

# AGONIES OF GALL STONES

## SANOL is the Most Reliable and Rapid Cure for This Painful and Dangerous Disease.

There are hundreds of sufferers from Gall Stones who will be glad to know of the great results derived from the use of SANOL; the remedy that is safe, sure and remarkable rapid in its action. It removes the necessity of an operation; it does not come promptly, the stone being dissolved or passed off in the stool without danger to the patient and without pain.

A stimulating bath is made by boiling for half an hour a pound of fresh pineapples, sliced and placed in a cloth bag in a gallon of water. Strain the infusion and add it to a hot bath.

To prevent the dust from rising when sweeping a carpet sprinkle over the floor tea leaves that have been washed and squeezed nearly dry, and be careful not to tread on them.

To make an ordinary candle serve as an all-night lamp, pack finely powdered salt around the wick as far as the blackened part. In this way a mild, steady light may be obtained all night from even a small piece of candle.

To take stains out of ivory, make a paste of prepared white chalk, and rub it on wet with a piece of chambric. Let it remain until dry and then brush off.

Candle light is one of the prettiest decorations we have, but it often causes such a mess that one hesitates to use it. You may avoid all this if you freeze the candles before using; they will never run and will burn twice as long.

Always use tepid water for washing white silk; make suds of a white soap wash and rinse well and add just a mite of bluing, but no sufficient to color the water blue. Let the garment remain wrapped in a towel until nearly dry. Ironing silk wet turns it yellow.

By wetting a spoon before swirling jelly, you will find that the serving is more easily accomplished. This idea applies also to canned fruits.

### The Housekeeper

To get a good light from an oil lamp the wicks must be changed when they become clogged. Soaking wicks in vinegar 24 hours before putting them in the lamps aids in getting a clear flame.

When baking potatoes rub dry and grease. This causes the outer skin to peel off very thin, thus saving the most nourishing part.

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## Sergeant-Major Under General French

### VETERAN OF BOER WAR WHO LOST HEALTH ON THE VELDT TELLS EXPERIENCE.

Good Advice for All Who Have Indigestion or Stomach Disorders.

In his home at Waldegrave, N. S., no one is better known than Sergt-Major Cross, late of 4th Queen's Own Hussars. Speaking of the ill-effects of a campaign upon a man's constitution, the Sergt-Major writes: "I served under General French during the late Boer War, in the capacity of Sergt-Major. It was perhaps owing to a continued diet of bully, beef, hard tack and bad water, but at any rate my stomach entirely gave out. It was in such a state that I could eat nothing without the greatest suffering. The army doctor did not help me much, and since leaving the service I have been very miserable. Some few months ago a friend told me he had been a great sufferer from indigestion until he tried Dr. Hamilton's Pills; they cured him. I bought a box, but the first dose made me feel better than I had been for a long time. Dr. Hamilton's Pills completely cured, and now I can eat everything and anything. I have recommended them to others and in every case the result has been similar to mine."

Quick, sure results attend the use of Dr. Hamilton's Pills. They cure disorders of the stomach, correct indigestion, make you feel uplifted and strengthened. To renew or maintain health, Dr. Hamilton's Pills always prove a good prescription. 25c per box, five boxes for \$1.00, all dealers, or the Cathartic Co., Buffalo, N. Y., and Kingston, Ont.

## CASE OF DROWNING

### Simple Rules to Follow in Such Emergency.

The following extract from the current bulletin of the Department of Health, of which Dr. Hastings is editor, is worthy of close study, now that the season of water accidents is approaching.

"It is not necessary to know how to swim in order to keep from drowning. It has been estimated that the human body in water weighs only from 1 to 5 pounds, so that a small board, or even an oar or paddle with one finger resting on it, could keep the body floating, if one could keep a cool head and breathe regularly with the mouth closed.

"In the event of drowning, don't lose a minute in rescuing the body from the water, and always try to restore life. Ten minutes under water is usually given as the limit, yet people have been resuscitated after a half hour or more. Begin operations immediately after the body is taken from the water. Lay the body face downward, with the stomach resting on a roll of clothing, a log, or a barrel, with the head lower than the rest of the body, so that the water may run out of the throat and lungs.

