



Outdoor Life

often has its disadvantages.
Insect Bites, Bruises,
Wrenches, Neuralgia, Pneumonia, Rheumatism, Sciatica.
All these yield instantly to

Hirst's Pain Exterminator

A family remedy that has held its place for over thirty years. 25c. at all dealers.

Try Hirst's Little Liver Pills for all forms of humor, eruption of the skin. Ask your dealer or send us 25c. direct. A handsome souvenir card free.

THE F. F. DALLEY CO., Limited
Hamilton, Ont.

HOME-MADE MEDICINE

Said to Relieve Kidney Trouble and Rheumatism

One ounce Fluid Extract Dandelion;
One ounce Compound Salutarin;
Four ounces Compound Syrup Sarsaparilla;

Mixed and taken in teaspoonful doses after meals and at bedtime, is stated by a prominent physician to give most excellent results in kidney or urinary affections, and also in rheumatism and sciatica. The mixture opens the clogged pores of the kidneys, thus assisting them in their work of filtering all waste and poisonous matter from the blood, and expels these in the urine. To allow this poisonous matter to remain means that it will settle in the muscular tissues or joints, and cause the untold misery known as rheumatism.

The mixture is composed of harmless vegetable ingredients which can be purchased at any good drug store, and mixed at home.

Anyone suffering from any of these afflictions will no doubt be pleased to learn of so simple and highly recommended remedy.



Cure the lameness and remove the bunch without scarring the horse—have the part looking just as it did before the blemish came.

Fleming's Spavin Cure (Liquid) is a special remedy for soft and semi-solid blemishes—Bog Spavin, Thoroughpin, Splint, Curb, Capped Hock, etc. It is neither a liniment nor a simple blister, but a remedy unlike any other—doesn't irritate and can't be imitated. Easy to use, only a little required, and your money back if it ever fails.

Fleming's Vest-Pocket Veterinary Adviser

describes and illustrates all kinds of blemishes, and gives you the information you ought to have before ordering or buying any kind of a remedy. Mailed free if you write.

FLEMING BROS., Chemists,
55 Church Street, Toronto, Ontario

TEMPERANCE TALK.

To Live.

Most of the things that worry us
Don't matter much,
Too many of us fret and fuss
At every touch;
There's nothing that's of great concern,
Except to live, and love, and learn.

Suppose the world don't go our way,
What of it, then?
We have the better chance today
To act like men;
And still insist at every turn
We're here to live, and love, and learn.

It isn't doing what we would
That counts for most;
It's being brave, and kind, and good,
Amid the host;
For better than to crave and yearn,
Is just to live, and love, and learn.

We make too much of ease and joy
And sordid gain;
The things that vex us and annoy,
The toil and pain,
And every malady we spurn
May help us live, and love, and learn.

And there is nothing else to fear.
Of good or ill;
Than just the failure of good cheer,
And honest will;
No loss need fright us if we earn
More power to live, to love, to learn.

Science's Fight Against Alcohol.

That there are many ways of combating King Alcohol has been shown by a recent proclamation to the public, issued by German scientists.

What is advanced with most positiveness is a campaign of education, rather than prohibition or local option legislation. Teach this generation the complete lesson of alcohol, the scientists argue, and the next generation will be composed of total abstainers.

Plans urged for decreasing the use of liquors include greater care in their employment as medicine, keeping children from indulging in drink and inconspicuous but effective instruction in schools with regard to the existing spread of alcohol as a beverage.

It is proposed, too, to limit the drinking customs which tend to over-indulgence, "especially the too intimate connection between alcoholic indulgence and society, as well as business. Negotiations for employment, payment of salaries, etc., should not take place in drinking houses."

But the recommendations of these German students of the subject are not all negative. They have a good deal to do with the law of co-operation.

There should be greater facilities, they assert, for the serving of other beverages to the public, such as coffee, tea, milk, buttermilk and soups, at moderate prices, and good drinking water and hot water for extracts, etc., gratuitously.

