

Plain Talk About Piles

Don't you believe that experience is better than hearsay? If you suffer from piles, just try Zam-Buk. You can do so at our expense. So assured are we of the result that we will send you a free trial box if you send to our Toronto offices full name and address and a one cent stamp to pay return postage.

Scores of people daily acquaint us with the benefit they have derived from the use of Zam-Buk for piles. Mr. F. Astridge, of 3 St. Paul St., St. Catharines, Ont., says: "For five years I have suffered untold agony with protruding piles. The pain was so great at times I would almost scream.

"I lost weight and had no appetite. I tried everything I ever heard of for piles, as I was willing to take anything to get relief. It was useless, however, and I almost gave up in despair.

"One day a friend gave me a sample of Zam-Buk and told me of a friend of his who had been cured. I decided to try Zam-Buk, and the relief I got was encouraging. I used three boxes, and at the end of that time I was completely cured. I wish I could have got Zam-Buk years ago; it would have saved me a great deal of misery."

Zam-Buk will also be found a sure cure for cold sores, chapped hands, frost bite, ulcers, blood-poison, varicose sores, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises, and skin injuries generally. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, upon receipt of price. You are warned against harmful imitations and substitutes. See the registered name, "Zam-Buk," on every package.

Who is Going to Lead The Way?

Mr. Arthur Hawkes, who is going to England to look into immigration matters on behalf of the Dominion and provincial governments, and whose St. John speech of a few weeks ago in this city was necessarily vague if hopeful, has been discussing immigration in Toronto. What he said, there is applicable here. A London journal has this summary.

"Mr. Hawkes laid stress upon the national aspect of this immigration question in an address delivered the other day to the prosperous men of Toronto. He showed them how much of their prosperity depends upon the immigrant. "When," said he, "I speak of immigration, I am not talking about the man with the narrow pants and tin trunk, but about you, who have built your \$5,000 houses in Rosedale and have equally expensive automobiles. If, during the past decade, Canada had been dependent upon the cradle for her increase of population, there would have been neither \$5,000 houses nor motor-cars for you, however busy the cradles had been kept." And we hope the reminder will bear fruit in an early demand from the Toronto Board of Trade to the Ontario government "for a town site in New Ontario with roads made and schools built, on the completion of which the members of the board might guarantee to clear the town site and put settlers in on the most reasonable possible terms." As Mr. Hawkes says, the method of sending a settler in with a family, two arms, a bag of flour, and an axe is not good enough for the twentieth century; it is what the grandfathers of present Toronto men did fifty years ago. If a government considers a country good enough to run a railroad into, it should be good enough to have a grant set aside for the development of every mile of land along the tracks, so that the revenue from the railroad would be greater. The immigrant is, after all, the man Canada is borrowing money upon, and without him Canada would be hard set to meet her present indebtedness."

Premier Flemming and Mr. Hawkes will doubtless keep these things in mind when they get down to the practical business of bringing settlers to New Brunswick, or when they begin to devise plans for keeping New Brunswickers in New Brunswick. Premier Gouin of Quebec is launching a bold good roads policy for his province, the keynote of which is "that the province will guarantee the loans of the municipalities for this purpose up to ten millions of dollars, pay one-half of the interest, and provide one-half of the sinking fund." This, the Montreal Witness says, "should surely set agoing a lively transformation. The Premier happily announces, moreover, that owing to the equilibrium now established in the provincial finances, and the increase in the Dominion subsidy, this large charge may be met from the annual income without recourse to a provincial loan."

Premier Gouin is not waiting for Federal aid. New Brunswick will wait for Mr. Borden, apparently; but, no matter what he may do, the province will have to work out its own salvation for the most part, and it can succeed only by courage and the exhibition of a really progressive spirit. All the suggestions thus far touching immigration, colonization, good roads, agricultural development and those allied questions upon which the prosperity of the province, city and country alike, depends, have been more or less hackneyed and hesitating. We must break new ground and do it after the fashion of men willing to take risks but wholly determined to succeed.

Telegraph

GIRL GOLFER IN TEENS SURPRISE OF TOURNEY

A 13-year-old girl was the sensation of the first annual tournament of the Southern Women's Golf association.

