

Weak Kidneys

It is but little use to try to doctor the kidneys themselves. Such treatment is wrong. For the kidneys are not usually to blame for their weaknesses or irregularities. They have no power—no self-control. They are operated and actuated by a tiny shred of a nerve which is largely responsible for their condition. If the kidney nerve is strong and healthy the kidneys are strong and healthy. If the kidney nerve goes wrong, you know it by the inevitable result—kidney trouble.

This tender nerve is only one of a great system of nerves. This system controls not only the kidneys, but the heart, and the liver, and the stomach. For simplicity's sake Dr. Shoop has called this great nerve system the "Inside Nerves." They are not the nerves of feeling—not the nerves that enable you to walk, to talk, to act, to think. They are the master nerves and every vital organ is their slave. The common name for these nerves is the "sympathetic nerves"—because each set is in such close sympathy with the others that weakness anywhere usually results in weakness everywhere.

The one remedy which aims to treat not the kidneys themselves, but the nerves which are to blame, is known by physicians and druggists everywhere as Dr. Shoop's Restorative (Tablets or Liquid). This remedy is not a symptom remedy—it is strictly a cause remedy. While it usually brings speedy relief, its effects are also lasting.

If you would like to read an interesting book on inside nerve disease, write Dr. Shoop. With the book he will also send the "Health Token"—an intended passport to good health. Both the book and the "Health Token" are free.

For the free book and the "Health Token" you must address Dr. Shoop, Box 52, Racine, Wis. State which book you want.

Book 1 on Dyspepsia.
Book 2 on the Heart.
Book 3 on the Kidneys.
Book 4 for Women.
Book 5 for Men.
Book 6 on Rheumatism

Dr. Shoop's Restorative

Prepared in both Liquid and Tablet form. For sale at forty thousand drug stores. Mild cases are often reached by a single package. om

A Young Man's Face



or his sister's either, should be just as free of pimples, blotches and blackheads as his arms, chest or back. If it isn't what it should be, he can get it so by using our reliable home treatment.

Acne and Pimple Cure.

A dollar pot lasts a month, and will convince any young man. Don't go about with a blotched face but get our cure. Fourteen years experience. Oldest established skin specialists in Canada. Superfluous Hair, moles, etc., eradicated forever by our method of electrolysis. Satisfaction guaranteed. Send stamp for book let F.

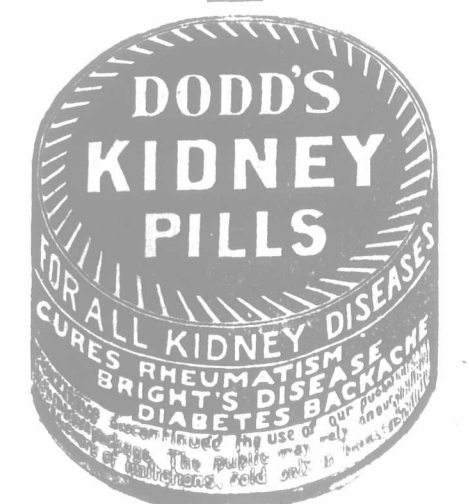
GRAHAM DERMATOLOGICAL INSTITUTE
Dept. F. 502 Church Street. Toronto.

Portrait of the Late Bishop Baldwin

11x15, on heavy plate paper, suitable for framing, together with memoir, the funeral service and sermon on the occasion; price for the two, 25c.; 5 sets, one address, \$1.00; cash with order. om

The London Printing and Lithographing Co
LONDON, ONTARIO

Poached Eggs.—Nearly fill the frying-pan with boiling water; add a little salt and vinegar. Break eggs one at a time into wet saucer; slip from this upon surface of water. Cook slowly three minutes; take up with perforated skimmer; lay carefully upon buttered toast.



comfortable. If you want to be voted a "bore and a nuisance," be particular to tell all your friends about your aches and pains and grievances; if you want to help the world a little, keep these little worries and troubles as far as possible to yourself.

Here is a little story out of my scrap-book:

A young girl once took a bunch of forlorn-looking asters to a suffering friend, one whose bright face and cheery voice showed that she was living in the light and was keeping her attention fixed on God rather than on her own pain.

"These are the very last of the season," the visitor declared, "I hunted and hunted!"

