

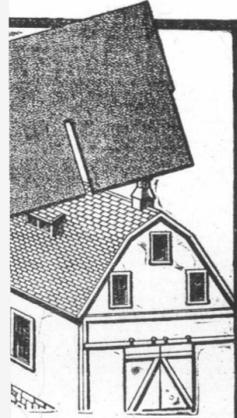
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EMBLEM OF THREE COUNTRIES

British "Union Jack" Displays Crosses
of England, Scotland and Ireland
in Combination.

The term "Union Jack" is applied to the national flag of the British empire. It consists of three crosses combined, on a blue field, viz.: the cross of St. George for England, of St. Andrew for Scotland, and of St. Patrick for Ireland. The original English flag was St. George's cross, red on a white field; the flag of St. Patrick, red on a white field, and the Scottish flag was St. Andrew's cross, white on a blue field. History says that the united crosses of England and Scotland were first used on the flag in 1606 by order of King James, when sovereign of the two countries. By his order the two crosses were united in such a manner as to preserve the distinctive outline of each, also, by means of a white border, the original color of the Scotch flag, on a blue ground. In 1801, on the legislative union with Ireland, the red cross of St. Patrick was added in such a way as to outline and preserve its individuality with that of the others. As now constituted the cross of St. George is much wider than the other two and seems to dominate them, but they are nevertheless distinctive and individual, while the white border of each is a reminder of the original white flag of Scotland. The proper designation of the flag is the great union, or simply the union. Union Jack is a nickname. Technically it is only a Jack when flown on the jack-staff of a ship of war. It is suggested that the name probably came from that of the Stuart king, King Jacques, which King James always signed.

Palestine's Salt Mountain.
Palestine possesses a remarkable salt mountain situated at the south end of the Dead sea. The length of the ridge is six miles, with an average width of three-quarters of a mile, and the height is not far from 800 feet. There are places where the overlying earthy deposits are many feet in thickness, but the mass of the mountain is composed of solid rock salt, some of which is as clear as crystal.

Ripening Cheese in Persia.
In Persia the good housewife sees to it that cheeses for winter eating are stored away in earthen jars and put to ripen deep in the earth of the garden.

Get the Thrift Stamp habit.

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly
Poisons As A Germ
Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Pre-vents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Possession is nine points of the law and if found in a thief they all point towards the penitentiary.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

FAITH IN DREAMS

Lives Saved by Following Dream Warnings.

The faith of some people in dreams is strikingly illustrated by the story of Mrs. Fry, of Lewes, who, although repeatedly informed by the War Office, the commanding officer, and the chaplain of his company that her son was killed fifteen months ago, steadfastly refused to believe he was dead, simply because she dreamt he was alive.

Constant dreams of her son buoyed up her hopes, and she expressed herself as in no way astonished when at last she heard that he was a prisoner in Germany.

Ten days before the Titanic disaster the Hon. J. C. Middleton, vice-president of the Akron-Canton Railway in Ohio, who had booked a passage on the ill-fated liner, dreamt he saw the ship capsize in mid-ocean and a lot of passengers struggling in the water. The following night he dreamt exactly the same thing, and this so impressed him that he decided to cancel his passage.

Mr. Melton Prior, the famous war correspondent, once told the writer how, on two occasions while in Africa, at the time of the Zulu War, he dreamt that he saw himself shot and witnessed his own funeral. Later at Durban, he received a letter from his mother stating that she had had a precisely similar dream, and begging him not to go with a certain expedition. The coincidence so impressed him he obtained a substitute, who was killed with the rest of the members of the expedition.—Tit-Bits.

A Remarkable Record

Wilford G. Oakes of Patten, Me., who returned home after a remarkable record of service in the war as a member of a Canadian artillery regiment, had the experience, near Cambrai, of viewing his own grave, or that which was so designated, with the name inscribed on a rude slab over the last resting place. He took a snapshot of the grave as a souvenir. Oakes was severely wounded several times, and passed through experiences of the most hazardous nature, but returned without apparent disfigurement, owing to surgical operations in British army hospitals. In one battle when he was wounded he lost his identification card and was hustled to a hospital more dead than alive. His jaws were shot away, making it impossible for him to communicate his identity, and as he was missing from his company his death was finally reported. Some soldier was buried under his name. A surgical operation gave to him new jaw bones, his tongue was sewed up and other disfigurements remedied, and to-day one has to examine his face carefully to find the scars.

To Exterminate Stray Dogs

As one result of the case lodged against David Schleibauf and Charles Smeltz of West Lorne, of adopting a cruel method of disposing of a dog, it is altogether likely that a campaign to exterminate stray dogs in the county will be inaugurated. Farmers in all parts of the county have for years been having trouble with dogs worrying their sheep, and this condition has in many cases prevented farmers of Elgin from going more extensively into sheep raising, considered by many one of the most profitable ends of the farming industry.

In Aldborough township alone last year, where the council makes good in full the losses in sheep slaughtered by dogs, the cost to the ratepayers was \$1,800. Where a man owns valuable sheep, however, the loss cannot be made good by their cash value alone.

POINTED PARAGRAPHS

Want of tact is an incurable infirmity. The hand that rules the dyspeptic makes the pie.

An every-day man is not necessarily weak-minded.

