TO PREVENT A NERVOUS BREAKDOWN

Take Dr. Williams' Pink Pills When the First Symptoms are Noticed and Save Yourself Much Suffering

Are you troubled with pallor, loss of spirits, waves of heat passing over the body, shortness of breath after slight exertion, a peculiar skipping of the heart beat, poor digestion, cold hands or feet, or a feeling of weight and fulness? Do not make the mistake of thinking that these are diseases in themselves and be satisfied with relief for the time being.

This is the way that the nerves give warning that they are breaking down. It means that the blood has become impure and thin and cannot carry enough nourishment to the nerves to keep them healthy and able to do their work.

There is only one way to prevent the final breakdown of the nerves and the more serious diseases which follow. The blood must be made rich, red and pure, and Dr. Williams' Pink Pills is the only medicine that can do this promptly and effectively. Every dose of this medicine helps make new blood and strengthens the weak of worn-out nerves.

Mrs. David J. Tapley, Fredericton, N. B., was cured by Dr. Williams' Pink Pills after suffering from nervous breakdown, which resulted in partial paralysis of the face. She says: "The trouble came on quite gradually, and at the outset I did not pay much attention to it. Then it grew more serious, and there was a general breakdown of the nerves, which was followed by partial paralysis of the face, one side being completely drawn out of shape. I was under a doctor's care for a couple of months, and one treatment after another was tried without benefit. By this time I was confined to my room, and the doctor told me he could not cure me. Almost in despair I was persuaded to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run down nervous system naturally is slow. Slowly but surely this medicine did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous. Dr. Williams' Pink Pills did for me what the best medical treatment failed to do—they brought me back good health."

It is the blood building, nerve restoring power in Dr. Williams' Pink Pills that enable them to cure such troubles as anaemia, rheumatism, the after effects of la grippe, indigestion, neuralgia, St. Vitus dance, partial paralysis and the secret ailments of girlhood and womanhood. Sold by all medicine dealers or by mail at 50c. a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BENEATH THE GOLD LACE

PRESIDENTS OF THE REPUBLIC OF HAYTI.

African Savagery and Fetishism Still Hold Sway in the Black Republic.

When I landed at Port-au-Prince, on the first of several visits to Hayti and Santo Domingo, I was met on the wharf by a most imposing personage in a cocked hat, gold laced coat, and scarlet breeches, writes Claude Blake in the London Mail. He was only a customs officer, but he looked like the commander-in-chief at least. Alas! his coat was ragged and torn beneath the gold lace, his enormous black feet were innocent of boots, and he was pathetically eager for a tip.

He was typical of the tinselled squalor of the Black Republic—that mockery of civilization where African savagery and fetishism are veneered over by a little French polish and plenty of gold lace.

WHOLESALE MURDERER.

For generations past the Haytian Presidents have "waded through bloodshed to a throne," and ruled by the sword. Christophe, who made himself "Emperor" and created an aristocracy of negro dukes and marquises was a monster of incredible depravity. He murdered men, not singly, but literally by thousands. Nissage-Saget was fond of clearing the streets of Port-au-Prince with grape-shot. President Ulysses Heureaux, a negro dock-laborer from Jamaica, who made himself ruler of Santo Domingo, calmly told me at dinner one evening in 1897 that he had shot his own brother.

"He was plotting against me," he explained. "I asked him to dinner and gave him of the best dishes. Then, after we had finished the coffee and liqueurs, a file of soldiers came in to lead him off to execution. He tried to draw a revolver, but I was too quick for him and shot him first."

HE IS IGNORANT AND BRUTAL.

I was in Hayti during the chaos of revolutions out of which the present president, Nord Alexis, emerged into supreme power. He is an ignorant, brutal, senile negro with absolutely no qualifications for his position except a bulldog courage, which has made him popular with the army. On the day he proclaimed himself president he shot four political opponents in cold blood in Port-au-Prince.

The sanctity of the foreign legations was tested most remarkably at the fall of Simon Sam, who was president before Alexis. He got to the French Legation in the nick of time. The mob howled around the house for his blood for days, believing, rightly or wrongly, that he had looted the treasury and got the money with him. Yet they dared not profane the legation, and the French Charge d'Affaires escorted him to a French steamer in peace.

