

No more Alcohol

As now made, Ayer's Sarsaparilla does not contain the least particle of alcohol in any form whatever. You get all the tonic and alternative effects, without stimulation. When a stimulant is needed, your doctor will know it, and will tell you of it. Consult him freely about our remedies. We have no secret. We publish the formulae of our preparations.

J. C. Ayer & Co., Lowell, Mass.

Helps in Shopping.

A woman who has a large family to shop for says that one of the things which she always carries with her in her pocketbook or hand bag is a small notebook. It takes up very little room, but is a great convenience and time saver. In this book she keeps a memorandum of sizes of shoes, hosiery, underwear, etc., for the different members of her family, besides the names of any special styles or brands of articles which she is in the habit of buying. This proves to be a much easier method than trying to carry all of this data in one's memory and avoids having to return articles of the wrong size which have been purchased by mistake.

In this book, too, are written the shopping lists which, put on loose sheets of paper, would be more liable to be lost. This book furnishes a sort of perpetual memorandum. Things which are not purchased at one time are still recorded to be attended to again.

Cooking Lamb.

Throw it into boiling water for five minutes and drain.

Put in a stewpan a piece of butter the size of an egg and place on the fire. When melted mix in it one tablespoonful of flour, after which pour in, little by little, a pint and a half of boiling water, stirring constantly with a wooden spoon.

Put the meat in the pan and four small onions, a bay leaf, two cloves, three sprigs of parsley, two of thyme, salt and pepper.

About fifteen minutes before it is done add two or three mushrooms cut in slices.

Take from the fire when cooked. Place the meat on a dish with the mushrooms and onions around, or, if preferred, without either. Strain the sauce over the meat and serve.

Onions Make Mirth.

If people would eat more onions, the population would be a great deal healthier, states a writer in the Tablet.

Why are we bilious? Because we don't eat onions. You never saw a dyspeptic man eating onions. He thinks they are poisonous, but, in fact, they are the medicine that he most needs, says Home Chat.

Whenever you see an onion enter you see a whole soul, open hearted, jolly good fellow, who knows what he ought to eat to keep him good humored. Talk about the staff of life—why, bread is only a crutch. There is no more nutriment in an onion than there is in a roll.

The Embroiderer.

When embroidering initials on a towel that is to be hemstitched, have space enough below the letters for a new hem, for the first one is sure to tear off long before the rest of the towel shows wear. If the initials are placed close to the hem it is impossible to repair the injury so that the towel will look well.

Remove Stains From Sink.

Wet sink and sprinkle chloride of lime into it. Let stand about a half hour, and it will become white. It will remove all stains as nothing else will.

After washing flannels rub a little vinegar well into the hands. This takes away the shrunken look that the skin gets and makes it soft and white.



Thoroughly and scientifically cooked, rolled into filmy cakes, and then toasted to a rich, golden brown,

SANITAS TOASTED CORN FLAKES

agree perfectly with the most delicate stomach. Tell your grocer to send you a box to-day and try it for yourself.

THE RELIANCE LOAN AND SAVINGS CO. OF ONTARIO

HEAD OFFICE, TORONTO.

BRANCHES: AYR, CHATHAM AND OSHAWA.

The funds of the Reliance are LOANED ON FIRST MORTGAGES ON IMPROVED REAL ESTATE, AND ON MUNICIPAL DEBENTURES AND BONDS, BUT NOT ON STOCKS OF ANY DESCRIPTION, EXCEPT THAT OF THIS COMPANY.

INTEREST ON DEPOSITS PAID

4 TIMES A YEAR AT 3½ PER CENT. per annum, and allowed from date of deposit to date of withdrawal. Money can be withdrawn by cheque.

DEPOSIT RECEIPTS

4 PER CENT. per annum allowed on deposit receipts issued for twelve months or longer. Interest paid by cheque half-yearly.

