LINGERING WEAKNESS FOLLOWING DISEASE

Can be Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

How often it is that the victims of disease—fevers, measles, la grippe or any other contagious troubles are weak and ailing, even after the disease itself has disappeared. They do not pick up strength as they ought; remain listless, tired and discouraged. The reason for this is that the blood has been impoverished by the ravages of the disease through which the victim has passed. Strength will not return until the blood is enriched. The blood can be enriched by no other medicine as quickly and as surely as by Dr. Williams' Pink Pills for Pale People—to enrich the blood and strengthen the nerves is the whole duty of these pills—thousands have found them beneficial in bringing strength after disease had left them weak and run down. Among those who owe good health to these Pills is Miss Laura Hisco, New Ross, N.B., who says:—"Following an attack of measles I was left greatly run down and suffered from a bad cough. I was advised to use Dr. Williams' Pink Pills and procured half a dozen boxes. Before they were all gone I had regained my strength; my cough had disappeared and I was once more enjoying perfect health."

The experience of Miss Hisco is that of many others. Dr. Williams' Pink Pills make new, rich, red blood. This new blood strengthens the nerves and banishes such ailments as rheumatism, neuralgia, lumbago, dyspepsia, etc., and brings the glow of health to pale cheeks. The Pills are sold by all medicine dealers or at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

HAPPY PHILANTHROPIST.

Devotes Life to Doing Something for Old and Infirm.

The happiest woman in the State of Iowa, perhaps the happiest in the United States, is Mrs. Carrie Holm of Des Moines. Comparatively speaking, she is the greatest philanthropist in the country, for she gives her all to the care of the old and infirm people she gathers about her. All through her life she has followed two old sayings of the Bible: "It is better to give than to receive," and "Do unto others as you would have others do unto you."

Supporting on a meager income five old and infirm people, all well beyond the allotted span of life, furnishes Mrs. Holm the enjoyment of her life. In her little backyard she has erected four neat tiny cottages. In these live her beneficiaries. The members of the little philanthropic colony live happily together, and their every want is administered to by this second Mrs. Wiggs, who acually delights in supplying their needs. She does their washing, cooks their meals; in fact, any deed which will brighten their lives, she is ready to perform. None of them is related to Mrs. Holm in any way. They merely came, and since their coming have had every attention paid them.

Hanging on the front door of her little home is a large key. Anyone passing cannot help but see it. This key will open any door at her humble home. If you have no place to sleep, you are welcome to use this key. If no one is at home, you are still welcome to help yourself of the family larder, and there is plenty.

Since the date of their marriage, 1875, Mrs. Holm and her husband, who has recently died, have always kept open house. This plan was first practiced in Dexter, Ia., where the young pair first made their home. Mr. Holm was a tailor and Mrs. Holm cared for a little old schoolhouse.

BABY'S GREAT DANGER DURING HOT WEATHER

More children die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum, and stomach troubles come without warning, and when a medicine is not at hand to give prompt relief, the delay may prove fatal to the child. Baby's Own Tablets should be kept in every home where there are children during the hot weather months. An occasional dose of the Tablets will prevent deadly summer complaints, or cure them if they come unexpectedly. Mrs. O. Moreau, St. Tite, Que., says: "My baby suffered from a severe attack of cholera infantum, but after giving him Baby's Own Tablets the trouble disappeared, and he regained health splendidly." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SCHOOL CHILDREN'S FOOD

HOW THEY ARE FED IN FOREIGN COUNTRIES.

U. S. Bureau of Education Publishes Bulletin Regarding Public Feeding.

In a bulletin lately issued by the United States Bureau of Education there is an interesting review of the extent to which public feeding of school children in the foreign countries has progressed. It is quoted from it as follows:

GERMANY.

Meals are served to school children in most of the large cities of Germany. The money is raised chiefly by private charitable enterprise, but this is supplemented by municipal funds. The work in Germany may be considered as relief, except in the schools for the feeble-minded children in Leipzig where a mid-day meal is provided for all children in attendance. Milk and rolls are given in other schools in Leipzig to children who are especially fragile and delicate. These are selected by medical officers.

AUSTRIA.

In Austrian cities (Vienna, Trieste, Prague) poor children are fed partly by private charitable associations and partly by the use of municipal funds. The municipality furnishes rooms usually in the school buildings.

BELGIUM.

In Liege the municipality has furnished soup free for many years to all children in the kindergartens. The benefits of this practice have recently been extended to the children of the first year's course, and to needy children in the second and third years' courses.

In Antwerp food is served to all who wish to buy. There is a chage of five centimes a day in the kindergarten and ten centimes in the elementary.