The handful of whites who run businesses or plantations in the Black Republic have suffered terribly in recent years, for Alexis has encouraged their plunder and maltreatment. But they have hung on to their investments in the hope that the United States will assume control over the country, as it did a few years ago over the finances of Santo Domingo. President Roosevelt has threatened this in no uncertain language several times.

BLACK WATCH

The Name of

Black Watch

On a Tag on a Plug of Black Chewing Tobacco

Stands for Quality.

2273

HER KIND DEED.

At a meeting of a Band of Mercy class in a small town near Denver each child relates the kind deed he or she has recently done. One day the teacher asked little Emily to relate the kind deed she had done. She quickly rose and said:—

"I took off a tin can tied to a little dog's tail."

The teacher asked, "Did you know who tied it on?"

"Yes,' replied Emily, with hesitation. "I didn't know any kind deed to report, and tied it on so that I could take it off.'

PRECAUTIONARY.

The sexton of a negro church was closing the windows one windy Sunday morning during service when he was beckoned to the side of a young negress, the widow of a certain Thomas.

"Why is you shettin' does winders, Mr. Jones?" she demanded, in a hoarse whisper. "De air in dis church is suffocatin' now!"

"It's de minister's orders,' replied the sexton, obstinately. "It's a cold day, Mis' Thomas, an' we ain't goin' to take no chance o' losin' any o' de lambs o' dis fold while dere's a big debt overhangin dis church."

CHILD'S SEVERE BURNS.

Healed by Zam-Buk.

The little girl of Mrs. Lewis Best of Carlisle P. O., recently fell against the stove and burned her forehead very badly. Mrs. Best says:—"The burn was about the size of a fifty cent piece and was near the bone. It made my little girl's eye swell till it almost shut and then she got cold in it. It began to run matter very badly, and I could not stop it, although I bathed it good every night and morning. At last I sent for some Zam-Buk which soon stopped the matteration and very quickly healed the wound. I have never seen a burn heal so quickly, and I am sure Zam-Buk has no equal for curing cuts, or burns."

Every home needs Zam-Buk! All diseases of the skin quickly yields to it. All druggists and stores 50 cents a box.

After a girl baby gets too big to play with her toes she begins to flirt.

It is astonishing to find how far a few gallons of Ramsay's Paints will go to make a house look fresh and sunny. Everybody should see the fine color cards with suggestions for painting and the stock carried by your dealer. Write A. Ramsay & Son Co., Montreal, for pack of Souvenir Picture Post Cards of Homes.

After a self-made man finishes the job he closes the factory.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

FATHER'S DODGE.

A father was lecturing his young hopeful upon the evils of staying out late at night and getting up late in the morning. "You will never amount to anything," he continued, "unless you turn over a new leaf. Remember that the early bird catches the worm." "How about the worm, father?" inquired the young man. "Wasn't he rather foolish to get up so early?" "My son,' said the father, solemnly; "that worm hadn't been to bed all night; he was on his way home."

He—"Did you hear me singing under your window last night? I hope your father didn't hear it?" She—"Yes, he did; but you needn't worry, he thought it was the cats!"

The Pember Store

A SPECIAL SALE

DURING ALTERATIONS.

18 INCH

Natural Wavy Switches

in brown shades only

$3.15

Please send Cash with order.

SEND FOR CATALOGUE.

The Pember Store

127-129 YONGE STREET,

TORONTO, - ONT

NEXT.

A sentimental poet writes: "How can I met my darling?"

After some deliberation over the question we have come to the conclusion that he can met her by approaching her from an opposite direction.

Signals of Danger.—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant taste in the mouth? Does your head ache and have you dizziness? If so, your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness to medicine must suffer, but under the circumstances the wise man would procure a box of Parmelee's Vegetable Pills and speedily get himself in health, and strive to keep so.

ABOUT ANONYMOUS LETTERS.

