ONLY ONE CURE FOR A BAD STOMACH

Indigestion and Similar Troubles Must be Treated Through the Blood.

Indigestion can be treated in many ways, but it can be cured in only one way—through the blood. Purgatives cannot cure indigestion. By main force they move the food on still undigested. That weakens the wholse system, uses up the natural juices of the body and leaves the stomach and bowels parched and sore. It is a cause of indigestion—not a cure. Others try predigested foods and peptonized drugs. But drugs which digest the food for the stomach really weaken its power. The digestive organs can never do the work properly until they are strong enough to do it for themselves. Nothing can give the stomach that power but the new, rich, red blood so abundantly supplied by Dr. Williams' Pink Pills. So the reason for their success is plain. The health of the stomach depends upon the blood in its delicate veins. If that blood is weak and watery the gastric glands haven't the strength to secrete the juices which alone can digest the food. If the blood is loaded with impurities it cannot absorb the good from the food when it is digested. Nothing can stimulate the glands, and nothing can absorb the nourishment but pure, red blood. And nothing can give that pure, red blood but Dr. Williams' Pink Pills. Mrs. Alfred Gallant, Mill River, P. E. I. says:—"For several years, previous up to two years ago, I suffered continually from indigestion. I could not eat enough to keep my strength, and what little I did eat, no matter what kind of food, caused great pains, so that I became much reduced in flesh, strength and energy. I consulted several doctors and took medicine from them but without any benefit whatever. On the advice of a friend I began to take Dr. Williams' Pink Pills and soon good results were noticed, I could slightly increase the amount of food day after day, and suffered no inconvenience, until after taking ten boxes I could eat any kind of food and in a short time got back to my normal state of health and feel that Dr. Williams' Pink Pills have surely cured me of a most stubborn case of indigestion."

You can get these Pills from any dealer in medicine or they will be sent by mail at 50 cents a box or six boxes for $2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

COMPLEXION BEAUTIFIERS

Spinach, Watercress and Onions Good in Spring Time.

There is scarcely anything that can compare with spinach, watercress and young onions as complexion beautifiers. The girl who will religiously eat these early spring vegetables will soon conquer the complexion ills of the springtime. A dish of spinach, watercress, or onions every evening at dinner for a week is worth many bottles of cure for "that tired feeling."

The juice of a lemon squeezed into a glass of cold water and taken the last thing at night or the first thing in the morning has a beautifully clearing effect on the complexion. It acts on the liver, whitens the skin, and makes the eyes bright and sparkling. After taking the lemon juice, however, the teeth should be brushed carefully, as the acid promotes decay.

Many women have sallow complexions because they drink far too little water. At least six tumblerfuls of pure water should be drunk every day, preferably on arising, between meals and just before retiring. Dry and salt foods need an occasional swallow of water while being eaten. There should be a happy medium, however, observed between taking no water at all during a meal and the other extreme of flooding the stomach with it.

Unless the pores of the face are kept open the skin becomes dry and leathery and prematurely wrinkled.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the summer months as to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are alarmingly frequent at this time and too often a little life is lost after a few hours' illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles or if the trouble comes suddenly will bring the little one through safely. Mrs. Geo. Howell, Sandy Beach, Que., says:—"My baby was suffering from colic, vomiting and diarrhoea, but after giving him Baby's Own Tablets the trouble disappeared." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The British Government owns 25,000 camels.

REDOUBTABLE OLD SHIP

NELSON'S FLAGSHIP VICTORY IS 144 YEARS OLD.

She Had Established a Glorious Record Long Before Trafalgar Was Fought.

The Victory was 144 years old last month. The redoubtable old ship was put afloat at Chatham Dockyard on May 7, 1765, and her age at Trafalgar, therefore, was more than forty years, or double the effective life of a modern warship.

The first Victory of which any record appears in the annals of the British Navy bore the flag of Admiral Sir John Hawkins, in the conflict with the Spanish Armada. The immediate predecessor of the existent ship was a first-rate of the line of one hundred guns. During a violent tempest on Oct. 8, 1744, she was caught in the Race of Alderney and lost. There perished in her Admiral Balchen, "one hundred gentlemen's sons," and her crew of close upon a thousand hands. This is believed to be the most disastrous shipwreck in all history.

