DISEASE COMES THROUGH THE BLOOD

To Cure Common Ailments the Blood Must be Made Rich and Red.

Nearly all the diseases that afflict mankind are caused by bad blood, weak, watery blood poisoned by impurities. Bad blood is the cause of headaches and backaches, lumbago and rheumatism, debility and indigestion, neuralgia and other nerve troubles, and the disfiguring skin diseases like eczema and salt rheum that show how impure the blood actually is. It is no use trying a different medicine for each disease because they all spring from one cause—bad blood. To cure any of these diseases you must get right down to the root of the trouble in the blood. That is just what Dr. Williams' Pink Pills do. They make new, rich blood. That is why they cure these diseases when common medicines fail. Mr. Henry Baker, Chipman, N. B., says:—"About a year ago I was so weak and miserable that I thought I would not live to see spring again. I could neither work, eat nor sleep. My blood was in a terrible condition. My entire body broke out with pimples and small boils that would itch and pain and caused me great trouble. I went to the doctor and tried several medicines but to no effect. I was almost in despair when one day a friend asked me why I did not try Dr. Williams' Pink Pills. I decided to try them and took altogether eight boxes. By the time I had finished them I was like a different man. They not only purified and enriched my blood, but built up my whole system and I have not had a pimple on my flesh nor a sick day since."

To enrich the blood you must get the genuine Pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around the box. 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.

CAPITAL OF AUSTRALIA

SITE FINALLY CHOSEN IN THE YASS-CANBERRA COUNTRY.

Lies 193 Miles South-west of Sydney—An Altitude of 2,000 to 3,000 Feet.

Ever since the Commonwealth of Australia was proclaimed in 1901, the question of a site for the capital has proved itself a stumbling block. It is now announced that both the House of Representatives and the Senate have agreed upon the Yass-Canberra site.

The story of this capital in the wilderness in interesting. When the Constitution was first submitted to the Australian people the location of the capital was left an open question, but as the fight for and against federation proceeded it became evident that Victoria was certain to secure the prize.

The Premier of New South Wales, awakening to the danger, unexpectedly withdrew his support from the Constitution to which he had agreed in conference, and the result was that the most powerful colony voted against union. The Premier gained his point and it was conceded that the capital should be in New South Wales, "at a distance not less than 100 miles from Sydney." From this vague wording has all the delay arisen.

A BUSH CAPITAL.

Both Sydney and Melbourne being barred, a bush capital it was to be. Half the country districts in New South Wales put in claims, while capital site leagues sprang up in scores. Owing to the wide range of the constituencies in Australia most of the Members of Parliament had not one site to advocate but often half a dozen, and as the keenest local jealousies existed their task was difficult.

The first attempt to select a site at the end of the first Parliament was in 1903. Failure resulted. The House of Representatives selected Tamut, a site close to the Victoria border, about half way between Sydney and Melbourne. The Senate's choice was for Dalgety, a tiny township on the Snowy River in the southeast corner of New South Wales and much closer to Melbourne than to Sydney.

In the next Parliament the question was re-opened and Dalgety secured a majority in both chambers. Trouble at once began with the State of New South Wales. It was hotly contested that the spirit of the Constitution had been ignored by Parliament and that Victoria had duped the House so as to bring this about.

The condition that the capital was to be "not less than 100 miles from Sydney" did not mean in the opinion of the dissatisfied residents of New South Wales that a choice could be made of a spot such as Dalgety, as remote from Sydney as possible and close to Melbourne. To make matters worse the Federal legislators placed a very liberal interpretation on the provision that the site area was to embrace "not less than 100 square miles." They boldly declared for 900 square miles, or

"A STATE WITHIN A STATE."

The Government of the aggrieved State then fell back on the condition that the site "shall have been granted to or acquired by the Commonwealth," and declined to grant the Dalgety site. The fresh ballot in the Commonwealth Parliament shows that the State has triumphed. The Yass-Canberra site is much closer to Sydney than to Melbourne.

Even now the question is not finally settled. Parliament has agreed upon a wide district possessing a number of excellent sites from which a final selection will have to be made. This Yass-Canberra country lies 193 miles south-west of Sydney, its altitude being between 2,000 and 3,000 feet. It embraces farming and pastoral freehold lands of fair quality which, when the requirements of the city are satisfied, will be leased to tenants. Some years will be occupied in the building of the Parliament, the public offices and the residences for members and officials.

