

Proving by Actual Experiment



This experiment will always interest the children, and will provoke a good deal of thinking. The explanation, of course, is that the heated glass drives out most of the air, so that when the mouth of the glass is quickly put down into the water there is very little air, and consequently, very little pressure above the water within the glass. Hence, the weight or pressure of the air on the water outside the glass drives the water up into the glass to occupy the space from whence the air was driven by the burning paper.

A practical demonstration of this kind is always more convincing than any mere statement. This is particularly true of medical remedies.

The effect of the anti-toxin treatment for diphtheria is noticeable within a few hours, so that everyone must believe in its virtue. In a similar way, the treatment known as ORANGE LILLY gives a practical proof of the progress it is making in curing women's disorders, and that, too, within a few days after commencing its use.

All authorities agree that in every case of women's disorders there exists a congested condition of the womanly organs. The circulation in these parts is sluggish or stagnant, and the result is that the broken-down tissue or waste matter which should be carried off by the blood was circulating freely, remains in these parts, causing inflammation, irritation, oppression of the nerves, etc. ORANGE LILLY is not taken internally, but is applied direct to the suffering organs. It is absorbed into the circulation, and its antiseptic properties at once act on the waste matter referred to above. The consequence is that this waste matter, which is causing the inflammation, ulcers, nervous troubles, etc., begins to be discharged, and it continues to be discharged until all the foreign matter is removed from the circulation. At the same time the blood vessels and nerves are toned and strengthened, the nervous trouble disappears, the circulation is restored and good health follows.

Toronto, Ont., June 2, 1909.

Dear Mrs. Currah, I wish to tell you that Orange Lily is doing me a great deal of good. These ulcers come away one or two every week and I have less pain and fewer headaches. I feel sure I will be perfectly cured in a little longer time.

MRS. D. S. T.

The explanation of the wonderful cures performed by ORANGE LILLY is very simple. It is a scientific remedy, based on the discoveries of Pasteur and Lister. The conditions existing in all female troubles are alike in character, differing in degree and development only, so that a positive remedy as ORANGE LILLY is, acts with all the certainty of a chemical experiment. In order to convince every suffering woman that ORANGE LILLY will cure her, I make the following

Free Trial Offer

I will send to every reader of this notice who suffers in any way from any of the troubles peculiar to women, if she will send me her full name, address, and the ORANGE LILLY treatment to last her 10 days. In many cases this trial treatment will give very noticeable relief. If you are a sufferer you owe it to yourself, to your family, to your friends to take advantage of this offer, and get cured in the privacy of your home, without doctor's bills or expense of any kind.



Enclose 3 stamps, and address, MRS. FRANCES E. CURRAH, Windsor, Ont. For Sale by Leading Druggists Everywhere.

WEST END FEED DEPOT.

- 5 brls. BOLOGNAS.
- 50 trcs. NELSON MORRIS RIBS.
- And to arrive by City of Sydney:
- 40 brls. of BEEF CUTTINGS.
- 30 brls. of BONELESS BEEF.

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FRED V. OHESMAN, Representative.

'Phone 495.

Advertise in The People's Paper.

Saying What You Mean.

By RUTH CAMERON.



When I was a very little girl, if I made a slip of the tongue, my big brother used to say to me, "Why don't you say what you mean, Ruth, not mean what you say?"

And then I puzzled my small brain over the d i f f e r e n c e.

If there was one, and over the job, if that was what it was intended to be.

I often think of that now-a-days when I hear people failing to say what they mean. And that, it seems to me, is very often. It may be because we are too much in a hurry to bother, or it may be because we lack intellectual training to make us accurate, but it surely seems to me that very few of the ordinary people we meet and talk to are absolutely accurate speakers. We make ourselves understood well enough, but we don't say exactly what we mean.

For instance, people often say to me, "Do you know what time it is?" And whenever they do, I am tempted to answer logically by simply saying "Yes" or "No," as the case may be. What they meant to say is, "What time is it?" Or, "Please tell me what time it is." And so, knowing how often I fall in logical speech myself, I answer the intention rather than the actual question.

