



CARTER'S LITTLE LIVER PILLS

SICK HEADACHE

Positively cured by these Little Pills.

They relieve Distress from Dyspepsia, Indigestion and Too Heartly Eating. A perfect remedy for BILIOUSNESS, NAUSEA, DROWZINESS, BAD TASTE IN THE MOUTH, COATED TONGUE, FLATULENCE, AND ALL AFFECTIONS OF THE BOWELS. Purely Vegetable.

Small Pills. Small Price.

Substitution the fraud of the day.

See you get Carter's, Ask for Carter's, Insist and demand Carter's Little Liver Pills.

OPS TOWNSHIP COUNCIL.

Considerable Business Transacted at the Session held Yesterday in the Academy of Music Block.

The members of Ops Council met pursuant to notice yesterday, March 23rd inst., at the usual hour, all members present. The clerk read the minutes of last regular meeting, which were on motion adopted. After an item referring to stone crushing on the Downeyville road had been corrected the clerk read the following

Communications.

From Dept. of Public Works, Toronto, re approaches to the swing bridge south of the town.

From Jas. Simmons, requesting that a culvert be put across the road east of his land, lot 16, con. 7.

From M. Farrelly, lot 18, con. 9, expressing a desire to build a wire fence along the north side of the Downeyville road in conformity with the by-law, if the usual grant be allowed him by the council.

Tenders from the Post and Watchman for the township printing for year beginning May 1st, 1899.

Township Sub-Officials.

Mr. Calvert moved, seconded by Mr. Carrin, that purchasers, fence-viewers and poundkeepers be appointed, as named in schedules A, B and C, respectively, hereto appended, and that a by-law be passed confirming the same, and also a by-law relating to township charity.—Carried.

HOT SPRINGS OF ARKANSAS.

Interesting Sketch of the City Boasting of the Finest Natural Springs in the World—50,000 Invalids Seek Relief There in a Single Season.

(Special to The Post.)

Dear Sir,—I have been asked by a reader of The Post to say something in your columns about the Hot Springs of Arkansas, and Oark Mountains. I have partly promised I would do so if you would allow a little space.

Having spent the greater part of the last four years at Hot Springs, I know more of that city than the Oark range of mountains, excepting in that part of Arkansas in which the city is situated. Hot Springs is a population of about 17,000, about equally divided between whites and blacks; it is located 22 miles west of the Iron Mountain R. R.

About opposite Memphis, Tenn., and situated in the valleys between Hot Springs Mountain, West Mountain, and Sugar-Loaf Mountain, and in a large number of smaller valleys, radiating in every direction from, and between these two mountains, there is a winding lead from the centre to the circumference of the city, through all the valleys, so that a bird's-eye view gives the city the appearance of a spider, or ant. The mountains are from 600 to 800 feet high, and the valleys narrow, and carrying small streams, which empty into the Hot Springs river, which empties to the south—the Ouachita.

The city has 500 Hotels and boarding houses, three of the hotels having from 400 to 500 rooms each. There are 72 hot springs, all of which are said to have medicinal qualities. The rock on the west side of Hot Springs Mountain, and occupy the side of the mountain for a fourth of a mile from north to south, and at altitudes varying from the creek bottom to two or three hundred feet up the mountain side. The temperature of the water in the hottest springs is about 50 and 60 degrees Fahrenheit, and in 15 minutes there are 22 bath houses, nearly all in the famous "bath house town" at the foot of Hot Springs Mountain. Each bath costs \$25 to \$30. The proprietors paying the government \$30 per tub per annum for the use of the water. Tickets for a 21 bath course cost from \$25 to \$31.

Difficult Chronic Diseases

are usually cured in from one to three months. The treatment consists of medicine, baths, massage, electricity, dieting, sun-baths, etc. An average of about 50,000 invalids are cured here each year at this, the "World's greatest Sanitarium," and both local and visiting physicians consider the clinical advantage to practitioners equal to that not greater than can be had in the largest colleges and hospitals, and post-graduate courses. To illustrate the foregoing statement let me here say: The physicians attached to each of the 22 bath houses, excepting three or four attached to the largest hotels. Now, take for instance

Remarkable Rescue.