Not only is the purpose to serve such non-alcoholic drinks in the crowded sections of a city, but wherever men congregate for the pursuit of trade or employment.

Serving depots, it is argued, should be established in connection with every large construction undertaking, such as the digging of canals, the building of railroads or any other great enterprises in which men are employed by the hundreds and thousands.

Of course, many men engaged in such work demand alcoholic stimulants and will not be content with a substitute. To these, the German scientists argue, alcoholic liquors should be served only after working hours, and only up to a certain hour at night. If possible, such drinks should be served only in conjunction with food.

But the scientific movement to discourage drinking and place the world upon a total abstinence basis goes much farther. It has to do with the life and environments of the individual, because the opposing forces of content and discontent have as a rule, a distinct and direct bearing upon a man's habits of life.

Improve the dwellings of the classes

most likely to be caught in the grip of an alcoholic appetite is another of the methods these German scientists present to the consideration of the thoughtful world.

Need a Touch of Nature.

The idea seems all right. The brighter and happier and more comfortable a man's home is, the less he will desire to leave it, even for the attractiveness of the public house. So the students of this subject have decided.

Married men should have dwellings with gardens—even a little touch of nature in the home life works wonders. There should be opportunities for recreation and entertainment for the unmarried, or those not living with their families. There should be a constant aim for improvement in domestic life—instructions in cooking and house-keeping for girls; good reading matter always at hand, and an encouragement of enlivening influences in the family circle.

Then, they say, it is an excellent thing to awaken an interest in the pleasures of nature. All sorts of outdoor excursions should be fostered; the establishment of public gardens, where only innocent pleasures and non-alcoholic drinks could be enjoyed, would go a great way toward solving the problem.

Communities should encourage social intercourse, the formation of clubs for educational purposes, and various forms of recreation that can be made popular without an alcoholic adjunct.

It is proposed to teach the alcoholic-drinking world, among other things, the tendency of free, easy and continuous drinking toward impoverishment. This, perhaps, will be one of the most difficult tasks before the German scientists.

But, in addition, the war plans aimed against King Alcohol contemplate an additional arousing of interest in the pleasures of nature. People living in cities should take advantage of all means offered for excursions elsewhere; they should cultivate a liking for public gardens and parks, for outdoor exercises and games, and all kinds of healthy sports.

Social intercourse, lectures, the formation of clubs for educational purposes and visits to art galleries, museums and industrial establishments are all suggested as means by which the alcohol thirst may be combated.

In other words, if the mind is enlisted in activities that absorb and interest every leisure moment, there will be less demand for stimulants.

Prohibition of the sale of liquor to minors, to those intoxicated and to habitual drunkards is urged. Lapses should be treated with severity.

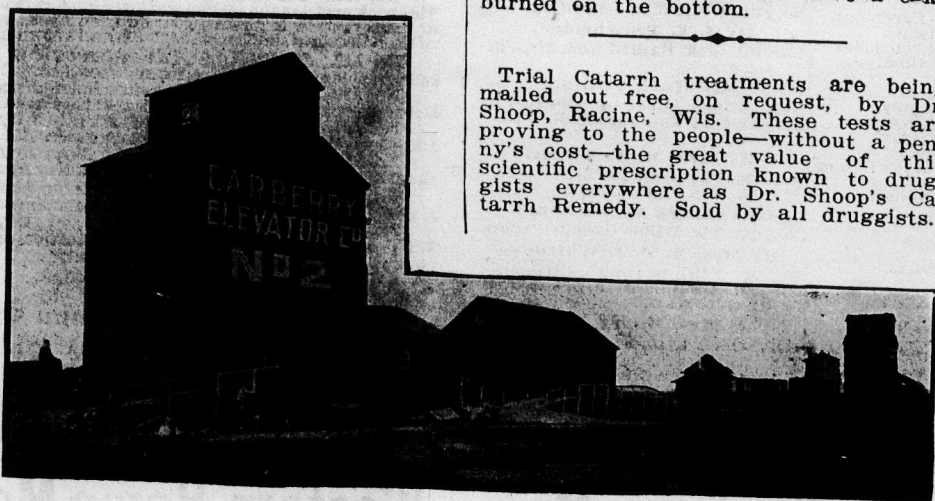
The treatment of drunkards should consist in an absolute abstinence from alcohol, which is facilitated by a treatment in an asylum. The creation of abstemious surroundings for family and club guarantees a safeguard against the influence of daily intercourse and mutual work.

