Sunshine.

Let sunshine in.

Sunshine will keep you young.

The bigger the dose the better.

Better have faded carpets than faded cheeks.

Plenty of sunshine will make the fires of life burn brightly.

Sunshine should be freely admitted to every human dwelling-place.

Let the sunshine in and hang your baby clothing in the sunshine and fresh air and you will keep well.

Rheumatism, Old Backache Nerviline Will Fix You!

Stiffness is Rubbed Right Out; Every Sign of Pain Disappears.

Gee whiz—think of it!

No more stomach dosing necessary to cure your lame back.

Every trace of lameness, every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline."

No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-weary sufferer as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For lumbago or sciatica you would go far to find relief so speedy as Nerviline gives. For chronic rheumatism there are pain-destroying properties in Nerviline that give it first rank. The way it limbers up a stiff joint and takes soreness out of strained or rheumatic muscles is simply a wonder.

If you have an ache or a pain anywhere, if you have a sore back, a stiff neck, a stiff joint, a strained muscle—if you have lumbago, congested chest or sore throat, just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly. The large 50c family size bottle is the most economical, of course, but you can, from any dealer, also get the 25c. small size of Nerviline, the king of all pain-relieving remedies.

No Favors to Beauties.

A beautiful young lady approached the ticket window at a Pennsylvania country station and in a voice like the rippling of a brook asked the agent. "What is the fare to the fair?"

Minard's Liniment Cures Colds, Etc.

Odds and Ends.

Lettuce contains a mild opiate—lettuce opium.

Salt added to mustard prevents its drying up.

Soap shredded among stored blankets drives away moths.

Sausages will not burst if rolled in flour before frying.

Lemon rubbed on a burnt stove before black-leading ensures a polish.

Gold chains can be cleaned with a little sal ammoniac dissolved in wine.

Paraffin is a good cleanser for porcelain tubs and bowls or enameled ware.

Jellies will not break if the mould is rubbed with a little olive oil.

Onions absorb all poisons and noxious smells quicker than anything else.

Sponges which need cleaning should be steeped in vinegar and water for a day.

If sweet potatoes are greased before baking they will be much softer and sweeter.

THIN-BLOODED PEOPLE

Often Become Seriously Ill Before They Realize It.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism or nervous disorders. The condition in which the blood becomes so thin that the whole body suffers comes on so gradually that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodlessness can be corrected more easily in the earlier stages than later. It begins with a tired feeling that rest does not overcome; the complexion becomes pale, slight exertion produces breathlessness and headaches and backaches frequently follow. In the treatment of troubles due to thin blood no other medicine has had such a great success as Dr. Williams' Pink Pills. They go right to the root of the trouble, make rich, red blood, thus restoring the weakened system to health and strength. Mr. R. F. Ashford, Peterboro, Ont., says: "Four years ago my condition became so serious that it seemed to me I possessed every pain and ache and every morbid feeling possible. For months I had been overworked, and bereavement added the last straw necessary to break down my constitution. I had a severe ever-present headache and pains in the back of my eyes, and at the same time I was seldom free from severe neuralgic pains. I was rarely hungry, and when I was it seemed to create a morbidness which made my other ills harder to bear. Of course I consulted a doctor, and he told me a rest and change of air, just the thing I was unable in the circumstances to take. I had a particularly bad spell on the day my daughter returned from college, and she insisted that I should take Dr. Williams' Pink Pills. I was decidedly skeptical, but she got some and to please her I took them. The result—After the first box I was compelled to admit that I really did feel better. After the second box I ungrudgingly admitted that they were doing me good, and after the sixth box I felt free from every ache and pain, and in gratitude I began to praise the pills to others. I am feeling as fit as I did twenty years ago, and I owe it to Dr. Williams' Pink Pills."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

SAVE MONEY ON ROOFING

Get my prices direct from mill to you. I have Roofings for every purpose. Samples Free. Address,

HALLIDAY CO., Limited

BOX 67, HAMILTON, CANADA.

