Throbbing Headache Made to Disappear Over Night

Follow This Advice and You'll Get Relief Mighty Quick.

Headaches are caused by the accumulation of poisons in the blood. The cure is not difficult. First, cleanse the entire intestinal

tract. Second, stimulate the action of the kidneys and liver. Third, keep the pores of the skin

Lastly, regulate the bowels and vaid constipation as you would the plague. The remedy is Dr. Hamilton's

Pills, which cure the dizziest headache ever known. In fact people who use Dr. Hamilton's Pills never have headaches,

because they regulate the system so thoroughly that no chance is given for a sick condition to develop. Away with your headaches, done with dizziness, languor, and

alone can bring. Contain nothing but vegetable extracts and juices, and are absolutely safe for children, women or men. Get the genuine Dr. Hamilton's Pills in yellow boxes,



Sunday School Lesson V., May 2, 1920 THE BOY SAMUEL

Commentary-1. Samuel dedicated to the Lord (1: 24-28). When Hannah prayed to the Lord that she might have a son, she promised that she would lend him to him all the days of his life; accordingly she took him to the house of the Lord when he was weaned that he might remain there in the service of Jehovah. At what age he begun this service we are not told. He must have been at least two or three years of age and possibly five or six, for Oriental scholars tell us that it is not uncommon for a mother in that country to nurse her child up to the age of five or six years. When Hannah went to the house of the Lord at Shiloh, a place about twenty miles north of Jerusalem to dedicate her son to the Lord, she took as an offering three bullocks, a half bushel of more of flour and a skin-bottle of wine. It had been suggested that one bullock was for a burnt-offering, one for a "sacrifice in performing a vow" and one for a peace-offering (Num. 15:9).

II. The Call of Samuel (3:1-10) Samuel—The name means, "Asked of God." Ministered unto the Lord before Eli.-A minister is a servant. Samuel, was according to the opinion of Josephus twelve years old at this time. He had duties to perform about the tabernacle, pertaining to the light (v. 3) and the doors (v. 15). He was also the personal attendant of Eli, who was aged and partially blind. Word of the Lord was precious.—The word was rare, as the moral and spiritual condition of Israel was not favorable to frequent messages from God to the people. Priests and people had departed from the Lord. No open version-"No frequent vision."-R.V. 2. At that time.—It was during the period of the scarcity of revelation. It was a memoriable time in the lives of Eli and Samuel. Eli was laid down in his place. He probably slept in one of the buildings surrounding the tabernacle erected for the accommodation of the priests and other attendants. Samuel slept near by. 3. Ere the lamy of God went out. This was the golden lamp which stood before the most holy place. It was lighted at sunset and burned until morning. Where the ark of God was. -This was the most holy place. The ark was the symbol of God's pres-

4. The Lord called Samuel.-The boy was awakened by the call, "and he answered, Here am I." Samuel was attentive to his duties. The voice must have sounded to him like that of Eli, but being awakened from sleep by the call, he would not be likely to judge clearly whence it came. 5. He ran unto Eli. - Inasmuch as he was entirely natural that he should suppose that Eli had called him, thinking he needed some attention. I called not.—Samuel must have been suprised at Eli's answer, but he took it that he himself might have been mistaken. At Eli's direction he obdiently lay down again. 6. Thou didst call mo. - Samuel's readiness and attention afford an excellient example of the virtue of obedience. 7. Samuel did not yet know of the Lord.

-Samuel knew not the Lord in the way of receiving divine communications from him, for, as already stated such communications were at that time rare.—Whedon. The second civil obligations. The prompt obed. part of the verse explains the first. 8. Eli perceived that the Lord had called the child.-If Samuel had come to him but once or even twice, thinking that he had called him, he would probably have thought the boy was dreaming; but when he came the third time, positive that Eli had called him, the priest was convinced that the Lord was speaking to him. 9. Speak, Lord; for thy servant heareth.-No wiser advice could have been given than this. When God calls. and he calls all, this is a most fitting came, and stood and called .- God not only spoke to Samuel, but he also appeared to him in some visible form. Pills will still all disturbances of this

