

FROM THE TROPICS TO HEAL US



Cedron Seed Plant.

In Central America many natives are gathering the seeds of this plant, Cedron Seed, a rare medicine that has valuable curative powers. But few drug stores carry this seed, owing to the high cost of the article.

This country is a large consumer of this costly seed because it enters into the famous catarrh remedy, Peruna, sold the world over.

A Practical Lesson in Etiquette.

Many of you have read "Deliver's Travels," and would like to know a story about Dean Self, who is a very thoughtful book. A friend of his frequently sent him a letter about a fish to the dean's home. He never received anything from the dean, but he felt rather aggrieved.

One day he saw the fish at the door as usual, and he brought it into the dean's study, and put it on the table, and said something to the dean. The dean has sent you a turbot.

"Young man," said the dean, rising from his chair, "I have just delivered your message. Let me know what your master says. We will change the fish down in my chair and I will tell you to behave in future."

The boy sat down in the easy chair, and the dean went to the window, looked, advanced to the table in a careful manner, and, making a slight bow, my master presents his compliments, hopes you are well, and requests you will accept this small present.

"Does he?" replied the boy. "Return him my best thanks, and send him a crown for yourself."

At that the dean laughed heartily and gave the boy a crown for his smartness.

You see, the dean is a lion, as well as the boy.

Killed by Lightning.

On the 4th—John C. Steen, father of Mrs. George Albert Road, was struck by lightning during a storm yesterday afternoon at his home. Steen had gone into the house to get his daughter to cover some of the furniture. Death was instant.

Tears Down Two Houses Rather Than Pay Higher Water Tax.

Boston—Rather than submit to the new water rates imposed by the meter service, Miss Eleanor Healy, of 112 Cedar street, Roxbury, has begun to tear down two of her cottages on Douglass avenue and Webber street, Roxbury. Miss Healy's water bill for the entire year of 1909 was \$10. When she received the quarterly bill last month from the water commissioners under the new meter system, she found that she had been charged \$22.40 an increase, computed for the entire year, of over 500 per cent.

Miss Healy filed a protest at city hall, and made complaint to some of the officials. When her protest proved unavailing she ordered the water turned off and gave the tenants of the cottages owned by her forty-eight hours notice to vacate, declaring that rather than submit to what she considered an exorbitant charge she would pull down the dwellings and erect a factory in their place.

MINISTER WHO TESTED ZAM BUK

Read His Deliberate Opinion.

Rev. P. F. Laughlin, "The Manse," Carp, Ont., writes: "Some considerable time ago I began using Zam-Buk with a view of testing it thoroughly. I am troubled with eczema, which is always worse in the early part of winter and seems to leave me about spring. I tried Zam-Buk immediately my hands started to break out, and am pleased to say that I checked the disease, which is more than I can say for anything I have ever before tried. We now have Zam-Buk in the house continually. The children use it for scratches, cuts and any skin injury or disease and I carry a small sample box in my pocket. One evening I happened to look in where an old man had met with an accident a week before and had lost a finger nail. His wife was dressing the wound. I dressed it with Zam-Buk and left the little sample box with them for the next dressing. I have seen the old gentleman since, and he has now the same high opinion of Zam-Buk as myself and my family have.

"On another occasion a farmer called at 'The Manse,' and I noticed a rag on his finger. Enquiring about the injury, I learned that he had somehow taken a piece of flesh off, and the wound had started to fester. He was afraid it would turn to blood-poisoning. I gave him about a third of a box of Zam-Buk and he applied it. A few days later I saw him, and he said, 'That's great salve of yours; my finger is now doing fine.'

This is a Scotchman's opinion; it has taken a good while to convince him, but he wanted to make sure of Zam-Buk's merit before endorsing it. 'It is well worth recommending.'

This is exactly the kind of testimony we most appreciate. Test Zam-Buk! Don't go by hearsay! You will find it gives the best results in all cases of eczema, ringworm, festering sores, piles, cuts, burns, face sores, eruptions, and all skin injuries and diseases. All druggists and stores, 50c box, or from Zam-Buk Co., Toronto, for price, but refuse harmful substitutes and imitations.

