THE DOCTOR SAID HE COULD NOT LIVE

An Almost Fatal Illness Following an Attack of LaGrippe.

The danger from grip is seldom over when the characteristic symptoms, the fever, the headache and the depression of spirits, pass away. Grip leaves behind it weakened vital powers, thin, watery blood, impaired digestion and over-sensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence, and for this purpose no other medicine can equal Dr. Williams' Pink Pills, which contain the elements necessary to enrich the blood and restore weakened nerves. Mr. James L. Whitman, Mulgrave, N. S., says:—"Following a severe attack of La Grippe I was completely prostrated. The doctor who attended me said that my whole system had gone wrong. My heart was affected, my kidneys weakened, digestion impaired, and to make the trouble worse I had a hemorrhage of the bowels, and nearly bled to death. The doctor said I could not live, and told my wife to tell me that I had better settle up my worldly affairs. I did not care to live, my sufferings were so intense. I could not sleep, my ankles and feet were swollen, and my conplexion very yellow. Friends came to see me for the last time, and one of these, more hopeful than the others, persuaded me to try Dr. Williams' Pink Pills. While I had but little faith that they would help me I decided to try them. Quite soon they seemed to benefit me, for my appetite improved and my heart became stronger. Continuing the use of the Pills it was not long before I was able to be out of bed, and after using fifteen boxes I am in good health for a man of my age. The doctor and those who knew of my case look upon me as a living wonder, as none of them expected me to get better."

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GERMAN GIRL AT HOME.

Is Patriotic, a Capable Housewife and Needlewoman.

The German girl is an excellent needlewoman, and accomplishes wonders of fine embroidery for her friends. She is also a capable housewife, and looks forward to a lifetime of cooking without any dismay, for even in households where the circumstances are easy the preparing of food for the fastidious palate of the lord and master usually devolves on a member of the family. Our Teutonic sister takes little regular exercise and has no aptitude for games, but she is frequently a good walker, with plenty of staying power, and during the spring months will go for long walking expeditions with her friends.

The German girl is patriotic, and she worships the army in all is officers. She is extremely musical and has a genuine appreciation of classical performances. Her energy in improving her knowledge of English, with every person of that nationality whom she chances to meet, is worthy of praise. Unfortunately it is continued at the expense of those who are visiting her Vaterland for the express purpose of learning the language; but this side of the question she fails to perceive, although her own indignation would be unbounded were she to meet with similar treatment in England.

WORN, WORRIED MOTHERS.

Much of the worry which every mother of young children undergoes would be spared if the mother kept Baby's Own Tablets on hand and gave an occasional dose when the child was fretful, cross or feverish. Nearly all the ailments of childhood can be traced to the stomach, bowels or teething. For these troubles no medicine can equal Baby's Own Tablets, and the mother has the guarantee of a government analyst that the Tablets are absolutely safe. Mrs. Ed. Suddard, Haldimand, Que., says:—"I have used Baby's Own Tablets in my home for a long time and always with the best results. I do not know how I could get along without this medicine." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Kindly mention the name of this paper in writing to advertisers.

LYING KILLS SELF-RESPECT.

Pernicious Habit Warps Judgment and Weakens Character.

"All boys," an old philosopher says, "are born liars."

Perhaps it is because lying is the diplomatic refuge of helplessness. The instant we learn to know punishment desire to escape it becomes a prime instinct.

Morality, like knowledge, is not hereditary, but attained. The child must learn that lying is a sin and a self-injury, just as it must learn by being burnt to avoid the fire.

Until this lesson is learned the child, youth, man, will continue to lie. Many never learn it. Perhaps none ever learn it very thoroughly.

Lying comes not of aggressive shrewdness, but of cowardice and a shallow cunning that is often treacherous and tricks the lie into transparency.

But it is not the danger of being found out by others that is most to be dreaded; far more dreadful is it that the liar must know himself to be a liar.

His self-respect suffers, the leaven in him loses strength and leaves him dead dough.

The cunning that leads to lying is a rot that must penetrate the whole character and make a man ever uncertain of himself.

It distorts his perspective, obscures his vision, and warps his comprehension.

The habit of misrepresentation leads to misconception, the judgment becomes as erratic as the tongue, and there results the man who actually "couldn't tell the truth if he wanted to."

Nothing else so shakes the confidence of one's friends as known lying does; nothing so shatters one's own self-confidence as does lying, whether known to others or not.