He calle all children by his Spirit. III. The Lord's Meseage to Eli (3. 11-18). 11. The Lord said to Samuel -God did not at this time speak directly to Eli. He had previously sent a propaet to him, as regarded in the preceding chapter. He speaks to Samuel now. in calling him to the prophetic office, and for the purpose of preparing him for receiving and vering other messages from him- never know when we are well off till El. Fars . . . shall tingle-"As a afterward.

loud, sharp, discordant note thrills one's ears with pain, so the bitter tidings of Israel's woe in the judgment about to fall on Eli's house would shock all Israel." Reference is made to the coming defeat of lerael by the Philistines, in which the ark of the covenant would be captured Eli's sons would lose their lives and Eli himself would die as a consequence of the defeat. 12. Which I have spoken—By the prophet, as recorded in 1 Sam. 2: 27-36. Make an end-The Lord would complete the work which he had threatened by His prophet. 13. His sons made themselves vile-They were greedy and licentious. Restrained them not-Eli "contended himself with gentle expostulation (1 Sam. 2: 23), instead of thrusting them out of the sacred office they had so grossly abused. By this weak indulgence he became par-taker of their sins." 14-18. Samuel lay until morning, then opened the doors of the house of the Lord as usual. Eli had to press the boy strongly for a report of what God had said to him. When he heard the meseage, he quietly acknowledged the justice of it all.

IV. Samuel recognized as a prophet (3: 19-21). 19. The Lord was with him-God's presence affords comfort, strength and guidance. God was with Abraham (Gen. 21: 22), Jacob (Gen. billiousness — use D. Hamilton's 25 15), Joseph (Gen. 39: 2), Moses Pills, and enjoy the health that they (Exod. 3: 12), Joshua (Josh. 1: 5), Gideon (Judges 6: 16), David (1 Sam. 16: 18) and others. Let none of His words fall to the ground-What Samuel said under divine inspiration came to pass. He was a true prophet. 20. From Dan even to Beer-sheba-This phrase denotes the total extent of Israel. Dan was at the extreme north and Beer-sheba at the extreme couth. 21. The visble abode of Jehovah was in Shiloh and there he revealed himself to his prophet.

Questions.-Who were Elkanah and Hannah? What was the burden of Hannah's prayer at the house of the Lord? To whom did Hannah "lend" Samuel and for how long? Where did Samuel live? What were some of the boy Samuel's duties? What did he hear one night? How many times was he called? What message did the Lord give Samuel for Eli? How did Eli receive the message? Tell how Samuel became established as a prophet in Israel.

PRACTICAL SURVEY. Topic.-Religious training of child-

I. Samuel, a child of prayer and

promise. II. Religious training of children. The record of Samuel takes up the thread of Israelitish history where the Book of Judges leaves it, toward the close of the forty years of Philistine oppression. The events recorded embrace a period of about one hundred twenty-five years. It is the record of a great epoch in the history of the Jewish nation, and indirectly of the kingdom of God on earth. The Book of Samuel has a special value as revealing the kingdom of Christ, as cidents is from 9 to 10 a.m. king, and first announces that the per cent. of the accidents occur to new kingdom founded in him will be uni-

16). Samuel, a child of prayer and promise. The name Samuel, "the asked of God," is significant. In the account of his birth attention is chiefly the cold. Over 80 per cent. of the acfixed upon his mother. She was a cidents are due to carelessness. The woman of keen spiritual sensibilities, was almost a Nazarite in practice and possessed prophetic gifts (2: 1). She third as frequently as the average man. sought from God the gift of the child with a passionate devotion of prayer, of which there is no example in the Old Testament. In keeping with the age of vows in which she lived, she dedicated him before his birth to the calling of a Nazarite. When weaned, he was brought to the tabernacle at Shiloh, where he was solemnly consecrated (1: 24). The prayer hymn which follows has both an historic and prophetic significance. A pious ancestry bestows great privileges, and imposes corresponding responsibilities. Paul reminds Timothy of the pious generations preceding him (2 Tim. 1: 5), and Peter asserts that "the promise is unto you. and to your children' (Acts 2: 39). Paul declares, however, most emphatically that piety is not hereditary (Phil. 3: 4-8). The Baptist warned his auditors against building any moral expectations on ancestry (Matt. 3: 9). Eugenics can not eliminate the universal moral necessity of being "born again."