In Brussels meals are served to indigent children.

DENMARK.

In Copenhagen meals are provided free for all children who wish them. No questions are raised as to the economic conditions of the parents. One-third of the children in the free schools were reported, in 1905, as taking advantage of this opportunity. The work is administered by an association directly connected with the municipality and recovering from it a yearly grant to supplement the private contributions.

HOLLAND.

Utrecht has since 1904 provided free dinners during the winter months for children designated by the head of school and approved by the proper officials. In other cities of Holland the relief is entirely in the hands of charitable organizations, in most cases without aid from municipal funds.

NORWAY AND SWEDEN.

Free meals are provided necessitous children by the local authorities. In Stockholm, kitchens are constructed in connection with the school buildings in all parishes. In Christiania provision is made for the purchase of tickets by parents who are able to pay about 2½ cents per meal, and in some parishes of Stockholm, those who are able to pay are charged about 1 cent for a meal, consisting as a rule of two dishes. In some parishes the poorest are served a breakfast of milk and bread. In the elementary schools of Stockholm the food is prepared by the pupils in the cooking section of the schools.

SPAIN.

In Madrid an association has recently been organized for maintaining "school canteens." This is under supervision of the public authorities and receives assistance from the ministry of education, the provincial administration and the municipality. It supplies food to those qualified for relief, while children who can afford it pay 2½ to 3½ cents per week toward the canteen expenses.

Barcelona supplies, through religious charitable associations, breakfast and lunch to children who furnish certificates of poverty.

SWITZERLAND.

In Zurich the provision of meals is in the hands of the school authority of each district, assisted in some districts by charitable organizations. Meals are given to all underfed children. Well-to-do parents pay 3 cents a meal.

ITALY.

In Italy the care of unfed children is, as a rule, in the hands of private institutions, receiving assistance from state, provincial and municipal funds. An exception is Milan, where a central organization connected directly with and administered by the municipality feeds the children.

A man has a heavy load to carry when his wife tries to share it by putting all his earnings on her back.

A GOOD START.

A Cardinal Young Man's Good Fortune.

Mr. David Magee, whose photo appears below, is a clerk employed in the Grocery and General store of F. F. Adams at Cardinal, Ont.

This young man has just won a cash prize of Seven Hundred dollars offered by the Orange Meat Company of Kingston, Ont., to the person sending in the largest number of carton bottoms cut from Orange Meat boxes in their annuity contest closing May 31, last.

Mr. Magee sent in 2612 counts, carrying off First Prize, which was a life annuity of Fifty-two Dollars or Seven Hundred dollars in cash. Mr. Magee elected to take the cash, and with this money he intends opening a grocery business, with a friend in the city of Winnipeg.

Mr. B. Crooks of 340 Alexander Ave., Winnipeg, was the winner of the One Hundred dollar prize.

There were prizes aggregating thirteen hundred dollars cash, distributed on June 16th last, to the fortunate winners.

The Orange Meat Company have started an other similar contest closing on November 30th next, and in addition to the prizes given in the last contest they have added two Fifty dollar and one hundred One Dollar Prizes.

Send your name and address to Orange Meat, Kingston, Ont., and commence saving Orange Meat carton bottoms at once.

MIND-READING.

Charlie Loveday—"Um—ah—er—er—er! He! he——"

Jeweler (to his assistant)—"Bring that tray of engagement rings here, Henry."

Costiveness and Its Cure.—When the excretory organs refuse to perform their functions properly the intestines become clogged. This is known as costiveness and if neglected gives rise to dangerous complications. Parmelee's Vegetable Pills will effect a speedy cure. At the first intimation of this ailment the sufferer should procure a packet of the pills and put himself under a course of treatment. The good effects of the pills will be almost immediately evident.

People aren't necessarily good because they feel that way.

The man with the largest library usually has the least time to read.

A Domestic Eye Remedy.

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

Anyway the chap who thinks he knows it all doesn't know a lot that is said of him behind his back.

Wilson's Fly Pads, the best of all fly killers, kill both the flies and the disease germs.

Some men would rather be wrong than right if there is more money in it.

HUNDREDS OF OPINIONS agree upon the fact that Painkiller has alleviated more pain than any one medicine. Unequalled for diarrhoea and dysentery. Avoid substitutes, there is but one "Painkiller"—Perry Davis'—25c. and 50c.

How a man loves to find the house full of company when he comes home with something on his mind that he wants to scold about.

Mother Graves' Worm Exterminator has no equal for destroying worms in children and adults. See that you get the genuine when purchasing.

AWAITING INVENTION.

"Hace you any alarm clocks?" inquired the customer of a jeweller recently.