Mrs. Michael Curtin, Plainfield, Ill., makes the statement that she caught cold, which settled on her lungs; she was treated for a month by her family physician, but grew worse. He told her she was suffering from a case of consumption and that no medicine would cure her. Her druggist suggested Dr. King's New Discovery for Consumption, she bought a bottle and to her surprise found herself benefited from the first dose. She continued its use and after taking six bottles found herself sound and well; now she has her own household and is as well as she ever was. Sold by A. Higginbotham, large bottles 50 cents and \$1.00.

Aluminum Instead of Copper.

Orillia town council has concluded to use aluminum instead of copper wire for the transmission of electric power from Ragged Rapids, 19 miles distant, under a guarantee from the makers that it will prove equal to copper in conductivity, tensile strength, durability and general efficiency. The tensile strength of the wire to be used will be 25,000 pounds to the inch, whereas copper wire of the same grade would have a strength of only 15,500 pounds. The wire will be about one-third thicker than copper wire, but will weigh a little less than half, so that it will cost less than copper, and owing to its lightness the poles can be placed at greater intervals. The change was suggested through the rise in the price of copper since the tenders were put in, from 15 cents a pound 20 cents a pound. There is on the 35,000 pounds that would be required would have meant a difference to the contractors of about \$1,500.

Children's Aid Society.

A well attended meeting of the above society was held in the council chamber last Friday evening. President Knight in the chair. A letter was read from Mrs. F. Bolger, tendering her resignation as a member owing to lack of time to attend to her duties, and on motion the resignation was regretfully accepted and Mrs. Murphy was appointed to the vacancy. Half an hour was devoted to hearing reports and considering matters connected with the care and management of children now under the society's control, and the discussion made plain the fact that a noble work is being carried on in our midst by a few devoted men and women who should receive a greater measure of public aid and sympathy.

Time.

How few there are who value time aright. That treasure given by the Infinite! In youth we squander it. In age we grieve. At a glint of loss we never may retrieve. If you and I all were truly wise, The fleeting moments we would highly prize. What sorrow and temptation would we shun! How many good deeds do, now left undone!

Cornish Beef.

Farmers who wish to own their own beef should try this well-tested recipe. Make a brine of eight gallons of water, two pounds of brown sugar, one quart of molasses, four ounces of nitre, and enough fine salt to float an egg. The meat should be thoroughly rubbed with a part of the sugar and salt before it is put in the barrel or tub. The brine should be enough for two quarters of beef, and smaller quantities can be made in proportion. This does not make a very salty pickle and adds more salt. Another good recipe recommends eight pounds of salt for four gallons of water, five pounds of sugar, five pounds of molasses, and an ounce each of soda and saltpetre.

Tonight

If your liver is out of order, causing Biliousness, Sick Headache, Heartburn, or Constipation, take a dose of Hood's Pills.

A CARD.

Mr. Ed. Heintzman, 208 Monroe Ave., Hoboken, N. J., advises all men who are weak and who desire a speedy and perfect cure to write to Dr. Gustav H. Robert, 233 Woodward Ave., Detroit, Mich.

"EXPANSION" IN THE PHILIPPINE ISLANDS.