The cowardice that fathers lying increases with the lie. Fear of detection joins with self-contempt in making the liar a greater coward than before. One lie calls for another in its defence, and as the poet said, "Oh, what a tangled web we weave when first we practice to deceive!"

The tangled web makes it all the harder for the liar to succeed in even an honest undertaking. His lies are a ball and chain upon his foot. He flounders along, most of his energies being required to overcome the impediment, while the truthful man easily outstrips him.

The lying cheat is the "Vicar of Wakefield," who was always swindling everybody, went to jail for debt, while his honest neighbors, whom he swindled many times, steadily prospered and died rich and respected.

Fiction, eh?

Well, it is immortal as fiction simply because it is true to life, the world over, all the time.

Legend of the Wrekin.

For the benefit of those who do not know it may be worth while to tell the story of the Wrekin, that great hill overlooking the Severn which is in the centre of Shropshire and therefore of the universe. It is said that so great was the flood of Welsh perjurers flowing down the Severn that the enemy of mankind found himself unable to deal with the supply, and to stop it he proceeded to dam the Severn, but the spadeful of earth slipped before he reached the river and former the Wrekin.—London Black and White.

CURED HIS LAME BACK.

West Fort William, Nov. 7th, 1908

"I have been troubled with a lame back for the past twenty years and have used plasters and ointments without effect. At last I tried Gin Pills, which proved just the thing, and I would highly recommend them to anyone who has a strained or lame back." H. HARKNESS.

Gin Pills act directly on the kidneys—relieves the pain—neutralizes uric acid, which is generally formed when there is kidney trouble.

Try Gin Pills yourself before buying the regular 50c. boxes. Write National Drug & Chemical Co., (Dept. W L) Toronto, for free sample.

Embarrassing.

Father Mathew, the famous temperance reformer, had arrived in the dusk of one evening at the house of a parish priest in a remote part of Galway. His host conducted him to a room on the ground floor, in which was a large bay window without blind or curtain.

No sooner was Father Mathew in bed than he turned his face to the wall and fell into a deep slumber. Awaking, as usual, at an early hour in the morning, he opened his eyes, repeated a prayer, and turned toward the window. What was his dismay to see a crowd of people of both sexes and all ages standing tiptoe in front of the big bay window, some even flattening their noses against the glass, all eager to get a peep at his reverence.

A more modest man than he did not exist, and great was his embarrassment. He looked round furtively for a bell-rope, but such a luxury was not to be thought of in a priest's house in Galway! He dare not even put a leg out to stamp on the floor: he was fairly in prison between the blankets.

The crowd was growing larger and the talk louder. He could hear bits, such as:

"Do ye see him, Mary, asthore?"

"Denny, agra, lave me take a look, an' God bless ye, child!"

"Oh, wisha, there's the blessed priest abed!"

"Mammy, there he lies, a-snoorin'! I can see his head!"

Three mortal hours did the prisoner wish for deliverance. Then his host came tapping, afraid to disturb his guest too early, saw the boys at gaze, and sent Pat to clear them off the house front.—From "Heroes of Modern Crusades."

Panama.

Panama is a Caribbean word, meaning "mudfish," an allusion to the abundance of this variety at the isthmus.

COVERED WITH ECZEMA.

Yet Zam-Buk Cured Him.

Mr. A. M. Brooks, of Wellington street, Steelton, says:

"Ten months ago I contracted eczema, which at first appeared on my neck, later spreading to my chest and body. I began doctoring, but instead of the disease being checked it showed signs of becoming worse; and my neck, chest, and my whole body was soon in a frightful condition. The skin actually peeled off, leaving the flesh raw.

"I suffered cruelly from the terrible itching and soreness, and was completely confined to the house. Not seeing or feeling any improvement, I next resorted to the ordinary salves and ointments recommended for skin diseases, but although I gave each preparation a fair trial, none seemed powerful enough to bring about a cure until I began using Zam-Buk.

"From the first application of Zam-Buk I had some relief, and as I persevered with its use daily the soreness was by degrees drawn out and the intense itching and aching completely vanished. In the end it worked a complete cure."

If you suffer from any skin disease don't make the above mistake, and try all sorts of things before Zam-Buk. Get Zam-Buk first! Eczema, ulcers, abscesses, poisoned wounds, cuts, cold sores, scalp sores, face eruptions, chaps, red, rough patches—all are healed and cured by Zam-Buk. Best balm for babies' rashes. All druggists and stores at 50c. box, or post free from Zam-Buk Co., Toronto, for price.

The Temples of Burma.

