AFTER EFFECTS OF FEVER

How to Build Up Health and Strength After Wasting Diseases.

When the system is run down following attacks of fever, la grippe, or other wasting diseases, Dr. Williams' Pink Pills are of special value. They make new, rich blood, which reaches every organ and every nerve in the body, and in this way restore the patient to active health and strength. In proof of this we give the case of Mrs. James Randall, Silverstream, Sask., who says:—"I feel that if there is anyone who ought to testify to the merits of Dr. Williams' Pink Pills it is myself. About four years ago I was taken down with typhoid fever, which left me in a very weak state, and my stomach so impaired that even a drink of milk would cause me pain. To make matters worse the change of life followed, and although I was under the care of one of our best doctors, I was steadily growing worse. Before I was sick I had often read of Dr. Williams' Pink Pills, but thought no more about them. But now when I was sick and helpless and almost hopeless, and with no benefit coming from medical treatment, I kept thinking of the Pills and finally decided to try them. I did so and I am thankful to be able to say that they restored me to health and strength, and enabled me to pass through that trying period, from which so many poor women emerge with shattered health. I hope that many other poor sufferers may read this statement and take fresh courage from it, as I am sure that what Dr. Williams' Pink Pills have done for me, they will do for others. I may add that I always keep Dr. Williams' Pink Pills in the home, and feel that they are better than a doctor."

These Pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A BRETON BARBER SHOP.

A Traveller's Comical Experience While Being Shaved.

The old woman who lived in a shoe really knew very well what to do with her many children. She "spanked them all soundly and sent them to bed." Mrs. Frances M. Gostling, in "The Bretons at Home," describes a barber shop where the same expedient had, in part, at least, been employed. It should be explained that in Brittany the beds are set in little recesses in the wall, and the people lie as on a closet shelf.

I had gone with my husband to find a barber. It was dusk when we entered the one room of the tiny cottage, and work was over for the day. The last customer sat idly in a corner, gossiping with the barber's wife, while the man of razors himself was idly glancing over last week's newspaper. It was too dark to see the details of the room, but I managed to find an oak chest in front of a bed, and sat down to watch proceedings.

It was a curious sight. In the middle of the room sat my Englishman in his light tweed suit, a towel round his neck, his face covered with ghostly, gleaming lather. In front of him stood the barber's wife, a lighted candle in her hand, to guide her husband in his work. Finally, his thin, cadaverous face almost touching that of his victim, the barber himself, his left hand holding my husband now by the nose, now by the chin.

Suddenly, behind me, I heard a movement and felt a warm little hand on the back of my neck. There was a smothered laugh, and I turned to see a pair of eyes twinkling at me from the black depths of the cupboard bed against which I was sitting.

"Taisez-vous donc!" growled the barber, mildly, still intent on his work. But the laugh had broken the charm. From every corner came rustlings, giggles, little voices, and shining merry eyes. And everywhere there were beds—beds full of boys and girls.

"Why, however many children have you?" I asked, as soon as the bewilderment of finding myself surrounded by the crowd of onlookers allowed me to speak.

"Fourteen, madame," replied the woman.

"The house is so small that we console ourselves by the size of our family." remarked the barber, jocosely; at which there was much merriment in the cupboard beds.

Saves Worry Time and Trouble

Post Toasties

Can be served instantly with cream or milk.

It makes a breakfast or lunch so superior to the ordinary, that it has become a welcome pantry necessity in thousands of homes, and adds to the comfort and pleasure of life.

"The Memory Lingers"

Sold by Grocers.

Postum Cereal Co., Ltd., Battle Creek, Mich

WISE SAYINGS.

Never intimate that a woman is dull. Just for that she might cut you.

It's better to be up and doing than to be down and being done.

About the hardest thing in the world to climb is the stool of repentance.

Some people feel they owe so much to themselves that they never pay anybody else.

It is quite possible for a man to be hotheaded and still get cold feet.

The only way to make some dull children smart is with a switch.

Sometimes a fellow doesn't marry because he is lacking in will, and sometimes because the girl has a superabundance of won't.

When a man is a slave to money there are lots of us willing to emancipate him.

A woman may only kiss her husband when she wants money, and still not be stingy with her kisses.

Nothing short of a surgical operation would amputate some men from their money.

It isn't the farsighted man who is always looking for trouble.

It generally requires a lot of backing to put up a good front.

CONSTIPATED CHILDREN

Constipation in children is the surest sign of danger—the most convincing signal that baby is going to be ill. Constipation leads to and actually causes more suffering in little ones than any other trouble. To keep baby well his little stomach must be kept sweet and his bowels regular—Baby's Own Tablets will do that—they will do it safely, surely and without pain or griping. Concerning them Mrs. S. O. Braaten, Bergland, Ont., says:—"My baby was bothered almost continually with his stomach and bowels and was greatly constipated. Baby's Own Tablets quickly relieved him and I would not now use any other medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE USUAL WAY.

"I dreamed last night that I had perfected an airship."

"And when you awoke?"

"I was out on the floor."

Complete in itself, Mother Graves' Worm Exterminator does not require the assistance of any other medicine to make it effective. It does not fail to do its work.