The New Policy of the United States. We take the following thoughtful article from Commonwealth, a leading New York Socialist magazine:

The full inquiry of our "expansion" tactics among the Filipinos is beginning to leak out even in the daily press, and it is impossible for any unprejudiced person to shut his eyes to the monstrous cruelty and injustice of which American soldiers have been guilty. There is good reason to be sure that the Americans "commenced hostilities simultaneously by land and sea." "The Filipino troops," it is stated, "were resting, and many of the officers were at the theatre on the night of the engagement. Our soldiers seem to have utterly broken faith with the Filipinos, for 'Aginaldo' possesses a signed guarantee from the American commissioners that there would be no hostility on their part." Thus we have reputed Aginaldo's fleet through Manila Bay, and the greater of the defenceless towns of Malate, Pace, Santa and Malabon caught frightful death. It is estimated that 4,000 of them were killed. The conduct of the Americans was outrageous. They compelled the inhabitants to leave their houses, and then shot them down, regardless of sex." And yet these soldiers, when they return to this country, will be treated with enthusiastic gratitude and acclamation.

Let us have done with this "expansion" sham. We shall find that we have a task that will tax all our energies, if we but attempt to set our freedom in order. The greater of a country consists not at all in the vastness of its territory, but simply and solely in the character of its men and women. There will be time enough to "civilize" the savage races, when we ourselves have learned the first rudiments of a decent and kindly social life.

A Surprise

"I have received strange news from my son in the Klondike."

"No, but a man who saw him first there said he was working."—Chicago Record.

Dr. Chase's Preparations Have Merit.

For Piles, Eczema, Salt Rheum, Pin Worms, and all skin diseases Dr. Chase's Ointment is a positive cure. It is recommended by Dr. C. M. Harlan, of the American Journal of Health.

Dr. Chase's Catarrh Cure with Blower

included will cure insipid Catarrh in a few hours; Chronic Catarrh in one month's treatment.

Dr. Chase's Kidney-Liver Pills

made and will positively cure all Kidney-Liver troubles.

Look Through a Bath-house

in any busy month, (in the winter) at 10 a. m. and you will find 30 to 60 bathers with every conceivable form of chronic diseases. They are "soaking" in tubs, vaporing in "sauna-bath" rooms, "sweating" in sweat-rooms, "cooling" in cooling-rooms, exercising in the gymnasium, dosing and rubbing—millions of pores thrown wide open and such a number of them as can be had in any reasonable dose are borne in this way with perfect safety. Take for instance, iodide of potassium, so often given for blood and glandular diseases, and usually in doses of five to ten grains, yet as high as 480 grains have been given in 24 hours to remove obitinate diseases; and 180 grains is quite commonly prescribed.

Tables taken with Absolute Safety.

The profuse perspiration and large dilution with the copious draughts of hot water, carrying the curative drug rapidly through the system and sweat glands.

A HUNDRED REASONS

Can be given why Stuart's Dyspepsia Tablets are the best and most effectual cure for every form of indigestion. They are in the tablet form which retains their good qualities indefinitely, while liquid preparations become stale and useless with age.

Stuart's Dyspepsia Tablets

are the best and most effectual cure for every form of indigestion. They are in the tablet form which retains their good qualities indefinitely, while liquid preparations become stale and useless with age.

They are convenient, can be carried in the pocket and taken when needed. They are pleasant to take.

After each meal dissolve one or two of them in a little cold water, mingling with the food, they constitute a perfect digestive, absolutely safe for the most sensitive stomach.

They digest the food before it has time to ferment, prevent the formation of gas, and keep the blood pure and free from the poisonous products of fermentation, half digested food.

Stuart's Dyspepsia Tablets are the only remedy designed especially for the cure of stomach troubles and nothing else.

One disease, one remedy; the successful physician of to-day is the specialist, the successful medicine is the medicine prepared especially for one disease.

Stuart's Dyspepsia Tablets make the completion clear by keeping the blood pure.

They increase flesh by digesting flesh forming foods.

A whole package taken at one time would not hurt one, but would simply be a waste of good material.

Over six thousand men and women in the State of Michigan have been cured of indigestion and dyspepsia by the use of Stuart's Dyspepsia Tablets. Sold by all druggists at 50 cents per package.

Medical Treatment on Trial

To Any Reliable Man.