SURVEY PARTY ORGANIZED

D. W. Maxwell, chief engineer of the St. John Valley Railway survey organized his staff this morning for the up-river section and the camp will be pitched near the Power Company's station, two miles from Woodstock. The list is—Chief, James J. Taylor; transit, F. W. C. Wetmore; level, Fred Baird; topographer, B. W. Harmon; rod man, Charles Moffat; chainmen, Ambrose McGuirey, Fred McLean; rod man for topographer, Aubrey Rideout; tapeman for topographer, Frank McVey; axemen, Sydney Giberson, Guy Pryor, Wm. Hamilton, jr.; picket, Gordon Bailey; cook, Wilfred Crawford; teamster, Fred Cowan.

An Incident.

On a railway train running on a branch road from a great city to the suburb, a little incident in complete contrast was noted by eyes quick to see what happened on the road. A woman, evidently a foreigner and very poor, was encumbered by a baby in her arms while two older children tugged at her skirt. In addition she had several nondescript bundles. When the brakeman announced her station she was bewildered and greatly impeded in her efforts to leave the car. She was not quite sure of the place, and she could not easily manage the babies and bundles.

A tall young fellow, conspicuously well dressed, had been sitting near, apparently lost in a book which he was studying. He tossed the book aside, seized the heavy bundles and gave a hand to one little brown-faced child, assisted the whole party out of the car, first ascertaining that they were at the right point of their journey, lifted his hat to the mother as if she had been his own, resumed his place and his book as if he had done nothing uncommon. This incident was chronicled in the memory of one whom it made happier for a whole long day.—Herald and Presbyterian.

Skim milk is as good a feed for hens as for pigs, and will bring as much profit.

He Had A Pain.

A man who had reformed and kept sober for a year called upon the tavern keeper, who welcomed him back to his old haunt.

"Oh, landlord," said he, as in pain, "I have such a lump on my side!"

"That's because you have stopped drinking," said the landlord, "you won't live long if you keep on."

"Will drink take the lump away?"

"Yes; and if you don't drink you'll soon have a lump on the other side. Come let's drink together," and he poured out two glasses of whiskey.

"I guess I won't drink," said the former inebriate, "especially if keeping the pledge will bring another lump, for it is not very hard to bear after all." And with this he drew the lump—a bag of dollars—from his side pocket, and walked off, leaving the landlord to his reflections.—Selected.

South African Veteran Runs Amuck with Rifle

Winnipeg, May 6—Robert Murdock, a Black Watch veteran, wounded at Magersfontein, but now a farmer at Silver Mountain, ran amuck with a Winchester rifle today and shot down George Besant, a fellow farmer. He fired at all who came within distance and eventually put a bullet in his forehead, pushing the trigger with his toe. Almost miraculously, it would seem, both victim and marksman will escape death. It is believed Murdock suffered from some mental derangement.

There is no problem of increased cost of food if you eat more

Quaker Oats

An ideal food; delicious; appetizing; strengthening.

Compared with other foods Quaker Oats costs almost nothing and yet it builds the best.

Kissing and Late Trains.

Now the railway officials join in stern condemnation of the special sort of lip service that is commonly supposed to express non-spiritual devotion. This is the long-lost reason why trains are late and time-tables a delusion and a snare. The French railwaymen have found it out and mean to post notices everywhere, "Defense de s'Embrasser." There is to be a wave of reform, kissing is to be stopped, and French trains are to be on time. It sets us all thinking. What demonstrations must have taken place at Vancouver Winnipeg and North Bay when the train from the west streams into Toronto five or seven hours late. A number of other towns might be mentioned nearer home. We are less demonstrative than the people of France where it is stated every train is late without exception, but should the experiment succeed there it might be worth looking into.

A Mother's Breakdown

Her Health so Shattered Her Children were taken from Her.

It is a sad story, one that is not often heard nowadays, that is told in the following letter by Mrs. Marion R. Charlotte, written from her home in Pittsburg: "For about five years I suffered from a complication of disorders, the origin of which my doctor was unable to discover. It was undoubtedly owing to imperfect action of the liver and stomach. I am sure of this, because there was a continual weight and painful fullness in my right side, and scarcely anything I ate was digested. I also suffered agony with hemorrhoids. A succession of sleepless nights, cruel pains in my side and back, combined with the terrible state of my nerves, made me wish for death. 'I could do no housework, my sisters took my small children, and I despaired of ever getting on my feet again.