I think my own most common mistake in the use of accurate English is to begin a letter of thanks, "I want

to thank you." Whenever I catch myself using that silly phrase I say to myself, "then why don't you?" And if I am not too lazy I begin the letter over again by writing simply "I thank you."

The misplacement of the negative or other verb modifier is a most common inaccuracy. Also the wrong use of can and may. Of course no one falls to understand when you say, "Can I do this?" meaning, "Have I your permission to do this?" The use of the proper word in the proper place is simply an accuracy of speech which is a hallmark of the educated and logical mind.

There is another inaccuracy that always amuses me. If you meet a friend who has been suffering with a cold and ask, "How is your cold?" and she answers, "Better, thank you," you say you are glad. But ought you not really to be sorry to hear that such an affliction as a cold in the head is in a flourishing condition? I suppose there are many people who will call this hyper-accuracy. Perhaps it is, but I know I am not the only person in the world who has thought about this, for just the other day I asked "How is your cold?" of a friend who is a very logical and rather whimsical person, and he answered promptly, "Finely, thank you, and I'm about as miserable as possible."

It was that discovery of a mistake in this matter that made me feel there must be others who would be interested, and so gave me courage to write about it.

Ruth Cameron

HOW BLOOD IS MADE.

The liquids and the digested foods in the alimentary canal pass through the wall of the canal into the blood. This process is called absorption and takes place chiefly from the small intestine. After absorption the blood carries the food through the body, and each cell takes from the blood the food it needs. A pure glyceric extract made from bloodroot, mandrake, stone, queen's root and golden seal root, and sold by druggists for the past forty years under the name of

Doctor Pierce's Golden Medical Discovery,

gives uniformly excellent results as a tonic to help in the assimilation of the food and in the absorption by the blood of the food it requires. Eradicate the poisons from the blood with this alterative extract which does not shrink the white blood corpuscles, because containing no alcohol or other injurious ingredients. Thus the body can be built up—strong to resist disease. This is a tonic taken from Nature's garden that builds up those weakened by disease. Sold by druggists everywhere. Address World's Dispensary Medical Association, Buffalo, N. Y.

Mr. CHAS. PARSONS, Jr., of 832 Woodlawn Ave., Philadelphia, Pa., writes: "I was troubled with my stomach for almost three years. I tried several doctors and most everything anybody recommended to me, but kept getting worse and honestly did not care to live as I was never well even though, at times, I had no pain. My symptoms were as follows: Always tired, my whole body in a throbbing pain, gas, pain and soreness in the stomach, vomiting, constipation, could not tell what to eat or what would serve with me, and was melancholy. But after taking Dr. Pierce's Golden Medical Discovery with the Pleasant Pellets it has made me a well man which is something to live for."



CHAS. PARSONS, JR.

Bones.

By H. L. RANN.



Bones are rectangular protuberances upon which people hang avoidpoids, low-necked gowns and other cumbering cares. Some people are so constituted that they do not have any avoidpoids to hang, and have to be padded in several different localities in order to prevent the bones from caving holes through their best clothes.

The most useful bone in existence is the jaw bone, which is condemned in the scriptures as a murderous weapon, but which has come to be the most prized possession of man. If it were not for the jaw bone, the Chautauque industry in this country would be depopulated at the rate of 1,000 pops per minute. Hundreds of politicians, ex-clergymen, moral uplifters, vocalists and two-ply reformers are now riding around in tourist sleepers and disseminating costly ozone with the aid of a roary jaw bone which can reach to the back of the tent on a windy night.

"The Charmed Ship."

Rewards for Officers of the Snowdon Range.

Recognition was given by underwriters yesterday to the courage and "splendid seamanship"—which saved them £70,000—of the captain, officers and crew of the Snowdon Range, the steamer which was safely brought into Queenstown last month after 54 days' battle without rudder, with Atlantic gales, in the offices of the Salvage Association in Bichin-lane, Sir Edward Beauchamp, the chairman of Lloyd's, made the following presentations:

Captain Dickinson, cheque for £400 and gold watch inscribed "a splendid piece of seamanship."

Mr. Adamson, chief officer, £150.

Mr. Bainbridge, chief engineer, £150.