The Australians are notoriously lavish in their expenditures on such matters and altogether the city of Canberra is expected to be one of the finest places in the world.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES

CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES

ISSUE NO. 4—09.

ROSY CHEEKED BABIES.

Nothing in the world is such a comfort and a joy as a healthy, hearty, rosy-cheeked, happy baby. Babies and young children can be kept in perfect health by giving them an occasional dose of Baby's Own Tablets, which will keep the stomach and bowels in perfect order. And when sickness comes there is no other medicine will cure the minor ills of childhood as speedily and safely as Baby's Own Tablets. Guaranteed to contain no opiate or poisonous drug. Mrs. M. Romard, Eastern Harbor, N. S., says:—"I have used Baby's Own Tablets for the various ills from which little ones suffer, and find them a marvellous medicine. Thanks to the Tablets my baby now always enjoys the best of health." Sold by all medicine dealers or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Onta.

HARD HITS AT MEN.

When a man admits that he is never too old to learn you may be sure that he is getting pretty old.

A man usually begins to appreciate his wife about the time that he has killed her appreciation of him.

Not one man in ten thousand leaves his impress upon his fellows, which probably is fortunate for his fellows.

Some men achieve matrimony, some men have it thrust upon them, and others are lucky enough to escape it altogether.

What a man knows will sometimes make a book, and frequently what he thinks he knows would make an entire library.

Biliousness Burdens Life. — The bilious man is never a companionable man because his ailment renders him morose and gloomy. The complaint is not so dangerous as it is disagreeable. Yet no one need suffer from it who can procure Parmelee's Vegetable Pills. By regulating the liver and obviating the effects of bile in the stomach they restore men to cheerfulness and full vigor of action.

STAMPS FOR SOLDIERS.

The Italian Government has introduced what may be called "military picture stamps." Each regiment of the Italian Army is now provided with a specially designed stamp for the exclusive use of its own soldiers. Each regiment has its own design. Thus the stamp of one regiment shows a portrait of its colonel, another bears the regimental colors, another the regimental motto, and so on. The Russian War Office is adopting a similar idea, and it is believed that these stamps at once increase regimental esprit de corps and heighten civilian interest in the army.

Professional Faster—"I should like to undertake a fast of four weeks in this show of yours. How much will you pay me?" Showman—"I can't give you any salary, but I will pay for your keep."

THIS ATHLETE OF FIFTY-TWO YEARS

SAYS HE OWES HIS WONDERFUL ENERGY TO DODD'S KIDNEY PILLS.

Was Tortured With Rheumatism and a Cripple Till the Great Kidney Remedy Cured Him.

Six Nations, Ont., Jan. 18 (Special).—Fifty-two years of age, but still young enough to captain the lacrosse team, John Silversmith of this place can truly be looked on as a wonderful athlete. One would naturally think he was all his life a healthy man. But it was far otherwise, and he unhesitatingly states that his wonderful energy and vitality are due to Dodd's Kidney Pills.

"I suffered from Rheumatism for over seven years," Mr. Silversmith says in telling his story, "and it finally made a complete cripple of me. My back was bent nearly double and when I tried to walk I had to use crutches. Latterly I could not get around at all and I suffered excruciating pain.

"Two boxes of Dodd's Kidney Pills gave me relief; sixteen boxes cured me completely."

Dodd's Kidney Pills always cure Rheumatism because Rheumatism is caused by disordered Kidneys and Dodd's Kidney Pills always cure disordered Kidneys.

WOULD BE IN AWFUL SHAPE.

A woman went to a butcher shop the other day to get a roast of beef. The butcher is a little old man, inclined to be cranky. He began to cut the roast. She thought he was sawing off too much bone.

"That roast will have too much bone in it, I fear," she said.

The butcher stopped and sighed.

"Madam," he said, "that's the cow's fault. These cows would be in awful shape if they had to run around without bones."

The woman said no more.

Time tries all things, and as Bickle's Anti-Consumptive Syrup has stood the test of years it now ranks as a leading specific in the treatment of all ailments of the throat and lungs. It will soften and subdue the most stubborn cough by relieving the irritation, and resore the affected organs to healthy conditions. Use will show its value. Try it and be convinced of its efficacy.