Flexibility of English.

English is not only, as Richard Jefferies asserted, the most expressive and flexible of tongues, but also, in Swinburne's opinion, the most musical. He proclaimed the lines—

Music that gentlier on the spirit lies
Than tired eyelids upon tired eyes,

to be unmatched for melody in any language. And few would venture to contradict such a master of music and tongues. But surely French ranks next on the roll of languages. For clearness of diction it is unrivalled, and thanks to its abundance of vowels (close on one for every consonant), it flows rhythmically from the tongue.

Minard's Liniment Cures Garget in Cows.

DEAD RECKONING.

One Way of Determining a Vessel's Course On an Ocean Voyage.

Dead reckoning simply means the computation of a ship's longitude and latitude from her movements as recorded in the log and without having recourse to astronomical observations. The chief elements from which the reckoning is made are these:

The point of departure—that is, the latitude and longitude sailed from or last determined—the course or direction sailed in as ascertained by the compass, the rate of sailing, measured from time to time by the log, and the time elapsed.

The various principles or methods mollowed in arriving at the reckoning are known among navigators as "plain sailing" and "middle latitude sailing." However, the data thus obtained are always liable to considerable errors by reason of currents, lee-way, fluctuations of the wind and changes in the declination of the compass. The results arrived at by dead reckoning, therefore, must of necessity be corrected as often as possible by observation of the heavenly bodies. No navigator would risk relying wholly on this method ow determining his position on an ocean voyage.—New York Times.

DOES CATARRH BOTHER YOU? ARE YOUR NOSTRILS PLUGGED?

Why not give up that snuff and stop dosing your stomach? The one sure treatment is "Catarrhozone," sure to cure because it goes where the disease really is. Certain to cure in your case because it has cured tens of thousands worse than you are. Catarrhozone is a thorough cure, because it destroys the causes as well as the effects of the disease. Relief is prompt, cure is quick with this powerful remedy, which is guaranteed to cure Catarrh in any part of the nose, throat, bronchial tubes or lungs. To be really cured, use only Catarrhozone and beware of dangerous substitutes meant to deceive you for genuine Catarhozone, which is sold everywhere, large size, containing two months' treatment, costs $1; small size 50c; sample size 25c.

SHY ON FIGURES.

The Average Man is Very Deficient Arithmetically.

The average man's arithmetical ability is extremely limited. This limitation it appears, is having a serious effect on industrial processes depending upon cheap labor, especially on the adoption of the metric system, which, with its large numbers and decimals, is beyond the mental calibre of workmen who must deal in numbers less than a score and preferably less than 10.

They can grasp a finite measure like a quart or a bushel, but a number like 723 milimeters conveys no idea to them. Consequently we find that arbitrary measures of capacity are being resorted to in dealing with large quanities, so that the numbers to be reported or remembered may be small. Policemen find great difficulty in perceiving and remembering large automobile numbers and are trying to devise systems by which phychologic fact, but it seems to be forgotten by those who wish to force the metric system on people who cannot use it. These measures are legal, and if they were superior they would have long ago replaced the old measure. As a matter of fact, the metric measures are losing ground even in countries where no others are legal, for the peasants in their daily tasks are compelled to stick to the old measures they evolved from the necessity of their limited use of numbers.

We expect that the unwise agitation will subside and that laboratory workers, from whom the French system is indispensable, will realize it is not suitable for every one else—particularly for the great mass of humanity who never perform any calculations except mental ones of a very simple nature. For these reasons physicians are revising their idea as to the wisdom of writing metric prescriptions. The gain to most of us is not thinking worth the mental effort of thinking in two systems—if there is any advantage at all. Small numbers easily remembered seem safest and the most practical outside of the laboratory.—American Medicine.

A MEAN TRICK.

(Boston Transcript)

Mrs. Subbube—Bridget, this butter that you borrowed from Mrs. Nexdore tastes exactly like the butter we sent her for what we borrowed before. I believe it's the very same.