Mr. Taylor, second officer, £100.

Third officer, £70.

Second Engineer, £70.

Each member of the crew, £20.

Sir Edward Beauchamp told the men that their countrymen were proud of them.

Captain Dickinson, amid a storm of cheers from the crowd of city men, re-

SOPER & MOORE

- In stock and to arrive:
- 40 cases 420 count ORANGES.
- 20 cases large count ORANGES.
- 25 brls. NEW CABBAGE.
- 80 kegs ALMERIA ONIONS.
- 40 cases SMALL ONIONS.
- 5 cases LEMONS.
- 20 bags PARSNIPS.
- 15 brls CARROTS.
- 250 bags P. E. I. POTATOES.
- 60 bags P. E. I. TURNIPS.
- 40 brls. CRANBERRIES.
- 15 brls PARTRIDGE HERRIES.
- 250 boxes DIGBY HERRING.
- 15 boxes FINNAN HADDIES.
- 10 boxes FRESH KIPPERS.
- 75 brls. Fresh Packed APPLES.
- Baldwins, Davis, Spies and Starks.
- 20 cases LOCAL EGGS.

Soper & Moore.

filled in a dozen words: "We only did our duty and never expected a reward like this." Captain Dickinson visited Lloyd's afterwards, and the whole house gave him three cheers and sang, "For he's a jolly good fellow."—Daily Mail, Feb. 19.

How to Avoid Middle Age.

Big Thoughts, Much Fruit, and a Morning Tub.

How to remain young and escape the disadvantages of "middle-age" will be explained by Dr. Josiah Oldfield, the food expert, at the Simple Life Exhibition to be held at the Caxton Hall, Westminster, soon. Dr. Oldfield has already disclosed his secret.

"There ought to be no such thing as 'middle-age.' If a man lives properly he can carry the spirit of youth to the end of his days. I am on the way towards ninety, but I feel entirely young. The secret is simple. A man must submit himself to mental and physical discipline and eat wisely and not too well."

Dr. Oldfield's rules are:

Think big thoughts and cling to noble ideals.

Live on the fruits of the highest minds.

Do not waste time over petty things and do not take narrow views.

Take fruits, vegetables, oils, pure wines, eggs, butter, milk and bread. Avoid shoddy, second-hand food of all kinds.

Bathe every morning and rub the skin hard with a towel.

Change underclothing every twenty-four hours.

Know yourself.—Daily Mail, Feb. 30.

Another Proof From The West.

THAT DODD'S KIDNEY PILLS ARE A NATURAL REMEDY.

For Cases of Exhaustion and Nerve Weakness—How S. Jeremy Found Relief When He Cured His Kidneys.

Sialayn, Alta, March 14.—(Special)—That the natural remedy for exhaustion and nerve weakness is one that will give good circulation and pure blood carrying nutrition to all parts of the body, is again proved in the case of S. Jeremy, a well known resident of this place.

"For over two years I suffered from attacks of exhaustion and nerve weakness" Mr. Jeremy states "I tried many nerve foods and tonics but must admit that Dodd's Kidney Pills have benefited me more than anything else I ever used."

"I am more than grateful for what Dodd's Kidney Pills have done for me."

Nerve weakness and exhaustion are caused by impure blood. Impure blood is caused by diseased kidneys failing to strain the waste matter of the body out of the blood. The natural remedy is to cure the kidneys. Dodd's Kidney Pills have yet to find a case of kidney disease they cannot cure.

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| Smelts. | Lobster. |
| Kippers. | Digbys. |
| Curried Fowl. | Cod Tongues. |
| Scotch Haggis. | Salt Herring, Sm'd Salmon. |
| | Curried Rabbit. |
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Fresh Halibut.

Stilton, Cheddar and Dutch (Edam) Cheese.

Lemon, Pineapple, Orange and Banana Butter.

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of musical merchandise, and

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WELLINGTON TONGUE BOOT. Made in Black and Tan Leathers.

No Iron Heels, Solid Innersoles and Heel Clicks.

Sealers! Here's where you save money. We guarantee a pair of these Boots will last both the sealing and fishing voyages.

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