

The Seven Sorrows Of Mary.

Mother, what sorrow multiplied
Could equal grief of thine!
The sword-shap'd sorrows cruci-
fied
Thy heart all love-divine?
As Simeon said:—'This Child is
born
For many's fall and rise;
A sword shall pierce thy soul
forlorn,'
Which Israel shall despise."
II
The Flight to Egypt's pagan-
land,
To dwell in exile there,
Near Heliopolis City grand,
That Lov'd-One's life to spare,
A second time, the cruel sword,
Thy Virgin's heart made bleed,
When journeying with the In-
fant-Lord
On Joseph's lowly steed.
III
The Paschal Feast to celebrate,
The Boy, now twelve years
old,
Proceeded to the Temple gate
The Doctors to behold.
The three-days' loss of Thy Dear
Lord,
Where grief and love combine,
With deeper wound than Sim-
con's sword,
Transpierc'd that heart of
thine.
IV
When "one-and-twenty years
have pass'd,
Behold thy "Meeting" now!
The cruel crown of thorns twin'd
fast
On Jesus' bleeding brow:
Between two thieves with cross-
es laid
Upon their shoulders, too—
When thou didst meet such
cavalcade,
Fourth sorrow pierc'd thee
thro!
V
Next, the Fifth Dolor's dying
pang
Thy wounded heart did fill;
To see our loving Saviour hang
On Calvary's cross-crown'd
hill.
"Attend you, who pass by the
way,"
Thirsting for hopes divine;
Have you beheld in life's short
day
"A sorrow like to mine?"
VI
Joseph, with Nicodemus' aid,
From the dread cross took
down,
And in thy arms His Body laid,
Crown'd with the martyr's
crown.
The memory of His boyhood's
smile—
Death's Face in manhood's
prime—
Could not thy broken heart be-
guile
A sword for the sixth time.
VII
The myrrh and aloes at the
Tomb—
(Gift of the Eastern Kings),
With Incense, to the Saviour
come,
Their earliest offerings.
O Queen of Martyrs! since His
birth,
Within the manger-cave.
Leave thou our sorrows upon
earth,
Close'd in His Rock-cut Grave!
John J. Walsh.

A Bit of Silk

"Time to be moving, Jack, if
we intend to get back tonight,"
remarked Will Hunter, as he
drew out his watch. When he
opened it an object, white and
round fluttered out and fell at
his feet.
"Look out, there, Will, you
have dropped something," said
his friend Jack Wilson. "It's
not a hundred dollar bill, is it?"
he added with a laugh as he
stooped to pick it up. "Why,
what on earth—" he continued
after looking at it for a moment.
A swift glance at Hunter's face,
and a nameless something that
he saw there, checked the in-
tended speech. "I beg pardon,
old fellow," he said hastily, as he
handed the fallen object back to
his friend.

Get the Most Out of Your Food

You don't and can't if your stomach
is weak. A weak stomach does not di-
gest all that is ordinarily taken into it.
It gets tired easily, and what it fails to
digest is wasted.
Among the signs of a weak stomach
are: uneasiness after eating, fits of ner-
vous headache, and disagreeable belch-
ing.

"I have been troubled with dyspepsia for
years, and tried every remedy I had of,
but never got anything that gave me relief
until I took Hood's Sarsaparilla. I cannot
raise this medicine too highly for the good
it has done me. I always take a m. in the
morning and fall and would not be without
it." W. A. Newser, Bellefleur, Ont.

Hood's Sarsaparilla

strengthens and tones the stomach and
the whole digestive system.

scription, and the look he gave
his friend as he handed it back
was curious; but the instincts of
good breeding prevented him
from making any remark.

"Thank you," said Will; "it
has fallen out of my watch." He
put it back in its place.

Both rose from their lounging
attitudes on the veranda chairs
and started towards the little
white railway station, which
stood out boldly from its dark
background of hills and green
trees about a mile down the
road.

The young men walked along
in silence, although the tongues
of both had been lively enough
during all the long sunny after-
noon in the country, away from
the dust and grime and noise of
the great city. Hunter seemed
preoccupied, and Wilson was
thinking with all his might of
the little, piece of white silk
which had rested in his hand for a
moment. That it was a religious
article of some kind he knew, the
Holy Name had told him that
much, but just what, he did not
know.

"A penny for your thoughts,
old man," prompted Hunter pre-
sently.

"They aren't worth it," return-
ed Wilson, with a smile. "I
was thinking of your Supreme
Highness."

"Thanks, very much. Any
charge for that?"