A GLORIOUS RECORD.

Although popular idea associates the present Victory with Nelson's immortal triumph, she had established a glorious record long prior to Trafalgar. She carried the flags of Keppel and D'Orvilliers at Brest, of Howe at the relief of Gibraltar, of Hood at Toulon, of Hotham off Hyeres, and of St. Vincent in the famous fight of 1797.

At the date of her launch she was the veritable Dreadnought of her age, her burthen being 2,164 tons. At the present time she only carries twenty-four light guns for saluting purposes—nearly a hundred fewer than formed her armament at Trafalgar.

MUCH CHANGED.

The Victory has recently been restored more closely to the semblance of her original appearance, save that her spars remain much more dwarfed than when she sailed the seas. She was the first ship of war to carry royals and topgallant studding-sails. Her topsides are still in a good state of preservation, albeit showing many signs of wood-worm. Her bottom, however, consists very largely of bricks and mortar.

Probably less than one-third of the original woodwork now remains in the hull, which was severely knocked about during the French wars. It is computed that if all the trophies fashioned out of "genuine timber from the Victory" could be collected they would suffice to build at least four such ships as she.

A Great Record

An illustrated booklet of St. Margaret's College gives the record of its pupils for the eyar:—

EIGHTEEN attended Universities.
FOURTEEN taught Music.
FOUR had their paintings accepted by the Ontario Society of Artists.
TWO exhibited their paintings at exhibition of the Royal Canadian Academy.
FOUR are engaged in teaching.
THREE are in active journalism.
NINE are employed as trained nurses.

The illustrated prospectus may be had by applying to the "Secretary," St. Margaret's College, Toronto.

"I'll have to ask you to pay in advance," remarked the hotelkeeper. "Isn't my luggage good enough security?" "I fear it is a little too emotional." "Emotional?" "Yes. Easily moved."

Much distress and sickness is caused by worms. Mother Graves' Worm Exterminator gives relief by removing the cause. Give it a trial and be convinced.

UNCONQUERABLE SOULS.

The English soldier who sent his people the tunic he had worn in a battle at the beginning of the South African War, and wrote from hospital, "You will see that there are eleven bullet-holes in it, but I was awfully lucky; only six of them hit me," has a rival in an English schoolboy of ten, whose cheerful acceptance of the "bludgeonings of chance" a writer in St. James Budget has made public.

"My life has been a very lucky one," wrote the ten-year-old. "When I was three years old I fell down-stairs and cut my head. When I was five years old I was looking at some hens, and a dog bit my leg.

"When I was eight I went with my brother in the trap, and the horse fell and threw us out of the trap; my brother lit on his feet and I lit on the horse's back.

"Last year I was playing, and ran into a lurry and cut my eyebrow, and it has left a mark.

"One day I went into the slaughter-house, and a big sheep ran after me and knocked me down, and broke my arm.

"I have had a happy life."

He is anything but a good barber who cuts an acquaintance.

Bull Dog Brand AMMONIA POWDER

It Has no Equal
Ask Your Grocer For It
Don't Accept Just as Good
WE CLEAN UP EVERYTHING
Save the Coupons enclosed in each package and compete for a Prize. Five Dollar Gold Piece for whole complete Dog. Beautiful Metalized Rose Hat Pin for Half Dog.
Manufactured by J. B. PAINE CO., Ltd., Toronto.

A PROMISING APPRENTICE.

Carpenter—"Now, I told you this morning to grind all the tools during my absence. Got 'em all done!"

Apprentice—"All but the saw, sir. I haven't finished that yet."

Carpenter—"How's that?"

Apprentice—"Haven't got all the gaps out of it yet, sir!"

Small but Potent.—Parmelee's Vegetable Pills are small, but they are effective in action. Their fine qualities as a corrector of stomach troubles are known to thousands and they are in constant demand everywhere by those who know what a safe and simple remedy they are. They need no introduction to those acquainted with them, but to those who may not know them they are presented as the best preparation on the market for disorders of the stomach.

