

The Old Folks
find advancing years bring an increasing tendency to constipation. The corrective they need is

"NA-DRU-CO" Laxatives

Entirely different from common laxatives. Pleasant to take, mild and painless. A tablet (or less) at bed-time regulates the bowels perfectly. Increasing doses never needed. Compounded, like all the 125 NA-DRU-CO preparations, by expert chemists. Money back if not satisfactory. 25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them.

NATIONAL DRUG & CHEMICAL COMPANY OF CANADA, LIMITED, MONTREAL, 22

THE SITE OF DAVID'S CITY

REBUILT SUPPOSED TO HAVE BEEN FOUND.

English Explorers Searched Virgin Well and Claim to Find Pool of Sileam.

Early in May last great excitement was created in Turkey, and throughout the Mohammedan world by a rumor that the Mosque of Omar had been violated. A party of English archaeologists, it was said, had entered the sacred precincts in search of the regalia of Solomon and the ark of the covenant, the tables of the law, treasure worth a hundred million pounds Turkish or whatever else the flamboyant imagination of the Orient might suggest.

The leader of the party explained on May 8th, what its real objects were. He and his friends were looking for the tombs of David and Solomon, and they had in connection with that search, cleaned out and carefully investigated the so-called Virgin's well and the tunnel that runs from it to the pool of Sileam. They also had definitely ascertained the site of David's Jerusalem, and of the Jebusite city which preceded it and obtained evidence of Jebusite occupation for 2,000 years before David's conquest.

A FULLER ACCOUNT.
The objects, methods and results of the excavations were described by a well-known member of the Ecole Biblique et Archeologique in Jerusalem. Meanwhile a shorter version of the account has just been published.

The translator's preface states that in June, 1890, there was accidentally discovered an ancient inscription cut upon the rocky wall of the ancient conduit, or subterranean passage, which had been cut through the southern spur of the hill on which the mosque of Omar stands, in order to bring water from the Virgin's Well on the eastern side of Jerusalem to the Pool of Sileam on the south. Of the discovery Professor Sayce said: "Underground Jerusalem has been but little explored, and if we may find a record of the kind in a place which is easily accessible and has been not infrequently visited, that discovery may be not expected to make hereafter, when the temple can be thoroughly investigated and the subterranean water courses of the capital of the Jewish monarchy laid open to view."

It is with the discovery of some of the most important of these subterranean works that the forthcoming pamphlet will chiefly deal. The explorers rather erred on the side of superstitious caution than of reckless zeal.

THE TRUE SECRET
of the Hill of Ophel has never yet

so nearly been revealed as by the expedition whose work down to April 15, 1911, has been described in the pamphlet.

The pamphlet goes on to describe the construction known as the Virgin's Well and the maze of tunnels and chambers connected with. The debris found occurred in two distinct layers. Above the fragments in dry earth were clearly Jewish pottery mingled with Hellenistic work and even with some of the glazed red pottery called Samian. Beneath there was blackish mud and the rough fragments of a thick earthenware with sides of uneven thickness, its paste relatively homogeneous, but crudely worked in coarse clay, red or yellowish in tint, sometimes dry, friable and uniform in color, with a kind of glaze on the concave walls to mark the inside of the vessel, sometimes showing those characteristically unequal zones of imperfect baking which betray the novice who does not know how to harden the walls of his vessel right through in all directions in his oven.

A few fragments of handles or of pattern borders are the only places of any real significance. Yet, slight as these fragments may be considered, they furnish a practically certain proof of Israelitish origin. Some may, perhaps, be attributed to Canaanitish potters, but not one can be dated as late as the ninth century before Christ.

Free Sample of Cuticura Ointment Cured Baby's Skin Humor.

That the Cuticura treatment is the most successful and economical for torturing, disfiguring affections of the skin and scalp could receive no more striking proof than the remarkable statement made by William Whyte, 325 Tudor road, Leicester, England.

"A sample of Cuticura Ointment cured my baby's face. She had the measles when one year old, and it left her with a very scurfy forehead and face. It was very irritating and would bleed when she scratched herself. I took her to the doctor and he gave her some ointment. One night I said to my wife: 'How would it be to send for a sample of Cuticura ointment?' I did so, used it and my baby's face grew better. She has now a lovely skin, and I can safely say that Cuticura cured her."

