

Chats With the Doctor By a Physician

QUININ

Though sore throat may occur in connection with several diseases such as scarlet fever, it is, as in the case of diphtheria, a distinct disease. The acute results from cold, and the first symptom is a severe sense of soreness in the throat, followed by a bright red color, and a swelling of the tonsils and adjacent lymphatic glands, which may be accompanied by a bright red color, and a swelling of the tonsils and adjacent lymphatic glands, which may be accompanied by a bright red color, and a swelling of the tonsils and adjacent lymphatic glands.

SUNLIGHT AS A DISINFECTANT.

There is no season of the year when sunlight is so beneficial to man as in the early part of the year. After the long recess of winter, the sun's rays, and the weather frequently combine to prevent our taking the usual amount of exercise in our yards, and the sun's rays, and the weather frequently combine to prevent our taking the usual amount of exercise in our yards, and the sun's rays, and the weather frequently combine to prevent our taking the usual amount of exercise in our yards.

THE TENDENCY TO BLEED

The remarkable fact that certain persons on being scratched or cut even very slightly bleed most profusely in the current number of a medical journal there is an article describing how this strange infirmity is prevalent in the Swiss village of Taux, in the Canton of Bern. It is a hereditary condition of mystery connected with it, for though every medical man has come in contact with such cases, it is not a direct emanation of the strange condition. Certainly it is inherited, and just as certainly it does exhibit itself in every generation of the family.

DIET IN RHEUMATISM

In a special number of the "Practitioner" devoted mainly to the considerations of ailments commonly grouped roughly under the title of rheumatism and some curative palliatives, there is a useful note on diet. In rheumatism, the diet should be plain, and the food should be easily digested. The diet should be plain, and the food should be easily digested. The diet should be plain, and the food should be easily digested.

DO SORE CORNS HURT YOUR FEET?

If you haven't tried Putnam's Corn Extractor you haven't used the article that will remove corns, callouses and sore foot lumps in the shortest time. Don't waste another cent in plasters, pads or salves—get the guaranteed "Corn Reliever, Putnam's Painless Corn and Wart Extractor. It acts quickly, never pains, removes the corn forever. Price 25c Sold by druggists.

TO AID THE UNHAPPY.

A number of Chicago women have formed a society called the New Future Society. The object is to provide for those who have suffered a prison term and have no place to go upon being released. The society will try to find work for the ex-prisoners and will comfort and sustain them in any way possible. —Louis Globe Democrat.

What more should a man want than good health, a good job and a good wife? "Well, a good reputation might come in handy." —Chicago Record-Herald.

THE LAND OF THE GAEL.

(The Song of the Scottish Highland Exile.)

I.
The shadows of winter no longer do hover
Over the landscapes to darken the day,
The season of gloomy depression is over
And Nature is smiling in lovely array.

III.
There in the gloaming, secure from intrusion,
True Highland lovers may gracefully stray.
Softly unfasting in sylvan seclusion
The beautiful story that ne'er will fade away.

WHY HE CONTINUED LAUGHING.

Mayor Shank, of Indianapolis, said to a woman interviewer the other day: "It's your women who must fight the economic battles of the future. The men are so busy earning the money that they have no time to give to the campaign for cheaper living. This must be a woman's campaign, and a woman will fight it best with the ballot."

CARE FOR THE CHILDREN

(New York Herald.)

Twenty-eight children were killed by vehicles in the streets of New York in the month of May.

POWER OF VEGETABLE GROWTH.

A tar macadam pavement stretching from the school of gunnery at Chobry, near the sea, is at present in a state of violent if silent eruption. About a fortnight ago the surface became covered with what may be called "blisters," raised a little above the common level, which attracted much wondering attention.

A HOSPITAL HEROINE.

The Rev. Harold M. Ryder, pastor of the Methodist church at Bay Shore, L. I., was taken to the Seney Hospital in Brooklyn the other day, and the surgeon decided that an operation was necessary. It was performed, and a speedy recovery was expected.

HELPLESS.

(Harper's Weekly.)

"By Jove!" said Binks, "that was tough. Here's a big lot of pianos destroyed by fire up in Syracuse. The fire department was utterly helpless."

Grandpa—Johnny, you mustn't kill the little birds. They have done you no harm.
Johnny—Yes, they have. They're the ones that are always telling on me.

Take A Scoopful Of Each—Side By Side

Take "St. Lawrence" Granulated in one scoop—and any other sugar in the other.

Look at "St. Lawrence" Sugar—its perfect crystals—its pure, white granules—its even grains. Test it point by point, and you will see that



Absolutely Best St. Lawrence Sugar Absolutely Pure

Is one of the choicest sugars ever refined—with a standard of purity that few sugars can boast. Try it in your home.

Analysis shows: "St. Lawrence Granulated" to be "99.70 per cent Pure Cane Sugar with no impurities whatever."

"Most every dealer sells St. Lawrence Sugar."

THE ST. LAWRENCE SUGAR REFINING CO. LIMITED, MONTREAL.

