

Where Ordinary Salves fail Zam-Buk Succeeds.

Chronic sores which cause trouble by "breaking open," may be cured by Zam-Buk, as well as recent injuries and diseases. If you suffer from some old sore—bladder, pimple, burn, or none the less painful for that—don't daily apply Nature's healing essence as provided in Zam-Buk. Mr. I. M. Ashton, of 111 Vickers street, Port William, tells how valuable Zam-Buk is as a family balm. He says: "We first used Zam-Buk for cuts and bruises, etc., and found it so satisfactory that my husband started using it for a chronic sore. For a long time he had been bothered with an old sore on his leg, and had used various preparations, yet nothing had permanently cured it. He began applying Zam-Buk balm, and was very soon agreeably surprised to notice a great improvement.

"It was only a matter of a short time before Zam-Buk had thoroughly cleansed the sore of all foul matter and healing commenced. It is now some months since the sore was completely closed, and there is no likelihood of it breaking out again.

"Since then my wife, eighteen months old, has been cured of eczema on the scalp by Zam-Buk. This eczema came out in red pimples, and if rubbed or scratched, formed into sores. The child was very fretful from the irritation of the scalp, but whenever Zam-Buk was applied it seemed to bring the greatest relief. Frequent applications were effective in clearing all traces of the disease from the baby's scalp in a short time. I feel it my duty to give the credit where due, and I cheerfully recommend Zam-Buk to all sufferers from chronic sores, bad leg, or eczema.

Zam-Buk is Nature's own healing balm, being composed of pure herbal essences. It is a sure cure for eczema, ringworm, ulcers, wounds, bad leg, festering sores, chronic red hands, cold-sores, frost-bite, and all skin diseases and diseases. Druggists and stores everywhere sell it at 25c. per box, or post free for price from "Zam-Buk Co., Toronto, 25c. per box B.E. You are warned against harmful imitations represented to be "just as good."

LITTLE HELPS

Before washing look over all linen for spots. Tea and coffee stains usually yield to hot water when poured steadily through them. Fruit stains, or in fact any stain, can always be removed by rubbing pure glycerin into them before putting into water. After washing dry in hot sunshine.

Never let starch touch the linen. In doing up handkerchiefs after drying, dip into hot water, wring out well, roll up for a few minutes, then iron. Linen will stand much hotter irons than other cloth.

Iron napkins on wrong side, then right, until perfectly dry. Carefully fold. After the cloth has been folded once roll on a pole, so when used it will have only one fold down the middle. In short, to have beautifully laundered linen, dry in the hot sun, sprinkle with hot water, use hot irons, and plenty of pressure, and fold exactly even.

Minard's Liniment Cures Dandruff.

FOREST RESERVES AND GAME PROTECTION.

At the special meeting of the Canadian Forestry Association, meeting at Regina, Mr. J. P. Turner, secretary of the Manitoba Game Protection Association, dealt with the subject of forest reserves in relation to game protection.

He pointed out that in conserving the forests the preservation of the game must not be overlooked, because if you deplete a country of its forests not only will you detract from its productiveness and attractiveness but you destroy its game, which forms a valuable means of recreation.

Some examples exist of what intelligent and systematic game protection will produce not only in providing one of the best forms of outdoor recreation, but also in providing a revenue for the state of no small proportions. Some years ago game was so scarce in the State of Maine that it was hardly worth while organizing outings in its pursuit. To-day, not only is Maine provided with game of all kinds in abundance, but also one of the largest revenues is derived from game licenses.

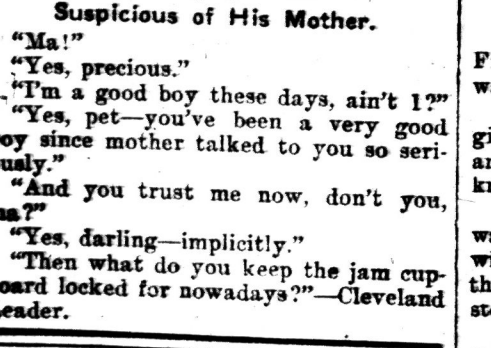
This wonderful transformation is due to the earnest efforts of a few men who have aroused public opinion and proved to the legislators the value of systematic protection. Game cannot be protected without providing ample tracts of forest as game refuges. Canada is particularly fitted to provide from the Atlantic to the Pacific game preserves which will not interfere with agriculture or other industries but which will on the other hand enhance these. If forest reserves and game refuges are combined Canada will be able to hunt the wild game existing to-day long after it has disappeared from other parts of the continent. If such refuges are not provided game animals and game birds as well as songsters and insectivorous birds of the great value to the country, at the present rate of decrease will all have disappeared in the next fifty years.