Although Cuticura Soap and Ointment are sold throughout the world, those wishing to try for themselves without cost their efficacy in the treatment of eczema, rashes, itchings, burnings, scalings and crustings, from infancy to age, may send to the Potter Drug and Chemical Corp., Dept. 5W, Boston, U.S.A., for a liberal trial of each, with 32-page Cuticura Book, an authority on skin and scalp affections.

Knitted jackets, short and long, show improvements in form and in finish.



The Handy Heater
PERFECTION
SMOKELESS OIL HEATER

You often need some heat in early Fall, when you have not yet started the furnace.

In whatever part of the house you want it, you can get it best and quickest with a Perfection Smokeless Oil Heater.

The Perfection is the most reliable heater on the market, and you can move it wherever you please.

Start it in bedroom or bathroom, and you dress in comfort on the coldest morning. Take it to the dining-room, and early breakfast becomes a pleasant surprise. A touch of a match at dusk, and all is snug for the evening.

The Perfection Smokeless Oil Heater is beautifully finished—an ornament anywhere. Domes of plain steel or enameled in blue; nickel trimmings. A special automatic device makes smoking impossible. Burner body cannot become soiled. All parts easily cleaned. Dampers top. Cool handle.

Dealers everywhere; or write for descriptive circular to any agency of

The Queen City Oil Company, Limited

On the Farm

GOOD HOME-MADE ROLLER.

To make a good roller at the cost of \$7 or \$8, take four old mowing machine wheels all of one size. Use the axles of the machines for the roller shafts.

Break off the lugs on the rim of the wheels, then have your blacksmith drill three-eighth-inch holes four inches apart. For the drum or roller staves use two by four-inch scantlings cut to three-foot lengths, bore three-eighth-inch holes in these near each end to make the ends even with the edge of the rim of the wheel.

Bolt these onto the wheel, using washers under the heads of the bolts and the nuts against the inside of the rim of the wheel.

The piece of scantling should be beveled slightly, so as to fit closely against the rim of the wheel. Now, we are ready for the frame, which should be of four by four inch stuff. Cut two pieces which should be 7½ feet long. Two inches from each end cut a one by three-inch mortise. In the center of each of these pieces cut a two by four-inch notch for the tongue to rest in. Cut the end pieces long enough to clear the rollers when the frame is put together.

Cut tenons on each end of these pieces to fit the mortises in front and rear pieces of the frame.

Have the blacksmith make four corner irons with four holes in each three eighth-inch; pin corners securely, then put corner irons on and tighten up the bolts.

If you can find four old machine boxings that will fit the roller shafts, bolt to under sides of frame as shown in cut; if not, make some out of hardwood. The wooden boxings—lay two pieces of two by four inch hardwood together, clamp them and bore a hole 3-32nd of inch larger than the roller shaft. Let the worm of the anger run directly between them, so one half of the role will be in each piece.

Putting rollers and frame together—place the shaft in each roller and make fast by means of a set screw in the hub of each wheel; the shafts should turn in the boxings, not the wheels on the shafts.

Now place the frame over the roller and adjust to proper position, that is, have the space around the rollers between them and the frame the same distance at all places.

Raise the roller frame slightly and slip in place the upper half of each boxing; let down frame on shaft, put lower half of boxings in place, then bore holes through the frame 2½ inches from the shaft, and bolt all together with five-eighth-inch bolts.

The tongue forms the centerpiece for frame. Brace the tongue with two pieces of old wagon tire three feet long, put in proper shape with a three-eighth-inch bolt, fastening it to the tongues and frame.

Attach a rear of tongue to balance the neck yoke when the driver is seated. Make three or four holes for fastening seat to frame so the seat may be regulated to agree with the weight of the driver.

Bore a quarter-inch hole in frame directly over each boxing for an oil hole for the same.

Paint the whole thing, rollers and all, and keep in the dry when not in use and it will last 25 or more years.

Do not use it when the soil is wet.

A roller is only to pack dry soil or to crack hard dry clods so they will pulverize when rained upon.

TAKE CARE OF THE WOOD LOT.

Don't let anyone persuade you to burn over the wood lot. By doing so you destroy the leaves and humus-forming material which nature intended the trees to have.

Cut out only the undesirable trees. Keep the chestnuts, hickories, oaks and white pines and remove all crooked and defective trees.