Abouth the meanest thing on earth is the person who writes anonymous letters, unless it be the person who receives and pays any attention to them.

WHAT CAUSES HEADACHE.

From October to May. Colds are the most frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 25c

A pompous manufacturer of machinery was showing a stranger over his factory. "Fine piece of work, isn't it?' he said, when they were looking at a very ingenious machine. "Yes," said the visitor, "but you cannot hold a candle to the goods we are turning out." "Indeed!" said the chagrined manufacturer, "and what is your line?" "Gunpowder," was the reply.

ITCH, Mange Prairie Scratches and every form of contagious Itch on human or animals cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

"Billy Green's nothing but a coward." "Is he?" "Yes I called him a coward right to his face, I did, an' he didn't dast say nuthin." "Then he is a coward.' "You bet he is. An' the next time I call him a coward I'll say it right out loud, so's he can hear it."

It Lays a Stilling Hand on Pain.—For pains in the joints and limbs and for rheumatic pains, neuralgia and lumbago, Dr. Thomas' Eclectric Oil is without a peer. Well rubbed in, the skin absorbs it and it quickly and permanently relieves the affected part. Its value lies in its magic property of removing pain from the body, and for that good quality it is prized.

Prospective Employer—"Your parents left you something when they died, did they not?" Boy—"Oh, yes, sir." Employer—"And what did they leave you, my boy?" Boy—"An orphan, sir."

A SKIN THAT BURNS with eczema, and is covered with eruptions that discharge a thin fluid, may be made smooth and sightly with Weaver's Cerate. But this external remedy should be used in conjunction with Weaver's Syrup.

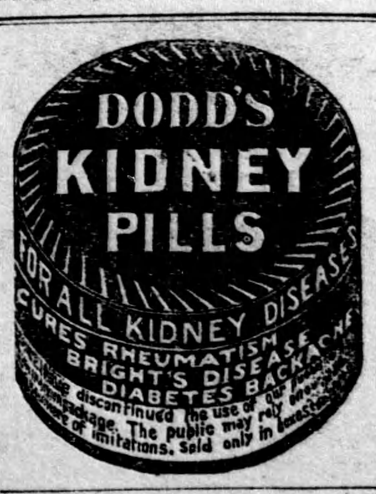
Lady Visitor—"That new girl of yours seems very nice and quiet." Mistress of the House—"Yes, she's very quiet. She doesn't even disturb the dust when she's cleaning the room.'

There is nothing equal to Mother Graves' Worm Exterminator for destroying worms. No article of its kind has given such satisfaction.

THEY REALLY BELIEVE IT.

Some people cling to the old-fashioned idea that a man must be a genius if he goes about with uncombed hair.

They were returning from the spelling bee. "Mr. Spoonamore," she said, "why did you miss that easy word? You spelled 'honor' with a 'u.'" "I know it," he answered. "The feeling came over me all at once that I just couldn't get along without 'u,' Miss Daisy. With which old, old story he won her.



ISSUE NO. 19—08.

WANTED

Our readers to note that the celebrated French remedy, **PANGO**, which has been and is sold under a guarantee—that in cases where the outward application, as directed, fails to relieve pain, moneys paid will be refunded—still stands. In no case, notwithstanding the large and increasing sale, has a refund been asked for. Recommended for neuralgia, headache, rheumatism, gout, catarrhal colds, stiff joints, etc. Ask your druggist for a sample and do not accept a substitute. You will be pleased with it. Price 25 and 50 cents.

The Pango Company, Toronto

or wholesale

Lyman, Knox & Clarkson, Limited, Toronto.

Lyman Bros. & Co., Montreal, Toronto.

THE

PETERBOROUGH

CANOE CO. Ltd.,

If you want a Canoe, Skiff or Launch for the Summer write us.

We build them all, and can supply a Launch complete or hull only, and you can instal your own motor. When you buy a Canoe, Skiff or Launch see that it bears the stamp of

We have the largest Canoe and Skiff Factory in Canada.

The Peterborough Canoe Co'y.

TRUE.

Spring fever makes us shirk,
I guess;
More often, though,
It's laziness.