Miss Alex Stirling, of Atlanta, is the phenomenon. She won the low medal score, and went to the semi-finals — defeating several of the best women golfers of the south — and was only vanquished by Mrs. Rogers-Smith, of Nashville, who won the championship.

Besides running away with the low medal score, she went to the winner of the driving contest and the approaching and putting contest.

If the Southern Women's tournament next year doesn't bar players under 21, little Alex Stirling bids fair to be Dixie's champion.

DON'TS FOR ASPIRING QUARTER-BACKS.

Don't think about getting hurt. You'll get hurt if you do.

Don't think you can make a 50-yard run if you run 10 yards back of the line.

Don't think about that girl in the grandstand.

Don't think about what may happen if your kick is blocked.

Don't think you know it all.

Don't let the other players run the game for you.

Don't call a man down for a poor play. Encourage him.

Don't try to pass the ball to a man before you have it yourself. It means a fumble if you do.

Don't make a forward pass with your eyes closed.

QUARTER TIPS WORTH WHILE

Don't advertise that the ball is about to be put in play.

Learn to pass fast and sure.

Get the ball to the runner so he can handle it without losing speed.

Remember fumbles mean lost ground. When tackled hang on like grim death.

Don't fail to cut in sharply on end runs.

The forward pass is a ground gainer — master it.

Use the straight arm freely. Tacklers don't like it.

Catch the ball before you start to run back a punt.

KICKS IN FOOTBALL



Diagram Showing Sideline Blocking

There are many kinds of kicks in football and as many ways to make them. The most common is the long, high punt.

McKay, Brown's captain last year, was the best man I ever saw at this

COULD NOT WALK FROM RHEUMATISM GIN PILLS STOPPED THE PAIN

55 UNIVERSITY ST., MONTREAL. "Just a word of praise for GIN PILLS. About fifteen months ago, I could not walk across my room, suffering severely with Rheumatism. I took GIN PILLS and became quite well. Two months ago, I had Rheumatic Pains with Neuralgia and Diarrhoea. I resorted to Gin Pills again for one week and became quite well!"

SAMUEL LONGMORE. Here is our straight guarantee, given with every box of GIN PILLS. We know that Gin Pills will positively cure Rheumatism, Sciatica and Lumbago — as well as Pain in the Back, Irritated Bladder and weak, strained Kidneys. We pledge ourselves — the largest wholesale drug house in the British Empire — to promptly return your money should Gin Pills fail to give satisfaction. 50c. a box, 6 for \$2.50. Sample free if you write National Drug & Chemical Co. of Canada, Limited, Dept. N B Toronto.

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Mr. _____ your Name
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WRITE your name and address in the lines above, clip out this ad, and mail it now. We will send, by return mail, a book that tells how to make yours a "Twentieth Century" farm.

You wouldn't be satisfied to use a scythe to cut your grain, when a modern harvester can do it so much better, would you? Nor to use the old soft-iron plough-share that your ancestors walked behind, when you can get an up-to-date riding plough? Every Canadian farmer realizes the advantages of Twentieth Century implements. The next step is

The 20th Century Material—Concrete

Concrete is as far ahead of brick, stone, or wood as the harvester is ahead of the scythe or the riding-plough is ahead of the old iron plough-share.

Concrete is easily mixed, and easily placed. It resists heat and cold as no other material can; hence is best for ice-houses, root-cellar, barns silos and homes. It never needs repair; therefore it makes the best walks, fence-posts, culverts, drain-tiles, survey monuments, bridges and culverts. It cannot burn; you can clean a concrete poultry-house by filling it with straw and setting the straw afire. The lice, ticks and all germs will be burned, but the house is uninjured.

It is cheap—sand and gravel can be taken from your own farm. Cement, the only material you must buy, forms from one-seventh to one-tenth of the whole volume.

Do you want to know more about Concrete on the Farm? Then write your name and address in the lines above, or on a postcard, mail it to us, and you will receive by return mail a copy of

"What the Farmer Can Do With Concrete"

Not a catalogue, but a 160-page book, profusely illustrated, explaining how you can use concrete on YOUR farm.