Bridget—Sure, isn't that a mane trick, mum an' we such regular patrons av hers.

How Cotton Varies.

Cotton is usually differentiated in ordinary classification by the length of its staple. "Ordinary cotton" in the United States is of several kinds, chief among them the upland cotton, with a staple of from seven-eighths to one inch in length, and Gulf of Texas cotton, of which the staple is not usually quite so long, the longest stapled cottons among the "ordinary cottons" here are the bottom land or bender cotton, with a staple of from one and one-eighth to one and one-fourth inch, and the special fancy staple cotton, one and three-eighths to one and five-eighths inch in length. The sea island cotton, which is grown on the sea islands off the coast of South Carolina, has a staple of from one and a half to two and a half inches, the average length being one and three-fourths. Egyptian cotton is being grown in Southern California, New Mexico and Arizona. Its staple is not so long as the sea island cotton, it compares rather with the upland cotton here.

How Sickly Women May Get Health

If they could only be made to see that half their ills are caused by impure blood, it wouldn't take long to cure them with Dr. Hamilton's Pills. Truly a wonderful medicine that invigorates, strengthens, renews. Every tired, worn out, woman that tries Dr. Hamilton's Pills will improve rapidly, will have better color, increased appetite and better digestion.

No better rebuilding tonic can be found than Dr. Hamilton's Pills which are safe, mild and health giving. For forty years Dr. Hamilton's Pills have been America's most valued family medicine, 25c per box at all dealers.

TACT OF AN ACTOR.

Sothern's Happy Thought and the Unruly Gallery Gods.

It was in the year 1863 or 1864. During the summer months Sothern, with John T. Raymond and several other well-known actors occupied the local theatre of a seaside summer resort, to which he and his company drew a houseful of people several nights in the week to hear and see them act—rehearse it really was in preparation for their next winter's New York season—the most important of their plays.

The little building had, of course, a gallery, and in the gallery the "gods" became so obstreperous on occasions that it was with great difficulty the play could be proceeded with. The ringleader, a well-known rough of the town, was a man named Bill Hanrahan. One night a happy inspiration seized Sothern. Having learned the name of this prominent member of the rowdy elements, he addressed him in the midst of the most unearthly noises as follows: "Mr. Hanrahan, will you be good enough to take charge of the gallery and keep order for me? I shall feel very grateful."

The result was magical. Bill became at once an official of the theatre and as such cracked the heads of a few of his erstwhile fellow rioters with such good effect that it was only a little time before the best of order prevailed.

Minard's Liniment Cures Distemper.

DOING IT BEAUTIFULLY.

(Passing Show)

Employer—I let Miss Smith off three days ago to see the last of her grandmother. What's happened to her?

Cashier—She wrote this morning to say, expects to be back to-morrow, as her grandmother is dying as fast as she can.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINADR'S LINIMENT and used one bottle, which completely cured me and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN.

Metapedia, P.Q.

Aug. 31st, 1908.

MAKE EXERCISE PLAY.

To Get the Best Results It Must be Thoroughly Enjoyed.

When you exercise, play. That is one of the points most strongly urged to the attention of the public in recently published health reports.

No matter whether you are walking, gardening, exercising in a gymnasium or playing golf, keep your exercise free from the spirit of drudgery and make it all recreation. Make it as enjoyable as anything you may do throughout the entire day. If you don't, much of the good that it might do you is lost. "The very best thing a man can do," says the report, "is to make a hobby of your exercise. No matter how poor the hobby, if it induces outdoor exercise it is perfectly justifiable."

The woman who is obliged to take her baby out for a two hours' airing every day is far more fortunate than she often realizes.

The only advice the report offers the man who is going to take up a hobby for the benefit of the resulting exercise is to choose one that permits of its being followed the year round rather than one that depends upon the seasons of the year. For that reason the amateur gardener or chicken fancier is far more fortunate in his choice than the amateur geologist, botanist or ornithologist. The latter must wait on the seasons and must find favorable locations for indulging their hobbies, while the former have year round pastimes.