II. Religious training of children. "Samuel ministered before the Lord," under the direction and training of Eli. From his very early years Samuel dwelt in the sanctuary and was daily in attendance upon its services. In this ministry he was prepared for the sterner service he was later to was accustomed to wait upon Eli, it render outside its courts in a more public capacity. The instruction and influences of his early life fitted him to fulfill the arduous mission to which he was later called in judging the nation, and strengthened him to execute the divine commands, even to the terrific one of hewing "Agag in pieces before the Lord." 'I Sam. 15: 23. Religious training, too generally neglected, will not make any one a Christian, but will place assets of tremendous value on that side. Submission to rightful authority is one of the first. most important and most neglected elements of Christian training. Disregard for parental authority is the foundation of defiance of divine and ence of Samuel to the supposed call of Eli prepared him to receive and transmit the message of God. Religious training should embrace familiarity with Christian doctrine. Read Deut. 4-9; 2 Tim. 3: 14, 15. Truths that are true for ourselves are as imperatively true for our children. Religious training should embrace the observance of religious duties.

W. H. C. They Southe Excited Norves -Netrous offertions are nanally attribut response to make. 10. The Lord able to defective digestion, as the stomach dominates the nerve centres A course of Parmelee's Vegetable character, and by restoring the stomach to normal action relieve the nerves from irritation. There is no sedative like them and in the correcttion of irregularities of the digestive processes, no preparation has done so effective work, as can be testified to by thousands.

Appreciate the joys of to-day.



It's the stropping that counts!

Any razor is soon ruined by unskilled stropping. There is one and one only razor that sharpens itself — the AutoStrop Razor. You can't strop it wronglyjust slip the strop through the frame and a few strokes to and fro will renew the blade edge.

Any dealer will demonstrate the AutoStrop Razor to you, guarantee satisfaction, or refund of purchase price.

Only \$5.00 complete with strop and twelve blades in an attractive assortment of cases to suit any purpose.

AutoStrop Safety Razor Co., Limited AutoStrop Building, Toronto, Canada

When Most Accidents Occur.

Some interesting facts in regard to safety work have been gleaned from the Safety Committee's experience in connection with the large plants of the General Electric Company industries on the other side of the line. The tabulated data shows that more accidents occur on Monday than on any other day of the week and that the most careful age is found to be 37. Other striking incidents are that the ages showing most accidents in proportion to the number of employees are between 22 and 26, and 50 years and over. The hour showing most acemployees or those who have less than ix months in one position. Contrary to general belief, the foreign-born employees are quick in acquiring the safety habit, if taught. More accidents occur in the hot season than in average woman on the same kind of work meets with an accident only one-

He Has Tried Them **And Got Results**

WHY A. J. MACLEOD PRAISES CODD'S KIDNEY PILLS.

Nova Scotia Man Gives the Reason Why He Advises Sufferers from Kidney Trouble to Use Dodd's Kid-

River Dennis, N.S., April 26.—(Special)—"Dodd's Kidney Pills helped me wonderfully. My back is better and as I haven't taken any other medicine since starting to take them, they must have done me a lot of good." In these words Alexander J. Mac-Leod a well-known resident here gives his reason why he praises Dodd's Kidney Pills and why he says, "I would advise anybody who has kidney trouble to give Dodd's Kidney Pills a

The reason Dodd's Kidney Tills are popular all over Canada is that people have tried them and found them good. Dodd's Kidney Pills have been in use in Canada for more than thirty years. They have been used by thousands of people suffering from various forms of kidney trouble, such as rheumatism, dropsy, sore back, weakness,

diabetes and Bright's disease. Ask any one of these thousands to give you his opinion of Dodd's Kidney Pills. It is on the relief afforded sufferers from kidney trouble that Dodd's Kidney Pills have built their reputation as the sovereign remedy for sick

NATURAL AISTAKE. Hicks-I say, waiter, where's my

Waiter—You just drank it, sir.

