THE TRUE CAUSE OF RHEUMATISM

Caused by Uric Acid in Blood and Can Only be Cured Through the Blood.

Not many years ago doctors thought rheumatism was only a local pain caused by exposure to cold or wet. Now they know that rheumatism is caused by the blood becoming tainted with uric acid. This acid contracts the muscles, stiffens the joints, and irritates the nerves. Then the cold and wet make the joints and muscles groan with aching rheumatism. You blame the weather but the real cause is acid in the blood. If not promptly treated the stiffness spreads and the pain grows worse each year until you are a helpless cripple, tortured day and night. If the disease touches the heart it means sudden death. You can't cure rheumatism with liniments, plasters or hot cloths. You must go to the root of the trouble in the blood. The one sure, scientific way to cure rheumatism is Dr. Williams' Pink Pills, because they actually make new blood. They sweep out the poisonous acid, loosen the joints and muscles, and bring ease and freedom where before had been pain and misery.

Mrs. Fred. Sabeau, Canada Creek, N. S., says:—"Three years ago I was taken with a severe pain in my right hip. It grew gradually worse until it finally settled in both my hips and legs. The pain was really almost unbearable. At first I tried foot drafts and liniments, but this gave me only the most temporary relief, and I felt as if I was to go through the rest of my life as a suffering cripple. A neighbor whose daughter had been cured of rheumatism by Dr. Williams' Pink Pills advised me to try this medicine, and I purchased three boxes. Before they were all gone I was able to get my foot up on my knee and untie my shoe, something I had not been able to do for two years, and I began to feel I had at last found a medicine to cure the trouble. I kept on taking the Pills until I had used, I think, a dozen boxes, when I was completely cured and I am as well and strong to-day as ever I was in my life. I want every sufferer to know that Dr. Williams' Pink Pills is a sure cure for rheumatism, and that if they will give this medicine a fair trial, their pains and aches will disappear as mine did."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

KISSING THE BOOK.

Practice First Came into Fashion End of the 16th Century.

"Kissing the book," which is likely to be done away with before long in England, is a rather late development of the mere touching of the gospels with the fingers, which dates from the sixth century. It is likely that the kiss was originally intended not to increase the solemnity of the oath but to signify reverence and affection for the book. The kiss appears to have come into fashion toward the end of the sixteenth century, and would seem, from what George Fox says of it, to have been a Protestant innovation. According to him, the unreformed method was simply to hold the gospels with three fingers above the book, typifying the Trinity, and two fingers below, typifying the twofold destruction of body and soul that an oath-taker invoked upon himself if he swore falsely.

There is many a good-hearted fool. The trouble is a man doesn't do his thinking with his heart.

What is the Best Thing to strengthen weak back? "The D & L" Menthol Plaster. It will cure lumbago and rheumatism. $1 rolls make seven 25c. plasters. Davis & Lawrence Co., Montreal.

Ascum—"That little boy of yours seems to be nervous. Does he inherit it from you?" Henpeck—"I guess so. He certainly did not get it from his mother, for she's got more nerve than ever."

A Cure for Rheumatism. — The intrusion of uric acid into the blood vessels is a fruitful cause of rheumatic pains. This irregularity is owing to a deranged and unhealthy condition of the liver. Any one subject to this painful affection will find a remedy in Parmelee's Vegetable Pills. Their action upon the kidneys is pronounced and most beneficial, and by restoring healthy action, they correct impurities in the blood.

Customer—"What do you mean by selling me that stuff you called hair-restorer, and telling me it would restore my head to its original condition?" Chemist—"Didn't you like it?" Customer—"No, I didn't. If I had kept on much longer I should have been entirely bald. Original condition, indeed!" Chemist—"Most people are born bald, sir. That is the original condition."

PROVISION MARKET IN AFRICA

How Buying and Cooking is Conducted in That Country.

Travellers in Africa find the standard of living somewhat different from what they are accustomed to at home. One of the latest to report upon this matter is Mary Hall in her book, "A Woman's Trek from the Cape to Cairo." The following paragraphs reflects a strong light upon the condition of market and kitchen in British Central Africa:

When the native butcher proposes to kill an ox, notice to that effect is sent round to the white people on the previous day. Once they were appraised of the fact by the following startling announcement: "A bule will be murdered to-morrow morning, at six a.m.

This cold-blooded crime, so carefully premeditated,—even to the exact hour,—was, however, not committed, as the following morning a second notice was issued, as follows: "The bule ran away this morning, so was not murdered." But this was an exceptional case.

I heard one story which is so characteristic of the native that I repeat it. The man who related it told me that the incident occurred when he was on a journey, and was suffering from a bad attach of fever. One evening he fancied he would like some eggs, and told his boy to get two and boil them lightly.