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style says Earl Sparkling of the Brown (United States) University He held the ball at arm's length and on a level with his head, the ball pointing in at an angle of 30 degrees. He brought his leg up straight to the knee until his foot turned inward at the same angle as the ball. He caught the ball on the side, giving it the spiral twist. His kick continued through until his foot was over his head.

In the east, the long low punt is gaining favor.

Boy Wonder Puts His Dad in the Hospital.

To display his son's ball tossing ability, a Montreal fan organized a baseball team. While pitching in a practice game Aaron, the boy, found his father at bat. His "inshoot" hit dad in the ribs. "Son," groaned the father as they hauled him away to the hospital, "I'm proud of that speed, but—but, please try to improve that control."

Soldier Swimmers

All German soldiers must learn to swim. Some of them are so expert that, with their clothing on their heads and carrying guns and ammunition, they can swim rivers several hundred yards in width.

THE TELEPHONE LABORATORY

Something of the Wonders of Your Phone.

The casual user of the telephone who lifts off the receiver and talks to a friend miles away, has little idea of the wonders of telephony or of the labor necessary to maintain an up-to-date service.

The "telephone laboratory" is one of the busiest places in the world. It is here that the problems of telephony are worked out and means devised to improve and develop the system to meet future demands upon it.

Her any day one may see two experts in a room 15 or 20 feet wide and two or three times that length, talking with each other over circuits a thousand miles long. The equivalent of twenty miles of cable is contained in a box no bigger than an ordinary travelling bag, and 600 miles of pole line is represented by the contents of another box not as large as a dress suit case, while the entire apparatus at the central office, so far as it affects the individual subscribers' telephone line, is compressed into a couple of square feet.

With this equipment and two standardizing telephone instruments, conversations over hundreds of miles are carried on within the four walls of this laboratory, one of the workshops of the central engineering force of the system.

Every detail of a long distance circuit from the subscriber's phone at one end of the line to that at the other end, with all the central office and overhead and underground construction that connects them, is reproduced with scientific exactness. By these means new devices and apparatus are tested, proposed improvements investigated, and the scientific theories involved in transmission and operation worked out. This may be done for the purpose of studying some minor bit of mechanism, of determining, for instance, the relative merits of two forms of the relay coils which automatically work the signals on the switchboard, or of learning the effect on a conversation of having one sort of equipment at one end of the line and another sort at the other end, or for any of a hundred other purposes.

Sufferers from Rheumatism
Lame Back, Swellings, Sprains, Lameness—there is quick relief for you in

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Hundreds of thousands have been able to testify to its curative powers in the last 100 years. Great remedy taken internally for Diarrhoea, Coughs, Colds, etc.

25c and 50c Bottles. Sold Everywhere.
L. S. JOHNSON & CO., Boston, Mass.

PARSONS' PILLS tone the system.

GETS 'EM EVERY TIME

GOOD MORNING MR. GREEN, OUR CLUB IS GOING TO GIVE AN ENTERTAINMENT AND I AM SELLING TICKETS. THEY ARE ONE DOLLAR A PIECE.—WILL—

SORRY MISS, BUT I'M AWFULLY BUSY THIS MORNING, AND I'VE BEEN BUYING TOO MANY TICKETS LATELY. NO NOT THIS TIME.

OH MR. GREEN, THAT DOESN'T SOUND A BIT LIKE YOU. SOME OF THE LADIES TOLD ME THAT YOU WERE SUCH A PLEASANT MAN.

YOU HAVE HELPED US OUT SO OFTEN BEFORE AND THE GIRLS APPRECIATE IT VERY, VERY MUCH. YOU HAVE ALWAYS BEEN VERY KIND.

YOU HAVE THE REPUTATION MR. GREEN OF BEING VERY LIBERAL AND GOOD-NATURED.

HERE GEORGIA I JUST BOUGHT A COUPLE OF TICKETS FOR SOME KIND OF AN ENTERTAINMENT. YOU MAY HAVE THEM IF YOU WISH. I CAN'T GO.