Hicks—What! I thought that was the

EXPLAINING THE EARLY BIRD. (New York Sun.) First Bird-"Didn't you come north unusually soon?" Second Bird-"Yes, I heard nests are

going to be awfully scarce." Corns cripple the feet and make walking a torture, yet sure relief in the shape of Holloway's Corn Cure

is within reach of all. THERE ARE PETS AND PETS. (Boston Transcript.)

Heck-"My wife has a great fondness Peck—"That depends on whether you

efer to animals or the mood." Miller's Worm Powders do not need the after-help of castor oil or any purgative to complete their thoroughness, because they are thorough in themselves. One dose of them, and they will be found palatable by all children, will end the worm trouble by making the stomach and bowels untenable to the parasites. And not only this, but the powders will be certain to exert most beneficial influences in the digestive organs.



THAT VEGETABLE GARDEN. It is important that the seeds be selected carefully, and purchases should be made from reliable dealers. As a rule, a small quantity of excellent seeds will produce better quality in vegetables. and amount of poor or cheap seeds. Frequently cheap seeds contain weed seeds, and these, once started in the garden, are apt to become a menace ever after. Besides there is poor vitality in cheap seeds, they very often dying shortly after germinating.

Another objection to cheap seeds is

that there is no guarantee that they will turn out what they are represented to be. It is discouraging, to say the least, to find that, after a year's nursing the crop is not the variety wanted. Reliable seeds should be planted in approximateld the following quantities: Bush lima beans and bush snap beans, 3 to 6 seeds, 12 to 15 per foot: carrots. 25 to 30 per foot; Swiss chard, 6 to 8 per foot; sweet corn, 2 to 3 per foot in drills, or 4 to 5 to a hill; cucumbers, mushmelons and watermelons, 10 to 15 per hill; 'lettuce, onions, parsley, pars-nips, spinach and turnips, 20 to 25 per foot; peas, 10 to 12 per foot; squash and pumpkins, 4 to 8 per hill. The growth should be carefully watched and the plants thinned as needed. PREPARING THE GARDEN SOIL

Early preparation of the garden soil is important for best results in making the mechanical condition what it should be. Garden soil is required to produce heavily. To make this possible the soil must be in the best possible mechanical condition. It must be deep, meilow and friable. When it is plowed or hoed it should crumble. In other words, the minute particles must be granular, each maintaining its form and consistency. When such soil becomes wet each particle is enveloped by a film of water, which is retained for some time. The plant fod is thus dissolved, and this water-laden plant food is taken by the roots of the plants. The finer the soil particles the more pore space between for air and the better it will hold moisture, other conditions being favorable. Garden soil must have plenty of what is known as humus-decayed vegetable and animal matter that makes up that dark, "stringy" part of the soil. Where soil is low in humus it will be necessary to apply manure, turn under green crops or apply leaves, straw and other rubbish to decompose and supply the organic matter.

Commercial fertilizer may be used to good advantage on most garden soils. Acid phosphate is especially beneficial on soils. More phosphate is required for beans, peas, turnips, melons, etc., under conditions prevailing on most soils where a heavy yield is expected. Nitrate of soda may be used to increase the supply of nitrogen; wood ashes or potash salts to supply the potash in case it is needed.