DEBENTURES

4½ PER CENT. per annum interest allowed on Debentures issued for five years. Interest coupons paid half-yearly.

THERE IS NO BETTER SECURITY

J. BLACKLOCK, Geo. Mgr., J. A. WALKER, Mgr. Chatham Branch.

CHURCHILL HAS IDEAS

Expresses His Opinions On Imperial Preference.

There was a big muster of members of the Cobden Club at a dinner given at the Hotel Metropole recently under the presidency of Lord Welby. In proposing the only toast of the evening, "The Cause of Free Trade," Lord Welby said he doubted whether free trade has ever been in such danger as now since that memorable night 50 years ago when its advent was hymned at Manchester, for the reason that the party of reaction and coercion was gradually but surely gravitating and consolidating upon a pure policy of protection. This party had behind it all the moneyed classes, monopolists, publicans, and, he was afraid, the clergy. That being so, the free traders must show equal energy in defence of their cause.

Mr. Churchill thought Lord Welby was well advised to read the note of alarm among the free trade ranks in this country. He himself strongly held to the opinion that the free traders should remain mobilized for active warfare, but he saw no ground for any despondency. The great social and economic principles embodied in the Cobden Club was challenged four years ago by the statesmen who above all others had the power at that time to move the people of this country.

Then the most gloomy and dismal prospects were viewed as to the ruin of our country and of our industries. What happened? The total destruction of the protectionist army, who were beaten from Dan to Beersheba, "and a lot of other countries," added Mr. Churchill, raising a laugh, "whose names I do not remember."

Was there a single prediction or assertion made by the protectionist friends at the beginning of the campaign when they started out to conquer the world to prove that taxation could be made to raise itself and that the foreigner would pay it? He was only asked in a proper manner—there a simple fact about the British trade which had not already been scientifically disproved by the hard, brutal facts of our trade returns? Our colonies were more attached to us than ever.

We warned free traders not to neglect the necessary work of propaganda and instruction, which could only enable them to secure permanently what they had been able to gain by the events of the last two years. At that time the colonial conference was planned was brought forward and no new offer was made, except the offer of the colonies to take anything that we might like to give. (Laughter.) Offers like that came from many quarters. It had no effect on the organization of the Liberal and Radical party. It had, however, produced a profound effect on the Conservative party, which was now a protectionist party.

Dealing with the subject of taxes, Mr. Churchill asserted that food taxes and the taxation of manufactures were inseparably linked together. They could not be separated by any device, however clever and ingenious. He thought free traders would always be able to smash food taxes in the coming year, and so protective taxation of manufactured articles in the House of Commons. (Applause.)

Upon the question of imperial preference, he asserted without hesitation that the movement did not derive its force from any consideration of the desire of uniting the British Empire, but it was a mere varnish on the solid protectionist appetites. (Applause.) If it were not supported by all the vested interests which felt that they could get a special advantage for themselves, he ventured to think that the movement of imperial preference would have no life, or stability, or strength whatever. (Applause.)

Opium a Curse.

An important memorial, signed by the Archbishops of Canterbury, York, Armagh and Dublin, by more than seventy bishops, and by many other church dignitaries, has been addressed on behalf of the church and opium committee, to the Prime Minister, to Mr. John Morley and Sir Edward Grey.

The object of the memorialists is to endorse the memorial upon the Indo-British opium traffic with China addressed by the Anglican bishops in China to the Archbishop of Canterbury in September, 1906. They urge that the opium traffic has twice been declared by the House of Commons to be "morally indefensible," and they contend that it is not right that the initiative in the suppression of that which is morally indefensible should be left to China, hampered as she is by serious difficulties largely due to British policy.

The memorial concludes: "In view of the loss to the Indian revenue and the disastrous effect on the native population that would temporarily result from the abolition of the opium trade, we hold that Great Britain might justly be expected, as on the abolition of negro slavery, to make some contribution towards those losses, and we believe that the people of Great Britain will not refuse to render financial assistance, should such assistance be deemed necessary, when the situation is clearly before them."