Among the many interesting features to be found in Burma, the numberless temples figures most prominently. One group, says The Wide World Magazine, consists of no fewer than 450 pagodas, on each of which is recorded, on stone, a section of the law of Buddha, the founder of the Buddhist religion, which embraces millions of devotees. The reverence and awe with which the images of Buddha are regarded are hardly less wonderful than the fabulous sum which has been spent on the erection of temples to his fame by poverty-stricken communities. In India and the adjoining countries, the proceeds of the sacrifices offered by the people are devoted toward the erection of gorgeous temples, which accounts for the thousands to be found in districts where Buddhism hold sway.

TRUE FRIENDSHIP.

"Why did you tell your friend that the dressmaker had totally ruined your dress?"

"Oh, I simply thought it would make her happy."

Costiveness and its Cure.—When the excretory organs refuses to perform their functions properly the intestines becomes clogged. This is known as costiveness and if neglected gives rise to dangerous complications. Parmelee's Vegetable Pills will effect a speedy cur. 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.

A man is rich in power if he is able to do without the things wealth will buy.

All Women Know what is is to have violent pain. Some take one thing and some another. Our advice is to place "The D & L" Menthol Plaster over the seat of the pain; it will do more to give you comfort than anything.

Kindly mention the name of this paper in writing to advertisers.

There comes a moment in every man's life when he regrets his inability to kick himself.

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 restore the affected organs to healthy conditions. Use will show its value. Try it and be convinced of its efficacy.

Gunson—"Another increase in your family, eh? Son or daughter?" Bilbee (gloomily)—"Son-in-law."

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.

LITERARY CONTAMINATION.

Mother—Johnny, you said you'd been to Sunday school.

Johnny (with a far-away look)—Yes, mamma.

Mother—How does it happen that your hands smell of fish?

Johnny—I carried home the Sunday school paper an' the outside page is all about Jonah and the whale.

HORSE OWNERS! USE

GOMBAULT'S **CAUSTIC BALSAM.**

A safe, speedy and positive cure. The safest, Best BLISTER ever used. Removes all bunches from Horses.—Impossible to produce scar or blemish. Send for descriptive circulars.

THE LAWRENCE-WILLIAMS CO., Toronto, Can.

Don't Cough!—Use PISO'S CURE

THE BEST MEDICINE FOR COUGHS AND COLDS

Will instantly relieve your aching throat. There is nothing like it for Asthma, Bronchitis and lung troubles. Contains no opiates. Very pleasant to take.

All Druggists, 25 cents.

Coercing the Customs.

M. Labouchere was once held up by the German customs service and had all the contents thrown out of his trunks.

"Put those things back," said he to the men who had emptied his trunks.

"That is your affair," they answered.

"I stay here until you do," he replied. "But give me a telegraph form." On the form M. Labouchere wrote: "To Prince Bismarck, Berlin. —Regret cannot breakfast with your highness to-morrow. Held here indefinitely."

Quick as lightning the officials packed the trunks!

What Did He Want?

A commuter hurried into a hardware store on his way to the train one frosty night. "Here," he called to the clerk, "I've only got a minute. I want to get a porn copper."

"A what?" asked the clerk.

"A porp conner."

"Ha, ha!" laughed the clerk. "I guess you mean a con porper, don't you?"

"No, I don't. I mean a pon corper, you chucklehead. But I can't get it now because my train is due."

"Silly ass," murmured the clerk after he had gone, "couldn't say pop corner!"

Every mother knows a lot of good rules for raising other people's children.

PILES CURED at HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 719, Windsor, Ont.

Pleasant as syrup; nothing equals it as a worm medicine; the name is Mother Graves' Worm Exterminator. The greatest worm destroyer of the age.

It costs a young man more to uneducate himself than it cost has father to educate him.

"A Grove-yard Cough" is the cry of tortured lungs for mercy. Give them mercy in the form of Allen's Lung Balsam, which is used with such good effect even in consumption's early stages. Never neglect a cough.

"So your wife always lets you have the last word in an argument?" "Certainly," answered Mr. Meekton. "It is necessary for me to have the last word in order to show that I agree with her perfectly."

Give Holloway's Corn Cure a trial. It removed ten corns from one pair of feet without any pain. What it has done once it will do again.

BRAINY.

Some fellows act as though they were afraid to sneeze for fear of blowing their brains out.

Free to Our Readers.