VEGETABLE SOWING TABLE. The following table will be found useful in computing vegetable seed requirements when making out the seed order One Ounce Sufficient of Seed of Sown. for a Row. Beet 8 in. apart. Chicory ... 9 in. apart. Lettuce ..., ... 6 in. apart. Onion 4 in. apart. Onion Continuousiv Parsnip 8 in. apart. 6 in apart Radish ... 2 in. apart. . 6 in. apart. Pint Seed Dwarf Kidney

Peas 2 in 2part. The seed should be sown thinly in broad arms with flat bottoms, so the seed may not come close together. There is not only waste in sowing thickly, but it entails unnecessary work in later on thinning out the plants, and the seedlings will not make such strong plants To sow broaucast is wasteru. sowing the soil should be moderately dry and not wet, cold and heavy. To prevent peas and radishes from being dug up and eaten by birds, dainpen the plants and then dust with red lead. To keep slugs away from the plants sprinkle soot, finely sifted ashes or lime

Bean 6 in. apart.

over the rows. The seed bed should have a dressing of one of these as soon as the seedlings show. Most soils will be benefited by a dressing of hydrated lime, sufficient to whiten the surface. It will be found economical to use only the large potatoes when cutting for seed. It is not advisable to cut out and plant the eyes, as they produce weak plants. Dip the cut potatoes in a salution of one pint of formalin to 30 gallons of water, allowing them to remain in the solution for an hour and a half. Remove and dry before planting .

No matter what the conditions may be the young pig will never be thrifty unless he has plenty of pure, fresh water This important point is more neglected. perhaps, than any other. Slop will not, of course, do for drinking water entirely, though it is a partial substitute.

Any well-drained, fertile soil, which will produce a good corn crop, is well adapted to onion culture. Breeders of pigs must bear in mind that the only hope of making pig-raising a profitable industry lies in their pro-

ducing pork of the best quality, and this can only be accomplished by breeding from those animals which are possessed in a marked degree of those points such as early maturity, quick growth, fine quality of bone and orfal, and then by sential quanties. A pig should make one pound in weigh for every day of its life, and then it will be ready for the market any time after it is 6 months old. Pride should cause every farmer to maintain his cows in an attractive. cleanly and santary condition every day in the year. In a way the appearance of the cow is an accurate measure of the owner.

A horse, no matter how highly he may be bred, will stand a great amount of good honest cold without any effects even upon his coat, if he is properly clothed; provided, always, and it is an unquestionable fact that if he is allowed to enjoy a fair allowance of fresh air the stable he will be less liable to suffer from colds and chills than he would were he always kept in a heated atmosphere. It is the standing about out of doors that creates most of the mischief that horses suffer from, and the danger is materially increased when the animals are heated. It seems reasonable to expect that fol-

owing the decrease in colt production, which has been evident during recent years, we will have a period in which the price of horses will be materially above cost of production. Efficient work cannot be done farms with poor and inadequate farm implements. With labor scarce and high there is now a stronger reason than

ever for using improved and necessary

farm implements and machines.

implements and conserve labor A Real Aethma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the cures which it performs. Expect real relief and permanent benefit when you buy this remedy and you will not have cause for disappointment. gives permarent relief in many cases where other so called remedies have

utterly failed. Many agree as to the goal-truth but never as to the road, the method and criterion.—Amiel.

It Works Wonders On Cataerhal Colds

Simple as A. B. C. to Drive Away Colds With "CATARRHOZONE"

When your throat rattles, your ungs and chest are sore, your throat s stuffed with cold-don't fear consumption—use Catarrhocone and get well. It clears the throat, cures backing, relieves tight chest, and soreness in the bronchial tubes. To clear away Catarrh of the nose nothing could be better. Catarrhozone is nature's own remedy—it heals and soothes—cures every form of throat, lung and brenchial trouble. Prescribed by many specialists and used by thousands every day. Get the dollar outfit; it lasts two months and is guaranteed. Small size, 50c; trial size 25c; at all

FATS TO SAVE THE CHILDREN

In a recent interview with the Daily Mail, Dr. Addison, the British Minster of Pubic Health, in discussing the Select Committee's report on the work of the Army Medica, Board, refers to it as the most astounding medical document ever compiled. One man in every three men of military age is untit.

We are enormously handicapped as nation by poor health. The Lord Mayor of London has been asked to call a conference to discuss plans for arresting the physical decay in Lonlon. What are the causes leading to the present state of national ill-

There is a disease called rickets which is rife throughout Great Britain. It begins in early childnood and always leaves its effect upon an adult, man or woman.