After a time they were brought to him as hard as bullets. He told the boy he must get some more and boil them less; but alas! these were brought to him in the same condition, and the poor fellow wished he had never ordered them at all.

Being unwilling to give in, he made another attempt, and told his boy, "Come to me when the water boils." The boy did so.

"Now," said his master, "put the eggs in, and when you have counted fifty, take them out."

The native method of reckoning is to count up to ten, and then begin again, arriving at the total by the number of the tens counted. The sick man heard the boy start fair and get as far as four tens, when a second boy interfered, and questioned whether it were the third or fourth ten.

This started a discussion; and as they could not agree, it was decided to begin all over again. Meanwhile the eggs were still boiling, and getting harder and harder. This was about the last straw, and ill as the man felt, he was compelled to get out of bed and put a summary end to the cooking operation.

SAVED BABY'S LIFE.

Mrs. T. Osborn, Norton Mills, Vt., says:—"I have no hesitation in saying that Baby's Own Tablets saved my baby's life and I cannot say enough in praise of this medicine. He was so weak and sickly that he took no notice of anything, and cried so much that I was worn out caring for him. After giving him the Tablets there was a great change, and he is now a bright-eyed, laughing baby, the pride of our home." Baby's Own Tablets cure all stomach and bowel troubles, break up colds, destroy worms and keep little ones healthy and happy. Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

Some men are such swindlers that they cheat themselves.

Impurities in the Blood.— When the action of the kidneys becomes impaired, impurities in the blood are almost sure to follow, and general derangement of the system ensues. Parmelee's Vegetable Pills will regulate the kidneys, so that they will maintain healthy action and prevent the complications which certainly come when there is derangement of these delicate organs. As a restorative these Pills are in the first rank.

"What is the honeymoon, pa?" "Well, the honeymoon is the only period in a man's life during which he considers it funny to come home and find that his dear little wife hasn't dinner ready in time."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

Hubby—"I don't see why you do not exert yourself to make me happy." Wifey—"Why, of all things! You know you told me when I accepted you that I had made you the happiest man on earth? What is the use of my trying to improve on that?"

It is easier to prevent than it is to cure. Inflammation of the lungs is the companion of neglected colds, and once it finds a lodgment in the system it is difficult to deal with. Treatment with Bickle's Anti-Consumptive Syrup will eradicate the cold and prevent inflammation from setting in. It costs little, and is as satisfactory as it is surprising in its results.

I Can't Praise Them Too Much

So Says Charles Bell of Dodd's Kidney Pills.

He had Rheumatism for Ten years and the old Reliable Kidney Remedy Cured him completely.

North Range, Digby Co., N. S., Mar. 1. (Special).—"I am so filled with gratitude to Dodd's Kidney Pills that I cannot praise them too highly." These are the words of Mr. Charles Bell, well known here, and they are echoed by many another who has been freed from the tortures of rheumatism by Dodd's Kidney Pills.

"I suffered terribly from rheumatism for ten years," Mr. Bell continues, "I was so bad I could scarcely get in and out of bed. After trying various medicines without getting relief, a friend advised me to try Dodd's Kidney Pills. Six boxes cleaned the Rheumatism right out of me."

That's what Dodd's Kidney Pills do to Rheumatism—clean it right out of you. They do this simply and naturally. Rheumatism is caused by uric acid in the blood. When the kidneys are healthy they strain this uric acid out of the blood. With no uric acid in the blood there can be no Rheumatism. Consequently to cure Rheumatism, cure your kidneys. Dodd's Kidney Pills always cure the kidneys.

MIDSEASON HATS.

It is very difficult to face these last few weeks before spring without providing in some way for headgear. It seems an absolute necessity that some sort of preparation should be made, so that the heavy fur toque may be discarded and the hat of lighter weight may be substituted until the days for straw hats come again.

When you are buying such a hat—and I am sure you will be unable to do without it—choose some small one which will fit well down over your marceled hair. Let the crown be flat on top, and let the general effect be chic.

So much for the shape. For the trimming, let there be gold or silver, or one of those charming tissues which are silver with a tint of some light color—violet, pink or green. This charming material may encircle the crown or outline it by a little band, and the ornamentation may be given by a few flowers or by some fancy feather, which will stand directly in the middle of the front.

But whatever forms the trimming of your new hat, be very sure that there is not too much ornamentation piled upon it. The generously decorated hat has lost its place for the nonce.

One of the French toques is termed the "Marie Antoinette." It is made of soft straw or shirred liberty satin, and trimmed half way to the high crown with a wreath of hand-made tiny roses mixed with gold ones.

Snooper—"There is nothing perfect on this earth." Swayback—"You forget Gilley." "What about Gilley?" "He's a perfect ass."

Have you tried Holloway's Corn Cure? It has no equal for removing these troublesome excresences as many have testified who have tried it.

Most men are cheerful givers when they have a chance to hand out advice.

