rocks, while a canvas bag was shing across her back. The air was full of gulls, evidently much disturbed by her presence, and every now and then one of them would swoop down upon her and strike at her savagely with wing or beak.

The young woman turned out to be a Miss Leslie, who lived in the neighborhood and thought it amusing to have herself lowered over the edge of precipitous cliffs in order that she might collect gulls' eggs for breakfast.

"She'll break her neek one of these fine days," the fishermen said, but Miss Leslie declared that there was no occasion for alarm.

"There is very little danger," she said, "provided you keep your head, look out for dislodged falling stones and see that the ropes are strong and that they are not out by sharp edges of rock. It is delightful to fisel oneself swinging over some lofty precipice, to peep into the cunning places in which the eggs are laid and to hear the gulls screaming around one."

When Miss Leslie has no one to help her in the egg hunts she fastens the ropes to a stake or bush and lowers herself over the cliff. She sometimes takes young birds from the nests and has found that they make interesting pets. takes young birds from the nests and has found that they make interesting

Switzerland Leads.

Switzerland Leads.

Switzerland takes the lead in the public ownership of telegraph and telephone services, having 10,548 miles of combined wires extending to all the railway stations and nearly every town and village in the country. It also has more telephones in use in proportion to the inhabitants than any other country in Europe. Great Britain has one telephone to 116 persons; Germany one to 112; Great Britain has one telephone to 116; France one to 301; Russia one to 2,023, and Switzerland one to 48. The Government—is now going into the business of manufacturing the instruments. The yearly charge for a telephone in office or residence is \$12.45, and the ates for long-distance calls are far below similar calls in Canada. An average of three long-distance calls a day, and the yearly charge of \$12.45 would not bring the total for both services for a year above \$24. Low charges and profits run together as the net earnings last year were \$364,000 on gross receipts amounting to \$3,000,000. It is instructive to note that the United States had at the chose of 1907, 3,939,000 telephones in use, or one for every twenty-two inhabitants. No less than 763,340 telephones were added during 1907, and the number nearly doubled during 1906 and 1907 over that at the end of 1906.

A Relic of the Penal Days. A Relic of the Penal Days.

There are two places in Ireland where it has been customary for many centuries to ring the curfew—the village of Tynan in County Armagh and Derry. The Derry curfew is a relic of the days when no Roman Catholic was allowed to live inside the walls of Derry, although the citizens were glad enough to have them in the daytime as laborers and customers. At sundown, however, the curfew bell was rung and every Roman Catholic who was then in town had to leave with all haste, even if it meant sleeping in the open on the bleak hills which surround the city.

Rabbits vs. Mutten in Australia. Rabbits vs. Mutten in Australia.
Up to the beginning of December, says a writer in Australia, 918,000 crates of rabbits, totaling about 23,000 tons, had been received in London during 1907, and the market for mutton was never so bad as it is now. It is the fostering of the rabbit industry which decimates the pastoral industry. Between these two there can be no compromise. It is sheep or rabbits.

The man who will keep a promise

ANIMALS PROMOTE CHARITY.

King Edward Devetes Tarf Wienings
For Benefit of Peor.

The King of Sweden recently told a story of King Edward's charitable propensities. Just before the race for the Derby which the King's horse Dismond Jubilee carried off, His Royal Highness, as he then was, was watching the horses proceeding to starting post. Suddenly turning to the King of Sweden, who was with him, he said: "I am most specially anxious to win to-day."

"Why so?" inquired the King.
"Because," was the answer, "I always give the princess whatever amount my success happens to bring me. With the stake money of the last Derby I won the princess provided 1,700 poor boys with a complete outfit—chothes, under-linen, hoots and all necessaries—and stamped on each saticle was. "From your friend the Prince."

chothes, under-linen, hooks and all necessaries—and stamped on each article was. From your friend the Prince."

Others besides the King have devoted great sums won on the turf to charity. The Duchess of Portland some time ago presented to her husband a very handsome biotting book of Russia leather, heavily mounted in silver. On the mountings are engraved the names of all the races won by that extraordinary racer Donovan. In 1869 Donovan won the Derby and the 8t. Leger, besides the Newmarket Stakes and many other important races. The total sum won by Donovan during his racing career amounted £70,000, and the whole of this large fortune the duke gave to his wife for the purpose of building almshouses for the widows of the duke's tenants, and a cottage hospital for the neighborhood.