WONDROUS APPLIANCE and one month's remedies of rare power will be sent on trial, WITHOUT ANY ADVANCE PAYMENT, by the foremost company in the world in the treatment of men weak, broken, discouraged from effects of excesses, worry, overwork, &c. Happy marriage secured, complete restoration or development of all robust conditions. The time of this offer is limited. No C. O. D. scheme; no deception; no exposure. New medical book with full account sent under plain letter and without charge. Address

ERIE MEDICAL CO., 64 Niagara St., Buffalo, N. Y.

Lecture on St. Patrick.

A large congregation gathered at St. Mary's church last Friday to hear Rev. M. J. McGuire, of Wooler and Brighton parish, lecture on the life and labors of St. Patrick. The gentleman is a very pleasing and fluent speaker, and made a most favorable impression. He took his text from the Acts of the Apostles, 26th chap., 12th verse, "I will send you good preachers on the part of Peterboro, unto the Gentiles," and his oratorical powers and masterly grouping of facts made the subject unusually interesting. The collection was in aid of the funds of St. Vincent de Paul Society, and was a liberal one. After the lecture the choir rendered suitable music, and the customary prayers and benediction of the blessed sacrament followed.

FRIDAY NIGHT'S HOCKEY MATCH

Lindsay vs a Trip to Peterboro Resulted in a Defeat—Score, 9-3.

Lindsay Juniors last night met with the usual luck of the Lindsay teams when away from home, Peterboro intermediates defeating them to the tune of 9-3. Though the score indicates good play on the part of Peterboro, the Lindsay boys did far the better work on the line. Peterboro defence put up such a good game that it was almost impossible to score; the Lindsay defence played well, but were unable to check clever combination play on the part of the Peterboro boys. Ernie Watson acted as referee, and gave fair satisfaction. About 300 people witnessed the game.

LA Maritana Cigar

Honestly made of pure tobacco

J. RATRAY & CO. MONTREAL

Mendelsohn's

"MENDELSSOHN" PIANOS

Have taken FIRST PLACE wherever exhibited.

110 Adelaide-st., W., Toronto.

Artistic in Design, Durable in Construction.

These Pianos have a rich, full and musical tone that appeals to all who hear them, and are without doubt the finest Piano in the Canadian market to-day. WRITE FOR CATALOGUE.

The Rathbun Company.

THE RATHBUN COY

Wholesale and Retail Dealers, Lindsay.

Parties intending to build will find that our Lindsay yard contains all that is necessary in

Barn Timber, Lumber, Lath, Shingles, Sash, Doors, Blinds, Mouldings, Etc. Cement of the best quality for Stable or Cellar Floors, Walks, Etc. Hard, Soft and Blacksmiths' Coal always in stock. Hardwood and Millwood delivered to any part of the town Windsor Salt, (Dairy, Cheese and Butter brands) all at reasonable prices.

Telephone, Town office 77 Mill office 78

G. H. M. BAKER, Agent.

Don't

THROW GOOD MONEY AWAY ON POOR GROCERIES.

Here you can buy fresh, pure, high-grade GROCERIES at the same price you pay for inferior goods elsewhere.

Everything in our stock is fresh from the wholesaler—no old goods to cause dissatisfaction and grumbling.

We have started out to make a reputation for ourselves in the line of TEAS and COFFEES, and we honestly believe we have something superior to offer you—that's what customers tell us, and we know they're right. Try these lines once and you'll come to us again—we are confident of giving satisfaction.

THOS. BRADY,

Two Doors East of Benson House.

MARCH!

ONWARD MARCH!

January and February have passed like a dream and now March approaches with a larger stock of Hardware and Tinware at the

JUBILEE HARDWARE EMPORIUM.

Here are a few of the articles that must go at ROCK-BOTTOM PRICES:

Milk Cans, - Wringers, Creamer Cans, Wash Boards, Churns, all sizes, Wash Tubs, Sap Buckets, Spiles and Kettles.

Glass in all sizes and at lowest prices is what makes our trade expand. "C" it.

W. BINGHAM, KENT-ST.