Is Your Back Full of Aches All Day Long?

That Stab-like Pain in the Back is Sure Indication of Kidney Trouble.



Mrs. Anna Rodrigues writes as follows from her home in Valencia: "For a long guimpe. time I suffered with failing strength and nagging headaches. My condition grew niere had a burn exactly in the and shaky, I was sallow and thin, felt enfortunately didn't suspect my kidneys called a Ferronniere to this day. the true cause of my sufferings. I read In the reign of Henry II. some so much about the wonderful health and princesses who suffered from goltre strength that comes to all who use Dr. hid the blemish beneath their high-Hamilton's Pills that I felt sure they fluted ruffs and disguised the crook-would help me. Such biessings at health edness of their shoulders under the puffed sleeve.

Pills have yet to find a case kidney disease they cannot cure. me right, and their steady use keeps me active, energetic, atrong and happy.

tion, constipation, flatulence, liver, blad- of inches. der and kidney trouble. Retuse substitutes. 25c. per box or five boxes for \$1.00, at all druggists and storakeepers, or post-paid by the Catarrhosone Co., Buffalo, N. T., and Kingston, Canada.

PUDDLES OF SILVER. System Used in Mexico to Separate

was at Pachuca, Mexico, the the patio system of separating siler had its origin. This system is still followed extensively at the silver mines throughout Mexico. The ore is crushed and worked down to a state of puddle. It is then spread out to a depth of two or three feet over the paved floor of the courtyard, or patio. To this mass sulhate of copper is added in powder, about fifteen pounds of sulphate to 3,000 pounds of puddle. This is trodden into the puddle by horses. Several gangs of old, worn-c t horses or mules, about twelve in a gang, are seen in various parts of the patio, being driven round in circles to tread in the sulphate.

ommon salt is added and in two more days 100 per cent. of pure quicksilver, or as much as the assay of the ore shows, is required. This mass is then trodden up by horses for fifteen days. It is then wheeled to a large tank through which passwashes away the clay, leaving the Nuts. eilver and quicksilver. This residuum is poured into cone-shaped canvas bags through which most of the quicksilver runs out, and what remains with the silver is passed off lost, and even the vapor is brought by cold water to its original state and used again and again. The quicksilver soon rots the hoofs of he horses and the mules, but the Mexicans themselves do not seem to be much the worse for it, even though they wade around in the addle for days at a time.



Take a Second Look. "Do you believe in love at first

"Oh, yes, but I don't recommend

Minard's Liniment Cures Distemper.

Can't Spare Time. Excited Boy-Come on quick The ould man is batin' the ould wo

Policeman-Why don't she come herself, if she wants to make a complaint, or have him arrested? Excited Boy-She's too busy She's got him down and she's

umpin' his head on the floor.

Because He Took GIN PILLS Mr. H. A. Jukes of Winnipeg writes: "I have been a sufferer from Lumbago for some years past. I met your Mr. Hill and he advised me to take GIN PILLS. I have been taking them at tervals during the early part of the o return of my old trouble—in fact I see hetter than I liave for years, and sink that my old enemy has vanished the National Drug and Chemical Imagination is what keeps the Cheeds, Limited, Toronto, 130 doctors busy.

WHY FASHIONS CHANGE.

How Some Recurrent Modes Were Originated.

If the most noteworthy trait in the fashions of the present day is an eclecticism which permits no one dominant tendency to hold sway, in the fact that while Paris undoubtedly sets the fashion for the whole feminine world, Paris is the capital of a republic.

throne of France, the sovereign's tion and pure blood carrying nutriwishes had a distinct influence on the tendency of fashion. The court emy, a well-known resident of this liked to copy the smallest detail or place. whim of his majesty or of the princesses who surrounded him. For IX. had abnormally large feet.

The wife of Philippe III. was afflicted with a tremendously long neck, so she invented the high

It was because La Belle Ferronteadily worse, my limbs became bloated middle of her forehead that she wore over the cicatrix the charming jewel held by a fine thread that is pure blood is caused by disease

strongly urge others to regulate and tone arms; Louis XIV. brought the wig em with Dr. Hamilton's Pills into fashion because he was afflicted with a wen on his head. Mnie. de No greater medicine exists than Dr. Pompadour created the vogue of Hamilton's Pills for the cure of indiges high heeled slippers to hide her lack

The Empress Eugene had very beautiful shoulders, so she set the fashion of decolletage which left the houlders bare and set them off to the best advantage.