Write Murine Eye Remedy Co., Chicago, for 48-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

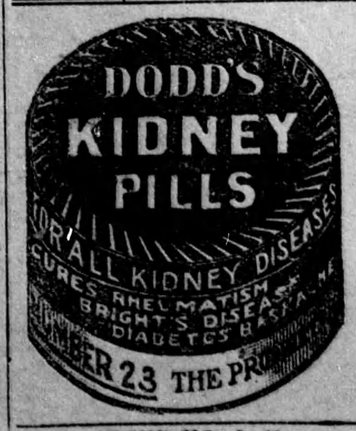
CORRECT.

"What is the plural of man, Johnny?" asked the teacher of a small pupil.

"Men," answered Johnny.

"Correct," said the teacher. "And what is the plural of child?"

"Twins!" was the logical, but unexpected reply.



ISSUE NO. 3—10.

Blowing Bubbles for Exercise.

Blowing soap bubbles is an exercise which has been adopted at a school in Haarlem, Holland, on the advice of a local practitioner, Dr. Ootmar, in order to broaden the children's chests. This pleasant method, as ingenious as it is simple, was thought of because of the difficulty in getting children to do ordinary breathing exercise thoroughly and regularly. On three days in the week all the children have placed before them a bowl of soapy water and a pipe. The windows are opened wide to admit as much fresh air as possible. Then competitions are arranged as to who can blow the biggest bubbles. Periodically chest measurements have proved the efficiency of the arrangement, increases being noted in each individual case.

The Spider.

It is very rarely that two spiders really fight. If by chance two are placed in one web the weaker or more cowardly instantly retreats or is captured and wound up by the stronger. Spiders are unflinching cannibals. They will breakfast off their brothers and dine off their sisters without any compunction, and, as regards what they eat, they seem to have no particular preference either for flies, gnats, moths, earwigs, daddy longlegs, bees, wasps or other small fry, all being eaten with the same eagerness.

A GOOD COUGH MIXTURE.

Simple Home-Made Remedy That is Free From Opiates and Harmful Drugs.

An effective remedy, that will usually break up a cold in twenty-four hours, is easily made by mixing together in a large bottle two ounces of Glycerine, a half-ounce of Virgin Oil of Pine compound pure and eight ounces of pure Whisky. This mixture will cure any cough that is curable, and is not expensive, as it makes enough to last the average family an entire year. Virgin Oil of Pine compound pure is prepared only in the laboratories of the Leach Chemical Co., Cincinnati, Ohio.

THE RIGHT TERM.

"I wonder that dentists call their offices dental parlors."

"Why shouldn't they?"

"A more appropriate term would be drawing-rooms."

Month After Month a cold sticks, and seems to tear holes in your throat. Are you aware that even a stubborn and long neglected cold is cured with Allen's Lung Balsam?

"Well, my little man," said a clergyman to the son of one of his parishioners, "what do you do in school all day?" "I wait till it's time to go home, sir."

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.

THE PHILOSOPHER OF FOLLY.

"There's nothing in a name," says the Philosopher of Folly. "They told me Smith was an 'easy-going' man, but he stayed in my office an hour to-day when I wanted to work."

Missionaries in All Lands are friends of Painkiller. Hundreds of letters testify to the fact. For accidents and sudden emergencies, such as sprains, cuts and bruises, they find it invaluable. Avoid substitutes, there is but one "Painkiller", —Perry Davis'—25c and 50c.

Maud — "Belle doesn't wear French heels any more. Her husband won't let her." Ethel—"I said she would lower herself by marrying him."

PILES CURED IN 6 TO 14 DAYS.

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

We once heard of two girls who were heartbroken—one because she couldn't marry a certain young man and the other because she did marry him.

It Keeps the Muscles Pliant. — Men given to muscular sports and exercises and those who suffer muscular pains from bicycle riding will find Dr. Thomas' Eclectric Oil something worth trying. As a lubricant it will keep the muscles pliable and free from pains which often follow constant use of them, without softening or impairing their strength. For bruises, sprains and contusions it is without a peer.

RACE FOR LIFE.

Irate Doctor (finding bottle of quack medicine)—"Why didn't you tell me you were taking this wretched stuff?"

Patient—"Well, it was my missus, sir. She says, I'll dose you with this, and doctor he'll try his stuff, and we'll see which'll cure you first."

A REASON.

Friend—"Great Heavens, man! Do I find you reduced to playing a cornet at the street-corner to make a living?"

Bloggs—"I ain't doing this to make a living. My wife won't let me practice in the house."