While there is yet time it is incumbent upon all interested in the future welfare of Canada to arouse themselves to prevent such a national calamity and to pass on this great heritage to those who come after.

Suspicious of His Mother.

"Ma,"  
"Yes, precious."  
"I'm a good boy these days, ain't I?"  
"Yes, pet—you've been a very good boy since mother talked to you so serious."

"And you trust me now, don't you, Ma?"  
"Yes, darling—implicitly."  
"Then what do you keep the jam cupboard locked for nowadays?"—Cleveland Leader.



Send for free sample to Department, H. L. National Drug and Chemical Co., Toronto.

More to a Doctor's Eyes Than Anything Else.

It is a fact that in every disease there are a whole lot of things that cannot be read from the patient's tongue. The classic wail, "No tongue can tell the agony of my suffering," is of wider application than the patient is uttering it is aware.

It is equally patent that in every disease the tongue has a valuable story to tell, and that the physician who ignores this story is in no sense modern, scientific or practical. In the light of day we do not cursorily examine the tongue; we keep an eye upon it. Not merely its aspect at the outset of treatment, but its variations are of prime significance.

The tongue findings are directly and vitally connected with diagnosis, treatment and prognosis. The mere presence of a coat on part of the tongue may signify nothing. A heavy coat that promptly fades on proper treatment and shows no tendency to reappear is of less significance than the lightest coat that sticks firmly or promptly returns.

In a disease like tuberculosis, in which results of treatment hinge upon the perfect intactness of the gastrointestinal function, it is of vastly higher importance to scrutinize the tongue from day to day than the affected lung. In practice we are too prone to disregard this most obvious fact. Either to amuse the patient or to satisfy a personal curiosity we thump the chest when we had better thump the office floor.

In recent years through the light shed upon the alimentary tract by bacteriology we have come to recognize local disturbances in ordinary loss of floral balance. In ordinary parlance, the tract has become overgrown with weeds. This is shown by red, but plain, evidence in the condition of the tongue.—American Medicine.

LITTLE ILLS OF CHILDHOOD

HOW TO CURE THEM

On the word of mothers all over Canada there is no other medicine so equal Baby's Own Tablets for the cure of such ills as indigestion, colic, diarrhoea, constipation, simple fever, worms and teething troubles. This medicine is good for the new-born baby or the well-grown child. Absolutely safe—you have the guarantee of a government analyst that this is true. Mrs. G. S. Ward, Rivington, Que., says: "I cannot praise Baby's Own Tablets warmly enough. Sold by all medicine dealers or by mail at 25c. per box or by mail from Dr. Williams' Medicine Co., Brockville, Ont."

Professor's English.

How often we misuse words to the extent of saying the contrary to what we mean is pointed out in the following anecdote:

A college professor, who prided himself on correct English, heard his wife remark:

"I intend to call Jane to bring a fresh bucket of water."

"You doubtless mean a bucket of fresh water," corrected the professor. "I wish you would pay some attention to your rhetoric; your mistakes are curious."

A few moments later the professor said:

"My dear, that picture would show to better advantage if you were to hang it over the clock."

"Ah!" she replied, quietly; "you doubtless mean if I were to hang it above the clock. If I were to hang it over the clock we could not tell the time. I wish you would be more careful with your rhetoric, my dear; your mistakes are curious."

And the professor all at once became very much interested in the book he was reading.—Life.

Minard's Liniment Cures Burns, etc.

A RARE CHUCKLE-HEAD.

"The late Congressman Cushman," said a Tacoma man, "was justly called the 'Vit of the House.' He never lacked an anecdote wherewith to point and season his remarks.