Baron Hirsch was another great turfite most of whose whenings went to charity. As is well known the baron left almost the whole of his millions toward establishing colonies for Jews. But during his lifetime he spent more than £30,000 of turf winnings on charity.

All the winnings of La Flecha, amounting in all to £34,855, were devoted to various charities.

Dogs have done much for charity. The record in this direction is held by Tim, the famous Airechab terrier which belonged to Mr. Bush, the Great Western inspector at Paddington. For more than ten years before his death Tim trotted from train to train, inviting donations to the Railway Servants' Widows' and Orphans' Pund. The total of his collections exceeded £300. The dog always knew when royalties were about to travel. He would sit down on the edge of the carpet haid on the platform and refuse to move until he had had something added to his hoard. On five separate occasions Queen Victoria placed a sovereign in his box, and many times the King has done the same. W. W. Astor gave Tim his reseparate occasions Queen Victoria, separate occasions Queen Victoria, phaced a sovereign in his box, and many times the King has done the same. W. W. Astor gave Tim his record present—a check for £200 — on the occasion of the coming of age of his son. Tim died in August hast, but has been set up under a glass case, still to continue his charitable work.

but has been set up under a glass case, still to continue his charitable work.

Other animals, too, have indirectly contributed to the cause of charity. At Amersham, in Buckinghamshire, the superintendent of the Baptist Sunday school adopted a novel expedient for raising money for the Coago Mission. He distributed among his scholars a number of young rabbits. These they had to fatten at home, and when fit for market the creatures were sold, the proceeds going to the mission.

At Frieth, near Marlow, a pig raised no less than £7 for charitable purposes. It was raffled for and then given back by the winner and sold again. In a Lancashire town a local butcher presented a handsome young pig to a bazaar, on condition that a church member, got up in frockcoat and silk hat, should drive it through the village. The procession caused great amusement, and a collection realized more than £3.

The committee of Lloyd's have decided to bestow the silver medal of the Society of Lloyd's on Mr. John F. cided to bestow the silver medal of the Society of Lloyd's on Mr. John F. Welch, second officer of the steamship Bermudian, a young Canadian, only 21, and the brome medal on each of the five men who accompanied him, as an honorary acknowledgment of their extraordinary exertions in contributing to the saving of life in the case of the American schooner Mary L. Newhall. On Feb. 2, about 400 miles from Sandy Hook, the Bermudian fell in with the Mary L. Newhall, which had lost her rudder and was in a sinking condition. A terrific sea was running, and Captain Fraser, of the Bermudian, decided that it was impossible to lower a boat. The same might Mr. Welch volunteered to try and reach the schooner, if five of the crew would also volunteer. Five black West Indian British subjects came forward. A boat was lowered with great difficulty, and an attempted recome was made, which, however, falled, and the rescuing crew only reached their ship again after an exciting experience. The Bermudian stood by the sinking schooner all night, and at daybreak Mr. Welch repeated his attempt, succeeded in reaching the schooner, and taking off six of her crew. He and his boat's crew made a second trip, and rescued five more men, thus saving eleven lives, the entire crew of the schooner, which subsequently sank.

Old Scottish Sanctuary.

The old sanctuary of the Abbey and Palace of Holyrood House, to quote the full description, was an interesting institution. The debtor was free from arrest during the week. On entering the sanctuary he enrolled himself in a formal manner and obtained a room—that is, if he could pay for it. There was a public-house within the boundaries, and it was not uncommon to see the debtor in the inn playing dominoes and his creditors standing looking in at the window with wistful eyes. The debtor was safe, and he knew it, and the face of the creditor told the same tale. Sunday being a dies non, the debtor could leave his sanctuary and visit his family. The had to be careful to get back to Holyrood on Sunday night. Sunday being a debtor had the temerity to leave on a week day, but he did so at his peril. leave on a week day, but he did at his peril. The London Glo

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