

HOW TO OBTAIN GOOD DIGESTION

The Stomach Must be Toned and Strengthened Through the Blood

The victim of indigestion who wants to eat a good meal, but who knows that suffering will follow, finds but poor consolation in picking and choosing a diet. As a matter of fact you cannot get relief by cutting down your food to a starvation basis. The stomach must be strengthened until you can eat good, nourishing food. The only way to strengthen the stomach is to enrich the blood, tone up the nerves and give strength to the stomach that will enable it to digest any kind of food, is through a fair use of Dr. Williams' Pink Pills. The one mission of these pills is to make rich, red blood that reaches every organ and every nerve in the body, bringing renewed health and activity. The following case illustrates the value of Dr. Williams' Pink Pills in curing indigestion. Mrs. T. Reid, Orangeville, Ont., says: "I have much pleasure in testifying to the reliability of Dr. Williams' Pink Pills. For several years I had suffered greatly from stomach trouble. Several doctors prescribed for me but their medicine did not help me. After every meal I would suffer great pain, and would often be attacked with nausea. I grew weak and had almost lost all hope of recovery. At this juncture I decided to try Dr. Williams' Pink Pills, which were recommended to me. In these pills I at last found the right medicine, and I am once more in good health. I have much pleasure in sending you my testimonial in the hope that it will encourage some suffering persons to try this sure remedy."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by the Dr. Williams' Medicine Co., Brockville, Ont.

NATURAL PHENOMENA.

Clouds Take Odd Shapes—Ill-Smelling Fogs—Lightning.

Cloud caps form on mountain tops when a current of moist air ascends the slope of the mountain, for the air cools as it rises and the moisture in it condenses, says Youth's Companion. On the flat top of Table Mountain, near Cape-Town, a strong southeast wind produces a horizontal sheet of cloud known as the tablecloth. This cloud often appears to pour over the steep leeward side of the mountain like a mighty cataract. The "spreading of the tablecloth" is a sign of bad weather. At a little distance from the mountain a second cloud often forms. A similar pair of clouds seen near Cross Fell, in England, are known as the helm and bar. The helm, or helmet, forms over the mountain when a violent wind, known as the helm-wind, is blowing; the bar appears a mile or two to leeward.

At Callao, on the coast of Peru, sailors often encounter a foul-smelling fog that deposits a brown

PURIFY YOUR COMPLEXION



With CUTICURA SOAP

And Cuticura Ointment. Their use tends to prevent pore clogging, pimples, blackheads, redness, roughness and other unwholesome conditions of the skin.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent post-free. Address: Patent Drug & Chem. Corp., Dept. 14K, Boston, U. S. A.

slimy coating on white paint and metal, and hence is called the painter. Another remarkable fog on the Peruvian coast is known as the garua. It occurs in a region where rain is unknown, and supplies sufficient moisture to support vegetation. Red fogs frequently occur off the northwest coast of Africa, between the Canaries and the Cape Verde Islands. They are sometimes so dense as to make navigation difficult. The color is due to dust that the trade wind brings from the Sahara Desert.

Certain valleys in the Alps are often visited by a very warm and dry wind, known as the foehn. The effects of this wind are particularly striking in winter. The snow melts and evaporates as if by magic; woodwork becomes as dry as tinder, and great precautions are necessary to prevent the occurrence of the disastrous fires known as foehn fires, that often destroy whole towns and villages. No cooking is permitted while the foehn is blowing, and not even a pipe or a cigarette may be lighted. Many persons suffer with foehn sickness whenever this wind prevails. The chinook of the western United States is similar in character and origin to the foehn.

Over the water of the Bay of Chaleur, in Canada, a mysterious phenomenon known as the fireship is sometimes seen by night. It is a roughly hemispherical mass of luminosity, with its flat side to the water, but sometimes it rises in slender moving columns that resemble the flaming rigging of a ship. It is supposed to foretell a storm. No satisfactory explanation of the phenomenon has ever been given.