"Clean the mouth of all mucus with a corner of a handkerchief wound around the finger; keep the jaws separated with a stick under the tongue, which is wrapped in a piece of cloth; keep the face exposed to the air and promptly and untiringly use some method of artificial respiration. There should be no relaxing for at least two hours, as at any moment up to that period signs of recovery may occur."

**BE GOOD TO YOUR SHOES — IT PAYS**

**2 IN 1** Is good for the Leather. It keeps out the Weather.

**Easy to Use Good for the Shoes**

**SHOE POLISH**

## MOST POWERFUL ELECTRIC LOCOMOTIVES.

The New York Central is to put in service on the New York Terminal division ten new electric locomotives, which will be the most powerful of their kind in existence, says Power editorially. Although weighing only 100 tons, which is 15 tons less than those now in service, they will be more powerful, as the whole weight is carried on the drivers. Normally they will develop 1,400 h.p. continuously, and will be capable of developing as high as 5,000 h.p. for short periods. They will exert sufficient tractive effort to haul a train weighing 1,000 tons at 60 miles per hour.

One of these locomotives has already been thoroughly tested out on the Harlem division, and the remaining nine are being finished as rapidly as possible. On both divisions of this road they are now operating 130 electric trains per day, and the equipment has been in operation for more than six years.

## ISSUE NO. 24, 1913

### HELP WANTED.

**LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for full particulars, National Manufacturing Company, Montreal.**

### FOR SALE.

**FOR SALE — MOTOR, RUSSELL Knight, in good condition; new tires. Price \$1,000. Frank Cockshutt, Bantford, Ont.**

### REAL ESTATE.

**3,000 PINE TREES, 12 FEET AND IMPROVED FARMS, \$1500 TO \$2500 per acre. Best Grain and Mixed Farming country. Write Commissioner, Board of Trade, Humboldt, Sask.**

### Sleeping.

Can you sleep? Do you know how? Not everybody does. First, do not "curl up." Always lie out at full length. Always have plenty of fresh air. On cool nights have plenty of warm covering.

In a damp, cool room, it is well to have the bed warmed. A person must be comfortable to sleep well and be benefited by sleep. In summer it is not always possible to be cool, but in winter most people are able to keep warm.

### WHAT ARE—?

**Questions Often Asked by Shoppers of the Grocer.**

Croustacees are crabs or shells of biscuit or pastry composition, made in various shapes and used for the service of some entrees, desserts, creamed fish, etc.

Curcuma (curcumin) is a yellow coloring matter extracted from Turmeric. Cummin, an herb of the caraway type, producing seeds of aromatic odor or taste, quite popular in Europe and Asia for flavoring soups, pastry, liquors, etc., but used here chiefly in curry powders.

Demerara sugar, a name given to the finest flavored of "raw sugars"—sugar before the process of refining. It is light straw color and of large crystallization. Formerly the term was restricted to sugar from the Demerara section of British Guiana, but it is now also applied to similar sugar from the West Indies.

Escarole is a broad-leaved endive (salad plant), more highly considered as a winter than a summer salad, but grown for both seasons.

Garum, a highly seasoned and heavily salted relish or sauce made from fish, principally from those of the Scomber family, as the mackerel, tunny, etc., in the state of fermentation. The flesh of the fish itself, or the blood and gills, are variously employed in it. The Garum of the Romans was generally made from the Anchovy.

Ginep, the Spanish lime, is a fruit which resembles the plum in appearance, but has a flavor that suggests the grape. The pulp and seeds are edible. The roasted seeds are eaten like chestnuts.

### Kidneys Wrong?—

If they are you are in danger. When through weakness or because the kidneys fail to filter the impurities from the blood, trouble comes at once. Backache, Rheumatism, Sciatica, Gravel, Diabetes, Gall Stones and the deadly Bright's Disease are some of the results of neglected kidneys. Dr. Morse's Indian Root Pills contain a most effective diuretic which strengthens and stimulates the kidneys so that they do their work thoroughly and well. Try

### Dr. Morse's Indian Root Pills

**NEWNESS.**

Medici collars hold. Cretonne trim some hats. The bolero is more or less tailed. A tulle frill equals a Medici collar. Wing borders for hat brims, crossing at ends.