Attacked By Hornets.

An unpleasant adventure fell to the lot of Captain and Mrs. Gidney recently, while they were on a panther shooting expedition in the Dinaipur district of Assam. They were both on an elephant, and the elephant, the panther, Captain Gidney was about to fire, when their thoughts were rudely turned from sport. One of the besting elephants disturbed a swarm of hornets, and these attacked the captain and his wife. Driven wild by the stings, they jumped off the elephant and ran, forgetful of panthers, and forced their way through the tangled jungle. They broke off branches of shrubs to try and drive the pests away, but found little relief. After running for a while Mrs. Gidney stumbled, and her husband carried her to a pool of water, which they fortunately chanced upon. There they took shelter from the infuriated hornets, which after a time withdrew, and the pair set about tending their stings.

ATTACKED BY RUFIANS.

Hamilton Policeman Victim of Murderous Assault by a Gang.

Hamilton, Sept. 9.—Constable May was the victim of a murderous assault yesterday afternoon at the hands of a number of ruffians, who attacked him at Brown's Wharf. The officer was relieved of his baton and rendered unconscious for half an hour. He is confined to his home under the doctor's care. May was doing plain clothes' duty looking for crack-shooters. He went to the wharf, where a game was said to have been in progress, and found there about a dozen men. They were evidently engaged in a crap game, and the officer pounced on them single-handed in an attempt to arrest some of them. When the crowd saw that the officer was alone, they revolved him and abused him in a frightful manner. May drew his baton to defend himself, but the gang took this away from him and broke it over his head. He was rendered unconscious by the blows and left lying on the ground. The officer's assailants then ran and abused him half an hour afterwards a passer-by found May. He took him to the police station, from where he was removed to his home. After he regained consciousness, May said that he thought he could recognize some of his assailants. There is considerable indignation among the members of the police force over the fact that May was sent out alone on such an errand.

COMMON SENSE

Leads most intelligent people to use only medicines of known composition. Therefore it is that Dr. Pierce's medicines, the makers of which print every ingredient entering into them upon the bottle wrapper, are so much more popular than the daily druggists' concoctions. The composition of Dr. Pierce's medicines is open to everybody. Dr. Pierce being desirous of having the search light of investigation turned fully upon his formulae, being confident that the better the composition of these medicines is known, the more will their great curative merits be recognized. Being wholly made of the active medicinal principles extracted from native forest roots, by exact processes, and free from all use of alcohol, opium, or any other drug, they are without the use of a drop of alcohol, triple-refined and chemically pure glycerine being used instead in extracting and preserving the curative virtues residing in the roots employed. These medicines are entirely free from the use of alcohol, opium, or any other drug, and without the use of a drop of alcohol, triple-refined and chemically pure glycerine being used instead in extracting and preserving the curative virtues residing in the roots employed. These medicines are entirely free from the use of alcohol, opium, or any other drug, and without the use of a drop of alcohol, triple-refined and chemically pure glycerine being used instead in extracting and preserving the curative virtues residing in the roots employed.

There was hardly a breath of wind, and the sun was shining brightly in the sky, showing that the conditions for shooting would be ideal.

At 800 yards the United States had a clear lead of 20 points from Australia.

At the 1,000 yards the Canadians made a great effort, and here it was that Sergt. Russell of Ottawa made the wonderful score of 73, 16 bull's-eyes, a magpie, one bull for a night's score was only beaten by one man, Sergt. Bryant of the United States, who made one point more. Capt. McKinnon made 71, and Sergt. Graham 70. Shot by shot the Canadians drew up, heading the Australians when the fifth man got down to fire.

A World's Record.

Every man was shooting magnificently, and there was not an outlier on the board, whereas the Australians had two.