ANTIQUES

CHINA—GLASS

ANTIQUE FURNITURE is UNIQUE for WEDDING GIFTS

ROBERT JUNOR

62 King St. East

HAMILTON, - - - ONT.

A Matter of Business.

There is a reason for everything, even a train news agent's reluctance to pass through the cars with his packet of newspapers first. A woman who had travelled fifty miles out of New York before she had a chance to buy the afternoon paper she had neglected to provide herself with said to the boy who finally appeared with papers:

"Why do you always come through first with books and then magazines and leave the newspapers until the last?"

"Why?" exclaimed the astonished boy. "Because it's business. If I came through first with papers everybody would buy a paper and read that all through the trip and leave me with all those dollar books and twenty-five cent magazines on my hands."—New York Press.

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 to-day to Mrs. M. Summers, Box P. 8, Windsor, Ont.

WAKING DREAMS.

A Long Series of Events Can Be Crowded Into a Few Seconds.

It is more than likely that the great majority of dreams belong to the few moments when we are falling off to sleep and the equally brief time we take to wake up. In fact, nothing is more fully established than the fact that an apparently long dream can unfold itself in an infinitesimal space of time.

Alfred Maury relates how he had a long and vivid dream of the reign of terror in France, which included his trial before the revolutionary tribunal and his execution. He actually felt the guillotine fall. Yet that dream from beginning to end was actually caused by the fall of a certain rod which struck him on the neck and woke him up. The whole lengthy dream lasted really a couple of seconds.

A well known writer in London was sitting up late writing something he much wished to finish. Suddenly some one came into the room and announced that he was called to go to Manchester. He went out and packed his bag and went to that city, where he stayed several days and saw innumerable people. He returned in due course and transacted a lot of business in town and actually contracted for the start a new book.

Yet when he woke with a start and found it was all a dream the ink of the last word he had written was as fresh and needed the blotting paper as much as if it had only just been written. He could not have dozed longer than ten seconds.

Minard's Liniment Cures Diphtheria.

Judge—It seems to me that I have seen you before. Prisoner—You have, your honor. It was I who taught your daughter to play the piano. Judge—Thirty years.—Musical American.

GRAND TRUNK SYSTEM SERVES EIGHTY-NINE PER CENT. OF CANADA'S URBAN POPULATION

In the forty principal cities and towns of Canada there is a total population of 2,918,788. These figures are given in the new publication "Canada, the Country of the Twentieth Century," prepared by Mr. Watson Griffin, and issued this week from Ottawa by the authority of the Minister of Trade and Commerce, Sir George Foster. They are based upon estimates furnished by the various city clerks and city assessors, and may be considered approximately correct. An examination of these statistics shows in a very striking fashion the notable part which the Grand Trunk System plays in the commercial life of the Dominion. The cities and towns served by the railway and steamship lines owned and operated by the Grand Trunk System have a population, according to these official statistics, of 2,606,435. The Grand Trunk thus serves over 89 per cent. of Canada's urban population grouped in its forty principal centres. In addition, the Grand Trunk serves hundreds of communities with populations of less than 12,000, which is the minimum figure for inclusion in the list Mr. Watson Griffin has prepared.

How Prussia Was Reforested.

There was no need of celebrating Arbor Day in Prussia in the 6 days when Friedrich Wilhelm I. was king, for that monarch had a plan all his own, by which he replenished the forests and kept the country well supplied with fruit trees.

According to Bas Buch fur Alle, the king, having observed that there was a great dearth of fruit and oak trees in Prussia and not being willing to undertake the tremendous expense of reforesting the country himself issued an order to all clergymen that, after June 21, 1720, they should refuse to perform any marriage ceremony unless the groom could produce evidence that he had just planted six fruit trees and an equal number of oaks. If it was in winter or in the middle of a dry summer, when plants would not grow, the groom had to produce and lay aside a sum of money sufficient to cover the cost of the trees and promise to plant the required number when fall or spring came.