Some of the new sashes are wound round hips and waist. Pleated collars in net or tulle range from flat frills to ruches.

### TEA GOWNS.

They remain. They are beautiful. Pretty they must be. In reality they made them more necessary.

After a long, dusty run such a gown is very soothing.

Tea gowns came from simple affairs to what are almost evening dresses. Indeed, the present stage of easy, lippy dress put a handsome tea gown in the normal class.

### THE "NORMAL" CHILD.

Foreign psychologists aver that the chief trouble with American children is their inability to play, to forget themselves when at their pastimes, to cease to be conscious of the normal or abnormal self. There are men who cannot raise a golf stick without being conscious that they are doing something peculiar. It was said of the days of Queen Anne that a man could not drink a cup of tea without a strategy or an intrigue. Cannot Americans raise a child without worrying all the time whether or not he is normal? To be to be typed and judged before he has a chance, and his last chance, to be young and normal.

Silkwe-I thoroughly believe the drama is still in its infancy. Gynism—Or in its second childhood.

## How One Man Prevented Another's Suicide.

Absentmindedness, which has done some very rash things in its universal career, was the alchemy that nearly turned a would-be suicide into just a suicide here to-day.

Henry, Such, after the usual fight with his wife, decided to go to the place where wives and marriages are reputed to be best, which ought to be a fine place. He tied a few yards of clothes line around his neck and jumped off the top of John Keren, who rooms on the floor above, felt the jar and hustled down stairs. He is one of those absentminded men who put their clothes in bed and go to sleep in the wardrobe. Therefore, instead of cutting the rope with knives, he cut it with a saw, and he was seen sawing down the beam. It is hard to say what thought of the delay, but he must have been puzzled, for he was blind in the face when Keren finally released the rope. When resuscitated he was asked if he still wanted to die. He turned a savage eye toward Keren and muttered: "Not yet; not until I get even with that absentminded duck of South Norwalk (Ct.) cor., Philadelphia Record."

## HAS A CORN ANY ROOTS?

Yes, and branches and stems as well. Can it be cured? Yes; by applying Putnam's Corn Extractor; it's painless, safe and invariably satisfactory. Insist on only Putnam's Extractor, 25c at all dealers.

## BIRCH AND BEECH

Birch and beech, on account of their cheapness, are becoming more and more popular as the supply of oak and maple decreases. This statement, taken from a bulletin soon to be issued by the Forestry Branch, Department of the Interior, Ottawa, in the Wood-using Industries of Ontario, is based on reports received from over twelve hundred farms, and is therefore worthy of consideration. The average wholesale price per thousand feet, board measure, given in the above bulletin for maple and oak flooring is \$22.82 and \$55.78, respectively. The average price for birch and beech flooring on the other hand, is \$19.71 and \$24.74, respectively, which represents quite a saving, especially when compared with oak.

But these woods have other qualities to recommend them besides cheapness. Twenty per cent. of the flooring manufactured in Ontario is made from the wood of the black and the yellow birch, the more common white or paper birch not usually growing to a sufficient size for this purpose. Birch is a hard, strong, fine-grained, reddish-brown wood, which takes a high polish, and, therefore, is very suitable for flooring. It can be stained to imitate more expensive woods such as mahogany, cherry or walnut, and, being easily worked, it is also extensively used for furniture and interior decoration.

Beech is one of Ontario's cheapest hardwoods, the ordinary grades of lumber costing only \$13.00 per thousand feet, board measure. It frequently constitutes one-third to one-half of the cheaper grades of birch flooring, but its qualities justify its separate use, for it is strong, fine-grained, and so hard that it becomes quite slippery in time. It is also used for furniture to some extent.

If a birch and beech used in Ontario, 90 per cent. of the former and 85 per cent. of the latter are home-grown. The existing supplies of these woods in Ontario are sufficient to meet a much greater demand, and, as oak and maple are growing increasingly dear, it is certain that the use of birch and beech, especially for flooring, will soon become much more widespread.