Once in a Tacoma speech, he told us not to be chuckle-headed, shall we call it, doing the wrong thing, deceiving none but ourselves.

"Don't," he cried, 'be like the beefy English officer.'

"Then he explained that this officer, being seated next to an elderly stranger at a dinner, leaned over and said: 'Who's that fat old hippopotamus of a woman opposite?'

"That's my wife," was the reply. "Thanks," said the officer, hastily. "And he turned to his neighbor on the other side and whispered with a chuckle, 'Got devilish well out of that, I think, eh?'

Lifebuoy Soap is delightfully refreshing for bath or toilet. For washing undereclothing it is unequalled. Cleanses and purifies.

ENGLISH AS SHE IS SPOKE.

(Success Magazine).

The teacher of "conversational French" in a certain Eastern college was a lively mademoiselle "just over."

One bright afternoon she stopped two girls very excitedly. She wanted to buy an "epoque pour le bain," but did not know what to ask for.

"Bath sponge. Tell the salesman you want a big bath sponge to take home with you," said the girls in chorus, and they accompanied her to the village drug store.

A young clerk stepped forward. Mademoiselle advanced bravely. "Please," she said, smilingly, "will you kindly take me home and give me a big sponge bath?"

Ambiguous.

During the recent war manoeuvres a private not long married received a letter from wife in which she asked: "Do you ever think of me, dear?" To which he is said to have replied: "I think of you every day at meals, darling. The cooking is horrible."—Hartford Times.

No Fatted Calf for Him.

The Artist—I want you to pose for my picture, "The Prodigal Son."

The Trump—Can't do it.

The Artist—Why not?

The Trump—You don't agree with me.—Illustrated Bits.

Earache, Toothache!

NERVILINE

Fifty years ago Nerviline was used from coast to coast and in thousands of homes this trusty liniment served the entire family, cured all their minor ills and kept the doctor's bill small. To-day Nerviline still holds first rank in Canada among pain-relieving remedies—scarcely a home you can find that doesn't use it.

TESTIMONIAL

NO. 4398

From Port Hope, Ont., Mr. W. T. Greenaway, of the Guid newspaper staff, writes: "For twenty years we have used Nerviline in our home, and not for the world would we be without it. As a remedy for all pain, earache, toothache, cramps, headache and disordered stomach, I know of no preparation so useful and quick to relieve as Nerviline."

Let every mother give Nerviline a trial; it's good for children, good for old folks—you can rub it on as a liniment or take it internally.

Wherever there is pain, Nerviline will cure it. Refuse anything but Nerviline, 25c. per bottle, five for \$1.00, all dealers or The Catarrhose Co., Kingston, Ont.

Height of Humanity.

Patrick F. Murphy, at an American Society banquet in Paris, recently told his famous "humility" story.

"As we Americans," he said, "compare our country with foreign lands, and compare ourselves with the foreigners, we have no cause for humility. No cause to emulate the local preacher."

A poor local preacher was once invited to a luncheon given by his bishop at the foot of the long table, a subdued emotion. Then a strange and horrible odor floated to him.

"Dear me," he exclaimed, wrinkling up his nose, "there's a very odd smell in this room, I think."

"A profound and awkward silence ensued. Then, in the midst of this silence, the local preacher said calmly and modestly:

"It is only my egg, bishop."

"The bishop turned to one of his servants. "Take the gentleman's egg away," he said. "It's a bad one."

"Oh, no, bishop," said the local preacher, continuing to eat on. "Do not trouble, sir. It is quite good enough for me."—Philadelphia Evening Bulletin.

A Pleasant Trip.

"I hope," said the captain, addressing the passengers on a small coaster, "that we all twenty-five will have a pleasant trip. The soup then appeared. 'I trust, too, that we—er—twenty-four will reach port benefited by the voyage, and as I look upon you—er—twenty-two smiling faces I am sure this group of—er—seven—will be a happy family. With all good-will, I see at the table join me in drinking a health to our opening trip? We seven, that is, three—well, you and I, my dear sir—here, steward, clear away these dishes.'—Bohemian.

Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs.

New Cod-Fishery Discovered.

A new "cod bank" has been discovered in the Gulf of St. Lawrence, off the west coast of Newfoundland, by the Canadian Government survey ship, Ebor.