Where several trees stand closely together or where there are shoots from an old stump remove all but one or two of the best.

Be very careful not to injure the desirable trees when removing those wanted for fuel.

Study your wood lot, its trees and their characteristics and be guided by the knowledge and experience acquired.

NOTES OF THE SHEEP FOLD.

The sheep industry cannot reach perfection until every mongrel dog in the land is exterminated.

It is a fact that the dogs destroy more sheep in some parts than all the diseases combined.

Sheep are extremely nervous and when being fattened for market they must be quiet and free from sudden alarm which will cause excitement.

Poorly fed sheep will not produce very good wool, nor good mutton.

EXERCISE FOR THE FAT MAN

HOW TO KEEP IN A CONDITION OF GOOD HEALTH.

Some Assorted Stunts Which It Is Said Will Banish Superfluous Flesh.

Physical training to enable a man to break athletic records or to produce exaggerated muscular development should have no place in the programme of the average person after the age of 25 or 30 years, says a writer in Country Life in America. The aim from that time should be merely to keep in a condition of health and efficiency.

First and chiefly, there is the fat man to be considered. Drugs will not cure him nor restore his physical and mental efficiency; but one hour of blood circulating exercise every day will secure this desirable result, and it may be taken in the following manner:

Before getting out of bed in the morning come to a sitting posture, with the hands at the sides of the thighs and repeat the exercise until a slight feeling of fatigue is felt in the abdominal muscles. As one becomes stronger after a week's practice the same exercise may be taken with the arms folded across the breast, and finally it can be intensified by sitting up with the arms extended behind the head. The movements may be varied by raising the legs to a vertical position and also by drawing the knees as near the chin as possible. Five minutes of this work daily.

WILL DO MUCH GOOD.

After getting out of bed all clothing should be removed so that the air coming in through the open windows may stimulate the skin to a healthy action while taking the following exercises. With the hands placed upon the hips or extended horizontally at the sides, turn or twist the body from side to side as far as possible. Next spread the feet, place the tips of the fingers upon the shoulder, bend the right side, keeping the left leg straight; touch the floor with the right hand and extend the left hand toward the ceiling and repeat the exercise right and left alternately. This exercise stirs up the liver.

Take the attitude of a boxer and strike out vigorously while holding a pair of light wooden dumbbells or, better, punch the striking bag for a few minutes. Follow the above exercises with a cool sponge bath and rub dry with a moderate coarse towel. Begin the exercise slowly and gradually increase it until it can be taken in ten or fifteen minute doses.

THE BREAKFAST.

should be light, consisting principally of fruit, cereals, with skimmed milk, and in some special cases where one feels that he must have it a small allowance of lean beef, the steak or chops may be eaten. The best drink at all times is water, and coffee should be gradually dropped from the menu.

After breakfast a brisk walk of fifteen minutes will clear the brain for the work of the day. Fifteen minutes walk to the place of lunch, and will give one an appetite for the meal, which should be more generous than the breakfast, consisting of almost anything the appetite craves excepting starches, sugars and fats. After a short rest and another walk to the office the

FROM TEXAS.

Some Coffee Facts From the Lone Star State.

From a beautiful farm down in Texas, where gushing springs unite to form babbling brooks that wind their sparkling way through flowery meads, comes a note of gratitude for delivery from the coffee habit.

"When my baby boy came to me five years ago, I began to drink Postum, having a feeling that it would be better for him and me than the old kind of drug-laden coffee. I was not disappointed in it, for it enabled me, a small delicate woman, to nurse a bouncing healthy baby 14 months.

"I have since continued the use of Postum for I have grown fond of it, and have discovered to my joy that it has entirely relieved me of a bilious habit which used to prostrate me two or three times a year, causing much discomfort to my family and suffering to myself.

"My brother-in-law was cured of chronic constipation by leaving off coffee and using Postum. He has become even more fond of it than he was of the old coffee.

"In fact the entire family, from the latest arrival, (a 2-year-old who always calls for his 'potie' first thing in the morning) up to the head of the house, think there is no drink so good or so wholesome as Postum." Name given by Postum Co., Battle Creek, Mich.

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.

