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Weak Heart



Many people suffer from weak hearts. They may experience shortness of breath on exertion, pain over the heart, or dizzy feelings, oppressed breathing after meals or their eyes become blurred, the heart is not sufficiently strong to pump blood to the extremities, and they have cold hands and feet, or poor appetite because of weakened blood supply to the stomach. A heart tonic and alterative should be taken which has no bad after-effect. Such is

Dr. Pierce's Golden Medical Discovery
which contains no dangerous narcotics or alcohol.

It helps the human system in the constant manufacture of rich, red blood. It helps the stomach to assimilate or take up the proper elements from the food, thereby helping digestion and curing dyspepsia, heart-burn and many uncomfortable symptoms, stops excessive tissue waste in convalescence from fevers; for the run-down, anemic, thin-blooded people, the "Discovery" is refreshing and vitalizing.

In liquid or tablet form at most drug stores or send 50 one-cent stamps for trial box to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

Read Chapter VII on Circulatory Organs in the "Medical Adviser"—A French cloth-bound book of 1008 pages sent on receipt of 31 one-cent stamps, address as above.

A GOOD POINTER

Place your order with the WATFORD PLANING MILLS. We promise A1 service. We guarantee to please with material. We have prices down to the minimum.

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Brasso Metal Polish.....25c
Silvo Metal Polish.....10c and 25c
Ideal Silver Cream.....25c
Ronuk Floor Polish 10c, 20c, 35c
Nonsuch Harness Polish.....25c
Waterproof Stove Polish.....10c

O-Cedar Mops \$1.50

Get our prices on plumbing jobs and be assured of highest quality and workmanship at lowest possible prices.

T. DODDS & SON

Dairy Acres
Dominion Department of Agriculture
Dairy Branch

While glancing over the results of the dairy herd competition given at the recent dairy convention, one could not help being struck by the yields—7,317 pounds of milk; 214 pounds of fat per cow.

During the same session a chart was displayed indicating that some dairy farms are producing very little milk, one was listed giving a yield of only 125 pounds of milk per acre.

With a dairy farm growing corn, oats, clover and alfalfa, and having pretty good pasture, it should not be very difficult to produce 2,000 pounds of milk per acre and at the same time increase the fertility of the soil. This system should yield an income of over thirty dollars per acre instead of the insignificant average of five dollars and seventy-nine cents which was the average yield per acre cultivated including

pasture given officially as the average return from five thousand cows in Ontario. The acres need not be idle more than the cows; are yours just common acres, or dairy acres?

The herd will average up better if the poor cows are weeded out. Do you know for certain which they are? You can easily detect them if you keep records on forms supplied free by the dairy division, Ottawa. State in your letter if you want forms for weighing every day, or only on three days per month. Is there any good reason why your cows should not average at least six thousand pounds of milk? Many men are getting this, and more, but they don't do it until they keep records and know which cows should be kept and which should not.

As a vermicide there is no preparation that equals Mother Graves' Worm Exterminator. It has saved the lives of countless children.

That Kent county boy who raised 141 bushels of shelled corn to the acre of ground, is worth a score of those who spend their spare time smoking cigarettes.

FOR YOUNG FOLKS

A Queer Water Jug Seller on a Paris Boulevard.

BASQUE IN NATIVE DRESS.

Remarkable Race of People Who Dwell In France and Spain—A Jolly Game For Boys—Many Things That Children Like to Read About.

The odd looking little man and his heavily loaded little donkey is a Basque water jug peddler, and he was playing his trade on a Paris boulevard when the camera man took his picture. The jugs he sells possess the peculiar property of keeping liquids fresh and cool no matter how warm the weather.



© by American Press Association.

A BASQUE WATER JUG PEDDLER.

They are made of a clay found in the Pyrenees mountains and are much sought for by the Parisians.

The Basques are a remarkable race of people, dwelling in the southwest corner of France and in the north of Spain, on both sides of the Pyrenees. They are supposed to be descendants of the ancient Iberians, who occupied Spain before the Celts. The Basques preserve their ancient language, former manners and national dances.

Foot in the Ring (Boys).

Divide the children into squads of about eight. For each squad draw on the ground a circle about two feet in diameter. Boy No. 1 comes forward, places one foot in the ring, bending the knee and having the weight of the body over this foot. He then folds his arms and waits the attack of boy No. 2, who, also having his arms folded, hops forward. No. 2 hops around No. 1, who keeps changing his front to where No. 2 is, until the latter finds a chance to attack No. 1, and while hopping, push him out of the circle. If he succeeds, he wins, and takes the circle. No. 3 coming forward to attack him, and so on. If, however, during the contest No. 2 gets both feet on the floor he loses and No. 3 then comes forward to attack No. 1. The player in the ring, so long as his foot is in the circle, may cause the attacker to fall by evading or dodging.