"One memorable day a neighbor brought me a box of Dr. Hamilton's Pills, which had cured her of troubles similar to mine. To my astonishment, I felt better next day. Gradually, all my pains disappeared, I put on flesh, looked healthy, had lots of spirit, and a desire to work. Dr. Hamilton's Pills cured me, and I know they will work marvels for every woman that uses them."

The one safe, dependable medicine for men and women in poor health is Dr. Hamilton's Pills—refuse any substitute. At all dealers, 25c per box, or five boxes for \$1. By mail from the Catarthozone Company, Kingston, Ont.

PURITY FLOUR

And Its Keeping Qualities

SOME people find it necessary to buy a considerable quantity of flour at one time—sufficient to last for a long period. Naturally they are anxious to procure a flour of the kind best adapted to lengthy storage.

There are two important reasons why PURITY FLOUR possesses these qualities. One is that it is made entirely from Manitoba Hard Wheat. The other lies in the fact that the careful milling necessary to produce "Purity" absolutely excludes all low-grade particles of the wheat berry. It's the high grade Manitoba Hard Wheat Flour that keeps—stands longest storage. That's "Purity."

"Purity" flour may cost a little more, but is more than worth the difference. Try it. Watch results both for quality and yield.



"More Bread and better Bread"

WESTERN CANADA FLOUR MILLS CO., LIMITED
Mills at Winnipeg, Goderich, Brandon.

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Look Anyway

When in our streets and you will see a Harness that came from our shop

Ask Anybody

If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not true, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK



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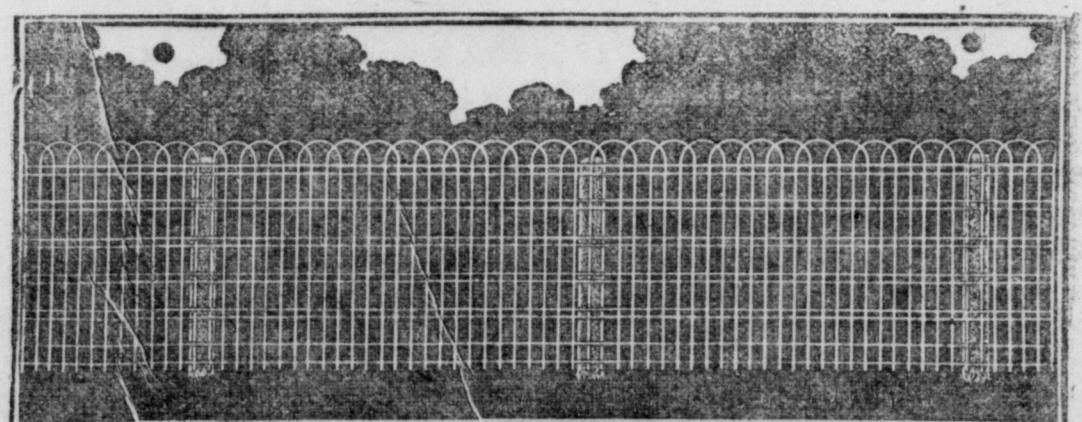
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These orders are a safe way to remit money at a small cost, and are payable at any Chartered bank in Canada (the Yukon excepted) and in the principal Cities of the United States.



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Perfectly Painted Seasonably Garbed

There's a satisfaction in a perfectly painted house similar to when one's body is protected by good stout clothing, rain-coat, top-coat and sturdy boots. The protection afforded property after the paint coating is worn down to the bare wood is no greater than garments worn down to the lining.

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100% Pure

protects your property so that it emerges from winter as hardy, rugged and strong as it entered. Quality does it. It withstands the rigors of winter storms, tempests, rapid changes of temperature, humidity and the disintegrating effects of sun, wind, cold, rain, hail and snow. Everything that comes is put in—Everything that doesn't is left out. That's why the quality lasts.

If your dealer cannot supply you, notify us and we will gladly direct you to where our paints are to be had.

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