Copies of the bulletin mentioned above can be obtained from the Forestry Branch, Ottawa, Department of the Interior, Forestry Branch.

If God made woman beautiful, it was to be looked at, to give pleasure to the eye which rested upon her, and she has no right or business to dress herself as if she were a hitting post.

**BODD'S KIDNEY PILLS**

**PURGES RHEUMATISM, BRAGG'S DISEASE, DIABETES, GRAVEL, CALCULI, SAND, STONES, NEURALGIA, MIGRAINE, HEADACHE, DYSPEPSIA, INDIGESTION, BILIOUSNESS, AND ALL KIDNEY DISEASES.**

**NUMBER 23 THE PHARMACEUTICAL**

## BOYHOOD MEMORIES.

A few years ago when the teacher crossed his finger to the offending youngster it means a march double quick to the front and face the wall. And how the school teachers of former days could hit!

And we to the youngster who dared to "draw back" when the strap was sizzling around in the ozone ready for the switch—such a trick always meant two extra cracks.

But the boys used to reduce the taking of a strap to a science. With the coat sleeve pulled well down over the wrist, the hand would descend with the oncoming strap and the force of the blow would be broken. It was the piece of resistance of the year to take ten slips and walk back to your seat with a grin lurking in your face that said "Aw, you can't hurt me."

## BABY'S TEETHING TIME

Mothers find baby's teething a source of great anxiety. The little one becomes restless and nervous; he becomes cross and cannot sleep, and sometimes constipation, diarrhoea, colic or convulsions seize him. Baby's Own Tablets will prevent all this. They regulate the stomach and bowels; allay the feverishness, and baby will cut his teeth without pain or worry. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## UNCONSCIOUS CHILD HUMOR.

"Elmer," said the lady next door, "would you like a piece of my angel cake?"

"No, thank you," replied Elmer. "I don't want to be anything but a boy yet a while."

Willie's father was a candidate for office. One day Willie ran into the house and exclaimed: "Oh, mamma! Mr. Smith says papa's got the nomination. Is that worse than the measles?"

Three little fellows carrying skates were stopped by the minister one Sabbath morning. "Boys," he asked, "do you know where bad boys go who skate on Sunday?"

"Yes, sir," replied one; "they go over to the pond back of the cemetery."—Chicago News.

## A WINDSOR LADY'S APPEAL.

To All Women: I will send free full instructions, my home treatment which positively cures Leucorrhoea, Pileation, Displacements, Fainting of the Womb, Painful or Irregular Periods, Uterine and Ovarian Tumors or Growths, also Hot Flushes, Nervousness, Melancholy, Pains in the Head, Back or Bowels, Kidney and Bladder troubles, where caused by weakness, neuralgia, etc. Send your own treatment at home at a cost of only about 12 cents a week. My book, "Women's Own Medical Adviser," also sent free on request. Write to-day. Address Mrs. M. Summers, Box 8, Windsor, Ont.

## SOFT GINGER BREAD.

Tested Recipe by Caroline Coe.

One scant cup of butter or butter substitute creamed with half a cup of dark brown sugar, pinch of salt, one cup of black molasses, cinnamon and ginger to taste. Beat this thoroughly. To one cup of boiling water add two teaspoons of soda. Measure two and one-half cups of flour, add about one-quarter of the cup of soda water and half the flour to the butter, sugar, molasses mixture, beat well. Add a quarter of a cup more of the soda water and the rest of the flour and beat thoroughly, reserving half a cup of soda water to be put in after all the flour has been added and well beaten. Last, add two well-beaten eggs and turn at once into greased small dripping pan. The dough will be as thin as batter. Bake in a very slow oven. This is fine for sandwiches or it can be used with a cream sauce as a sweet at dinner.

## Minard's Liniment Used by Physicians

It is a fairly safe assertion that a nation of men and women is never in a better balanced condition mentally than it is when struggling with a problem that taxes its sources and perhaps threatens its very existence.

It works off its humors and its bile, keeps from being petty, envious, jealous and overbearing. They cease inquiring into one another's private affairs, in motion to listen to the voice of the clear conscience not to read the poison of the misdeeds. Matters are considered along broad lines. Up to a certain point man becomes content to take man for what he is, and not for what he thinks he ought to be.