Spinal curvature and other bone deformities, defective teetn, with consequent poorly developed bodies, result rom this widely prevalent disease. Many pale, anaemic, stunted men and women frequently seen among the poor and middle classes, owe their present physical condition to this disease contracted during the first and second years of life.

The Medical Research Committee lave recently published the results of the investigations which have been carried on during the past three years at the Lister Institute, London, and at Cambridge. These research workers have discovered the cause of this disease, which is undermining the health of the nation. This great discovery has resulted from actual experiments on mice, guinea-pigs and puppies.

Briefly the results of the investi-100 ft. gations are these: Rickets is a deficiency disease. A deficiency disease is one which is caused by the lack of something in the food supply necessary for the proper development and functioning of the body. Certain foods fail to support nutri-

tion—disease follows because there is absent in these foods minute amounts of certain constituents which are called vitamines.

The dicease as seen in human beings can be reproduced in animals fed on certain foods which are lacking in certain fats—the so-called animal fats. of which the best examples are milk, butter and cod-liver oil.

Puppies with artificially produced ickets can be cured when animal fats are added to their diet. The treatment given to puppies with rickets, if applied to children, should lead to equally beneficial results, unless the damage to the bones and other tissues of the bodies has advanced too far. Milk and butter are the best articles of diet for young and growing children. If there is a shortage of butter, butter should be reserved for hildren; if it is totally lacking, the deficiency can be replaced by margarines made from animal fats, by

by eggs. The margarines made from regetable oils are to be condemned. When there are already signs of rickets a daily dose of cod-liver oil essential to all other proceedings. Thousands of infants are being deprived of an adequate supply of this essential constituent of their diet. A large proportion of these will grow un and become our future men and "omen, and many will die, as the infor mortality is high in children with

rickete

cod-liver oil and by the fish-oile, and

It Has Many Qualities.—The man who possesses a bottle of Dr. Thomas' Eclectric Oil is armed against many ills. It will cure a cough, break a cold, prevent sore throat; it will reduce the swelling from a sprain, cure the most persistent sores and will speedily heal cuts and contusions. It be got for a quarter of a dollar.

Japanese Proverbs.

Saito-man, a well-known Japanese journalist, writes as tollows in the London Laily Mail: Many foreigners have been pleased to call my country the land of proverbs. A large percentage of our proverbs, it is needless to say, concern women. Most of the old well-known ones have been freely translated, or stolen, by foreign writers. But we are not worried. ing created by the new generation of men and women. I translate below some of the gems which have recently come under my notice. They do not necessarily represent the opinion of the present day Japanese

people, but they are at any rate a contribution to the abundant world wisdom on the immortal proteem: "Tender and hard is woman's heart." "If you want to love women begin by spending money.' "Women who remember shop signs and trademarks make good wives. "Very jealous women are easy to con-

trol."
"Pride goes before a fall, especially in beautiful women."
"Women and mountains should be looked on at a distance."
"Men who can neither brag nor flatter need not fear being loved by wo-

Mothers can easily know when their children are troubled with worms, and they lose no time in applying the best of remedies-Mother Graves' Worm Exterminator.

FARMERS MARKET Dairy Produce Live Poultry—
Chickens, lb. ... 0 35
Roosters, lb. ... 0 39
Fowl, lb. ... 0 38 Apples, bkt. 0 50

Apples, bkt. 5 60

Rhubarb, bunch 0 10 Vegetables-Beets, bag Parsnips, bag 2 00 Turnips, bag 1 00

MEATS-WHOLESALE. Beef forequarters, cwt. .. 15 50 Do., do., medium Do., hindquarters Do., do., medium Carcases, choice, cwt. Do., prime

Heavy hogs, cwt.

Abattoir hogs, cwt. Mutton, cwt. ... 16 00 Lamb, yearling, lb. ... 0 28 SUGAR MARKET.