"Yes, ma'am," said the man behind the counter. "About what price do you wish to pay for one?"

"The price is no object if I can get the kind I am after. What I want is one that will rouse the girl without waking the whole family."

"I don't know of any such alarm clock as that, ma'am," said the man. "We keep just the ordinary kind—the kind that will wake the whole family without disturbing the girl."

Host: "Have you seen the wedding presents, old man?" Guest: "No, not yet." Host: "Well, wait a moment. I'll get one of the detectives to escort you through."

Peak's Hair Grower

Has never failed to stop Falling Hair. It positively kills the Dandruff Germ. Try it and be convinced for yourself.

YOUR MONEY REFUNDED IF IT FAILS

Write for Descriptive Pamphlet

The Peak Mfg Co., 129 Victoria St., Toronto, Ont

FRIED POTATO CONTEST.

Eighty Potato Friers Competed in Paris.

One of the most amusing incidents of the Whitsuntide holiday in Paris was the fried potato contest. It was held at Bagfolet, a suburb which compares with the Vale of Heath at Hampstead Heath, London.

Potato friers to the number of eighty, with their stoves, lined up before a crowd of several thousand persons in the morning. Each provided his own potatoes and his own butter.

At the word "Go!" each man or woman—there were fifteen women—chose six potatoes from a sack, peeled them, buttered the pan, and began to fry.

There were two prizes—one for rapidity and one for excellence. Both were won by the same lady, who, amid cheers, asked permission to offer a glass of brandy to each of the judges, most of whom were in danger of collapse from indigestion.

ST. MARGARET'S COLLEGE, TORONTO.

Toronto, with its famous Universities, Colleges, Churches, Libraries, Art Collections and Museums, is the great educational centre of Canada. The pupils attending St. Margaret's College have therefore distinct advantages that cannot be obtained elsewhere. The teachers have the same high academic standing as those in the great Collegiate Institutes. The attendance of pupils is limited; the classes average ten each; personal attention can thus be given to each pupil. Then there is a most thorough Musical Course taught by Canada's greatest Musicians; Art, Domestic Science and Physical Education are also thoroughly taught. To all desiring it an illustrated Booklet will be sent on application being made to the Secretary.

SPOILING HIS CHANCE.

Mamma—"Yes, indeed; I think this young man who is calling on Grace is very sensible."

Papa—"Well, don't you go and tell that to Grace. Give the young fellow a fair show."

Nip Disease in the Bud.—It is difficult to eradicate a disease after it has become seated, therefore it is wise to take any ailment in its initial stages and by such remedies as are sufficient, stop it in its course. Cold is the commonest complaint of man, and when neglected leads to serious results. Dr. Thomas' Eclectric Oil will cure the severest cold or most violent cough.

Mother (to a married daughter): "What's the matter, Clara? Why are you crying?" Clara: "Henry is so awfully cruel—he is getting worse and worse every day. What do you think he said just now? He told me that I must get rid of the cook; he couldn't stand her cooking any longer. And he knows well enough that she has not done one bit of cooking for a fortnight, and that I have done it all myself!"

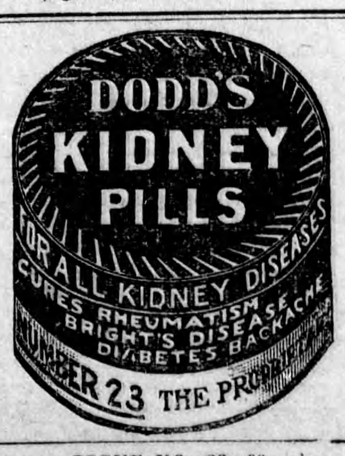
Don't experiment with unsatisfactory substitutes. Wilson's Fly Pads kill many times more house flies than any other known article.

Some men are a good deal like froth, their usefulness is at an end as soon as they get to the top.

Thos. Sabin of Eglington, says: "I have removed ten corns from my feet with Holloway's Corn Cure." Reader, go thou and do likewise.

THE SIZE OF THE FEAST.

The magnitude of the banquet which the British newspaper men tendered the visiting delegates from the overseas dominions on June 5, is indicated by the following figures: For the banquet there were provided 400 fowl, 200 duck, 30 turtles, 300 pounds of salmon, 500 bottles champagne, and 2,000 cigars. Forty chefs prepared the food, and 300 waiters served it, using 10,000 plates and dishes, and 20 tons of china, glass, linen and silver.



ISSUE NO. 29—03.

TRUTHFUL BESSIE.

There had been a lover's quarrel, and it was his first visit in two weeks.

"I guess you know there was a difference between your sister and myself?" he ventured, trying to pump the little sister.