The general outlook becomes heartily objective and the people who make up the nation stand shoulder to shoulder.

## WINE'S REAL EFFECT.

We would not claim to speak with authority, but we are satisfied that a small dose of wine has little effect in increasing a man's good humor, while a large dose which may make him ill-tilliana is very apt to make him merry food. The experience of the average man will show this view of the question.

## THE PASSER-BY.

We are as children in a field at play Beside a road whose way we do not know, Save that it somewhere meets the end of day.

Upon the road there is a Passer-by Who, pausing, beckons one of us—and lo! Quickly he goes, nor stays to tell us why!

One day I shall look up and see him there Beckoning me, and with the Passer-by I, too, shall take the road—I wonder where?

—By Isabel Ecclesstone Mackay, in the May Canadian Magazine.

## She Holds Exciting Experience Record



**MRS. KEY PITTMAN.**

The wife of Nevada's new senator is telling Washington about her exciting adventures in Alaska. The most thrilling is her story of how she crossed 2,200 miles of snow and ice between Dawson and Nome to become the bride of a young lawyer—now a United States legislator.

## For Women's Ailments

**Dr. Martel's Female Pills have been the Standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.**

## SMALL BREEDERS

**Canadian National Exhibition Helping Them.**

The prize list of the Canadian National Exhibition, Toronto, August 23rd to Sept. 8th, is being distributed, and it shows that the management have given special attention to the agricultural department generally, and to the encouragement of the smaller exhibitor in particular.

In cattle more money is given to the beef and dairy classes, and the list has been extended so that in some classes as many as eight prizes are given. Thus the small breeder with a good animal is practically sure of receiving, at least a part of the expense of shipping to Toronto.

More money is also given to horticulture, floriculture and poultry. The entire list totals \$55,000, and as a proportion of this goes to the products of the home, the school, the farm and the garden.

The special attractions this year are featured by three high-class bands: the Irish Guards, and one other from England, and Conway's band from Chicago, while of the spectacle, "The Raving of Rome," it is enough to say that it will be staged by John H. Brown of England, who has put on all the big spectacles of recent years in Britain.

## UNCONSCIOUS CHILD HUMOR.

"You must not eat any more to-night," Willie, said his mother. "Don't you know you can't sleep on a full stomach?"

"That's all right, mamma," replied the youngster. "I can sleep on my back."

Small Robert went out to see his grandmother feed the chickens. When the little chicks jumped upon the board on which the feed was placed, he exclaimed: "Oh, grandma, the chickens haven't any manners at all; they are putting their feet on the table."

Little Margie was very fond of pan-cakes. One morning she was told that she could not have any, as there was no sour milk in the house.

"Oh, dear!" she exclaimed. "I wish we could keep two cows, a sour one and a sweet one."—Chicago News.

## Minard's Liniment Lumberman's Friend

**ALL HONOR TO THEM.**

(Pittsburg Gazette Times)

The theory that strongholds and factory women, or that women and girls however honestly employed, adjust their morals with respect to their pay, is not tenable. You might as well say that these people, whose number runs into the tens of thousands, have neither souls nor consciences—whereas the fact is that, as a rule, running probably to nine cases out of ten, they are practicing the highest quality of self-denial, are acknowledged heroines, and guard their honor as the one thing in life which is not to be gained nor surrendered in the crisis and ecstasy of commerce.

## A SHARP RETORT.

"Scandalous divorce cases between British dukes and duchesses—integrated suggestion that there are other causes of immorality than starvation wages."—Pittsburg Dispatch.

The above are the titles of a paper should go as far afield for a moral. For every scandal in dual houses there are about fifty in the homes of millionaires not so far distant from Pittsburg. Anyway, a considerable portion of the scandals between dukes and duchesses seem to occur in cases where the duchess is an orphan from this side of the ocean. Of course, this may be merely because these ladies have more money.

## WOULD HIT CROOKED SPORTS.

The New York Yacht club has accepted Sir Thomas Lipton's challenge—and broad-minded Americans will almost wish the gallant old sport may take the cup home with him.