RACE DONE ?

Not a Bit of It.

A man who thought his race was run made a food find that brought him back to perfect health.

"One year ago I was unable to perform any labor in fact was told by my physicians that they could do nothing further for me. I was fast sinking away, for an attack of grip had left my stomach so weak it could not digest any food sufficient to keep me alive.

"There I was just wasting away, growing thinner every day and weaker, really being snuffed out simply because I could not get any nourishment from food.

"Then my sister got after me to try Grape-Nuts food which had done much good for her and she finally persuaded me and although no other food had done me the least bit of good my stomach handled the Grape-Nuts from the first and this supplied the nourishment I had needed. In three months I was so strong I moved from Albany to San Francisco and now on my three meals of Grape-Nuts and cream every day I am strong and vigorous and do fifteen hours work.

"I believe the sickest person in the world could do as I do, eat three meals of nothing but Grape-Nuts and cream and soon be on their feet again in the flush of best health like me.

"Not only am I in perfect physical health again but my brain is stronger and clearer than it ever was on the old diet. I hope you will write to the names I send you about Grape-Nuts for I want to see my friends well and strong.

"Just think that a year ago I was dying but to-day, although I am over 55 years of age most people take me to be less than 40, and I feel just as young as I look." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Look for the little book, "The Road to Wellville" in each pkg.

A MODEL CHAIRMAN.

How seldom does a speaker get a chairman who has the wisdom to make just the right introductory speech, but here is a model. The chairman, in introducing the speaker, said :—

"Ladies and gentlemen, I have the honor to introduce to you this evening the gentleman who is going to deliver an address to us. He goes to the same church as I do. As a pure citizen I respect him; as a personal friend of years I have the warmest regard for him; as a neighbor whose vegetable garden adjoins mine—why—why, I watch him. He is a square, true man in honest politics, and I must say he occupies rather a lonesome position. So broad, so bountiful is his character that he has never turned a tramp empty-handed from his door, but always gave him a letter of introduction to me. Pure, honest, incorruptible, that is the speaker of the evening. Such a man in politics is like a bottle of perfumery in a glue factory—it may moderate the stench, but it doesn't destroy it. I haven't said any more of him than I should say of myself. Ladies and gentlemen, our friend will now proceed to talk to us."

Some persons have periodical attacks of Canadian cholera, dysentry or diarrhoea, and have to use great precautions to avoid the disease. Change of water, cooking, and green fruit, is sure to bring on the attacks. To such persons we would recommend Dr. J. D. Kellogg's Dysentery Cordial as being the best medicine in the market for all summer complaints. If a few drops are taken in water when the symptoms are noticed no further trouble will be experienced.

You should keep your old love-letters. One of the famous Lord Nelson's has just been sold under the hammer for $5,150.

Minard's Liniment is used by Physicians

"At what age do you consider women the most charming?" asked the inquisitive female of more or less uncertain years. "At the age of the woman who askes the question," answered the man, who was a diplomatist.

Minard's Liniment for sale everywhere

IT HAD A HISTORY.

A—"That's rather a unique ash-tray of yours, old man. Where did you get it?"

B—"Well, there's a little history attached to that. You remember an apple-tart I told you my wife made soon after we were married?"

A—"Yes."

B—"Well, that's the crust. My dear wife has often tried to smash it, but she can't."

The cheapest Fly Killers made are Wilson's Pads and they are sold everywhere. Beware of imitations.

VERY SOOTHING.

The driver of the stage, which was rolling down the Rocky Mountains as fast as six mules on the gallop could keep ahead of it, may have noticed that I was (writes a correspondent) a little nervous, for after a bit he soothingly said :—

"No use to grip that railing so mighty hard, stranger. We sha'n't come to the danger p'int for a while yet."

"Then it's still ahead?" I queried.

"Yes, three miles ahead; and I may say for your benefit that hangin' on won't do any particular good."

"But I don't want to slide off."

"And you won't. If anything goes it'll be the mewls and coach and the whole consarn altogether; and as the drop is plump three hundred feet, you won't have no use for arnica or stickin'-plaster afterwards."

ADDING INSULT TO INJURY.

"That is what I call downright humiliating," said Mrs. Biggins.

"What has occurred?" inquired her husband.

