

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 operation; relieves the necessity of an operation; relieves the pain promptly, the stones being dissolved or passed off in the stool, without danger to the patient and without pain.

We have many testimonials from people who have been thus cured. We are able to give names and addresses of hundreds of these, and will gladly do so to all who enquire.

The following is from the letter of a well-known Toronto Gentleman:

"Replying to your letter, I followed your instructions and purchased two bottles of SANOL. You might send me as much of the same in a fine place. It is in any way help the sale of SANOL, and by doing so help some other unfortunate. I will be only too pleased to do so. I consider it the best remedy made."

SANOL is made only by the SANOL MANUFACTURING COMPANY, LTD., Toronto, Ont.

For sale at leading Druggists.

ABSENT-MINDED.

How One Man Prevented Another's Suicide.

Absent-mindedness, 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 today.

Sherry, such after the usual fight with his wife, decided to go to the place where he and his wife are reputed not to be which ought to be a fine place. He took a few yards of clothes line around his neck and jumped off a chair. John Green, who rooms on the floor above, saw the far and hustled down stairs. He took one of those absent-minded men who put their clothes in bed and go to sleep in the morning. He saw the man's head in the rope with a knife, he searched leisurely around for a saw and then sawed down the rope. It is hard to tell what such thoughts of the day, but it must have been mad, for he was blue in the face when John finally released the rope. When released he was asked if he still wanted to die. He turned a savage eye toward John and muttered: "Not yet; not until I get even with that absent-minded devil." — South Norwalk (Ct.) corr. 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 supple, are becoming more and more popular as the supply of oak and maple diminishes." This statement, taken from a bulletin soon to be issued by the Forestry Branch, Department of the Interior, Ottawa, is based on reports received from over twelve hundred firms, 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 \$22.92 and \$35.78, respectively. The average price for birch and beech flooring, on the other hand, is \$13.71 and \$14.34, respectively, which represents 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 height 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 \$18.61 per thousand feet, board measure. It frequently constitutes one-tenth to one-third 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. Sixty per cent. of the former and 98 per cent. of the latter are home-grown. The supply 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.

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DODD'S KIDNEY PILLS

23 THE PR

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.

A stimulating bath is made by boiling for half an hour a pound of fresh resinous pine needles and pine cones broken into bits. 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 chamois. 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 two or three times longer.

Always use tepid water for washing white silk; make soda 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 turn it yellow.

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

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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 Sgt. Major Cross, late of 4th Queen's Own Hussars. Speaking of the ill-effects of a campaign upon a man's constitution, the Sgt. Major writes: "I served under General French during the late Boer War, in the capacity of Sgt. 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 confessed it was without much faith 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 Cattaraugus Co., Buffalo, N. Y., and Kingston, Ont.

BOYHOOD MEMORIES.

(Guelph Mercury.)

A few years ago when the teacher crooked 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 do it!

And who to the youngster who dared to "draw a line" when the strap was dizzily around in the ozone ready for the swat—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 coming strap and the force of the blow would be broken. It was the piece de resistance of the year to take ten whips and walk back to your seat with a grin lurking in your face that said "Aw, you can't hurt me."

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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 revived 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 around, which is wrapped 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."

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DO YOUR SIDES



2EN SHOE POLISH

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 the road they are now operating 130 electric trains per day, and the equipment has been in operation for more than six years.

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DO YOUR SIDES



2EN SHOE POLISH

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