"To be serious, Will," said his
companion, with a sidelong look
at him, "I was thinking—well, I
was thinking about that little
round affair that fell out of your
watch back at the hotel. I—"

"I know the rest of the think-
ing, then," interrupted Hunter.
"You were wondering what it
means and what I was doing
with such a thing. Weren't you?"

"I was, for a fact," was the
reply. "And perhaps you were like-
wise wondering how I came to
have it? You want to know the
how, the why and the where-
fore of it, don't you?"

"Well, if you have no objection,
I certainly should. I was never
remarkable for an overdose of
curiosity, but I must confess
something exceedingly like it
has been cropping up in me dur-
ing the last few minutes."

"They had turned the corner
of the lane leading to the track.
"Here's the train!" exclaimed
Hunter. "Are you good for a
hundred yards' sprint? If not
we are going to miss it."

The two started off at a pace
that was literally a dash. The
locomotive had just swept around
the curve, and the young men
had merely time to swing them-
selves aboard the last coach.

"Just in time!" panted Hunter,
as he sank breathless into a
seat. "We've broken a record—
whew!"

DR. FOWLER'S

WILD STRAWBERRY

EXTRACT OF

DIARRHŒA, DYSENTERY,

COLIC,

CHOLERA MORBUS,

CHOLERA INFANTUM

AND ALL

SUMMER COMPLAINTS.

It is without a doubt the safest and
most reliable remedy in existence.

It has been a household remedy for 72
years.

Its effects are instantaneous and it does
not leave the bowels in a constipated
condition.

Make up your mind to insist on getting
"Dr. Fowler's" when you ask for it.
Don't experiment with some no-name,
no-reputation, so-called strawberry com-
pounds that try to sell on the reputation
built up by Dr. Fowler's.

The genuine is 25c. per bottle, and
manufactured only by The T. Milburn
Co., Limited, Toronto, Ont.

Mrs. R. Armstrong, Nixon, Ont.,
writes:—"Some years ago I had diar-
rhœa until it became chronic. I doctored
with a good doctor, but as soon as I
stopped taking his medicine I was as
bad as ever. I became so weak I could
hardly walk across the floor alone. A
friend told me of Dr. Fowler's Extract
of Wild Strawberry, and less than two
bottles cured me to stay cured. I think
it is the best medicine for bowel trouble
that can be procured."

When I passed my exam. I
went to see her. Grandfather
had given me this watch of
course, I was showing it, with
considerable pride. And she was
almost as much pleased as I was.

"I have something that will
just fit it," she said, and then she
gave me that little badge you
saw. I promised her it should
stay in my watch and I have
kept my word. Every time I
look at it I think of one other
thing in particular she made me
promise that day. I have not
been as faithful to it as I should
have been, but that little piece of
silk has jogged my memory
many a time. So there's the
whole story for you."

There was silence for a few
minutes.

"Those Sisters must be nice
people," remarked Wilson. "I
notice them on the street some-
times. They seem to live in a
world apart. Joe Howard—you
remember him?—was laid up in
their hospital once, and he is
never done sounding their
praises."

Meanwhile the train rumbled
and rattled on; twilight had
faded into night—deep, dark
night—with just a few stars
twinkling in the heaven. Several
of the passengers were nod-
ding.

Suddenly came a fearful,
crashing, grinding noise. All
leapt to their feet. Then a
moment's horrible suspense.
Everything swayed, from side to
side, and then with a fearful
crash the coach, wrenched from
its trucks, tore its way, end first,
through a trestle.

The cries and groans of the
injured passengers were heart-
breaking. All was confusion.
Pinned down under a heavy
beam lay Jack Wilson. Beside
was Will Hunter, with blood
oozing from a cut somewhere on
his head; and athwart his chest
was a piece of the steam-coil of
the ill-fated coach.

"Heart of Jesus, in Thee I
trust!" exclaimed Hunter. The
prayer rose from the depths of
his heart. Over and over he re-
peated it, and amid the horrible
din and plaintive cries, the words
reached Wilson, through whose
mind the thought flashed that
Hunter's religion meant some-
thing to him!

"Will," he moaned, despairing-
ly, "say that prayer for me, too!
Won't you?"

"Heart of Jesus, in Thee I
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cast a glance at his suffering
companion.

Jack Wilson tried to repeat
the words. It was the first real
prayer he had ever uttered in his
whole careless life, and his very
soul was in the cry. Religion
had to him been nothing, ab-
solutely nothing; it simply had
never entered into his life at all.
But now, in this fearful moment,
he realized that there was a
world of difference between
Hunter and himself.