"The neighbors who recently moved next door are going to have company, so they sent over to borrow our drawing-room rug. I let them have it, and in a little while they came back and said they didn't think it was handsome enough to go with their furniture, and could I lend them the money to buy a new one."

When potatoes have begun to be old and rather tasteless, soak them before cooking in salted water. Boil them in water to which some salt has been added, and when they are done, drain all the water off, keep covered, and set back over the fire to steam perfectly dry. Stir the kettle to prevent the potatoes from sticking to it, but do not uncover them. Thus cooked they will be light and mealy.

Tibet has its "park pests." The robe, which constitutes a man's suit of clothes, is simply ungirded when he lies down to sleep. It is neither changed nor washed until it goes to pieces. The man inside the robe fares no better.

Cape Town has doubled. The census in Cape Colony shows that the population of its capital and suburbs numbers 169,179, an increase of 90,313 on the census of 1891.

GOOD RECOMMENDATIONS.

Lady—"Have you had much experience as a cook?"

Applicant—"Oh, indeed I have. I was the cook of Mr. and Mrs. Peterby for three years."

"Why did you leave them?"

"I didn't leave them. They left me. They both died."

"What of?"

"Dyspepsia."

Minard's Liniment is used by Physicians

Small Tommy—"The teacher wanted to box my ears this morning." Grandma—"How do you know he did?" Small Tommy—"'Cause he wouldn't have boxed 'em if he hadn't wanted to."

It is worth 10 cents to clear your house of flies, and one packet of Wilson's Fly Pads will do it.

NOT THE ANSWER EXPECTED.

At an examination at the College of Surgeons, a candidate was asked: "What would you do if a man was blown up with gunpowder?"

"Wait until he came down," was the somewhat cool reply.

"Very good," continued the Professor. "And suppose I were to kick you for such an impertinent answer, what muscles would I put in motion?"

"The flexors and extensors of my arm; for I would at once knock you down."

How's This

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c. per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Richelieu & Ontario NAVIGATION CO.

Steamers leave 3 p.m. daily, from Toronto, for Charlotte, Port of Rochester, Kingston, 1,000 Islands Points, Brockville, Rapids St. Lawrence, Montreal, Quebec, Murray Bay, Tadousac, Saguenay River.

HAMILTON AND MONTREAL LINE.

Steamers leave Hamilton 1 p.m., Toronto 7.30 p.m., Tuesdays, Thursdays and Saturdays, Bay of Quinte Points, Montreal intermediate ports.

LOW RATES ON THIS LINE.

Further information apply to R. & O. agents, or write H. Foster Chaffee, Western Passenger Agent, Toronto.

Summer Croup

A croupy cough is a dangerous thing for the little folks in summer time. The fever that accompanies it is liable to cause serious illness. Give them

Shiloh's Consumption Cure The Lung Tonic

It is pleasant to take, will cure them quickly and has no unpleasant after effects.

At all druggists, 25c, 50c and $1.00 a bottle.

402

What shrunk your woolens ?
Why did holes wear so soon ?
You used common soap.

SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Bar.

Italy's judges have many trials. Over 100 of them have memorialized the Cabinet for an increase of salary, hinting darkly at the possibilities of a strike.

For Over Sixty Years

MRS. WINSLOW'S SOOTHING SYRUP has been used by millions of mothers for their children while teething. Its soothes the child, softens the gums, allays pain, cures wind colic, regulates the stomach and bowels, and is the best remedy for Diarrhœa. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP." 22—0

The London Crystal Palace accommodates more people than any other building in the world. It will hold 100,000 people.

The Flagging Energies Revived.—Constant application to business is a tax upon the energies, and if there be no relaxation, lassitude and depression are sure to intervene. These come from stomach troubles. The want of exercise brings on nervous irregularities, and the stomach ceases to assimilate food properly. In this condition Parmelee's Vegetable Pills will be found a recuperative of rare power, restoring the organs to healthful action, dispelling depression, and reviving the flagging energies.

"So you really think that dogs sometimes possess more intelligence than their masters?" "Certainly. I've got one myself that does!"

It is an Officer of the Law of Health.—When called in to attend a disturbance it searches out the hiding-place of pain, and like a guardian of the peace, lays hands upon it and says, "I arrest you." Resistance is useless, as the law of health imposes a sentence of perpetual banishment on pain, and Dr. Thomas' Electric Oil was originated to enforce that sentence.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time.