BONDS

The Dominion Securities Corporation, Limited—established 1901—for the past ten years has successfully marketed many of the more important Bond issues of Canadian corporations and municipalities. The issues with which we have been identified represent the best in security—and command highest prices in the general trading market.

Canadian Northern Railway Company Winnipeg Terminals 4 per cent. Gold Bonds, guaranteed by the Province of Manitoba.

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Such public utility issues as: Toronto and York Radial Railway Company first mortgage 5's, Suburban Rapid Transit Company first mortgage 5's, Provincial Light, Heat and Power Company first mortgage 5's.

Such industrial issues as: Western Canada Flour Mills Company, Limited, first mortgage 6's; P. Burns & Company, Limited, first mortgage and first refunding mortgage 6's; William Davies Company, Limited, first mortgage 6's.

We have extensive markets for such investments both in Canada and abroad.

Our position enables us to extend to those interested in established Canadian enterprises and their securities all the facilities of an experienced and conservative house.

Safe Bonds are obtainable to give an income of from 5 per cent. to 6 per cent.

DOMINION SECURITIES CORPORATION-LIMITED
TORONTO, MONTREAL, LONDON, ENG.

business of the afternoon may be taken up.

The above light training takes one hour each day, and while it will do much for the average business man in the way of improved health and strength it is advisable if he wishes to get the greatest benefit from exercise and to reduce his weight to indulge in some vigorous sweat producing exercise three or four times a week. For this purpose tennis, squash racquets, handball or brisk walking after business hours will bring about

THE DESIRED RESULT.

After the day's exercise a warm bath followed by a cold shower, or better still a cold plunge, will make one feel like a new man. After a day spent in this manner there is a great temptation to eat a hearty dinner and no harm can result from such a course if pastry, gravies, condiments fat meats and the heavier kinds of fish, such as salmon, mackerel, trout and halibut, are taboo. All kinds of vegetables may be eaten excepting potatoes, sweet corn and beets, which should be eaten sparingly if at all. Ales, wines and liquors must be avoided in all training, light or heavy, if the best results are to be obtained. It is best to avoid tobacco, yet a good cigar or pipe after smoke can do little if any harm.

THE DIFFERENCE.

Young Hopeful—Father, what is a traitor in politics?
Veteran Politician—A traitor is a man who leaves our party and goes over to the other one.

Young Hopeful—Well, then, what is a man who leaves his party and comes over to yours?
Veteran Politician—A convert, my son.

57 YEARS EXPERIENCE

Redpath
EXTRA GRANULATED SUGAR IS ABSOLUTELY PURE.

The first and great essential of a food product, is Purity; the Purity and Quality of our Extra Granulated have never been questioned.

Once make a comparison with other Sugars and you will not be satisfied with any but Redpath.

Dainty Tea Tables are always served with PARIS LUMPS to be had in RED SEAL dust proof cartons, and by the pound.

The Canada Sugar Refining Co.,
MONTREAL, CANADA. Limited
Established in 1854 by John Redpath

NOTES FROM PARIS SHOPS.

The pump bow is seen yet at the back of the girle.

Large buttons and small ones will both be used.

Three things must match your dress—your shoes, bag, and hat.

White satin veiled with Chantilly makes up some of the richest gowns of the season.

Sealskin, lynx, sable, black marten, ermine, and mink will be the millinery furs.

Tartan plaid sashes and trimmings of surah are announced for brightening up dark blue dresses.

All skirts of evening gowns and for dressy afternoon functions will be made with small, slender trains.

Tulle is much in evidence for trimming the finer hats and gowns and for all sorts of accessories.

Belts of suede and patent leather will continue in first fashion for late summer and early fall wear.

Thick ribbed voile, almost out-duray in appearance, is used in some of the handsome imported costumes.

Taffeta, satin, marquisette, and chiffon are used for the smartest of the separate waists, and these are variously trimmed to correspond with the general style of the costume.

Braid, beads, and buttons are all to be seen in the decorations of blouses, while tiny vests of tucked chiffon or net give an air of smartness to many of the more elaborate blouses.

Voile, Henrietta, panama, serge of many qualities and characteristics, fancy chevrons and suitings are all for fall wear, with serge chevrons, and broadcloth especially for suits.

Narrow self-trimmed and shirred bands are among the modish trimmings alike for the separate blouse and the dress of satin. Courtly's crepe de chine, voile, or other likely materials.