TOP PRESCRIPTION.

For Rheumatism and all Kidney, Liver, Bladder and Urinary Affections.

An eminent physician informs us hat he has used the following pre-An eminent physician informs us that he has used the following pre-scription in his practice for a number of years, and found it very successful in the treatment of Kidney, Liver, Bladder, and all Urinary affections. He icaims that a very few doses will re-lieve the most severe pains in the back, arising from disordered kidneys and impure blood: One ounce of sweet spirits of nitre, one ounce of Vimosa Compound, and four ounces of syrup of rhubarh. These ingredients can be Compound, and four ounces of Vimosa of rhubarb. These ingredients can be obtained at any reliable drug store. It should be taken in dessertspoonful doces after meals and at bedtime in water. It is unsurpassed for the cure of rheumatism, driving the uric acid entirely from the system. The ingredi-ents are inexpensive and harmless, and can be given to children with safely. EASY WAY TO private the cure of the teaves of the tomata and suicide; a variety of Indian hemp which is smoked by all classes, in Jamaica has terrible results, and a weed known as mountain tobacco, which is smoked in great quantities in Sweden, causes its wrecks. It men and women really understood

EASY WAY TO REMEMBER DATES.

All you Require is to Commit These Lines to Memory.

The following lines committed to mem ory, give an easy method of stating off-hand the day of the week of any date in 1908:-

Just a mother's arms, my jocund Jean; A spell o'er Nature's dream.

The number of letters in each word represents the date of the first Saturday in the particular month to which it cor-responds; thus, "Just," for January, has four letters, because the first Saturday in January is the fourth of that month; "a," representing February, has one letter, as the first Saturday in February is the first day of that month; and so on through the twelve months.

Each word of the twelve, excepting the first "a," begins with the same letter as the month it represents. Thus, "Just" begins with "J" because January begins with "J"; "mother's begins with "m" be-cause March begins with "M"; and so on all through, with the exception of "a" r February. Having obtained the dates of the first

Saturdays, the date of every other Satur-day in the month is got by the addition of the necessary number of sevens, from which it is but a step to any intermediate

For example, to know the day on day. which Christmas Day fails this year, "dream," standing for December, has five lefters, so the first Saturday in December is the 5th of that month; the second Sat-urday is the 12th; the third the 19th; the

25th, being six days more, gives Friday, six days on from Saturday.

COBALT SILVER PRODUCTION.

A. J. Pattison & Co., Toronto, report the following are the weekly shipments from Cobalt camp, and those from Jan. 1 to date: Week and Wee

Week end.

MANY KINDS OF SMOKE. Substitutes for Tobacco Often .Have

Harmful Effects. The American Indians who

matches.

A Successful Medicine. - Everyone A Successful Medicine, - Everyone wishes to be successful in any under-taking in which he may engage. It is therefore, extremely gratifying to the proprietors of Parmelee's Vegetable Pills to, know that their efforts to compound a medicine which would prove a bless-ing to mankind have been successful be-word their expression. The endorsmyond their expectations. The endorsa-tion of these Pills by the public is a gu-arantee that a pill has been produced which will fulfil everything claimed for

HOPELESS.

"Now, don't ask me another question. Little boys should not be too inquisitive!" "Why mustn't I ask you any more, daddy? And what's inquisitive?"

You can lengthen the life of your house and give it a distinctive person-ality amongst its fellows with the use of-Ramsay's Paints, guaranteed the very best, full measure, full value, at fair honest prices. Your dealer has them and will show you the splendid range of colors. Write A. Ramsay & Son Co., Montreal, for a pack of Souvenir Picture Post Cards of Homes.

German Friend: "De biciure you haf painted is most buliful; dere is only von vord in de English lancqvidge vich describes it-and I haf vorgotten it.'

A Carefully Prepared Pill.-Much time and attention were expended in the experimenting with the ingredients that enter into the composition of Parmelee's Vegetable Pills before they were brought to the state in which they were first of-fered to the public. Whatever other pills may be, Parmelee's Vegetable Pills

are represented to be.

PANGO.

A TONIC FOR

THE STOMACH

Wonderful Success of the Modern Method of Treating Even Obstinate Cases of Indigestion.