Why Do Women Suffer

When They Could Be Well?

It is so easy to be well and strong and able to enjoy life, that it is surprising how many women drag themselves through the day suffering tortures from lame back due to kidney trouble. Mrs. Wilcox found the way to cure herself and gladly writes about it so that others may be induced to use the same remedy.



BIG LORRAINE.

"During the last winter, I was bothered very much with a Weak Back. I was advised by a friend to try GIN PILLS and I did. The first box I found helped me very much and I found when I had taken the second, I was completely cured."

MRS. F. WILCOX.
If GIN PILLS do not do all that we say they will—let us know, and we will cheerfully refund your money. Send for a free sample and see for yourself that they will do you good. Then buy the regular boxes at your dealers—50c., 6 for \$2.50.

National Drug and Chemical Co. of Canada, Limited Toronto.

arm. The arms must always remain folded and the pushing must be done with the shoulders and never with the raised arms. An exciting contest is had by putting two attackers against the one in the ring.

About Money.

Over 1,000 series of Greek coins, issued by independent cities, are said to exist.

In the fifth century B. C. refined copper is said to have been as highly prized as gold.

During the reign of Numa Pompilius, 700 B. C., an experiment was made with wooden money.

Brass money was coined in Rome by Servius Tullius as early as 573 B. C.

The Romans issued private or consular coins which bore the names of leading Roman families.

Julius Caesar was the first man who put his own image on a coin.

Aristotle says, "Money exists not by nature, but by law."

A Dutiful Boy Scout.

"I am a crossing watchman," writes a man from Philadelphia, "at Second and Girard avenue, and a cripple. I have a signal on a high post, and every evening I have to put a lighted lamp up there and take it down in the morning to refill it. It is hard work and risky for me, for I have only one leg. So there is a little scout who passes every morning at 6 o'clock, serving milk for his uncle. He takes my lamp down for me. He told me it was his duty—every scout was to do a kind act every morning of his life. Three cheers for the boy scouts!"—Jacob A. Rills in Outlook.

Peg Away!

Peg away, my lad; peg away
If you the prize would win.
'Tis only poor, faint hearted chaps
Who talk of giving in.

Success may be long in coming,
But come it surely will
To those who grind on steadily
At Perseverance mill.

Peg away, my lad, at your games.
Don't think they're not for you.
Consider the deeds of others
And show what you can do.

Should the task or game seem lost
Don't admit that you are "done,"
But play it out to the end, lad.
That's how success is won.

Yes, peg away all through your life.
Let that your motto be,
For steady, honest effort's bound
To bring the victory.

—BOYS' OWN PAPER.

SHILOH
quickly stops coughs, cures colds, and heals the throat and lungs. :: :: 25 cents.

Honest Surprise.

"King Lear is a great character," remarked the friend.
"Yes," answered the actor. "I suppose you remember my performance last season?"
"No, I must confess I have never seen you in the part."
"Indeed!" was the rejoinder, in a tone of gentle surprise. "Then how on earth did you know it was a great character?"—Liverpool Mercury.

Diverging.

Husband—I'm afraid I'm becoming cross eyed, my dear. Wife—The ideal! Why do you think that? Husband—This thing of trying to look at my income and our expenses at the same time is slowly but surely getting its work in.—Chicago News.

Heartbeats.

The heart of a standing man beats eighty-one times a minute, of a sitting one seventy-one times. When the man is lying down its beats are reduced to sixty-six per minute.

Falkland Islands.

There is an entire absence of all forms of tuberculosis, malignant diseases, rheumatic fever and infectious diseases in the Falkland Islands.

One South African gold mine is one mile in depth.

A Pickle Secret.

At last has been disclosed the secret of a housewife famous for her well flavored crisp pickles. She has herself divulged the secret of their crispness, which proves to be nothing more than the addition of fresh graded horseradish to the contents of the pickle jar.

A Pretty Idea.

Have a flower like those used for the decoration of the table floating in each of the finger bowls. A bit of old fashioned herbage, which sometimes takes the place of the time honored rose geranium leaf is a sprig of lemon verbena.

The Oil for the Farmer.—A bottle of Dr. Thomas' Electric Oil in the farm house will save many a journey for the doctor. It is not only good for the children when taken with colds or croup, and for the mature who suffer from pains and aches, but there are directions for its use on sick cattle. There should always be a bottle of it in the house. m



Here's A Friend Indeed

Constipation is the bane of old age—harsh cathartics aggravate, avoid them and use Chamberlain's Tablets, the mildest and gentlest of laxatives—best for the young, the middle aged and the old. 25c. bottle—Druggists and Dealers, or by mail.

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