Smith (newly married)—"Don' you think we had better lay aside something for a rainy day?" Young Wife—"Charley, dear, I am so glad you said that. While I was out shopping this morning I bought two lovely silk umbrellas, one for you and one for me."

"What makes factory whistles blow so early in the morning, dad?" "The engineer wants to wake up everybody who doesn't have to go to work as soon as he does."

Levi, Jun.—"Fadder, de shentlemans vot puys te tiamant engagement-ring yesterday comes py te shop to-day ant pawned it." Levi, Sen.—"How vos he look?" Levi, Jun.—"All proken down." Levi, Sen.—"Vill you never learn to take interest in te pizness? Vy didn't you try und sell the shentlemans a pistol?"

WEALTH HAS NO CHARMS.

Fred—"There are times when I care nothing for riches—when I would not so much as put forth a hand to receive millions."

Kittie—"Indeed! That must be when you are tired of the world and its struggles and vanities—when your soul yearns for higher and nobler things. Is it not?"

"N—no, you are wrong."

"Then when is it?"

"When I'm sleeping."

A bushel of flies have actually been killed by one packet of Wilson's Fly Pads. No other fly killer compares with Wilson's.

A man's success depends on what he does with his failures.

Altgough water isn't intoxicating it makes barrels tight.

Baddeck, June 11, 1897.
C. C. RICHARDS & CO.
Dear Sirs.—MINARD'S LINIMENT is my remedy for NEURALGIA.
It relieves at once.
A. S. McDONALD.

"Sir," said the haughty individual with the unbarbered locks, "there is poetry in everything." "I'm sure there is," rejoined the village editor. "Even our stove is full of it!"

Eminent Musician—"Do you prefer Chopin, Beethoven, Mendelssohn, or something less classical?"

"Freddie, come here! I regret to say I've got to punish you; your teacher tells me you're the worst in your class." "Mebbe she's right, ma. Only yesterday she told me I took after you."

Imitations at best are imitations, substitutions never satisfy - Insist on having Blue Ribbon Tea.

LOWER PRICES — USE EDDY'S FIBRE WARE — BETTER QUALITY

CAN BE HAD IN

Pails, Wash Basins, Milk Pans, &c.

Any First-Class Grocer Can Supply You.

INSIST ON GETTING EDDY'S.

INDIAN ETIQUETTE.

A letter sent to a native Prince in India is often a very elaborate affair. The paper is specially made for the purpose and is sprinkled with gold leaf. Only the last few lines of the somewhat lengthy document contain the purport of the letter, while the remainder is made up of the usual roundabout and complimentary phrases. It is folded in a peculiar way, with the flaps outward, and placed in a muslin bag, and this latter into one of crimson and gold tint, with a slip-knot of gold thread, attached to which is a ponderous seal. The address, written on a slip of parchment, is attached to the outside bag. These details are very important for polite letter-writing in India, and if any one of them were omitted it would be an insult to the person addressed.

DOCTORS' AILMENTS.

Some statistics just published in Austria throw an interesting light on the ailments from which doctors suffer. One fact is very instructive. The medical profession contributes only 7 per cent. to the mortality from tuberculosis, which speaks volumes for the efficacy of intelligent precaution. On the other hand, for some reason not very apparent, 40 per cent. of doctors die from diseases of the heart or of the nervous system, while also 40 per cent. of Austrian victims of the morphia habit are medical men. The average age of Austrian doctors is sixty.

ALMOST IMPOSSIBLE.

Jack—"Why wouldn't she marry you? She loves you to distraction. I know it, because she told me so."

George—"She insisted on my proving that I am not already married because she says there is a great deal of bigamy nowadays. Well, it is easy enough to prove that one is married, but how the dickens am I to prove that I am not?"

Dank—"Oakland is a contradictory kind of fellow, isn't he?" Blash—"Yes; the other night he dreamed that he couldn't go to sleep."

"Don't you think you'd better speak to papa to-night, George?" the girl suggested. "He's just come in, hasn't he?" asked George. "Yes." "Well, I think I'll give him time to get his slippers on!"