The new bank is said to be situated about 25 miles northwest from Port Riche (the northwest point of Ingornia Bay), and is reported to be about 28 miles long and 10 to 12 miles wide. The least depth of water over the bank is said to be about 18 fathoms. Cod are reported to be in abundance.

Minard's Liniment Relieves Neuralgia

OCTOBER'S BRIGHT BLUE WEATHER.

O suns and skies and clouds of June,  
And flowers of June together,  
Ye cannot rival for a hour  
October's bright blue weather.

When loud the bumblebees makes haste,  
Beelated, thrifless, vagrant,  
And goldenrod is dying fast,  
And lanes with grapes are fragrant;

When the gentians roll their fringes tight  
And chestnuts fall from their boughs,  
Without a sound of warning;

When on the ground red apples lie  
In piles like jewels shining,  
And redder still on old stone walls  
Are leaves of woodbine, twining;

When all the lovely wayside things  
Their white-winged seeds are sowing,  
And in the fields still green and fair,  
Late afternoons are glowing;

When springs run low, and in the brooks  
In idle golden gleighting  
Bright leaves sink noiseless in the hush  
Of woods, for winter waiting.

When comrades seek sweet country haunts,  
By two and two together,  
And count like misers, hour by hour,  
October's bright blue weather.

O sun and skies and flowers of June,  
Count all your boasts together,  
Love loveth best of all the year  
October's bright blue weather.

—Helen Hunt Jackson.

A Lesson in Grammar.

Hetty's uncle, who was a school teacher, says the Lutheran met her on the street one beautiful May day and asked her if she was going out with the Maying party.

"No, I ain't going."

"Oh, my little dear," said her uncle, "you must not say 'I ain't going.' You must say 'I am not going,' and he proceeded to give her a little lesson in grammar. "You are not going. He is not going. They are not going. Now, can you say all that, Hetty?"

"Sure, I can," she replied, making a courtesy. "There ain't nobody going."

Every one praises his own saint.—Hallas.

HOUSE PAINS

San Francisco is to have a passion play of the Oberammergau variety—one that requires twelve hours for its presentation. It was written by Father Joseph, of the local Franciscan fathers, who has worked for three years at the task, and the incidental music has been composed by Father Huergas, of Red Bluff.

While it is identical with the Oberammergau play as far as the main theme is concerned, it is entirely original in text. The plot has been selected, rehearsed and in progress, and the play will be produced in the auditorium of the Dominican Church in October. There will be several hundred people in the company. The principals have been most carefully selected, not only their histrionic ability being taken into consideration, but their moral fitness to depict the Saviour and his followers, so that the play may be presented with the reverential spirit in which it was written. Four nights with three hours at each performance will be required to produce the piece in its entirety.

Father Joseph has been considering an outdoor production of the play, and will probably arrange for one if the success he looks for is achieved. There was some thought of staging it at Del Monte for the initial production, but the idea was given up. However, the Greek Theatre at Berkeley may be used next year for this year's play. A natural amphitheatre in Marin County is also being considered.—San Francisco Town Talk.

COLD BROUGHT ON KIDNEY DISEASE

Brantford Lady Suffered Till Cured by Dodd's Kidney Pills.

Mrs. A. M. Thomson had Heart Disease, Lumbago and Rheumatism, and Tells How She was Restored to Health.

Brantford, Ont., Oct. 11.—(Special)—How colds, La Grippe and other minor ills settle on the kidneys and develop Rheumatism, Heart Disease, Bright's Disease and other terribly dangerous ailments; and how any and all of them are cured by Dodd's Kidney Pills is fully shown in the case of Mrs. A. H. Thomson, whose home is at 48 Albion street, this city.

Mrs. Thomson was, some years ago, taken with cold and La Grippe, and Straining, which affected her kidneys, and the result was Backache, Lumbago, Rheumatism and Heart Disease, which caused both her and her friends grave anxiety.

She had suffered some years when she heard of cures effected by Dodd's Kidney Pills, and bought a box, which she used with such splendid results that she continued to take them till she was cured. Since then she has used Dodd's Kidney Pills in her own family and recommended them widely to her friends, all of whom have warm words of praise for the standard Canadian Kidney remedy, Dodd's Kidney Pills.