Anden lightning is the name given to a very striking luminous discharge of electricity seen over the crest of the Andes, in Chili, in a region where ordinary thunderstorms are almost unknown. The mountains appear to act as gigantic lightning rods, between which and the clouds silent discharges take place on a vast scale.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family When Hope Was Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St., would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of back-ache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I thank that day that I heard of so grand a medicine as Dr. Hamilton's Pills." Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

CRANKS ABOUND IN LONDON.

Mania of One Is Inquests, Another Gives Nightly Salute to Police.

Punctually at 10 o'clock every night, as the men from one of the largest metropolitan police stations march out on night duty, a mysterious-looking man stands still and erect as a statue with his hand at the salute until the last blue-clad figure has passed. Then he goes home without speaking a word. He has carried out this strange programme for years minus a break.

When he was questioned all the satisfaction a representative could obtain was that he thought the metropolitan police the finest body of men in the world, and this was the manner he chose to show his admiration. His nightly vigil outside the police station is an obsession.

And in this he does not stand alone. For there are numerous instances which go to show that many other people are tarred with the brush of the crank.

What, for example, do you think of a man, who, having a bitter feeling against railways, had his season ticket photographed on post-cards which he supplied wholesale to the collectors? Such a man does exist. He has a rooted objection to showing his season ticket.

Having found that according to English law that for which a man has paid cannot be taken away from him, another eccentric individual, who used the South-western Railway, refused to give up his ticket. Not only did he fight for his contention, but he proved it in a court of law. His victory resulted in a modification of the by-law.—Pearson's Weekly.

Magic "Nerviline" Ends Stiff Neck, Lumbago

Any Curable Muscular or Joint Pain is Instantly Relieved by Nerviline.

GET TRIAL BOTTLE TO-DAY.

You don't have to wait all day to get the kink out of a stiff neck if you rub on Nerviline. And you don't need to go around complaining about lumbago any more. You can rub such things away very quickly with Nerviline. It's the grandest liniment, the quickest to penetrate, the speediest to ease muscular pain of any kind.

One twenty-five cent trial bottle of Nerviline will cure any attack of lumbago or lame back. This has been proved a thousand times, just as it was in the case of Mrs. E. J. Grayden, of Caledonia, who writes:—"I wouldn't think of going to bed without knowing we had Nerviline in the house. I have used it for twenty odd years and appreciate its value as a family remedy more and more every day. If any of the children gets a stiff neck, Nerviline cures quickly. If it is earache, toothache, cold on the chest, sore throat, Nerviline is always my standby. My husband once cured himself of a frightful attack of lumbago by Nerviline, and for a hundred ailments that turn up in a large family Nerviline is by far the best thing to have about you."

SOUL CURE MEDICINE.

Physician Calls It Psychotherapia—Patients in Trance.

Dr. Berillon, of Paris, asserts that psychotherapia, or soul cure, is the medicine of the future. He does not put his patients into a hypnotic trance, but places them in the environment which creates an appetite for sleep. He invites them to repose on a bed and think of nothing. Then he leaves them and they gradually succumb to the "tick-tack" of a metronome.

When the patient is in hypnotic slumber, if it is desired he should be cured of excessive indulgence in alcohol, the psychotherapist suggests to him that he cannot raise a glass to his lips and repeats the suggestion until prohibition is so engraved on his brain that if he would he could not do so. Berillon is frequently consulted by those who wish to be cured of an unhappy love affair through hypnosis, and declares they obtain release.

THOUGHT IT WAS SUICIDE

A prominent merchant was discovered a few days ago brandishing a razor at midnight. His wife called for assistance, but found her Hubby was only paring his corns. Far better not to risk blood poisoning—use Putnam's Corn Extractor, 25c. at all dealers.

No Employer's Liability.

Clerk—Mr. Brown, I should like to ask you for a raise in my wages, I've just been married. Employer—Very sorry, my dear man, but I can't help you. For accidents which happen to our employees outside of the factory we are not responsible.

Minard's Liniment Cures Diphtheria.

Rushed Up-stairs.