Lady (to new milkman): "Now, Mr. Jones, I hope I can rely on the purity of your milk. I had to give up Mr. Smith because his milk became two-thirds water." Mr. Jones: "You can rely on this, mum. It's bin paralyzed by the public anarchist."

After making a most careful study of the matter, U. S. Government scientists state definitely that the common house fly is the principal means of distributing typhoid fever, diphtheria and smallpox. Wilson's Fly Pads kill the flies and the disease germs, too.

A lady entered a well-known bank and presented a cross cheque to one of the "pay" clerks. "I'm sorry I cannot pay this across the counter," he said, politely "Oh, shall I come round this side?" replied the lady.

A Domestic Eye Remedy.

Murine Affords Reliable Relief to Eyes that Need Care. Try Murine Eye Remedy in Your Eyes. It Soothes Eye Pain.

Harry (whose sister has been shopping, and has kept him waiting a considerable time): "It's too bad of you, Mary, to keep me standing about like an idiot for over half an hour." Mary: "I can't help the way you stand, Harry."

PUBLIC INSTITUTIONS have found Painkiller very useful. There is nothing equal to it in all cases of bowel troubles. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.

Back Row: "Hi, you in the front row, sit down; I can't see." Front Row: "Hi, you in the back row, stop your noise; I can't hear."

Where Weakness is, Disease Will Settle.—If one suffers from any organic weakness, inherited or contracted, there disease will settle when it attacks the body. Therefore drive out the pains that beset you, do not let a cold or a cough harass you, and keep the respiratory organs in a good healthy condition. This you can do by using Dr. Thomas' Eclectric Oil. Prevention is the wisest course.

Caller: "Willie, is your sister Sue in?" Willie: "Are you Tom?" Caller: "No, I'm Dick." Willie: "Then she ain't in, 'cos she's expecting Tom to-night."

Holloway's Corn Cure destroys all kinds of corns and warts, root and branch. Who, then would endure them with such a cheap and effectual remedy within reach?

Fortunate is the bride who marries the best man at her wedding.

SEE THAT YOU GET THE REAL THING.—Unscrupulous makers are putting up a counterfeit of "The D. & L." Menthol Plaster. The genuine is made by Davis & Lawrence Co.

PAID IN ADVANCE.

Mrs. Rockefeller, mother of the great J. D., millionaire, was rather a strict disciplinarian, and upheld the standard of the family with a birch switch when it showed a tendency to deteriorate.

Once, when J. D. was being punished for some unfortunate doings which had taken place in the village school, he felt called upon to explain, after the whipping had begun, that he was entirely innocent of the charge preferred against him.

"Never mind," replied his mother, "we have started on this whipping, and it will do for next time."

Lots of self-made men manage successfully to conceal it.

A man may know his wife like a book, but he can't shut her up like one.

SLEEP FOR THE SLEEPESS.

Specialist Wooes Slumber for His Wide Awake Patients.

A French specialist has come to insommia. His method is somewhat vaguely described as "lulling the wide awakes to unconsciousness much as babies are put to slumber."

"It is a perfect palace of peace that he has opened in lovely Touraine" says the Lady's Pictorial. "Here is never a disturbing sound. The silence is broken only by the absolutely monotonous and soothing tick, tock, tick of solid grandfather clocks, and the scarcely perceptible drip of unseen fountains.

"Everything is seen through a cerulean haze, everybody moves in best slippers, the air is fresh but full of aint perfume. Before the eyes of very refractory patients slowly revolve colored balls, not the smallest rose leaf is allowed to crumple in any bed, each being so designed that there is no possibility of the body growing wreary. Here, in fact, the wooing of sleep has been made a positive science, and it is said no one can keep awake here, however hard he may try."

DETAINED.

Papa—"I can't see why that young man who is calling on Minnie hasn't sense enough to go home. It's nearly midnight."

Johnny—"He can't go, father. Sister's sitting on him!"

A Standard Medicine—Parmelee's Vegetable Pills, compounded of entirely vegetable substances known to have a revivifying and salutary effect upon the digestive organs, have through years of use attained so eminent a position that they rank as a standard medicine. The ailing should remember this. Simple in their composition, they can be assimilated by the weakest stomach and are certain to have a healthful and agreeable effect on the sluggish digestive organs.