Teacher—"Now, Johnny, what does the busy bee teach us?" Johnny—"To keep away from the hive."

After looking upon the wine when it is red many a bookkeeper loses his balance.

Teller—"Pullem is a man you don't meet every day." Grimshaw—"He is a man I don't meet at all; he owes me five dollars."

Potatoes, Poultry, Eggs, Butter, Apples

Let us have your consignment of any of these articles and we will get you good prices.

THE DAWSON COMMISSION CO, Limited

Cor. West Market and Colborne Sts., TORONTO.

THE PENALTY.

Kipling once described the Sunday morning service of a battleship on which he took a cruise. It was a very well-attended service, every sailor not on duty being there, and after it was over Kipling said to one of the jackies, "Are you obliged to attend these services every Sunday morning?" "N-n-no," said the sailor, "not exactly obliged, but our grog would be stopped if we didn't."

Sleeplessness.—When the nerves are unstrung and the whole body given up to wretchedness, when the mind is filled with gloom and dismal forebodings, the result of derangement of the digestive organs, sleeplessness comes to add to the distress. If only the subject could sleep, there would be oblivion for a while and temporary relief. Parmelee's Vegetable Pills will not only induce sleep, but will act so beneficially that the subject will wake refreshed and restored to happiness.

"I've just 'eard that your little Bill got run over," said one. "'Ow did it 'appen?" "'E was picking up a 'orseshoe for luck," replied little Bill's father.

It pays to buy the best, and Wilson's Fly Pads are the best fly killers made.

Baddeck, June 11, 1897.
C. C. RICHARDS & CO.
Dear Sirs,—MINARD'S LINIMENT is my remedy for NEURALGIA.
It relieves at once.
A. S. McDONALD.

A poor man's faults are synonymous with a rich man's eccentricities.

Keep Minard's Liniment in the House.

The counsel for the plaintiff had been bullying the witness for an hour, when he finally asked: "Is it true that there are traces of insanity in your family?" "Very likely," answered the witness. "My grandfather, who was studying for the ministry, gave it up to become a lawyer."

There is only one Genuine Fly Pad; that's Wilson's. Avoid poor imitations.

SHE WAS ON.

He—What I feel for you, Muriel, I can never tell you in words. True love is silent!

Muriel—Oh, no, I assure you. It speaks to papa.

BUCHANAN'S UNLOADING OUTFIT

Works well both on stacks and in barns, unloads all kinds of hay and grain either loose or in sheaves. Send for catalogue to

M. T. BUCHANAN & CO., Ingersoll, Ont.

YOUR OVERCOATS

and faded Suits would look better dyed. If no agent of ours in your town, write direct Montreal, Box 158

BRITISH AMERICAN DYEING CO. MONTREAL.

"Woman," said the dejected young man, "is a disappointment and a fraud." "Indeed?" spoke one listener. "Yes. I saved up all my tobacco money and lived on porridge two weeks to treat Miss Truelove to the opera and a supper. Then I asked her to marry me, and she said she was afraid I was too extravagant to make a good husband."

HAUNTS OF FISH AND GAME.

Attractions for Sportsmen on the Line of the Grand Trunk.

The Grand Trunk Railway Company has issued a handsome publication, profusely illustrated with half-tone engravings, descriptive of the many attractive localities for sportsmen on their line of railway. Many of the regions reached by the Grand Trunk seem to have been specially prepared for the delectation of mankind, and where for a brief period the cares of business are cast aside and life is given up to enjoyment. Not only do the "Highlands of Ontario" present unrivalled facilities for both hunting, fishing and camping, but the 30,000 Islands of the Georgian Bay, Thousand Islands and St. Lawrence River, Rideau River and Lakes, Lake St. John, and the many attractive localities in Maine and New Hampshire, present equal opportunities for health, pleasure and sport. All these localities are reached by the Grand Trunk Railway System, and on trains unequalled on the continent. Abstracts of Ontario, Michigan, Quebec, New Hampshire and Maine fish and game laws are inserted in the publication for the guidance of sportsmen. The Grand Trunk Railway has also issued descriptive illustrated matter for each district separately, which are sent free on application to the agents of the Company and to Mr. J. D. McDonald, District Passenger Agent, G. T. R., Union Station, Toronto.