The teacher was explaining to the class the meaning of the word homicide. "If I went out in a boat," he said, "and the owner knew it was leaking, and I was drowned, what would that be?" Little Willie's hand shot up, and his face was split by an eager smile. "Please, sir, a holiday, sir," he said.

Children Will Go Sleighing. They come home covered with snow. Half a teaspoonful of Painkiller in hot sweetened water will prevent any ill effects. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.

Amongst the stories which ex-President Roosevelt is most fond of telling is one connected with an open-air reception held at Syracuse a year or two ago. A tall negro pushed his way forward through the crowd and eagerly grasped the ex-President's hand. "Yo' an me war bo'n on the same day, Mistah Roosevelt!" the darky said, enthusiastically. "De-lighted indeed to hear it!" the ex-President responded, warmly, taking a fresh grip of the black hand and laughing heartily. "So you and I were born on the same day? Well, well!" "Yo' am fo'ty-seven yeahs old, suh?" "I am," was the answer, "An' yo' war bo'n on October 17th, 1858!" "Yes." "Ya-as, suh," then exclaimed the darky, shaking with rapture; "ya-as, suh, Mr. Roosevelt, yo' an me is bofe twins!"

She—"I see where a fellow married a girl on his death-bed, just so she could have his millions when he was gone. Could you love a girl like that?" He—"Where does she live?"

Useful at all Times.—In winter or in summer Parmelee's Vegetable Pills will cope with and overcome any irregularities of the digestive organs which change of diet, change of residence, or variation of temperature may bring about. They should be always kept at hand and once their beneficial action becomes known, no one will be without them. There is nothing nauseating in their structure, and the most delicate can use them confidently.

Mistress (to new servant)—"We have breakfast generally about eight o'clock." New Servant—"Well, mum, if I ain't down to it, don't wait."

A Nagging Cough drives sleep and comfort away. You can conquer it with Allen's Lung Balsam, which relieves hard breathing, pain in the chest and irritation of the throat. Give it freely to the children.

ENOUGH SAID.

"A man took $11 away from me last night."

"Have anything against you?"

"Yep! a six-shooter."

RENEW YOUR YOUTH.

Never before has the struggle for social and commercial success been so keen as in our own day, and to the victor and the vanquished alike comes a time when nerves and body cry for rest. Nature and science have combined to produce an environment where tired men and women may renew their youth. On the main line of the Grand Trunk Railway System, at St. Catharines, Ontario, is situated "The Welland," where the ills of life are alleviated by bathing in the Saline Springs of the "St. Catharines Well," under proper medical supervision and attendance. Apply to 130 St. James street, Montreal, for booklet and further information.

FOUL PLAY.

Two Irishman were asking each other conundrums one day, and when their supply ran out Pat suggested that they should make some up.

"All right," said Mike. "Here's one. Phwhat is thot goes around a barn-yard in feathers and on two legs and barking like a dog?"

"My, thot's hard. I give it up," answered Pat, after some moments of thinking. "Phwat's the answer?"

"A chicken."

"My, that's foine; but how'd the barking of a dog get in there?" inquired Pat.

"Oh, I just put that in to make it harder."

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

OVER THE LIMIT.

Crawford—"Do you ever try flattery on your wife?"

Crabshaw—"Yes, and it always works except when she wants a new gown and I tell her she looks charming in her old one."

Worms derange the whole system. Mother Graves' Worm Exterminator deranges worms and gives rest to the sufferer. It only costs 25 cents to try it and be convinced.

When a woman has occasion to visit her poor relations she always likes to talk about the trouble she has with her hired girl.

No Substitute for "The D & L" Menthol Plaster, although some unscrupulous dealers may say there is. Recommended by doctors, hospitals, clergy and everybody for pleurisy, stiffness, etc.

Sniggins (angrily) — "Do you know that your chickens come over to my yard?" Snooks—"I supposed that they did, for they never come back again."

A lady writes: "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried it have the same experience.

Gentleman Lodger—"I say, Mrs. Napper, I don't care for your bacon this morning! It doesn't seem fresh." Mrs. Napper—"Very strange, sir! The shopman said it was only cured last week." Gentleman Lodger—"Well, it must have had a relapse."

Paper-hangings for walls were introduced into Europe from the East in 1675.