The crowd around the Canadian targets became so thick that it was impossible to see the men, and the more increased when it was discovered that the Canadians were actually holding the Americans at that range. When the last two men got down to fire there was only a difference of a point.

Sergt. Richardson put the matter at rest, with 69, making the total 561, 4 points ahead of the Americans, a world's record for any team at the distance.

DOUBT LOYALTY OF POLICE.

Strenuous Efforts Being Made to Recruit Royal Irish Constabulary.

Dublin, Sept. 9.—That the Government is apprehensive with regard to the coming winter in Ireland, and is doubtful regarding the loyalty of the constabulary since the Belfast agitation, is revealed in the present strenuous efforts to recruit the force.

The number of the constabulary has been steadily decreasing for the past four years. The authorities have set on foot a part of the public Military Barracks as additional quarters for the men, and to the constables and officers throughout the country there has been sent a circular instructing them to make haste to secure suitable candidates.

SHOOT FOR THE PALMA

Centennial Trophy Captured by United States Marksmen.

Exciting Competition Closed on Saturday—World's Record Made for High Scoring at Long Distance Ranges—Canadian Team Show Unexpected Form—History of Shield—Final Scores.

Ottawa, Sept. 9.—The Palma trophy was regained on Saturday by the team of riflemen representing the United States, after the most wonderful of competitions. The final scores were:

United States 1,712
Canada 1,671
Australia 1,633
Great Britain 1,584

The Centennial trophy, known as the Palma, inaugurated in the United States in 1876, when the people of the States subscribed to present a massive shield for competition, open to the riflemen of the world, was shot for the sixth time.

In 1876, at Creedmoor, Long Island, the United States won by 22 points over the Irish team, Scotland, Australia and Canada also competing—1877 the United States again won it, and in 1878 they claimed it by default, as no foreign teams entered.

No further competition was held until 1901, when the Canadians competed at Sea Girt, and brought the valuable \$5,000 prize to Ottawa.

In 1901, at Rockcliffe, the British team came over and beat the Americans by 12 points, and the following year at Bisle, when teams from Great Britain, Australia, United States, Canada, Natal, Norway and France competed, the States, with a margin of 15 points, were declared winners. A misunderstanding, however, as regards the conditions resulted in the match being declared off and the trophy was returned to England by the United States.

That is, briefly, the history of the shield and its competitions. The conditions for firing are that the men must use the national military arm of the country they represent, fitted with their service regulation sights.

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KILLS WIFE AND SELF.

Chicago Broker's Awful Deed—Was in Poor Health.

Chicago, Sept. 9.—Mrs. Fred M. Fish, the wife of a wealthy retired broker, was found murdered in her home at 423 Davis street, Evanston, on Saturday.

Her husband, with his throat cut, was found unconscious on the floor of the bedroom in which the body of Mrs. Fish was lying. He will die. It is the opinion of the police that Fish murdered his wife and then attempted to commit suicide.

Fish was in poor health, and for some time he suffered periodical attacks of despondency.

Enquiry Opens To-Day.

Quebec, Sept. 9.—The Government commission appointed to investigate the recent disaster to the Quebec bridge has decided to begin its labors this morning. The first session will be held at the Court House at 10 a.m.

The Government commission consists of Mr. Holgate, consulting engineer, Montreal; Prof. Kerry of McGill University, Montreal, and Prof. Galbraith of Toronto University.

Troops Disbanded.

San Salvador, Sept. 9.—The Salvadoran Government is making readjustments in all departments in order to balance the revenues and the expenses.

The troops who were called to the colors at the time of the threatened invasion of the republic by the Nicaraguan forces, are being disbanded, after having been paid in full.