An Irishman discovered a part of the woodwork of a chimney on fire. He rushed upstairs to his master, and announced the alarming intelligence. A large kettle of water was on the fire. "Why didn't you put out the fire?" he asked. "I can't, sorr." "Why, you idiot, pour the water upon it." "Sure, it's hot water, sorr."

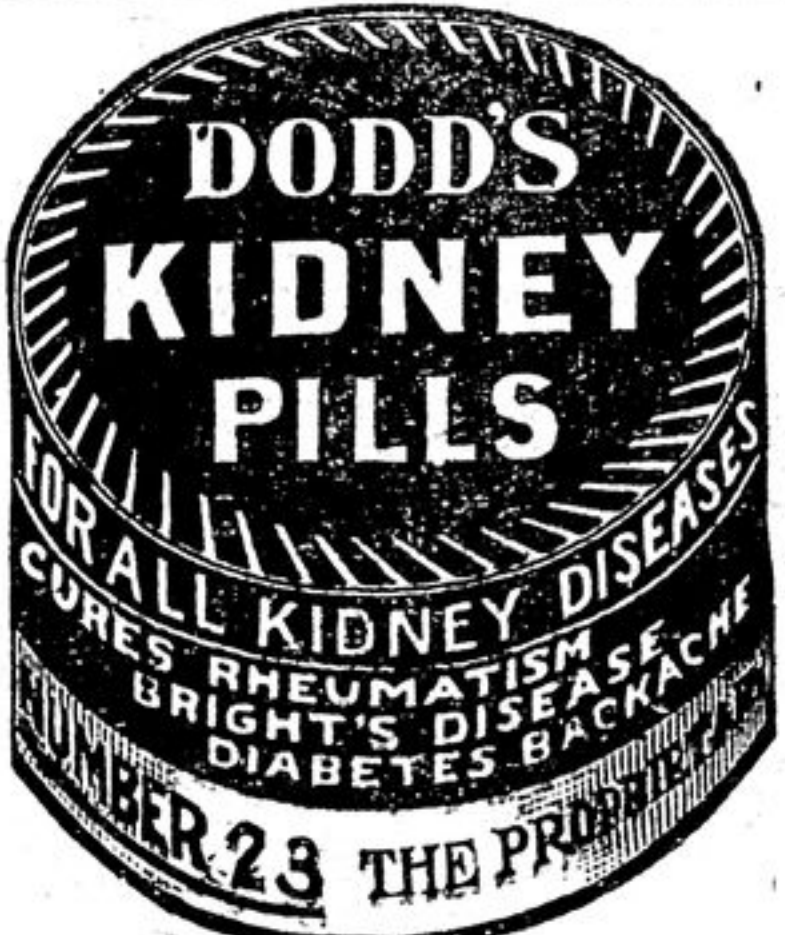
Minard's Liniment Cures Colds, Etc.

No Rooms Left.

"My dear," said the young husband, "did you speak to the milkman about there being no cream on the milk?" "Yes; I told him about it this morning and he explained it satisfactorily. I think it quite a credit to him, too."

"What did he say?"

"He said he always filled the jug so full that there were no room on the top for cream!"



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TO ENSURE PURE MILK.

Federal Department of Agriculture Takes Action.

The Dominion Department of Agriculture has taken steps to assist the campaign now under way in many cities and towns throughout Canada to insure a pure and wholesome milk supply, and to prevent the sale of milk from tuberculous cows.

An order in council has been passed providing for Federal inspectors and Federal compensation for condemned cattle where municipalities undertake regulation of milk sales. It is specified that the city or town must first provide for licensing all milk vendors, for clean and sanitary dairies, for the prohibition of the milk sales within two years of the first test of the cattle of any dairy unless a clean bill of health is shown, and for the appointment of a municipal inspector. On fulfillment of these conditions and on application being made by the municipality to the Veterinary Director-General, Federal Inspectors will be sent to make tuberculin tests. Any diseased cattle are to be slaughtered, and compensation to owners is to be allowed at the rate of one-third the value if destroyed as a reaction at the request of the owner. No compensation is to be paid to the owner unless, in the opinion of the Minister of Agriculture, he assists as far as possible in carrying out the instructions of the inspector as to disinfection, etc.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to little ones. The complaints of that season, which are cholera infantum, diarrhoea and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is really ill. The mother must be on her guard to prevent these troubles, or, if they do come on suddenly, to cure them. No other medicine is of such aid to the mother during hot weather as is Baby's Own Tablets. They regulate the bowels and stomach and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What He Needed Most.