CELERY KING

Why Not Both

Josh Billings, the quaint philosopher whose maxims are full of homely wisdom, once said: "The longer I live the more I believe a good set of bowels are worth more than a good set of brains." Celery King makes good bowels. 25 cents, at dealers or by mail. S. C. Wells & Co., Toronto. 320

BUY SHARES IN THE BEST MINE IN

Canada's Greatest Gold Camp

"SHEEP CREEK," situated some 28 miles south of Nelson, can undoubtedly claim this distinction. One year's development has produced four mines, the greatest of which is the "Nugget." In one year this mine has taken out during development over $60,000 in gold, actually paying for itself and the work done. A Four Stamp Mill is now in operation, producing from the second grade ore about $10,000 per month. Some $600,000 worth of ore is now blocked out, and we can safely predict there will be over a million next spring. To effect more economic work it is necessary to erect a larger mill and tramway. For this purpose a block of 25,000 shares is now offered to the public at 75c per share. We invite fullest investigation.

MIGHTON & CAVANAUGH,

BROKERS, Drawer 1082, NELSON, B.C

RAW FURS.

Shipments to us this year, to date, almost double last year. THERE'S A REASON. Over two hundred trappers and shippers who had previously shipped elsewhere have been added to our list. WHY NOT YOU? We pay best prices, shipping expenses and remit cash same day. Price list on application.

A. & E. PIEROE & CO.,

502 ST. PAUL ST., MONTREAL.

HOW DO YOU SLEEP?

How Different Nations of the Earth Pass the Night.

The ordinary Canadian, in order to sleep well, likes to have a soft pillow under his head. The Jap, stretching himself out on a rush mat on the floor, puts a hard block of wood under his head, and is sleepless without it.

The robust man of this country likes to have the window open at night-time, both summer and winter. The Russian, on the contrary, likes no sleeping-place so well as the top of the big stove in his domicile.

The Laplander crawls, head and all, into a bag of reindeer-skin; and often the East Indian follows a similar custom, using, however, a more porous bag. This, it should be explained, is intended as a protection, not from cold, but from mosquitoes.

The German likes to have a feather covering, as well as to lie on a feather bed. The Chinaman prefers a low couch, scarcely above the level of the floor.

The people of Northern countries prefer to sleep where there is plenty of room in which to stretch; while the inhabitants of the tropics are prone to curl themselves up in a suspended hammock.

Diversity of method in sleeping! After this, we should think so.

Always a Good Friend.—In health and happiness we need no friends, but when pain and prostration come we look for friendly aid from sympathetic hands. These hands can serve us no better than in rubbing in Dr. Thomas' Eclectric Oil, for when the Oil is in the pain is out. It has brought relief to thousands who without it would be indeed friendless.

Teacher—"Yes, children, when the war broke out all the able-bodied men who could leave their families enlisted in the Army. Now, can any of you tell me what motives took them to the front?" Bright Boy (triumphantly) — "Locomotives."

There is No Such Thing as a harmless cough. The trouble goes from bad to worse unless checked. Allen's Lung Balsam cures the worst of colds. It allays inflammation and clears the air passages.

The tallest masts of sailing-vessels vary from 160 feet to 180 feet in height.

CALVES Raise Them Without Milk. Booklet Free. Steele Briggs Seed Co., Ltd., Toronto

WANTED.

Agents, Stores, everywhere; handsome profits; sell our perfect, brass, kerosene, mantle, table-lamp; hanging or bracket-lamp; 100 candle-power; ¼ kerosene used; a wonder; sells on sight; retails $3.50.

WEBSTER SPECIALTY CO., Waterbury, Conn.

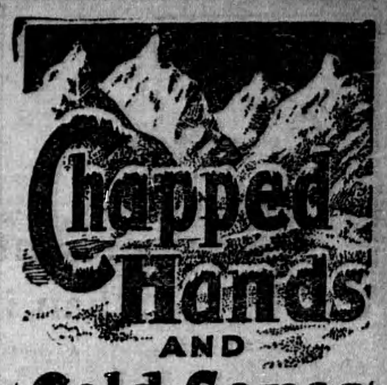
A. J. PATTISON & CO.

33-35 SCOTT STREET, TORONTO,

Stock Brokers & Financial Agents

COBALT

and other stocks bought and sold on commission. Correspondence invited. Orders may be wired at our expense.