Divorce is the cold lunch that follows love's banquet.

A good-sized dining room is to be found in an empty stomach.

If two people can live on less than one it is because they have to.

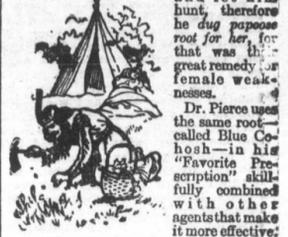
The water shark bites a man's leg off but the land shark merely pulls it.

For a merciless critic commend us to a successful author.

According to the old saw, "Every dog has his day." So has every saint for that matter.

Nature and the Indian

The Indian never liked work but he wanted his squaw to get well as soon as possible so that she could do the work and let him hunt, therefore he dug papoose root for her, for that was the great remedy for female weaknesses.



Dr. Pierce uses the same root—called Blue Cohosh—in his "Favorite Prescription" skillfully combined with other agents that make it more effective.

Women who are worn out, who suffer from pain at regular or irregular intervals who are nervous or dizzy at times, should take that reliable, temperance, herbal tonic which a doctor in active practice prescribed many years ago. Now sold by druggists, in tablets and liquid, as Dr. Pierce's Favorite Prescription.

Send 10c. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial package.

WOODSTOCK, ONT.—"I cannot say enough in praise of Dr. Pierce's Medicines. I had nervous prostration and was completely 'down and out.' I was so bad the doctors considered mine a hopeless case. I was much discouraged and was ready to give up when I began taking the 'Favorite Prescription' and the Golden Medical Discovery. These medicines put me on my feet again and gave me the only real relief. Being a nurse I have recommended Dr. Pierce's Medicines to many, especially the 'Favorite Prescription.' I know of many a young mother to whom I have recommended 'Favorite Prescription' that has been wonderfully helped.

"I am glad to lend my name in connection with Dr. Pierce's Medicines, knowing how good they are."—Mrs. A. L. MILLER, 212 John Street.

WHERE TO SPEND YOUR VACATION

Visit The Many Attractive Resorts in The "Highlands of Ontario"

Are you planning a vacation this year in the beautiful "Highlands of Ontario?" You could choose no better region in which to spend a holiday. Fishing, boating, bathing and golfing can be enjoying under ideal conditions. There is the widest range of accommodation from comfortable hotels, large and small, to modest farm houses.

The whole of the "Highlands of Ontario" region has been opened up to travellers by the Grand Trunk Railway System, and there is excellent train service. Any agent of the railway will gladly assist you to map out your tour and will supply you with list of hotels, rates, etc., and illustrated booklets descriptive of the districts.

Of the resorts in the "Highlands of Ontario" the best known are probably the Muskoka Lakes. This famous district is reached through Muskoka Wharf Station (112 miles north of Toronto), and to this point run the through Muskoka trains. Connecting with these trains are the steamboats which serve all the resorts on the three lovely lakes, Muskoka, Rosseau and Joseph, which are known as "The Three Graces." Just north of the Muskoka Lakes is lovely Lake of Bays. Huntsville, 146 miles north of Toronto, is the gateway to the region. This territory is surpassingly beautiful, comprising some of the loveliest water stretches in this country of lakes. The Grand Trunk trains connect with a flotilla of lake steamboats serving all the territory.

The Algonquin Park of Ontario is a great reserve of 1,700,000 acres. It is on the very ridge of the "Highlands". Its altitude above sea level averages 1700 feet, while some of the lakes in the park are 2,000 feet above the sea. The Park makes an especially strong appeal to the fisherman and canoeist. There are more than 1,500 lakes in the park, and the excellence of the sport draws anglers from every part of the continent. In the Algonquin Park the Grand Trunk owns and operates the Highland Inn and also log cabin camp hotels. The Algonquin Park is about 200 miles north of Toronto, and is also easily reached through Ottawa, being 169 miles west of the capital city.

Timagami region is reached through Timagami Station, 300 miles north of Toronto. It is one of the great Canadian reserves that have been set aside for all time as playgrounds for the people. In the centre of this territory is wonderful Lake Timagami, with its shore line of 1,132 miles, while there are hundreds of other lakes to invite the angler and canoeist.





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A Paint, to be 100% efficient, must be 100% pure. Only an absolutely pure paint can cover completely, spread easily and protect the surface of wood and metal against the destructive action of wear and weather for years.

MARTIN-SENOUR

"100% PURE" PAINT

costs less than any other on your house, because it covers most, spreads easiest and lasts longest.

It is true economy to keep your house well painted; it saves repairs and deterioration.

It is the truest economy to use "100% Pure" Paint.

"Save the surface and you save all" *Paint & Varnish*

Ask for copies of our books—"Town and Country Homes" and "Painting in Neu-Tone". Free on request.

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WE GUARANTEE THE MARTIN-SENOUR 100% PURE PAINT (except inside White and a few dark shades that cannot be prepared from lead and zinc), to be made from pure white lead, pure oxide of zinc, with coloring matter in proportionate quantities necessary to make their respective shades and tints, with pure linseed oil and turpentine dryer, and to be entirely FREE from water, benzine, whitening and other adulterations, and SOLD SUBJECT TO CHEMICAL ANALYSIS.

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