For DISTEMPER

Spoke One and positive preventive, no matter how horses at any age are infected or exposed. Liquid, given on the tongue, cures Distemper in Dogs and Sheep, and Cholera in Poultry. Largest selling live stock remedy. Cures Whooping Cough in Horses, and is a fine remedy for Cholera in Man, the only one which will get it for you. Free Booklet, "Distemper, Cholera and Cures."

DISTRIBUTORS—ALL WHOLESALE DRUGGISTS.

SPOKEN MEDICAL CO., Chicago and Des Moines, IOWA, U.S.A.

THE MOSQUITO PEST

(Ottawa Journal.)

A man in New Jersey has been fined as the owner of a lot of land which was a breeding place for mosquitoes.

ASK FOR MINARD'S AND TAKE NO OTHER.

RULES OF THE DAILY LIFE OF A VIRTUOUS MAN.

(By Michael Garon, winner of gold medal for virtue.)

- 1.—Begin the day with prayer.
- 2.—While dressing think kind thoughts of all.
- 3.—Do not eat too much at breakfast and do not by gluttony imperil the soul for the stomach.
- 4.—At work do not say the words which often come into a man's mind when accidents occur.
- 5.—At dinner occupy the thoughts with good ideas.
- 6.—When tempted to spend money foolishly think of the needs of the church.
- 7.—Do without all things but the strictly good.
- 8.—On Sunday be a devout and constant attendant at church.

PURIFIGO CURES CANCER AND TUMOR

GLASGOW SECOND CITY.

Glasgow has once more regained her proud distinction of being the second city of the Empire. This was achieved a short time since, when the Select Committee of the House of Commons passed her latest Amendment Bill practically in its entirety.

MINARD'S LINIMENT LUMBERMAN'S FRIEND.

A HOSPITAL HEROINE.

THE CANADA CANCER INSTITUTE, Limited, 10 Churchhill Ave., Toronto.

GOING BACK TO THE JUNGLE.

(Chicago Tribune.)

Here are two incidents of the present-day-gestapo's strike.

DODD'S KIDNEY PILLS

23 THE PARK

POULTRY RAISING.

What It Costs to Go in the Business With 100 Hens.

Following is an interesting extract from the current number of Poultry, showing exactly what it costs to go into the chicken business on a small scale:

Expenses: Cost to go into the chicken business? So many are frightened away by the wrong idea as to expense. Expensive, showing exactly what it costs to go into the chicken business on a small scale:

1000 fowling pens for fattening, with about 2000 feet of bill stuff and 2500 cull shingles laid 4 1/2 inches to the weather, with perhaps 15 pounds of nails and whitening in lieu of paint. This will bring the total expense of the two houses to approximately as follows:	
1000 feet fowling pens.....	\$35.00
2500 shingles (cutting).....	7.00
2 bunches latn.....	1.00
25 pounds nails.....	2.00
Whitening.....	2.00
Building total.....	\$47.00
Cost of Rock.....	72.00
Total.....	\$119.00

FIGURES THAT TALK.

According to a statement made in the Legislature a short time ago we spend \$1 million of dollars annually for intoxicating liquors, but that only a small cost of what the traffic costs Canada.

Spent annually for drink.....	\$1 million
Labor lost.....	\$60 million
Loss by death.....	\$25 million
Grain destroyed.....	\$3 million
Misdirected labor.....	\$6 million
Cost of intemperance.....	\$5 million
Total.....	\$139 million

Testing the Memory of Fishes.

Continuing his experiments as to whether fish possess memory or association of ideas, Dr. Osborn obtains some further results. He already found that by placing a red cylinder containing food and also an empty green cylinder in the aquarium with a single fish, the latter soon learned to enter the red cylinder, in that at other times the fish enters the other one.

TRYING TO BE HONEST.

I think of you each hour, of course, but if this thinking flatters I'd say I also think perhaps of other matters. When the blame for what you get a minute of my time. My paid for daily task all. The best of us does this prove that I'm heartless rascal!

BETTER THAN SPANKING

Spanking does not cure children of bad habits. There is a constitutional cause for the trouble. Dr. H. Arnott, Dr. W. & Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your child is naughty and you don't know how to help it. This treatment also cures adults and young people troubled with urine difficulties by day or night.

WOMEN'S POSITIONS IN JAPAN.

The majority of Japanese educationists hold very strongly that the entire lot of female education is preparation for the duties of married life rather than general mental development. The minds of the teachers are permeated with traditional notions respecting the sphere that women is destined to fill in the family.

VACUUM-CLEANING GLOVE.

A vacuum-cleaning glove has recently been invented, which is said to be a marked improvement on the mop in its connection with the vacuum cleaner.

SHORTHAND AT YOUR HOME.

It is simple. Easy to learn. Easy to write. School children learn in a week.

When Your Eyes Need Care

Refractive Eye Remedy, No Staining, Fast Relief—Acts Quickly. Try it for Red, Watery Eyes and Granulated Eyelids. Illustrations in each Package. Made and compounded by our Oculists—not a "Patent Medicine"—but used in successful practice for many years. None delicate. Sold by all druggists at 25c and 50c per Bottle. Write for Free Trial to: **Murine Eye Remedy Co., Chicago**

HELP WANTED—FEMALE

WANTED—LADY TEACHER FOR THE NORWAY SCHOOL DISTRICT, 1914; duties to commence at once. For particulars apply to A. G. Moore, Secretary-Treasurer, Neuchatel, Alberta.