Heart Disease, Rheumatism, Lumbago and Bright's Disease are all Kidney Diseases or are caused by diseased kidneys. You can't have any of them if you keep your kidneys sound and your blood pure. Dodd's Kidney Pills make the kidneys sound. Sound kidneys strain all the impurities out of the blood.

CARE OF FEET.

If one's feet burn and are dry they should after the evening bath be rubbed thoroughly dry and some good cold cream with plenty of lanoline should be rubbed in. Several minutes should be spent on each foot and the superfluous cream removed with a bit of old cotton or with cheesecloth. The latter, which is easily washed, should always be kept on hand when cold cream is used.

After the cream is thoroughly rubbed in and the surplus removed the feet may be bathed with witch hazel or with cold water containing a little alcohol. This will stimulate the skin and the cream already absorbed will prevent its drying the skin. Witch hazel is always good for the feet. If the feet perspire with hazel or alcohol much diluted or a weak solution of alum water may be used to bathe the feet with twice daily, and oftener if convenient.

GOVERNMENT REPORT

To the Editor—We have recently finished considering a report made by Inland Revenue Department of Dominion Government on the very important subject of Cream Tartar. Realizing that this article is one which is used universally throughout the Dominion, and one that can be easily adulterated and tampered with, we have made it our special business to see that all goods of this kind put out by this company has been chemically pure. Recent reference to shows that an improvement in the quality of this article is a means of being made, and this, of course, means that concerns in the business are not carrying on their adulteration methods so as to an extent as formerly. Any of our readers interested in the question can see, however, that the present state of affairs is bad enough, if they will consult Bulletin No. 180 of Inland Revenue Department, and at the same time can see at a glance that goods with this company's name on are chemically pure, as represented, and the only samples of all the tests reported as being 100 per cent.

A large number of samples were collected by the government inspectors, and over 25% were found to be composed of alum, lime, phosphoric acid, etc., and containing no cream of tartar at all. As the subject of this letter should be of interest to a large number of your readers, we hope you may find space to publish it.

Yours very truly,  
E. W. GILBERT CO., LTD.

THE TRUE GENTLEMAN.

(Herbert Spencer.)

Thoughtfulness for others, generosity, modesty and self-respect are the qualities which make the real gentleman or lady, as distinguished from the veneered article which commonly goes by that name.

GETTING NEXT.

(Cleveland Leader.)

"Is your husband thoroughly domesticated by this time?"

"Oh, yes. He never has any loose change in his pocket and is careful not to leave any of his private letters lying around the house. We have little to quarrel about, now."

SUNLIGHT SOAP

Do you know the difference between working and having the work done for you?

Sunlight Soap actually makes the dirt drop out—saves you time and money—but doesn't hurt your hands or clothes. That is just the difference between Sunlight Soap and ordinary soaps.



SAVAGE LABRADOR DOGS.

Our landing was attended by a dozen huskies, animals which recent fiction has glorified beyond their deserts. These dogs, led by a bulky animal called Buller, watched us disembark with their bright eyes. Fiction has said how the moment a husky vanquished in fight loses its legs its team mates fall upon and tear it to pieces, but fiction has not added that a child, or even in some instances an adult, must also keep his feet to secure safety from a similar fate. A few months before our visit a child at Cartwright, one of the Hudson's Bay posts, slipped upon a wooden jetty and fell among the huskies. There were upwards of fifty bites upon her before her mother, who showed the highest courage, succeeded in driving the brutes off. During the day time the husky is fairly amenable to the well-aimed stone, but at night, or under stress of temptation, the savage wolf nature breaks out at once. I can remember an anxious pilgrimage I made in the starshine to fetch a shirt I had left to dry on the bushes, during which I was accompanied by Buller and his fellows, all treading time the ordinary Labrador liveyere does not trouble him. In the summer time the ordinary husky is overmuch with the problem of dog food. If he happens to catch a fish unfit for human consumption he carries it home for the dogs; if not, the animals are left unfed, and support themselves by theft or by long hunting expeditions. On one occasion I nearly added a husky to my bag. I came upon him among the spruces some miles inland, and had nearly thrown the rifle to my shoulder, when I recognized that the creature slinking through the shadows was not a wolf, but a dog.