Do., Spring, each 14 00 The wholesalc quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:
Atlantic Granulated, 100-lb, bags., \$19.21
Do., No. 1 yellow, 700-lb, bags...18.81 Do., No. 1 yellow, 100-lb. bags...18.81 Do., No. 2 yellow, 100-lb. bags ...18.71 Do., No. 3 yellow, 100-lb. bags ...18.61 Redpath Granulated, 100-lb. bags... 18.71 Do., No. 1 yellow, 100-lb. bags... 18.31 Do., No. 2 yellow, 100-lb. bags... 18.21 Do., No. 3 yellow, 100-lb. bags... 18.01 Do., No. 4 yellow, 100-lb. bags....17.91 St. Lawrence Granul. 100-lb. bags..19.21 Do., No. 1 yellow, 100-lb. bags ... 18.81 Do., No. 2 yellow, 100-lb. bags ... 18.71 Do., No. 3 yellow, 100-lb. bags ... 18.61 Acadia Granulated, 100-lb. bags.....19.21 Do., No. 1 yellow, 100-lb. bags... 18.81 Do., No. 2 yellow, 100-lb. bags... 18.71 Do., No. 3 yellow, 100-lb. bags... 18.61

OTHER MARKETS.

WINNIPEG EXCHANGE. Fluctuations on the Winnipeg Grain Exchange were as follows:-Open. High. Low. Close.

Oats-	o p		2011.	C1050.
May x1 103	4 1	10%	06%	1 0634
July 1 035	8 1	035%	991/4	0 991
Oct 0 881	4 0	881/2	861/8	0 863
Barley-	_			
May 1 631		65% 1	63	1 63
July 1 603	4 1	621/2	601/4	1 6054
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xTo \$1.10 2 sol	d.			
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MINNEAPOLIS.

Minneapolis-Wheat, cash, No. 1 North-\$1.63 to \$1.65. Oats, No. 3 white, 95½ to \$6½c. Barley, \$1.35 to \$1.65. Bran, \$50.00. Flax, No. 1, \$1.44 to \$4.49. Flour unchanged: whitehometer \$4.200. changed; shipments, 43,236 barrels.

DIGESTIVE TROUBLES CAUSE DISTRESS

BUT THEY ARE NEARLY ALWAYS DUE TO THIN WATERY BLOOD.

Do not think that because your stomach is easily upset you are the victim of some serious malady. One of the most common predisposing causes of indigestion is anaemia, or thin, watery blood. In fact it has become generally recognized that healthy a civity of the stomach is impossible unless the blood is rich Dr. Wlliams Pink Pills have been

found most valuable in cases of indigestion, nervous dypepsia and stomach weakness, just because they are a blood builder and nerve tonic. The rich, red blood they make not only imparts - healthy digestion, but carries color to the cheeks and lips and gives vigor to the muscles. One important point to remember is that Dr. Williams Pink Pills contain no harmful drugs or opiates and are thus to be preferred to preparations that merely stimulate for a time. Eefore you begin worrying unnecessarily about your state of health, try the tonic treatment of Dr. Williams Pink Pills. You will be surprised to see how rapidly your appetite returns and your whole debilitated system revives, as the new, rich blood courses through war body. Here is the stateis a medicine chest in itself, and can | ment of one person among thousands who have used Dr. Williams Pink Pills to their own great advantage. Mrs. A. Veniot, Homford N. S., says: "For about two years I was a great sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal I took brought with it misery, as it was followed by pain, and sometimes nausuch an extent that my heart would New and clever proverbs are fast be- palpitate at an alarming rate. These

sea and vomiting. At other times gas would form on the stomach to conditions brought on extreme nervousness and irritability, and I found my general health so much affected that the least exertion would tire me and I slept poorly. I had been doctoring for several months with no result beyond slight temporary relief, when I was advised by a friend to try Dr. Williams Pink Pills. I decided to follow this advice, and got a half dozen boxes. Good results soon began to show from this treatment, and the further continued use of the pills have made me a well woman. I can cheerfully recommend Dr. Williams Pink Pills to similar sufferers."

You can procure Dr. Williams Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six hoxes for \$2.50 by writing direct to The Dr. Williams Medicine Co., Brockville, Ont.

If you wish to be young, mix with the young peonle. If you wish to feel young, mix with your elders. Life.

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