STRENGTH.

Without Overloading the Stomach. The business man, especially,

needs food in the morning that will not overload the stomach, but give mental vigor for the day. Much depends on the start a man gets each day, as to how he may expect to accomplish the work on

He can't be alert, with a heavy. fried-meat-and-potatoes breakfast requiring a lot of vital energy in di-

A Western business man tried to find some food combination that would not overload the stomach in the morning, but that would pro-He writes:

"For years I was unable to find a breakfast food that had nutrition Minard's Liniment Cures Diphtheria. On the next day 6 per cent. of enough to sustain a business man without overloading his stomach, causing indigestion and kindred

ailments. "Being a very busy and also a oak to ding to?" very nervous man, I decided to "Naw," answered the washwogive up breakfast altogether. But man, "my sturdy oak turned out luckily I was induced to try Grape- to be a poor stick.

a new man; can work without tir-ing, my head is clear and my nerves "I find four teaspoonfuls

Grape-Nuts with one of sugar and retorts. None of the quicksilver is a small quantity of cold milk, is Caro briefly morning meal, and invigorates me for the day's business." Name given by Canadian Postum Co. Windsor, Ont. Read the little book,

> "There's a Reason." Ever rend the above letter? A new one appears from time to time. They are conding, true, and full of human interest.

Social Uplift.

"Has Maud succeeded in getting into society yet?" "No, but she's rising in the social scale. She's been snubbed by a

PILES CURED IN 6 TO 14 DAYS Your drugglet will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in t to 14 days. 50c.

She It seems strange that you did not remember my face and yet (awkwardly) Well, you know, you have an attractive sort of name.

Minard's Liniment Cures Garget in Cows. Fact and Fancy.

Violins are now aged with X-rays. Gossip has a hundred tongues and no heart.

A ship's life is 25 years. Don't think that because you cast reflections people will deem you

Strawberries are so called from the custom of placing straw over their roots to shade them, to pre-

serve their moisture, and to prevent avanoration. In Chili, during the winter or hot season, the shops are closed all the

afternoon, and remain open till

ANOTHER PROOF FROM THE WEST

THAT DODD'S KIDNEY PILL ARE A NATURAL REMEDY.

the reason may perhaps be found For Cases of Exhaustion and Nerve Weakness-How S. Jeremy Found Relief when he Cured his Kidneys.

Sniatyn, Alta., March 10 .-(Special) .- That the natural remedy Formerly, under the Empire, or for exhaustion and nerve weakness when there was a king on the is one that will give good circulation to all parts of the body, is again proved in the case of S. Jer-

"For over two years I suffered from attacks of exhaustion and example, trains owe their origin to nerve weakness," Mr. Jeremy the fact that the daughters of Louis states. "I tried many nerve foods and tonics but must admit that Dodd's Kidney Pills have benefitted me more than anything else I ever used.

"I am more than grateful for what Dodd's Kidney Pills have done for me.

Nerve weakness and exhaustion are caused by impure blood. Imkidneys failing to strain the waste matter of the body out of the blood. The natural remedy is to cure the kidneys. Dodd's Kidney Pills have yet to find a case of

Doctor (to patient)-You've had a retty close call. It's only your strong constitution that pulled you

Patient-Well, doctor, remember that when you make out your bill

Minard's Liniment Co., Limited.

Have used MINARD'S LINIMENT for Croup; found nothing equal to it; sur

There is always room at the prove these conditions, and, if peryawningly replied the youth with Any woman who has a moderate after five hours' treatment, I was practithe curly blond front hair. 'But degree of health can walk. If she cally well. I therefore write you at once at the bottom and make excuses." morning and walk, with the body that Nerviline will knock out a bad cold

TO GURE A COLD IN ONE DAY Take LAXATIVE BROMO Quinine Tableta Druggists refund money if it falls to ours S. W. GROVE'S eignature is on each

"Woman is the vine and man is the sturcy oak. Have you a sturdy

"Since that morning I have been When Ity Murine Eye Remed

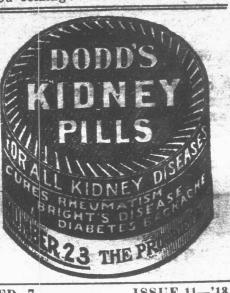
"This high cost of living is a serious question," bawled the cam-"The Road to Wellville," in pkgs. paign orator, "It is a great question, a very serious question, indeed. "We know it's a question,

Minard's Liniment Cures Colds, Etc.

velled a coarse man in the audi-"What's the answer?"