"Did you look on the south side of the hill?" asked the invalid. "I have always found them later than this every year."

The young girl went out to look, and returned with a big bunch which she had found on the sunny slope of the hill. "There," she said, "I'll put them in this pitcher, and you can pretend you are picking them for yourself."

"Then," said her friend brightly, "I should have to give up the memory of somebody who picked them for me."

"You wilful woman," said the girl slowly, "you will insist on living on the south side of life and getting every bit of sunshine there is."

And why shouldn't she? Why don't we all do the same? We may if we will form the habit of instinctively seeing the bright side of everything, then we can look up and honestly thank God at any hour of the day or night.

"Then work and pray, and don't give way."

To every little sorrow,
Bear bravely on, your troubles will
Be lighter found to-morrow.
'Tis not the grief that wounds us, but
The way in which we take it;
Then upward look, and bear in mind
Our world is what we make it."

A philanthropist, who spent all his time in the midst of sin and misery, kept on his library table a ridiculous figure of a

laughing donkey. He said it reminded him that everything had its humorous side, and kept him from getting low-spirited. A photograph of a laughing child is a wonderfully cheering thing to keep on one's mantel-piece, for even pictured gladness is infectious. It is a real duty we owe to society to be as happy as possible, and happiness is not a weed that will grow luxuriantly without cultivation—we should take the trouble to plant and encourage it. We may not be able to alter the circumstances of life to suit us, but at least we can refuse to be made unhappy by them. Was it Sydney Smith who used to say to his daughter, "Pull up the blinds and glorify the room!" Let us always keep up the blinds of our souls, and let in all the sunshine there is—then the shabbiest dingiest room will be glorified and beautified.

A mother was once reproached for taking her two little boys out to see a street parade soon after the death of another child. "Did you not bury your baby lately?" asked an astonished neighbor.

"I have no right to bury my living children," the poor mother answered.

No one has a right to selfishly darken the lives of others with his personal sorrows—refusing to be comforted. To hug one's grief and deliberately shut the sunshine out of the home, because God has seen fit to take a loved one into His own special keeping, is to wrong and injure those who are left; it is to offer up the rest of the family on the altar of selfish (often called "sacred") grief. It is a victory worth winning to turn with steady determination from the contemplation of one's own troubles and become really interested in other people. The longer the battle is delayed the harder it is to win.

"The cost is but a trifle
For a smile when all is well,
But when the heart is heavy,
Its cost no one can tell.
'Tis well to practice sometimes
A smile amidst the pain;
Though great the cost, 'tis never lost—
You cannot smile in vain."

HOPE.

Glengarry School Days.

A STORY OF EARLY DAYS IN GLENGARRY.

By Ralph Connor—Rev. C. W. Gordon.
CHAPTER IV.—Continued.

The Finch homestead was a model of finished neatness. Order was its law. Outside, the stables, barns, stacks, the very wood-piles evidenced that law. Within, the house and its belongings and affairs were perfect in their harmonious arrangement. The whole establishment, without and within, gave token of the unremitting care of one organizing mind, for, from dark to dark, while others might have their moments of rest and careless ease, "the little mother," as Billy Jack called her, was ever on guard, and all the machinery of house and farm moved smoothly and to purpose because of that un-sleeping care. She was last to bed and first to stir, and Billy Jack declared that she used to put the cats to sleep at night, and waken up the roosters in the morning. And through it all her face remained serene, and her voice flowed in quiet tones. Billy Jack adored her with all the might of his big heart and body. Thomas, slow of motion as of expression, found in her the center of his somewhat sluggish being. Jessac, the little dark-faced maiden of nine years, whose face was the very replica of her mother's, knew nothing in the world dearer, albeit in her daily little housewifely tasks she felt the gentle pressure of that steadfast mind and unyielding purpose. Her husband regarded her with a curious mingling of reverence and defiance, for Donald Finch was an obstinate man, with a man's love of authority, and a Scotchman's sense of his right to rule in his own house. But while he talked much about his authority, and made a great show of absolutism with his family, he was secretly conscious that another will than his

had really kept things moving about the farm, for he had long ago learned that his wife was always right, while he might often be wrong, and that, withal her soft words and gentle ways, hers was a will like steel.