For incurable drunkards, the scientists can only recommend proper asylums. But they believe few need drift into such asylums, if the subject is handled in a scientific manner.

A young housekeeper complained one day that her cakes were so often heavy. On inquiry the discovery was made that the oven was seldom hot enough when the cake went in. Whenever the cake was mixed and ready to bake it went into the oven regardless of temperature, and then the oven door was opened often to enable the cook to watch the progress.

This difficulty was overcome by getting the right degree of heat before the cake was put in the oven, and then leaving the fire to do the rest, without being constantly watched. The next difficulty that presented itself was that the oven was then often too hot and the temperature could not be reduced quickly enough to prevent the cake from burning. One of the best remedies for this difficulty is to put a small pan, or any low tin dish, filled partly with water, in the oven, and let it heat with the oven; in this way one will seldom have a cake burned on the bottom.

Trial Catarrh treatments are being mailed out free, on request, by Dr. Shoop, Racine, Wis. These tests are proving to the people—without a penny's cost—the great value of this scientific prescription known to druggists everywhere as Dr. Shoop's Catarrh Remedy. Sold by all druggists.



Elevator No. 2 at Carberry, Man.

The Value of Charcoal.

Few People Know How Useful it is in Preserving Health and Beauty.

Costs Nothing to Try.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables. Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willoughby charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but, on the contrary, great benefit.

A Buffalo physician, in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the daily use of them; they cost but 25c a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

Send your name and address to-day for a free trial package and see for yourself. F. A. Stuart Co., 56 Stuart Bldg., Marshall, Mich.

More Terrible Than War!

More terrible than war, famine or pestilence is that awful destroyer, that hydra-headed monster, Consumption, that annually sweeps away more of earth's inhabitants than any other single disease known to the human race.

"It is only a cold, a trifling cough," say the careless, as the irritation upon the delicate mucous membrane causes them to hack away with an irritable tickling of the throat. When the irritation settles on the mucous surface of the throat, a cough is the result. To prevent Bronchitis or Consumption of the Lungs, do not neglect a cough however slight as the irritation spreading throughout the delicate lining of the sensitive air passages soon leads to fatal results. If on the first appearance of a cough or cold you would take a few doses of

Dr. Wood's Norway Pine Syrup

you would save yourself a great deal of unnecessary suffering. Dr. Wood's Norway Pine Syrup contains all the life-giving properties of the pine trees of Norway, and for Asthma, Croup, Whooping Cough and all Throat and Lung affections it is a specific. Be sure when you ask for Dr. Wood's Norway Pine Syrup to get it. Don't be humbugged into taking something else. Price 25 cts.

Miss Lena Johnston, Toledo, Ont., writes: "I have used Dr. Wood's Norway Pine Syrup for throat troubles after taking numerous other remedies, and I must say that nothing can take the place of it. I would not be without a bottle of it in the house."

\$3 a Day Sure

Send us your address and we will show you how to make \$3 a day absolutely sure, we furnish the work and teach you free; you work in the locality where you live. Send us your address and we will explain the business fully; remember we guarantee a clear profit of \$3 for every day's work, absolutely sure, write at once. IMPERIAL SILVERWARE CO., Box 926, WINDSOR, ONT.