Merchant Shipping Tonnage. better class of people this year The tonnage of British merchant shipping for 1912 amounted to 1, 738,514 tons gross, and of warships to 191,737 tons displacement, a total of 742 vessels there were 69 of 6,000 tons and upward, and of these 16 were over 10,000 tons. The prospects for 1913 are even more satisfactory, and shipowners are finding you remembered my name. He it almost impossible to get their orders filled.

> How many unkicked kicks have you coming



RASH ON ARMS

Looked Like Raw Meat. Itched and Burned So Badly Could Not Rest Night or Day. Arms Sore from Wrist to Elbow, Cuticura Soap and Ointment Completely Cured.

Lower Blandford, Nova Scotia.-"Three years ago I became troubled with sore arms. It came as a rash. My arms looked like raw meat and itched and burned so badly. I could not rest night or day. When I scratched they became awfully sore. As long as the weather was warm it didn't bother me so much, but in winter it was almost unbearable. My arms were sore from the wrist to the sibow.

"I used several cures which were recommended to me but without any avail. I saw how I could get a sample of Cuticura Soap and Ointment which I did. I used the samples and found an improvement.
Whenever I applied the Cuticura Cintment the tiching and burning ceased. I got a full-sized box of Cuticura Cintment and a cake of Cuttours Soap and only used about half when it disappeared and since then I have not been troubled. That was six months ago. Cuticura Soap and Ointment completely cured me." (Signed) Miss Elsie

E. Zinck, Mar. 7, 1912. Cuticura Soap and Cintment do so much for pimples, blackheads, red, rough skins, itching, scaly scrips, dandruff, dry, thin and falling hair, chapped hands and shapeless nails with painful finger-ends, that it is almost criminal not to use them. A single Ointment are often sufficient when all class has fatied. Sold everywhere. Liberal sample of each mailed free, with 32-p. Skin Book. Address post card Potter Drug & Chem. Corp., Dept. 48D. Boston, U. S. A.

NERVOUS SHOULD WALK.

Prescribed for the Person Bordering on Hysteria.

Many women, because they are tired at night, think that they do not need physical training, that they have already taken too much; but this is a mistaken idea. Housework, says a writer in the Woman's World, tends to make women ner-vous and irritable unless they obthin diversion in the form of exereise or healthful recreation. When cise followed by a cool bath will im-

erect, chest strongly expanded, over night."

deep breaths, she will have no occamoved a potato, and there it was | in the evening after dinner. You falo, N. Y. may not have as much sleep, but it

compensate for the time expended.

"You ought to be spanked, young

Why He Escapes.

been able to agree as to which one physics. Harper's Weekly thus deof them ought to do it."

can be cured by using nature's own re-





one from your deeler, every machine guarantee.
CHICAGO FLEXIBLE SHAFT OG.
593 La Salie Ave.

THE FIRST TEETOTALER.

The Word Was Coined in the Town of Preston, England.

The quaint sayings of Dicky' Turner, one of the earliest advocates of temperance in rural England, are still remembered in the little town of Preston, where the reformer began his attacks on the drinking habits of his fellow townsmen. In "The Manchester and Glasgow Road," Mr. Charles G. Harper describes the work of this

Outside of Preston, probably not one person in a thousand knows how the word "teetotal" came into popular use. It was, to all intents and purposes, deliberately invented by "Dicky" Turner, who, at a meeting held in the Old Cockpit, declaimed vehemently against the SEVERAL DESIRABLE PARMS IN arguments of the moderate drink-that can be bought. Worth the money for ers, and insisted upon total abeti- quick sale. nence. "I'll have nowt to dee wi' this moderation botheration pledge," he said. "I'll be reet on my list. If you want a farm sometime. down out-an'-out tee-tee-total for

ever and ever." "Well done!" shouted the meet- 2 STORY BRICK STORE, DWELLIN ing, and the word was adopted with

There was no reference to tea, as is often supposed, nor was the word the result of a stattering attempt at the word "total"; for Turner was not a stammerer. He was a ready coiner of words upon any ergency, and often perpetrated what in an Irishman would be called "bulls." In one of his impassioned addresses on temperance, he said: "We will go with our axes on our shoulders and plow up the great deep; and then the ship of temperance shall sail gallantly over

A Racking Cough And Sore Throat Cured In Five Hours

Use the Proper Remedy and Colds and Sore Throat Disappear.

writes Mr. Thomas E. Jarvis, "I was all women are nervous or bordering on used up with cold and a racking cough. hysteris and feel like crying or I felt sick all over. Ly wife rubbed my sisted in, will eventually cure them.