It seemed ages to the young
men before the rescuing party
reached the place where they lay
under the wreck, but strong
hands and willing hearts were
soon at work, and in a short
time the two were drawn from
beneath the shattered coach.
Wilson's feet and ankles were
ludly crushed and he had several
cuts and bruises.

Hunter's escape seemed mirac-
ulous. Except for a slight
scalp wound he was quite unin-
jured, to the wonder of those
who had helped to take him out.

"I do not understand it," said
one man. "With all that wreck-
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You want good material, you want perfect
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want to get them at a reasonable price.

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but the very best in trimmings of every kind
tailored to go into a suit.

We guarantee to fit you perfectly, and all
our clothes have that smooth, stylish, well-
tailored appearance, which is approved by all
good dressers.

If you have had trouble getting clothes
to suit you, give us a trial. We will please
you.

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GOOD BREAD is, without question, the most im-
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only by using the Best Yeast, the best flour, and adopt-
ing the best method of combining the two. Compressed
Yeast is in all respects the best commercial Yeast yet
discovered, and Fleischmann's Yeast is indisputably the
most successful and best known to the world. It
is uniform in quality and strength. It saves time and
labor, and relieves the housewife of the vexation and
worryment she necessarily suffers from the use of an in-
ferior or unreliable leaven. It is, moreover, a fact that
with the use of Fleischmann's Yeast, more loaves of
bread of the same weight can be produced from a given
quantity of flour than can be produced with the use of
any other kind of Yeast.

This is explained by the more thorough fermentation
and expansion which the minute particles of flour
undergo, thereby increasing the size of the mix and at
the same time adding to the nutritive properties of the
bread. This fact may be clearly and easily demonstrated
by any who doubt that there is economy in using
Fleischmann's Yeast.

If you have never used this Yeast give it a trial.
Ask your Grocer for a "Fleischmann" Recipe
Book.

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\$4.00, \$4.50, \$5.00, \$5.50

EACH LINE EXTRA VALUE.

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Many lines of Women's bought at the old
prices, and selling at the old prices. See our
lines at

\$3.75, \$3.95, and \$4.50

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ALLEY & CO.

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Queen Quality and Amherst Shoes.

Pure Bred Live Stock for Sale

NAME ADDRESS BREED MALES

Dan. G. McCormack Launching York 1 (2 yrs. old)

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Dan. A. McNeill Village Green " 1 (2 yrs. old)

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Col. G. Crockett York " 1 (2 year old)

G. W. Wood Hazelbrook Berk 1 (4 yrs. old)

A. P. Ings Pownal, Lot 49 " 1 (1 year old)

Jos. L. Cameron Ellis River " 1 (3 yrs. old)

C. B. Clay Bridgetown, Shrop. lambs, 10 rams and 7 ewes

John Howlett Annandale " 7 rams

A.A. Farquharson, 259 Queen St., Ch'town, for Island Stock Breeding
Company Shrops—1 mature and 4 ram lambs
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Your Soldier Boy Wants

HICKEY'S TWIST

No matter where he is, or what other tobacco he can
get, the Island soldier who chews tobacco is never satisfied
with anything but HICKEY'S TWIST.

In hundreds of letters from the boys in Flanders, France
England and the training camps, they ask for HICKEY'S
TWIST—and the 105th took along 20,000 figs with them.

Send your soldier boy a pound of HICKEY'S with the
next parcel.

Hickey & Nicholson, Ltd

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SEALED TENDERS, addressed to the
Postmaster General, will be received at
Ottawa, until noon, on Friday, the 28th
June, 1918, for the conveyance of
His Majesty's Mails, on a proposed Con-
tract for four years, six times per week
Over Rural Mail Route No. 1 from
Kensington, P. E. Island,
from 1st October next.

Printed notices containing further in-
formation as to conditions of proposed
Contract may be seen and blank forms
of Tender may be obtained at the Post
Offices of Princeton, Kensington and at
the office of the Post Office Inspector.

JOHN F. WHEAR,
Post Office Inspector.

Post Office Inspector's Office,
Ch'town, May 18th, 1918,
May 29, 1918—31

Are You Far Sighted?

Must you hold the book
or paper at arm's length to
get the proper focus.
If so, you will be "far
sighted" in a proper sense
if you come to us at once
for a remedy.

Near Sighted People

See clearly close by, and
for this reason try to get
along without glasses,
thereby suffering endless
misery, and sometimes
blindness follows. We
are competent to exam-
ine and fit your eyes with
the proper glasses, and
guarantee satisfaction.

Orders by mail promptly
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A few years ago flying
machines were hardly
thought of, now was

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Emulsion is as much a sum-
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Science did it. All Druggists