Painkiller in winter checks chills, breaks up colds and thus prevents Bronchitis, Lagrippe and Rheumatism. Unequalled as a liniment for frost bites, chilblains, bruises, sprains. Sold by all druggists. Only one Painkiller—Perry Davis'.

Stewardess—"Madam, I've attended to you the best I know how, supplied every want, but you are still unsatisfied. What do you want now?" Seasick Lady Passenger—"I want the earth."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

If a man keeps his ears open he will sometimes get a lesson in the accurate use of language when he least expects it. "Bessie," said papa, "won't you have a little piece of this chicken?" "No thank you," said Bessie. "What! no chicken?" "Oh, yes, I'll have chicken, but I don't want a little piece."

ISSUE NO. 9—09.

COUNTRY DRIVE IN RUSSIA.

Speed Proportionate to Price—"Through Village" Roads.

The Russian popular idea of driving horses it to flog them along mile after mile without a moment's breathing space. The speed is proportionate, within limits, to the price paid, but the horses are never at any speed allowed to slacken, writes a correspondent of the London Standard.

The high road to Ruza runs in a series of up and downs like an endless "switchback," yet the "jamshirk" (driver) never once allowed his horses to rush the last of a declivity to carry them up the next rise, but kept the pace steady up hill or down, a regular rate of one verst in five minutes. We insisted several times on giving the poor brutes a few yards at a walk, but at last had to acquiesce in the custom of the country, with the result that at Ruza it seemed better to take another team for the remaining four miles across country.

The way now lay over what are called "through village" roads. These are simply a tract of Mother Earth bounded on one, sometimes on both sides by a rough ditch, and only otherwise differentiated from the surrounding arable land by the surface being cut up by wheels instead of ploughs—and the Russian plough hardly cuts a deeper furrow in the fields than wheeled traffic on such a "road."

In order properly to understand some of the conditions of rural life in Russia it is necessary to travel in the simplest manner of the native; our impressions of the same road when we returned behind a pair of fine horses in a properly balanced carriage with a sufficiency of springs were wholly misleading, if more enjoyable.

ECZEMA OF THE SCALP.

Zam-Buk Cures a Boy who Suffered for Three Years.

Now and again mothers find that sores or ulcers on the heads of children refuse to heal, despite all ordinary treatment. Then is the time to prove Zam-Buk's healing power.

A case which mothers will read with interest occurred recently in Winnipeg. Mrs. C. Keep, of 592. Alexander Avenue, Winnipeg, says:—"A year ago my little girl contracted eczema of the scalp, and notwithstanding all I did the sores spread until the child's scalp was completely covered. I took her to hospital, but none of the lotions and ointments applied had any effect on the disease. By degrees the child's hair came out, until she was quite bald. We were at this stage strongly advised to try Zam-Buk and did so. From first commencing with this wonderful balm the child got relief from the itching and pain. The sores were quickly banished, and in a remarkably short space of time the child was cured. The hair soon grew again, and is now quite long and in a healthy condition."

All who have care of children should know that Zam Buk is particularly adapted, because of its purity, to the tender skin of children. It cures with equal dispatch ringworm, blood-poisoning, ulcers, cold-cracks, chapped hands, frost-bite, piles, bad leg, etc. Used as an embrocation it eases the pain of sprains, and cures rheumatism, sciatica, and neuralgia. All druggists and stores sell at 50c. a box; or post free from Zam-Buk Co., Toronto, for price.

Somehow honesty manages to parade in public frequently.

Use the safe, pleasant and effectual worm killer, Mother Graves' Worm Exterminator: nothing equals it. Procure a bottle and take it home.

A spoonful of success is better than a gallon of failure.

Repeat it:—"Shiloh's Cure will always cure my coughs and Colds."

The man who acts little makes a a big mistake.

As Fire Spreads in dry grass, so does an inflammation in the throat grow down into the lungs. Deal promptly with a cold as with a fire, and when you begin to cough use Allen's Lung Balsam.

Optimism and dyspepsia are not on speaking terms.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

SEE?

"If you wants to see de bright side o' life," said Uncle Eben, "you's got to be willin' to put in a little patience an' hard work to help keep it polished up."

Gentleman (to dog dealer)—"I gave you a high price for this dog last week because you warranted it to be a good house-dog. My house was broken into last night, and the dog never even barked." Dog-Dealer—"No, sir; I quite believes yer. He was too busy lookin' at the burglars, so as to be able to identify 'em, to even think of barkin'. If you was out with this 'ere dog, and was to meet them burglars, he'd know 'em in a minute. He ain't no common barking dog; he's a reg'ler 'tective, an' worth 'is weight in gold, he is."

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.

It doesn't take very much to encourage a hopeful person.