5 DOCTORS FAILED

CHRONIC ULCERS COVERED HER BODY & CRIPPLED HER. HOW CURE CAME

How Zam-Buk cures chronic ulcers and sores is seen by the following experience of Mrs. Beers, of Original (Ont.). She says: "Some years ago ulcers and sores broke out on my legs and different parts of my body, and spread to an alarming extent, causing me great agony. I began to try salves, oils and medicines of various kinds, but the sores refused to heal. I then consulted a medical man, who treated me for some time, but the ulceration continued just as bad as ever. Another medical man was consulted, then another and one after another until I had tried five different Doctors. All gave me up in despair. The ulceration and the skin disease were getting worse all the time, so I then went into the Hospital. I was there five months, and came away very little better. I next went to another Hospital, and stayed there three months, again with no success. By this time my legs were covered with sores, my bones seemed all picked out with ulcers, and I could not walk without the use of a cane and a crutch. I was in such a shocking condition that I was longing for death."

"I saw a report of the value of Zam-Buk and I obtained a small supply. This did me so much good that I went to Ottawa and bought a further supply. A few weeks trial of this wonderful balm healed the ulcers, removed the sores, and I am to-day completely cured."

"For many years I was obliged to use a cane and crutch to walk. Now I have thrown both cane and crutch away, and feel as well and vigorous as the age of 30."

Do You Suffer from Any of These? FREE BOX

Zam-Buk cures all skin diseases—eczema, scaly sores, ulcers, ringworms, poisoned wounds, barbed rash, pustules, face blemishes due to blood poison, rheumatism and neuralgia. It heals cuts and lacerations, stops bleeding, cures piles, scalds, sunburn, reduces enlarged veins. It cures burns and scalds, and is an excellent "first-aid" remedy. It is highly antiseptic. All druggists and stores sell at 50 cents a box, or from ZAM-BUK CO., TORONTO, for price, 6 boxes for \$2.50.

Zam-Buk

DISTRICT

OROTON.

Orotan, Sept. 2.—Mr. Stanley McCutcheon and Earl Smith attended a taffy party near Florence, one evening last week.

Miss Julian Maxwell returned to her home in Detroit after spending the holidays here.

Mr. and Mrs. Thos. McCutcheon visited friends in Dawn on Sunday.

Mr. Henry Williams, of London, is visiting his sister, Mrs. Thos. McCutcheon.

Mr. Chas. Smith and Mr. Furse have returned to their work in Toronto, after spending their holidays at Mr. Smith's home here.

Mr. and Mrs. F. J. Hanks visited Toronto on Friday.

At the Picnic at Oakdale Hotel, Hanna, F. Pardee, M.P., R. E. Leeson, and Barrister Towers all attended, and made speeches.

BLenheim.

Blenheim, Aug. 31.—Mr. and Mrs. John Hawgood, of Detroit, are Blenheim visitors.

Mr. Henry James, of Cleveland, is visiting his mother and sister in town.

Mr. and Mrs. H. Reynolds, of Wallaceburg, and formerly of Blenheim, visited their relatives in town recently.

Miss Jennie Burke, of Detroit, is visiting friends in Blenheim and South Huron.

Mr. Russell Baker, of Winnipeg, is visiting at his home here.

Misses Libbie Baxter and Etta Goodwin, of Bridgeport, Conn., were Blenheim visitors last week.

Mr. A. Morgan, of London, visited here for a few days this week.

"Sweet and Low," as played by the Band at Eriean last night, was the acme of harmony.

Better far suffer for truth than profit by falsehood.

Write Head Office, Waterloo, Ont., or call on 82

Geo. H. Redpath, General Agent

Western Fair

The Exhibition the People all Like to Attend

EXHIBITORS AND VISITORS FIND IT PROFITABLE TO GO

KNABENSHUE'S AIRSHIP daily, and a full list of Attractions, with plenty of Music, Fireworks after programme each evening, concluding with that grand display, "THE SIEGE OF GIBRALTER"

REDUCED RATES ON ALL RAILROADS

Send to the Secretary for Prize List, Programmes and all information

W. J. REID, President A. M. HUNT, Secretary

London, Sept. 6 to 14