WANTED—EXPERIENCED DINING ROOM GIRL; highest wages; permanent position. Apply Waldorf Hotel, Hamilton.

WANTED

Smart girls and women wanted to make good positions in knitting, winding and finishing departments; nice, clean, pleasant work; highest wages paid. Apply at once by letter to The Monarch Knitting Co., Limited, Dunnville, Ont.

HELP WANTED—MALE

WE HAVE AN OPENING FOR a couple of strong young men, desirous of learning a trade. Quick advancement, with increasing wages. Offered of steady habits, with ambition to advance, need apply. Boves, Jamieson, Limited, Hamilton.

AGENTS WANTED.

SUBSTANTIALLY WANTED IN EVERY TOWN AND CITY IN CANADA; experience not necessary. Salary and expenses or commission. Write at once to El Cree Company, London, Ont.

FARMS FOR SALE

150 ACRES BEST CLAY LOAM IN crop; nine miles from London. Address D. H. Arnot, London, Ont.

REAL ESTATE.

MELVILLE LOTS—WRITE US AT once about these lots. Inside the town limits; better still, order two acres or more and get a good title; a profitable safe investment. Price per lot \$12; two lots \$25. Terms, per lot, \$20 cash, the balance coming in 12 monthly payments. Agents wanted to handle our property. The Central Saskatchewan Investment Co., Melville, Saskatchewan.

WETHEBYRN, SASK.—IN THE CENTRE of the greatest grain-growing district in the west, with a large city and wholesale centre of southern Saskatchewan; C.P.R. in with two lines, Grand Trunk and O.N.R. coming; land is only inside property, mostly my own; have been in real estate here eleven years, would like connection with outside dealers; write me for description of property and prices; property for sale in lots or blocks; have some acreage left for subdivision. Frank Motter, Wethebyrn, Sask.

REGINA MONEY MAKERS—PRE-mier Place Lots, Canadian Northern and C.N.R. Shops and yards in this subdivision. Water and sewer now. Street cars 1914. Best investment in Regina. Ask for particulars. Write to: Agents wanted. Best references given. Hotchkiss & Kennedy, Regina, Sask.

PUT YOUR MONEY INTO WESTERN LANDS

AND WATCH IT GROW— We have two first class half-sections in Alberta. Prices very low below the market. Let us write you about them. **VIOHERR & LEWIS, REAL ESTATE AND FINANCIAL AGENTS, NANTON BUILDING, WINNIPEG, MAN.**

ALL EYES ARE ON EDMONTON

The coming metropolis of Western Canada. Investments in property in this rapidly growing, most promising city, are proving very profitable to our clients. We can and will show you some of our best real estate transactions that have netted our customers 25 per cent to 100 per cent profit on their investment within three months. Land is safer than banks—then why be satisfied with 3 per cent on your money? And you can buy just as safely as if here in person. We sell only high, dry, title-yield, inside property, advising purchasers in advance of any of the changes where values are safe and increase certain. Your opportunity is here—now. If you have money drawn for "bank interest" in Edmonton, take our plan of safe investment.

CROWN REALTY CO., 164 Jasper, Edmonton, Alta.

\$75.00

Buys a lot in the City of

MELVILLE

REGENT'S PARK

See wholly within the city limits. An ideal subdivision of this hustling and thriving city. You will make money by buying one or more of these lots

NOW

Maps, price lists, etc., will be sent on request. Agents wanted. Write to-day to

THE G. H. WISENDEN CO., LIMITED 319 Somerset Block, Winnipeg, Man.

INVESTMENTS.

WHY BE CONTENT WITH SMALL interest? We have many opportunities to make loans; absolute security; 8 per cent, net to investor; improved property situated at Northwestern and Canadian Pacific Railways coming 1914, with terms here, values will rise quickly; investigate and buy before the price; largest apple district in Province; we sell large acreage; city, orchard and farm lands; information and literature free. Apply Wilkinson & Fisher, Kelowna, B.C.

AND SAFETY—INVEST your money in first mortgage on Western land. We net you six per cent yearly, clear of expense. Write for information and references.

Davis & Macintyre, Moose Jaw, Sask.

MISCELLANEOUS.

EMBROIDERY LADIES WANTED— good earning opportunity; we sell all materials at lowest prices, and sell your fancy work to best advantage for you; your patrons receive prompt attention. Enclose postage to Embroidery Supply Company, 499 Yonge Street, Toronto, Ont.

EARN \$20 WEEKLY WITH FEW hours spare time mailing catalogues and taking orders for groceries at cut-rates. Something entirely new. Large Grocery Mail Order House. No experience required. Representatives wanted in each town. Write for free supplies. Dominion Grocery Co., Windsor, Ontario.

JAPANESE SOAP

100 SHINES FOR 10¢

Don't put too fine a point to your wit, for fear it should get blunted—cervantes.