It is Good for Man and Beast.—Not only is Dr. Thomas' Eclectric Oil of incomparable value in the household, but the farmer and stockman will find it very serviceable in the farm yard and on the cattle range, often saving the services of a veterinary surgeon. In injuries to stock and in cases of cough and pains it can be used with good effect.

What you give is measured by why.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"Granddad," said a child, "what makes a man give a woman a diamond engagement-ring?" "The woman," was the reply.

Allen's Lung Balsam is especially intended to break up neglected coughs, and many hopeless cases have been saved by its use. Contains no opium in any form.

Don't antagonize a man with a cool million; he is in a position to make it hot for you.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

You may have noticed that there are more men with blockheads than wooden legs.

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

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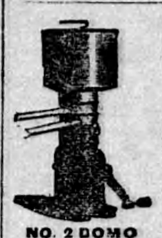
Important Auction Sale
of Shorthorn bulls, cows and heifers, at
WOODSTOCK, ONT., MARCH 4th, 1909
in Sale Pavilion. Forty head are in the offering. Farmers and breeders in need of herd bulls will find them at this sale. Apply for catalogues to H. J. Davis, Woodstock
Capt. T. E. Robson, Auctioneer.



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The Trial will not cost you a penny. I sell my machine strictly on its merit, and it has to be better than others (not simply as good) to stand a chance in competition. It IS better, and is introduced in a square-deal way. My Free Trial and examination plan should interest you. Write for Circular "W" to
J. H. MORROW.
BRIGHTON, - - ONTARIO.

$5,000,000 Awaits Claimants in British Chancery

We require the next of kin of Edward McGurk, who are entitled to an estate valued at $250,000; we have also valuable information for the following:

Adolphus	Garritt	Mainstone
Allen	Giles	MacElwain
Aikin	Godfrey	Maltman
Appleton	Goodrich	Murray
Allatson	Goodman	Malloy
Anthony	Gray	Main
Atkin	Gray	Major
Bateman	Gilder	Morris
Billing	Grears	Norval
Barillet	Gelder	Norman
Barnett	Gates	Newton
Beel	Gilbert	Owen
Bell	Gilliland	O'Malley
Bennie	Greaves	Peters
Bonham	Hayes	Porter
Bennie	Hetherington	Packet
Bayley	Herbert	Phillips
Baxter	Hemming	Porter
Bliss	Hillford	Pasket
Buckmaster	Hartley	Porter
Bradshaw	Howell	Pitkin
Bosco	Hale	Prior
Brown	Hay	Quelch
Boyd	Harper	Raines
Balmforth	Hassell	Rostron
Brennan	Hoare	Rodger
Boling	Hatfield	Roberts
Barnby	Hill	Robertson
Brooks	Hodges	Randall
Barnap	Holdforth	Raben
Blair	Howard	Ridley
Barillet	Huxley	Robinson
Campbell	Harris	Reynolds
Coghill	Hardman	Ramsdale
Connor	Hunter	Resticaux
Cockburn	Hughes	Rattery
Carpenter	Heyl	Riley
Chambers	Hays	Rabini
Crawford	Heatley	Rogers
Crow	Holmes	Sargeant
Cooper	Hutchins	Scott
Crighton	Hildred	Stock
Clark	Jackman	Summer
Cavenaugh	Jones	Sheldon
Cavnagh	Jackson	Simons
Collard	Jeffs	Sabage
Chapman	Jenkins	Schrader
Crompton	Jolly	Sexton
Cram	Johnston	Smith
De maine	Kelly	South
Davies	Keane	Scholtz
Deas	Knapp	Seymour
Devine	Lamb	Sims
Darby	Lees	Strong
Durham	Leby	Thomson
Dale	Lippshutz	Taffs
Dykes	Long	Villiers
Dawson	Lewis	Von Reichbur
Dorner	Little	Venn
Edwards	Long	Williams
Evans	Langley	Winn
Evens	Lee	Welch
Eggar	Lashbrook	Whish
Elliott	Lea	Whitehead
Fulton	Leyne	White
French	Light	Wilkinson
Forbs	Mallon	Woodroffe
Fort	McKenna	Warren
Field	Meredith	Walton
Forrest	Moseley	Warschawski
Fiddes	McGaffin	Watkins
Fahy	Macgregor	Waller
Finlayson	McIlwraith	Walsh
Foster	Matthews	Wray
Fitzgerald	McPhie	Wylan
Febez	Morrison	Young
Galloway	Middleton	Walker
Glissan	Manger	Warren
Gilchrist	McPhillips	Webb
Grainger	McMunn	Wright
Greenwood	McManus	Wakeford
Gemmett	Murray	Young

IF YOUR NAME IS IN THE ABOVE LIST write us, quoting particulars of birth, etc., and enclose $1, our only fee. Also stamped addressed envelope, and we will mail particulars. Guaranteed authentic. Address all communications
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