Cold-Sores

Are your hands chapped, cracked, or sore? Have you "cold cracks" which open and bleed when the skin is drawn tight? Have you a cold sore, frost bite, chilblains, or a "raw" place, which at times makes it agony for you to go about your household duties? If so, Zam-Buk will give you relief, and will heal the frost-damaged skin. Anoint the sore places at night. Zam-Buk's rich healing essences will sink into the wounds, end the smarting, and will heal quickly.

Read this Lady's Experience.

Mrs. Yellen, of Portland, says:—"I consider it only my duty to tell you of the great benefit I have derived from Zam-Buk. My hands were so sore and cracked that it was agony to put them near water. When I did so they would smart and burn as if I had scalded them. I seemed quite unable to get relief from anything I put on them until I tried Zam-Buk and it succeeded when all else had failed. It closed the big cracks, gave me ease, soothed the inflammation, and in a very short time healed my hands completely. It is a wonderful healer and should be in every home."

Zam-Buk also cures chafing, rashes, winter eczema, piles, ulcers, festering sores, sore heads and backs, abscesses, pimples, ring-worm, etc., cuts, burns, bruises, scalds, sprains. Used as an embrocation, it cures rheumatism, sciatica, neuralgia, etc. Of all druggists and stores, or post free from the Zam-Buk Co., Toronto. Price 50 c. a box, 3 for $1.25.

Zam-Buk

CLEANING LADIES' ... WALKING OR OUTING SUITS

Can be done perfectly by our French Process. Try it

BRITISH AMERICAN DYEING CO.

MONTREAL, TORONTO, OTTAWA & QUEBEC

All the Strength of Prime Ox Beef Is Concentrated in Bovril.

BOVRIL

is palatable, very nourishing, and easily digested.

It is no trouble to prepare.

A spoonful of BOVRIL stirred into a cup of boiling water is the finest tonic and pick-me-up.

BOVRIL IS LIQUID LIFE

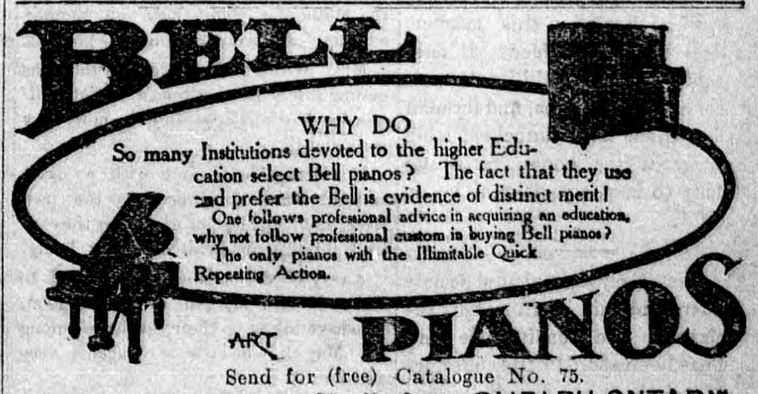
RAW FURS and HIDES

Write for Weekly Price Lists. Shipments Solicited.

JOHN HALLAM - TORONTO, ONT.

BELL

WHY DO So many Institutions devoted to the higher Education select Bell pianos? The fact that they use and prefer the Bell is evidence of distinct merit! One follows professional advice in acquiring an education, why not follow professional custom in buying Bell pianos? The only pianos with the Illimitable Quick Repeating Action.



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Send for (free) Catalogue No. 75.

The BELL PIANO & Organ Co., Limited GUELPH, ONTARIO.

HOTEL TRAYMORE

ON THE OCEAN FRONT.

ATLANTIC CITY, N. J.

A magnificent ten-story fire-proof addition is just being completed, making this famous hostelry the newest and most up-to-date of Atlantic City hotels. A new feature is the unusual size of the bed rooms, averaging 19 feet square.

Every room commands an ocean view, bath attached with sea and fresh water. Cheval glass in every chamber. Temperature regulated by Thermostatic, the latest development in steam heating. Telephone in every room. Golf privileges. Capacity 600. Write for illustrated booklet.

CHARLES O. MARQUETTE, Manager. TRAYMORE HOTEL COMPANY, D. S. WHITE, President.