"Young man," said the pompous individual, "I did not always have this carriage. When I first started in life I had to walk." "You were lucky," chuckled the youth. "When I first started in life I had to be carried."

If allowed to roam over your house those few innocent-looking house flies may cause a real tragedy any day, as they are known to be the principal agents for the spread of those deadly diseases, typhoid fever, diphtheria and smallpox. No other fly killer compares with Wilson's Fly Pads.

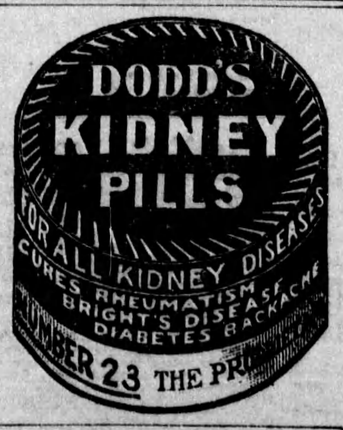
"Aw, it seems to me, Miss Brown," said a "golden youth" to a pretty young lady, "I have forgotten something—aw, let me see!" She suggested gloves as the absent article. "Oh, no! Now I wemembah. Aw—will you mawwy me?"

Red, Weak, Weary, Watery Eyes Relieved by Murine Eye Remedy. Compounded by Experienced Physicians. Murine Doesn't Smart; Soothes Eye Pain. Write Murine Eye Remedy Co., Chicago, for Illustrated Eye Book. At Druggists.

Eminent Teetotal Doctor (to applicant for situation as coachman): "There's one more question—Are you sober?" Applicant: "Oh, yessir, very often, sir!"

Attacks of cholera and dysentery come quickly, there seldom being any warning of the visit. Remedial action must be taken just as quickly if the patient is to be spared great suffering and permanent injury to the lining membranes of the bowels. The readiest preparation for the purpose is Dr. J. D. Kellogg's Dysentery Cordial. It can be got at small cost at any drug store or general dealer's, and it will afford relief before a doctor can be called.

Fiction is stranger than truth, in spite of the proverb. Here is a striking example of the contrast between "the way it is in books" and real life. In the book this is the method used:—"Outside the wind moaned unceasingly, its voice now that of a child which sobs to itself in the night, now that of a woman who suffers her great pain alone, as women have suffered since life began, as women must suffer till life wears to its weary end. And mingled with the wailing of the wind, rain fell, fell heavily, intermittently, like tears wrung from souls of strong men." In real life we simply say:—"It's raining."



ISSUE NO. 28—09.

AN INTERMITTENT MEMORY.

A small customer appeared at the grocery-store, and the smiling grocer asked him what he wanted. "Please, mister," said the boy, "I can't remember what ma sent me for, but you can give me two cents' worth o' peppermint candy, 'cause she said I could keep the change."

For SUMMER SORES For

When troubled with sunburn, blisters, insect stings, sore feet, or heat rashes, apply Zam-Buk!

Surprising how quickly it eases the smarting and stinging! Cures sores on young babies due to chafing.

Zam-Buk is made from pure herbal essences. No animal fats—no mineral poisons. Finest healer!

Druggists and Stores everywhere.

FOR YOUR GARDEN PARTY SECURE HARVEY LLOYD Entertainer 91 Adelaide St. West TORONTO.

Write for terms, etc. 'Phones: Long Distance Main 1504, College 4712.

CHENILLE CURTAINS and all kinds of house Hangings, also LACE CURTAINS DYED & CLEANED LIKE NEW. Write to us about yours. BRITISH AMERICAN DYEING CO., Box 158, Montreal

The GLADSTONE MINES Limited (No Personal Liability) Montreal River District

Subscription forms and other papers can be had by applying to ALEXANDER WARDEN, Broker, 18 TORONTO STREET, TORONTO.

Treatment for all Aliments of HORSES or Live Stock

Fully explained in our little booklet. Mailed free on request. Address The Veterinary Remedy Co., LIMITED, Desk A, 75 Adelaide St. East, TORONTO, CAN.