Any woman who has a moderate t is so blamed much easier to sit will rise an hour earlier in the in order that it may be publicly known

swinging the arms at the side of the It is a fact that Nerviline will ease up body as a man does, and take great wheezy feeling, will knock out a cold in just a few hours. It penetrates deeply, sion to complain of nerves, even if draws out the congestion, cures prompt-her daily duties are confining. If

is refreshing and will more than SUN-BEACONS OF THE COAST. Swedish Engineer's Remarkable

The remarkable application of the sun-valve" in acetylene gas-lighting was the first step toward relieving the lonely keepers of the little coast-beacons in remote places. In the last three years many hundreds of the old lights affoat and ashore have been re-"I know it, but I'm not likely to placed by the new contrivance, which is the invention of Gustaf Dalen, the Swedish engineer who re-"Well, Pa and Ma haven't ever cently received the Nobel prize for

scribes it: The source of light for these lone beacons is dissolved acetylene, which is stored under pressure in steel cylinders. One of these cylinders can be charged with enough piles, but is a certain ours for protruding piles. Discovery was made by sufferer of the years' standing, who is now quite well.

Full instructions on receipt of \$1.00.

WM. B. OXLEY, 294 Berkeley St., Toronto such buoys are overhauled and the care the light needs. The sun-

valve does the rest. expansion. This expansion is very considerable in certain metals, of which copper is one which copper is one.

sealed glass jar nearly a foot high ne better result. I tried all the salves, and about three inches in diameter Uniments and lotions I heard of, but a thick black rod is run. Three instead of getting better I got worse. slenderer rods of highly polished copper support it. The black rod is of copper also, and it is coated with lampblack in order that it may As the sun appears and the at- and in the end it did.

mosphere grows warmer, this rod expands and lengthens. It pushes down into the metal chamber in eczema." which the glass jar rests and touchflow of gas to the lamp. When the sun disappears from

releases the pressure on the lever.

The gas flows upward to the lamp.

Co., upon receipt of price, The gas flows upward to the lamp, and is ignited by a little pilot flame that is never extinguished. The precision of this contrivance t incredible. It can be used

even in the cold of the polar re-

A GOOD HABIT

Tea when you are tired, particularly if it's

Goes farthest for the money

H. W. DAWSON, Ninety Colborne Street.

STRAWBERRY PLANTS-GROWN ON the north shore of lake Eric, 25 selected kinds; Black Cap Raspberries and Evergreens. Free catalogue. Lakeview Fruit Farm, Grovesend, Ont. (The advertisement appears but once).

CANCER, TUMORS, LUMPS, MICO interpal and external oured with our pain by our home freatment. Writes before too late. Dr. Bellman Medico. Limited, Collingwood, Ont.

Best Work in Canada, Gold Medalis BRITISH AMERICAN DYEING CO.

Waiter—And how did you find it is out of the question to take this small size, 25c., at all storekeepers and the beet, sir! Customer—Oh! I hour's walk in the morning, take it druggists of The Catarrhowne Co., Butguide the travellers or dog-sledges over the frozen wastes.

He is a wise man who is able to conceal his importance.



Mr. J. E. Arsenault, a Justice of

painted twice a year. That is all station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed The scientific principle upon into a bad ulcer, and later into a form which the sun-valve depends is that of eczema which spread very rapidly sunlight upon dark surfaces is con- and also started on the other leg. verted into heat, and heat produces Both legs became so swollen and sore

"After six months of this trouble Through the centre of a carefully I consulted another doctor, but with "This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me re-lief. I continued to apply it to the sores, and day by day they got better. absorb the greatest possible amount I could see that at last I had got hold of something which would cure me,

"It is now over a year since Zam-Buk worked a cure in my case, and there has been no return of the Such is the nature of the great cures

es the end of a lever. It presses which Zam-Buk is daily effecting.

down on the lever, and cuts off the Purely herbal in composition, this great balm is a sure cure for all skin diseases, cold sores, chapped hands, frost bite, ulcers, blood-poisoning, variview in the evening and the temper-ature of the air falls, the process is worm, inflated patches, cuts, burns and reversed. The rod contracts and bruises. All druggists and stores sell