The edict worked wonders. The next generation in Prussia had no lack of fruit and oak trees.

STRONGLY RECOMMENDS BABY'S OWN TABLETS

Mrs. Alonzo Tower, Johnson's Mills, N. B., writes: "I can strongly recommend Baby's Own Tablets to all mothers whose little ones are suffering from constipation, as I have proved them an excellent medicine for this trouble." Baby's Own Tablets not only cure constipation, but they make teething easy; break up colds, expel worms and regulate the stomach and bowels. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Brides in India.

A bride in India never sees her husband until after the marriage ceremony. The parents choose the wife for the son of the house without consulting either party. Sometimes the bride is as young as fourteen. The child is gorgeously dressed and placed on a dias behind a sheet, the women of the family being in attendance.

On the other side of the sheet are the bridegroom and many of his young friends. The groom keeps throwing over jewels attached to flowers, which the women on the bride's side remove and place in her lap or on her person.

This first ceremony is called the shadee, and, although a man is allowed four wives, no other ever holds the same position as the first chosen for him. The others are of little importance, living their lives more or less as servants to the first wife. As the first wife gets to middle age she is known as the begum.

Ask Around You For the Proof

THAT DODD'S KIDNEY PILLS ALWAYS CURE KIDNEY DISEASE.

In Every Neighborhood You Will Find People Cured of Backache, Rheumatism, Dropsy or Diabetes by Dodd's Kidney Pills.

Lac Bouchette, Lac St. Jean, Que., May 22.—(Special.)—Mr. Arthur Fleurie, well known and highly respected here, has issued a short, concise statement in regard to Dodd's Kidney Pills. It is as follows:

"I have found that Dodd's Kidney Pills are an excellent remedy and that they cure kidney disease, rheumatismmatism and indigestion."

Mr. Fleurie has received such benefit from Dodd's Kidney Pills that he wants other sufferers to know how to find relief. He feels it is his duty to his fellowman.

If you inquire among your neighbors you will find scores of people who have found in Dodd's Kidney Pills relief from some form of kidney trouble. It may have been the dry, itching skin, dizziness, nervousness and inability to get refreshing sleep that mark the earlier stages of the disease, or it may be diabetes, dropsy, rheumatism, heart disease, or some other of the dangerous diseases that mark its advanced stages.

You will find that Dodd's Kidney Pills cure kidney trouble, no matter where or in what form it is found. Ask your neighbors for the proof.

In a Maori Wooing House.

Among the Maoris sometimes in the whare matoro (the wooing house), a building in which the young of both sexes assembled for play, songs, dances, etc., there would be at stated times a meeting. When the fires burned low a girl would stand up in the dark and say: "I love So-and-so. I want him for my husband." If he coughed (sign of assent) or said "Yes" it was well; if only dead silence she covered her head with her robe and was ashamed. This was not often, as she generally had managed to ascertain, either by her own inquiry or by sending a girl friend, if the proposal was acceptable. On the other hand, sometimes a mother would attend and say, "I want So-and-so for my son." If not acceptable there was generally mocking, and she was told to let the young people have their house (the wooing house) to themselves.

The Spit of Ceremony.

Among the Akikuyn, of East Africa, described by Mr. and Mrs. W. S. Routledge in "With a Prehistoric People," to spit upon a person or thing indicates good will. "The blacksmith spits upon the sword he has forged before handing it over to the owner. So, too, courtesy demands that a man should spit in his hand before offering it to a friend, and the female visitors spit upon the newly arrived youngster as a sign of welcome." Even in England there are relics of the same custom in the habit among the lower classes of spitting on a coin.

ISSUE NO. 21 1916

HELP WANTED.