"Yes, indeed responded the latter without hesitation.

"Well—er—do you think Clara will make up when she comes down?"

Little Bessie leaned over and whispered:

"She is upstairs making up now."

WAS ALL IN.

A Young Toronto Business Man Tells What He Thinks of Tonicine.

Toronto, July 3rd. 1903.
15 Northcote Ave.

The Tonicine Company, Limited, Toronto.

Dear Sirs,—

Will you kindly send me by return mail another 50c. box of Tonicine, as I have received very great results from the first box, which I have just finished.

For a long time my system has been run down, being subject to stomach trouble and having impure blood. After taking Tonicine for two or three days I felt much better. I feel quite sure that this box will fix me up, although I will always keep a small quantity of your pills on hand.

Yours very truly, GEORGE BARTLETT.

Tonicine, the great Heart and Nerve Tonic, has now been serving the public for the past fourteen years, and is for sale by all high-class druggists or send 50c. direct to The Tonicine Company, Limited, 18 Victoria St., Toronto.

OF COURSE NOT.

"Do you keep a servant?"

"Never for very long."

Relief for the Depressed.—Physical and mental depression usually have their origin in a disordered state of the stomach and liver, as when these organs are deranged in their action the whole system is affected. Try Parmelee's Vegetable Pills. They revive the digestive processes, act beneficially on the nerves and restore the spirits as no other pills will. They are cheap, simple and sure, and the effects are lasting.

Pat got a job moving some kegs of powder, and, to the alarm of the foreman, was discovered smoking at his work. "Gracious!" exclaimed the foreman. "Do you know what happened when a man smoked at this job some years ago? There was an explosion which blew up a dozen men." "That couldn't happen here," returned Pat, calmly. "Why not?" "'Cos there's only me and you!" was the reply.

The microscope in the hands of experts employed by the United States Government has revealed the fact that a house fly sometimes carries thousands of disease germs attached to its hairy body. The continuous use of Wilson's Fly Pads will prevent all danger of infection from that source by killing both the germs and the flies.

First Seaman: "I say, Bill, wot's this card?" Second Seaman: "That's the saloon passengers' menu, of course." "But wot does it mean?" "Oh, it's a list of all the things they have for dinner—soup and fish and vegetables and meat. That's the difference between the saloon and the forecastle; they get them all separately and call it a menu. In the forecastle we get them altogether and call it Irish stew."

AN IMPOSSIBLE THING to find a plaster equal to "The D. & L." Menthol Plaster, and it is being imitated. Get the genuine. For side aches, backaches, stitches, nothing equals it. Made by Davis & Lawrence Co.

"I never knew until I attended the horse show what an absurd term 'horse laugh' was." "What impressed you?" "Why, there's no such thing as a horse laugh: The horses looked right at the ladies' hats, and didn't even smile."

In the causes of infant mortality cholera morbus figures frequently, and it may be said that complaints of the bowels are great destroyers of child life. If all mothers would avail themselves of so effective a remedy as Dr. J. D. Kellogg's Dysentery Cordial many a little one could be saved. This Cordial can be given with safety to the smallest child, as there is no injurious substance in it.

One of the surgeons of a hospital asked an Irish help which he considered the most dangerous of the many cases then in the hospital. "That, sir," said Patrick, as he pointed to a case of surgical instruments lying on the table.

There's music in the sole of a new boot—such as it is.

Treatment for all Ailments 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.

USES FOR BOOKS.

A young girl once asked Mark Twain if he liked books for Christmas gifts? "Well, that depends," drawled the great humorist. "If a book has a leather cover, it is really valuable as a razor strop. If it is brief, concise work, such as the French write, it is useful to put under the short leg of a wobbly table. An old-fashioned book with a clasp can't be beat as a missile to hurl at a dog; and a large book, like a geography, is as good as a piece of tin to nail over a broken pane of glass.

Ontario Veterinary College

TEMPERANCE ST., TORONTO, CAN.

Established 1862, taken over by the Provincial Government of Ontario, 1908.

Affiliated with the University of Toronto, under the control of the Dept. of Agriculture of Ontario. College opens 1st October, 1909. Course of study extends through 3 college years. FEES PER SESSION $75.00. Calendar on application.

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34 Bloor Street East, Toronto.

A high grade Residential School for Girls. Fees for the year—Resident Students, $252 to $262. Day Students, $84 to $72.

College Reopens Sept. 15. Calendar on application

MISS CHARLOTTE THRALL, Vice-Principal.

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WOODSTOCK, ONT.

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A. T. MacNEIL, B. A., Principal.

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

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THE HOME SUPPLY Co., Dept. 56, 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.,

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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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