Summer is the hard season for the husky, his owners probably thinking that as he does no work at that time he needs no food; but as soon as the snow comes and the "komatiks" or sledges appear, the lot of the husky undergoes a change. He is then fed and looked after as much as he needs and, the latter at least, more than he likes. He is then the outward and visible sign of the prosperity and status of his owner. A man possessing four dogs is poor, eight makes him well to do, while a liveyere who can count upon sixteen has attained the dignity of a solid yeoman of the Labrador.—H. Hesketh Prichard, in Cornhill.

PILES CURED AT HOME BY NEW ABSORPTION METHOD

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write today to Mrs. M. Summers, Box P. 8, Windsor, Ont.

Man's Life.

To-morrow, and to-morrow, and to-morrow, Creeps in this petty pace from day to day,

To the last syllable of recorded time,  
And all our yesterdays have lighted fools  
The way to dusty death. Out, out, brief candle!

Life's but a walking shadow; a poor player  
That struts and frets his hour upon the stage,  
And then he is heard no more; it is a tale  
Told by an idiot, full of sound and fury,  
Signifying nothing.

—William Shakespeare.

Hard to Do It.

"The actor," said Roscius de Hamme, as he gazed over the sword at the summer hotel, where he was resting, "should always forget that he has an audience. He should immerse his soul in his lines, and—"

"That's all very pretty," interrupted Horatio Tievalker. "It isn't half so much trouble to forget that he has an audience as to forget that he hasn't one."

AGENTS WANTED.

CAVANAUGH'S ANGLICAN CUSTOMERS: English, Scotch, Irish, and American; able, energetic, territory, salary or commission. Alfred Tyler, London, Ont.

GIVING UP DRUGS.

Hospitals of America Buy Much Less Than Formerly.

That the hospitals of the country are gradually giving up the use of drugs in the treatment of patients was the statement made by Dr. R. R. Ross, superintendent of the Buffalo General Hospital, in a paper read before a meeting of the American Hospital Association, New York. Dr. Ross' paper treated of the efficiency, finance and economies of administration and embodies the report of a special committee appointed at the last annual meeting to investigate these subjects. Dr. Ross was chairman of the committee. The investigation disclosed that in the last fifteen years the average expenditure of hospital of the United States for drugs had decreased from \$2.90 for each patient to 91 cents.

The report of Dr. Ross showed that hospitals are having recourse to new conditions and are recognizing the efficacy of fresh air and mental and other drugless agencies for conquering disease.

Baltimore, Md., Nov. 11, 1908. Minard's Liniment Co., Limited.

Sirs,—I came across a bottle of your MINARD'S LINIMENT in the hands of one of the students of the University of Maryland, and he being so kind as to let me use it for a very bad sprain, which I obtained in training for foot races, and to say that it helped me would be putting it very mildly, and I therefore ask if you would let me know of one of your agents that is closest to Baltimore so that I may obtain some of it. Thanking you in advance, I remain, yours truly, W. C. McCUEAN, 14 St. Paul street, care Oliver Typewriter Co. P. S.—Kindly answer at once.

Did This Dog Reason?

We brought from Scotland, says a writer in The London Spectator, a collie about 6 months old. He was allowed to be with us at the breakfast table, but was strictly enforced by my daughter. I was the only member of the family who ever broke over the rule, and often when I offered him a tempting bone he would glance across the table and if he caught the forbidding eye he would resist the temptation. But one morning she left the table abruptly. Rab followed her into the hall and watched her till she had closed the door of her study. Then he scampered back, nudged my elbow, as if to say, "Now is our time!" He seized the bone, and was soon crunching it with the greatest satisfaction.

Red, Weak, Watery, Watery Eyes. Relieved by Murine Eye Remedy. Try Murine For Your Eye Troubles. Write for Free Booklet. 50c. A Dozen. Murine Eye Remedy Co., Toronto.

What New York Children Read.

The children's libraries of New York more than half a hundred of them, are very wisely directed by Miss Moore, of the Board of Education.

A position of unique responsibility and opportunity. Miss Moore is the court of appeal in determining what books shall be laid before the children, as she also