Besides the law of order, another law ruled in the Finch household—the law of work. The days were filled with work, for they each had their share to do, and bore the sole responsibility for its being well done. If the cows failed in their milk, or the fat cattle were not up to the mark, the father felt the reproach as his; to Billy Jack fell the care and handling of the horses; Thomas took charge of the pigs, and the getting of wood and water for the house; little Jessac had her daily task of "sorting the rooms," and when the days were too stormy or the snow too deep for school, she had in addition her stint of knitting or of winding the yarn for the weaver. To the mother fell all the rest. At the cooking and the cleaning, and the making and the mending, all fine arts with her, she diligently toiled from long before dawn till after all the rest were abed. But besides these and other daily household duties, there were, in their various seasons, the jam and jelly, the pumpkin and squash preserves, the butter-making and cheesemaking and more than all, the long, long work with the wool. Billy Jack used to say that the little mother followed that wool from the backs of her sheep to the backs of her family, and hated to let the weaver have his turn at it. What with the washing and the oiling of it, the carding and the spinning, the twisting and the winding,

(Continued on next page.)

HAVE YOU A BAD LEG

With Wounds that discharge or otherwise, perhaps surrounded with inflammation and swollen that when you press your finger on the inflamed part it leaves the impression? If so, under the skin you have poison that defies all the remedies you have tried, which, if not extracted, you never can recover, but go on suffering till death releases you. Perhaps your knees are swollen, the joints being ulcerated, he same with the ankles, round which the skin may be discolored, or there may be wounds; the disease, if allowed to continue, will deprive you of the power to walk. You may have attended various hospitals and had medical advice and been told your case is hopeless, or advised to submit to amputation; but do not, for I can cure you. I don't say perhaps, but I will. Because others have failed, it is no reason I should. Send at once to the Drug stores for ALBERTS' Grasshopper Ointment and Pills, which is a certain remedy for the cure of Bad Legs, Housemaids' Knee, Ulcerated Joints, Carbuncles, Poisoned Hands, Abscesses, Corns and Bunions.

Snake, Mosquito and Insect Bites, or write ALBERTS, 73 Farrington street, London, Eng. and. Agents: Evans Sons & Co., Don real; Lyman Sons & Co., Mon real; Burke & Pa-ke, Hamilton, Ont. o

EASTERN DAIRY SCHOOL KINGSTON, ONT.

Long Course - Jan. 2nd to March 2nd
Short Course - March 5th to March 23rd

A thoroughly modern, commodious and fully-equipped school building. A full course of lectures covering the different phases of dairying. A full and competent staff of instructors. For calendar write

J. W. MITCHELL, Supt.,
KINGSTON, ONTARIO.

WANTS & FOR SALE

Advertisements will be inserted under this heading, such as Farm Properties, Help and Situations Wanted, Pet Stock, and miscellaneous advertising.

TERMS—Three cents per word each insertion, each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order. No advertisement inserted for less than 50 cents.

FOR SALE—Deep soil prairie wheat farms on crop payments, near elevators, at Yorkton, Rokeby and Saltcoats, Saskatchewan. Address now, James Armstrong, 4 Richmond St. east, Toronto. o

KAMLOOPS, British Columbia—Ranching and farming properties for sale in all parts of the interior. Write for lists to Martin Beattie, real estate Kamloops, B.C.

WANTED—MEN—Railroads in Canada, passenger brakemen, firemen, electric motor-conductors. Experience unnecessary. Particulars for stamp. Dept. 75, Inter. Ry. Inst., Indianapolis, Ind., U. S. A. om

IMPROVED farms for sale in the Edmonton district. Candy & Co., Edmonton, Alta.

HOUSEKEEPER WANTED. To take charge of house and four children. Everything convenient; no milking. Permanent situation to suitable person. Richard Wilkin, Box 69, Harriston, Ont.

\$12.80 For 200 Egg INCUBATOR
Perfect in construction and action. Hatches every fertile egg. Write for catalog today.
GEO. H. STAHL, Quincy, Ill.

THE GENUINE SMITH STUMP PULLERS
W. SMITH GRUBBER CO.
LACROSSE, WIS., U.S.A.

Quickly-made Beef Tea.—Pour three-quarters of a cup of cold water over half a pound of raw Hamburg steak. Allow it to stand ten minutes in a cool place, then set on the stove and let it cook slowly for ten minutes. Add a little salt, just before taking from the fire, and strain.