The Most Popular Pill.—The pill is the most popular of all forms of medicine, and of pills the most popular are Parmelee's Vegetable Pills, because they do what it is asserted they can do, and are not put forward on any fictitious claims to excellence. They are compact and portable, they are easily taken, they do not nauseate nor gripe, and they give relief in the most stubborn cases.

Life Insurance Examiner—"Of what did your father die, Pat?' Pat—"I don't know, doctor; but I'm sure it was nothing serious."

PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protuding Piles in 6 to 14 days or money refunded. 50c.

Mrs. Bacon—"Why, that piano has several keys that make no sound at all!" Mr. Bacon—"Yes; and there are some other good features about it."

SEWING MACHINE BARGAINS.

real ones at Singer stores. Buy here and deal with the manufacturers. The Singer Company is permanent and responsible; its representatives are always at hand to care for Singer, and Wheeler & Wilson machines. Look for the Red S.

Any lady having used any make of sewing machine for 5 years or more write Singer Sewing Machine Co., Manning Chambers, Toronto, for beautiful set of ten souvenir views of Ontario. Free for asking.

A vain man always makes a great hit with himself.

Holloway's Corn Cure is the medicine to remove all kinds of corns and warts, and only costs the small sum of twenty-five cents.

Music at a lynching party is rendered by a string band.

DO NOT ALLOW yourself to become alarmed because you have lost your appetite and are losing flesh, but commence taking "Ferrovim" *the best tonic.* It will build you up quickly.

"Waiter, these are very small oysters." "Yes, sir." "And they don't appear to be fresh, either." "Then it's lucky they're small, ain't it, sir?"

Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. J. D. Kellogg's Dysentery Cordial, the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and thoroughly subdues the pain and disease.

A MEAN TRICK.

"I think Elsie Brown is the meanest thing."

"What's the matter?"

"Would you believe it of her? I showed her my new Merry Widow hat, and she went right out and bought a bigger one.'

WHY?

"Why do they call it leap year, anyhow?"

"Because the men are kept on the jump dodging the dear old girls, I guess."

HELP!

A girl seldom has occasion to cry for help when a young man kisses her—probably because he is liable to help himself.

CLEANING LADIES' . . . WALKING OR OUTING SUITS

Can be done perfectly by our French Process. Try it

BRITISH AMERICAN DYEING CO.

MONTREAL, TORONTO, OTTAWA & QUEBEC

FREE

Send us your name and address for 18 pieces of Jewelry to sell at 10 cents each. When sold send us the $1.20 and we will send you these TWO SOLID GOLD filled RINGS. We trust you with the Jewelry and will send it all charges paid. Send us your name and address now.

STAR MFG. CO., 44 Rey St., PROVIDENCE, R.I., U.S.A.

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to hear from owner having

A GOOD FARM

for sale. Not particular about location. Please give price and description, and reason for selling. State when possession can be had. Will deal with owners only.

L. Darbyshire, Box 984, Rochester, N. Y.

FREE BOOK

"HOW THE BANK WAS SAVED"

Tells how a young man saved the bank by a wise investment. Every stock buyer and investor should read this book. Not for sale. Sent free on request. Your name on a postal will bring it. Write to-day

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PRIVATE WIRES.

Correspondents—Chas. Head & Co., members of the New York and Boston Stock Exchange.

TRAINING HIM.

Ascum—I saw you punishing your boy to-day. What was it all about?

Popley—I caught him in a lie.

Ascum—Oh! well, you can't expect a boy to tell the truth all the time.

Popley—No, but when he doesn't tell the truth I want him to be bright enough not to be caught at it.

Washington is practically the only capital city in the world which has no slums. Berlin has none of the squalid areas which disgrace London.

SHILOH'S

Quick ease for the worst cough—quick relief to the heaviest cold—and SAFE to take, even for a child. That is Shiloh's Cure. Sold under a guarantee to cure colds and coughs quicker than any other medicine—or your money back. 34 years of success commend Shiloh's Cure. 25c., 50c., $1.

Cures Coughs & Colds

QUICKLY!

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