The old fashioned methods of treating The old fashioned methods of treating stomach discases are being discarded. The trouble with the old fashioned me-thods was that when the treatment was stop; ed the trouble returned in **en** aggravated form.

gravated form. The modern method of treating indi-restion, catarrh of the stomach or chronic gastritis, is to tone up the stomach and glands to do their normal work. Every step toward recovery is a step gained, not to be lost again. The recovery of the appelite, the disappear-ance of pain, the absence of gas—all are steps on the road to health that those who have tried the tonic treatment re-member distinctly.

member distinctly. Dr. Williams' Pink Pills are a tonic every constituent of which is helpful in building up the digestive organs and therefore are the very best remedy for chronic cases of stomach trouble. The Success of the treatment is shown by hundreds of cures like the following:--Mrs. Wm, E. Dunn, Prince Dale, N. S., says:-"For upwards of seven years I was an almost continuous sufferer from stomach trouble, which was ag-gravated by obstina'e constipation. Food gravated by obstant'e constipation. Food was not only distasteful, but every mouthful I ate was painful. The trouble s) affected my heart that at times I thought I could not live. I was con-stantly doctoring, but did not get the least relief. Indeed I was growing worse, and in the summer of 1907 had got so had that I went to the City of Dector where I spont some time under" got so bad that I went to the City of Boston, where I spent some time under the care of a specialist. I returned home, however, no better than when ' went away. The pains I endured were almost intolerable, and would sometimes cause me to drop. I kept getting weak-er and weaker and had practically given up hope of even being well again when my mother urged me to try Dr. Williams' Pink Pills. How thankful I

now am that I took her advice. My case was a severe one and did not yield readily, but once an improvement was noticed the cure progressed steadily and noticed the cure progressed steadily and satisfactorily, and after the use of ten boxes of the Pills I was again a well woman. Every symptom of the trouble disappeared, and it is years since I en-joyed as good health as I am doing now. All who know me look upon my cure as almost a miracle, and I strongly urge

ali suffering from stomach trouble to give this medicine a fair trial." Dr. Williams' Pink Pills are sold by al medicine dealers or you can get them ry mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

INSENSIBLE.

"For what reason?"

ment in your child.

SWISS RIFLE CLUBS.

Every Man in Switzerland Learns to Use the Rifle.

At a time when the question of military training for civilians is being much discussed, a short account of the Swiss system, from the Manchester Guardian, may be of interest. Every man in the peaceful and democratic country of Swit-zerland is a soldier in a modest way, be-fitting a small nation. The able-bodied Swiss enters the army

at twenty years of age, and serves sixty-dive days in his first year. For the next twelve years he trains for three weeks every alternate year. At thirty-two he enters the Landwehr, and has eight to ten days under arms every fourth year until, at fifty, he retires, and is required to furnish no further service except in

case of war. What the Swiss militiaman lacks in milliary orthodox he far more than makes up by skill a nation of marks-men. The training periods are occupied only with drill and tactics; tre all-important matter matter of shooting is left to the individual soldier to carry out at other times, and he does it under the auspices of the shooting societies which are such a feature of Swiss life.

These societies, under government control, are called Schulzengesellschaf-ten in the German, and Societes de Tir in the French cantons. They are voluntary associations, varying in size and importance with the town or village they Those in the larger towns pos serve. serve. Those in the larger towns pos-sees completely filted ranges and club-houses; the small villages do their shoot-ing in any field backed by a suitable ihil. Every peasant and townsman has easy facilities for shooting, and each man has his service rifle always in his prospection. possession.

Every man between the ages of twen-ty and thirty-two must fire thirty-two shots in four compulsory exercises every year, and the societies receive a grant (1 two frances for every soldier shoot-ing this course on their ranges. The in-come derived from the grants generally suffices for the current expenses of the society, supply of targets and pay of marker. There is no entrance fee hor subscription as a rule, and heavy ex-penditure, such as that incurred by the construction of new ranges, is met by a special grant from the government. Rules as to spectators, methods of leading and conduct on the ranges are

stringent. Loss of grant is incurred by any breach or neglect of regulations.

In addition to these exercises, many competitions are held between different villages, towns and cantons. In sum-mer the trains and streams are crowded with jovial bands of marksmen going te and from their shooting festivals. The whole of Swiss shooting is a good example of co-operation between ernment and individual. Every Sy Every Sw has his army rifle; he can use it when and where he will, provided he does not endanger other lives; he is insured by government against accidents on tre ranges, and through his society he can secure the services of qualified military officers to organize and control his

casion arise, that which has been learn ed in sport would be used in earnest.

"Our baby gives us lots of trouble.



MAN-A-LIN Is An **Excellent Remedy** for Constipation.

There are many ailments. directly dependent upon constipation, such as biliousness, discolored and pimpled skin, inactive liver, dyspepsia, overworked kidneys and headache.

Remove constipation and all of these ailments disappear.

MAN-A-LIN can be relied upon to produce a gentle action of the bowels, making pills and drastic cathartics entirely unnecessary.

A dose or two of Man-a-lin is advisable in slight febrile attacks, la grippe, colds and Influenza.



AGENTS WANTED. A reliable man in every elty and town in Canada with waterworks to sell a patent article needed in every home, hotel and public building. Sells at sight. Hustlers can and are making \$5.00 a day. Write at once for particulars. Geo. T. Cole, Owen Souud, Ontario.