WANTED.

ONE LADY AGENT wanted in your locality to distribute samples and take orders for our P. D. Q. Toilet and Hand Soap. A handsome silver teaspoon (FREE) with every three cakes. Write for particulars. Atlantic Soap Co., Toronto.

WANTED—Local and General Agents—Liberal contracts to good men; apply by letter, Continental Life Insurance Company, Toronto. Correspondence confidential.

WANTED

If you want to sell property which you own in the United States or Canada such as FARM town property or a business, write us at once for our new successful plan of selling direct, without commission. Give full description of property and state lowest price if you want to buy property of any kind in any locality, write us, stating what and where you wish to buy, and we will send you FREE our magazine of choice bargains for sale direct from the owner with no commission added. BUY American Investment Association, 678 20th Av. N., Minneapolis, Minn. SELL

WE GIVE FREE SAMPLE CASE

WRITE FOR CATALOGUE

AGENTS MEN OR WOMEN. Make $3 a Day and establish permanent business on our capital. Our high class goods sell on sight in every home, are quickly used up and repeat orders come fast. Exclusive territory given. THE HOME SUPPLY Co., Dept. 50, Toronto, Ont.

PRINTING OFFICE FOR SALE

The "Richmond (Que) Guardian," in its 53rd Year of Publication.

For very many years the chief organ of the Conservative party of the Eastern Townships. "The Guardian" is an 8-page 6-column paper, and has been conducted by the present editor without interruption for 50 years, who retires in consequence of advancing years.

The plant is in fair order, and consists of a moderate stock of news and job type, 7-horse-power engine and boiler, Peerless Gem cutter, 28-in. Campbell power press, medium Gordon (modern), and Liberty circular and card press, all in perfect order; three very large stones, tables, furniture, tools, addressing machine, stoves, etc., etc.,

Apply either to S. FRANK WILSON, Toronto., or W. E. JONES, Richmond, Que.

RECORD FOR 1908

$6,045,738 GAIN IN BUSINESS IN FORCE IN CANADA. $6,045,738

Fifty per cent greater increase in Canadian Business than any other Company—Canadian, English or Foreign. The strongest possible evidence that Policyholders are well satisfied with their Policies.

Premium rates, with or without profits, are lower than other Companies charge, while profits to Policyholders are much higher, because management expenses are the lowest and interest earnings the highest.

Ask our Agents for Annual Report and Record for 1908, and be on guard against the anonymous letter distributor and his friends, the blackmailing journalists, with whom we do not advertise.

The Great Western Life Assurance Co.,

HEAD OFFICE - - WINNIPEG.

BRANCH OFFICES.—Toronto, Montreal, Halifax, St. John, N. B.; Charlottetown, Vancouver, Calgary, and Fargo, N. D.

BELL

USED IN Leading Conservatories, Colleges, Schools, Theatres, and in thousands of homes where a piano of distinctive merit is appreciated. The Bell is the only piano with the Illimitable Repeating Action.

ART PIANOS

Send for (free) Catalogue No. 75.

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

ANOTHER CASH PRIZE CONTEST

ORANGE MEAT

Announces a New Prize Contest

MORE PRIZES THAN THE LAST

The First Prize will again be a LIFE ANNUITY of

FIFTY-TWO DOLLARS CASH

Equal to One Dollar per Week Every Week during Lifetime

A Second Prize of One Hundred Dollars Cash
Two Prizes of Fifty Dollars Each
Ten Prizes of Twenty Dollars Each
Ten Prizes of Ten Dollars Each
Twenty Prizes of Five Dollars Each
One Hundred Prizes of One Dollar Each

CONDITIONS are similar to the last Contest, except that all Orange Meat Carton Bottoms must be sent in on or before November 30th, 1909.

Full particulars on private post card in every package of Orange Meat. If you enter this contest, complete the blank space below with your name and address, cut it out and mail it to Orange Meat, Kingston, Ont., it will count equal to ten carton bottoms.

To ORANGE MEAT, KINGSTON.
I desire to enter your prize contest which matures November 30, 1909
Full name.....
Address.....