WANTED—COMPETENT MAID—GENERAL. Family of three. Good wages. State age and experience. Address, P. O. Box 6, Hamilton, Ont.

GIRLS WILLING TO WORK ON British Army Orders, knitted underwear. Seamers, plain stitchers and learners. Bright, healthy employment. Good wages. Zimmerman Mfg. Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED — HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland", St. Catharines, Ontario.

WANTED—WEAVERS AND LEARNers—wages paid while learning; experienced weavers earn high wages. For full particulars apply, The Slingsby Manufacturing Company, Limited, Brantford, Ontario.

FOR SALE.

FOR SALE—FANCY PIGEONS AND flying homers; prices reasonable. L. J. Holton, 62 Caroline street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply, Wellandra Hospital, St. Catharines, Ont.

Arm in Arm With a Tigress.

It is related of Sir Edward Bradford that he once walked arm in arm so to speak, with a tigress. He was out shooting, and, always a fearless sportsman, had come to close quarters with his quarry. He fired, and either the ball failed to take effect, or but slightly wounded the animal. She sprang at him and seized his left arm above the elbow. The pain must have been terrible, but Sir Edward kept cool, and realizing that it would be death to drag his mangled arm away and allow her to spring afresh at him, he deliberately walked a few agonizing paces until his comrade was able to take aim and kill the brute. Thus his courage saved his life, though the amputation of his arm at the shoulder proved necessary.

Corns Drop Out

INSTANT RELIEF

Paint on Putnam's Corn Extracter tonight, and corns feel better in the morning. Magical, the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c bottle of "Putnam's" Extractor to-day.

ENGLAND'S GUINEA HABIT.

They Have No Such Coin There, Yet Still They Use It.

Strangers in foreign countries always find some difficulty in getting used to the current coinage. In England they find themselves up against quite a number of problems, not the least of which is the guinea, and the difficulty is not lessened by the fact that the guinea is practically obsolete as a coin of the realm. The English physician's fee is always calculated as so many guineas, and the same thing holds good at a sale of pictures or whatnot at Christie's salesrooms.

The guinea is a gold coin current for 21 shillings sterling, or about $5, but it has not been coined since the issue of the sovereign in 1817.

The guinea habit has been defended by some subtle dealers on the ground that it obtuscates the "foreign visitor" to British salesrooms." On the other hand, those astute cambists have been known to growl at a few thousand sterling added to the price of a valuable picture by the adhesion to the guinea style of bidding. The story runs that the guinea was so called from the pieces struck from the bullion captured by Sir Harry Holmes in 1666 from 160 Dutch sail in Schelling bay, the bullion being from Guinea. But Shakespeare has an earlier play on the word when he mentions "guinea hen" in "Othello," as regards the auction usage of the guinea. There can be little doubt that it is a survival of the times when the extra shilling was treated as a five per cent. commission, payable by the buyer. Double commissions are, however, now obsolete.—Chicago Record-Herald.

Inspiration in Dreams.

Coleridge must be added to the list of authors who have found inspiration in dreams, for he himself has told us that he composed over 200 lines of the "Kublai Khan" during a sleep of three hours. On awaking he wrote down the fragments now existing, but the interruption of a visitor banished the rest from his mind. The first idea of "The Ancient Mariner," too, was suggested to the poet by a dream of his friend Cruickshank. And Kipling's "Greatest Story in the World" was but the half remembered dream of a commonplace young man.—London Mail.

Know Your Own Stomach. "Spring Tonics" are for those who do not know that Nature must repair wasted tissue from the food they eat. Help Nature to throw off the toxins of a heavy Winter diet by eating **Shredded Wheat Biscuit**, a real whole wheat food that is prepared in a digestible form. Follow Nature's plan—get your strength from a simple, natural food that is thoroughly cooked and easily digested. Try it for breakfast with milk or cream; eat it for luncheon with berries or other fresh fruits; make it your "meat" for the Summer days. Easily prepared, easily digested.

Made in Canada.