Ragged Rogers—De lady in de next house give me a piece of homemade cake. Won't you give me somethin', too?

Mrs. Spiteful—Certainly. I'll get you a pepsin tablet.

His Chance.

"I believe," said the beautiful heiress, "that the happiest marriages are made by opposites."

"Just think how poor I am!" argued the young man.

MAPLE SUGAR SOUVENIRS.

On Dominion Day last year every passenger who entered a dining car of the C.P.R. received a maple sugar maple leaf enclosed in a little box with a miniature Canadian Ensign and a copy of "The Maple Leaf For Ever." In the United States each particular fruit, such as the orange, has its day, and the C.P.R. idea was to identify the Canadian National Holiday with this typical Canadian product. The Quebec Government was much interested in the idea and decided to elaborate it on a still more comprehensive scale, Quebec being the province most intimately connected with the maple sugar industry. Indeed, the higher standard of purity noticeable in commercial maple sugar is largely due to the enlightened efforts of the Quebec Ministry for Agriculture, which directs three schools for educating farmers in the best methods of tapping, distilling and producing the sugar. This year, therefore, the Quebec Government itself has taken in hand the Maple Day idea, and is itself providing maple sugar souvenirs to passengers served in dining cars on all Canadian lines, following the C.P.R. example.

Important to Know.

Mrs. Lubberty—Here's some pills, Murty, that Mrs. Hogan was after siddin' over for yer. She says they'll either kill or cure yer. Lubberty (who is ill)—Begorra, did she say which they would do foorst?

Christian Counsel

Little Sister—"Oh, mamma, Georgie has just upset the tea table and broken my dolly an' all your nice dishes."

Little Brother (badly frightened)—"Yes, mamma, an' let's be sorry, but don't let's be mad!"

Delicately flavoured—Highly concentrated.

WHY WORRY!
Choose your variety and ask your grocer for "Clark's".

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto.

STOCK SALESMAN.

WANTED FOR BEST ALBERTA Oil proposition yet organized. Apply for particulars to W. E. Leitch, Bank of Ottawa Building, Montreal, P.Q.

NEWSPAPERS FOR SALE.

GOOD WEEKLY IN LIVE TOWN IN York County. Stationery and Book Business in connection. Price only \$4,000. Terms liberal. Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

Same Old Stuff.

"Does your husband ever say anything about his mother's cooking?" "No; but he says things about my cooking that his father used to say about his mother's cooking."

Minard's Liniment Cures Distemper.

Hard on Manager.

"The head of our concern decided to have everybody undergo an efficiency examination and apportion the jobs accordingly."

"How did it turn out?"

"The office boy won the manager's job, and the manager couldn't pass at all."

Minard's Liniment Co., Limited. Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely. C. H. GOSSABOOM, Rossway, Digby Co., N.S.

Consoling.

"You'll pardon me," said Prof. Debore, "I'd no idea I had been talking so long."

"Oh, you haven't been talking long, professor," said some one, trying to be polite. "It only seems long."

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting, Just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

Obliging.

"Have you obliging neighbors?" "We have. They are obliging us to move by the infernal racket they kick up nights."

Minard's Liniment Cures Garget in Cows.

Freddy's father had been giving him lessons in politeness, but hardly dared hope that the seeds of his teaching had taken root. One day, hearing noise coming from the nursery, he investigated, and found Freddy pounding his little brother. "I'm surprised, Freddy," said his father, sternly, "that you should hurt your little brother. Don't you know it is very cowardly to strike one who is smaller than yourself?" "Yes," replied the culprit, meekly, "but when you thrashed me yesterday I was too polite to mention it."

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Grocers.—10¢.