WEAK LUNGS

RESTORED BY PSYCHINE.

"PSYCHINE" has restored thousands of people to buoyant health and strength whose condition had been regarded as hopeless. It is a tonic and flesh-builder, containing remarkable properties as a blood purifier and germicide. It will strengthen and heal the weak lungs, force out the phlegm, and drive away the cough, no matter of how long standing.

"PSYCHINE" tones up the whole system and drives out disease, heals the decayed tissue and restores lost energy. Its use daily will prevent and ward off that most subtle disease consumption.

Write for a Free Sample.

For Sale by all Druggists & Dealers, 50c. & $1 per bottle.

Dr. T. A. S UM LIMITED, TORONTO

PSYCHINE

PRONOUNCED SI-KEEN

STOCKS.

TO INVESTORS—YOUR ORDERS TO buy or sell Stocks will receive my personal attention. S. M. Mathews, Broker, 43 Scott St., Toronto.

EDUCATIONAL.

LEARN THE BARBER TRADE—NEW system—constant practice; careful instruction; few weeks complete course; tools free; graduates earn twelve to eighteen dollars weekly; write for catalogue. Moler Barber College 221 Queen East, Toronto.

NEW TERM

now open. Enter any time. Your training will be thorough and will bring you excellent results if secured at the British-American Business College, Y.M.C.A. Bldg., TORONTO

Write for catalogue.

T. M. WATSON, Principal.

AGENTS WANTED.

WANTED — RELIABLE PARTIES TO do machine knitting for us at home; $7 to $10 per week easily earned; wool, etc., furnished free; distance no hindrance. For full particulars address the Dominion Knitting Co., Dept. W., Orillia, Ont.

AMBITIOUS representation wanted in every locality to sell "Modern" specialties. Secure your territory now. "Turn time into gold." $5.00 to $10.00 a day can be easily made. Write to-day. Modern Goods Co. of Canada, Owen Sound, Ont.

WANTED—LOCAL AND GENERAL Agents—Liberal contracts to good men; apply by letter. Continental Life Insurance Company, Toronto. Correspondence confidential.

MARLATT'S HAIR Promoter

50c. & $1 per bottle. 93 Bathurst St., Toronto

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

HOPE FOR THE DEAF—IN ACOUSTICON—one of the marvels of the electrical age. In use throughout the world. Write for catalogue. General Acoustic Co., of Canada, Ltd., 468 Yonge Street, Toronto.

IODINOL

The famous new discovery of the age, positively, quickly, completely relieves and cures Goitre, Thick Neck, Sciatica, Swellings, Bunions, Quinsy, etc. $1.00, or 6 for $5.00, mailed on receipt of price by LYLE MEDICINE CO., Toronto

FURS Do you trap or buy Furs? I am Canada's largest dealer, I pay highest prices. Your shipments solicited. I pay mail and express charges; remit promptly. Also largest dealer in Beehides, Sheepskins, etc. Quotations and shipping tags sent free. 6

JOHN HALLAM, TORONTO

CARPET DYEING and Cleaning. This is a specialty with the British American Dyeing Co. Send particulars by post and we are sure to satisfy. Address Box 153, Montreal.

RRR

SORE THROAT, BRONCHITIS, TONSILITIS and all INFLAMMATIONS

NEGLECTED COLDS run into the "GRIP" and PNEUMONIA. Lose no time, but get at once a bottle of RADWAY'S READY RELIEF and prevent pneumonia, or cure it if already manifested. Is the Unfailing Household Remedy for Coughs, Colds, Sore Throat, Bronchitis, "Grip," Pneumonia and Pains of all kinds.

SHE WASN'T SUPERSTITIOUS.

"Mary, Mary!" cried Mrs. Johnson to her maid, "what shall I do? I've just had a most dreadful accident, and don't know what's going to happen. I've broken my new hand-glass, and you know how unlucky it is to break a looking-glass. It means seven years' unhappiness."

"Lor', mum," replied Mary, "don't you set no heed on that. Look at me; I'm not fretting, and I've just broken the large pier-glass in the drawing-room."

Bad Blood

is the direct and inevitable result of irregular or constipated bowels and clogged-up kidneys and skin. The undigested food and other waste matter which is allowed to accumulate poisons the blood and the whole system. Dr. Morse's Indian Root Pills act directly on the bowels, regulating them on the kidneys, giving them ease and strength to properly filter the blood—and on the skin, opening up the pores. For pure blood and good health take

Dr. Morse's Indian Root Pills