If a man's mind is fully occupied he has no time to be miserable.

Minard's Liniment Cures Burns, Etc.

SCOTCHMAN AND THE SNUFF.

During a railway journey between Carlisle and Edinburgh a brawny Scotsman entered the train. Being in Highland garb, he attracted the attention of the other occupants, and more so when he took snuff freely from a large box and offered it to others, "Tae, help their ain sels." At Newcastle a Tynesider entered the compartment whom Nature had lavishly gifted with an extremely large nose. He seated himself opposite the Scot, who beamed with pleasure, and at once offered his snuff box. This was declined, when the astonished Scot said: "Dinna ye snuff?" He was answered "No." "Man," replied the Scot, "it is a great peety, for ye hae a wunnerfu' accommodation for 't."

THEN THE COURT LAUGHED.

Robert was an honor to the force. He did not make the acquaintance of cooks, nor did he fall asleep while on duty. He was ambitious and yearned for the time when he would be able to prefix the words "Chief Constable" to his name.

The other day he arrested a man for assault. The magistrate enquired as to who made the allegation against the prisoner.

Forward stepped the zealous Robert, who, with a sweeping salute, replied: "Me, your worship; I'm the alligator!"

If at first you don't succeed, don't succumb.

DID NOT HAVE TO CALL THE DOCTOR

BECAUSE SHE TRIED DODD'S KIDNEY PILLS FIRST.

One box of them cured Mrs. Mary A. Cook's Rheumatism from which she had suffered for fourteen years.

Mannheim, Ont., Oct. 9.—Special).—How quickly and easily Rheumatism can be cured when you use the right means is shown in the case of Mrs. Mary A. Cook, well known and highly respected here. In an interview regarding her cure, of which all the village knows, Mrs. Cook says:

"I had Rheumatism so bad that sometimes I would sit up nearly all night.

"I first thought I would try the doctors, but luckily I decided to first try Dodd's Kidney Pills.

"They cured me, and I didn't have to try the doctors. And just to think that after fourteen years of suffering one box of Dodd's Kidney Pills should cure! I will recommend Dodd's Kidney Pills to anyone who suffers from Rheumatism."

Yes, it is easy to cure Rheumatism when you go the right way about it. Rheumatism is caused by uric acid in the blood. If the Kidneys are working right they will strain all the uric acid out of the blood and there can be no Rheumatism. Dodd's Kidney Pills always make the Kidneys work right.

THE CONSEQUENCE.

"That young fellow has been sowing his wild oats."

"I suppose that is why he looks so seedy."

Cholera and all summer complaints are so quick in their action that the cold hand of death is upon the victims before they are aware that danger is near. If attacked do not delay in getting the proper medicine. Try a dose of Dr. J. D. Kellogg's Dysentery Cordial, and you will get immediate relief. It acts with wonderful rapidity and never fails to effect a cure.

FEW CAN.

Wigg—"Why do you think he is rich? He looks as though he hadn't a cent in the world."

Wagg—"Only a rich man can afford to look as though he hadn't a cent in the world."

TRY MURINE EYE REMEDY

for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, $1.00. Murine Eye Salve in Aseptic Tubes, 25c, $1.00. Eye Books and Eye Advice Free by Mail.

Murine Eye Remedy Co., Chicago.

FEW HAVE THE EXPERIENCE.

"Ever notice how rich a fellow feels when he's got a few dollars his wife doesn't know about?"

"Yes, by George, and how clever too!"

For over fifty years Rheumatism, Neuralgia, and other painful ailments have been cured by Hamlins Wizard Oil. It is a good honest remedy and you will not regret having a bottle ready for use.

LIVE FOREVER.

"She is very proud of her ancestors. Aren't you proud of yours?"

"I don't dare to be; too many of them are alive yet."

Warts will render the prettiest hands unsightly. Clear the excrescences away by using Holloway's Corn Cure, which acts thoroughly and painlessly.

It's a question which are worse—shortcomings or long stayings.

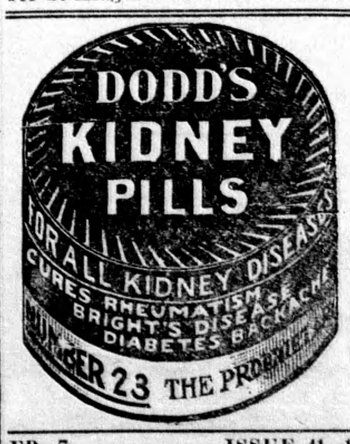
Minard's Liniment Relieves Neuralgia.

THE USUAL PROGRAMME.

"So you had a nice time in Punkville?"

"Oh, very. They showed me the almshouse, the jail and the fine new insane asylum. They certainly made my visit as pleasant as possible."

Every time a man looks in a mirror he imagines that he sees a hero.



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ONE CONSOLATION.

"Elmer, my boy," said the fond mother, "don't you think you have eaten enough of that chicken salad?"

"Well, mamma," replied Elmer, as he helped himself to another dishful, "if I get sick you'll know what's the matter with me, anyway."

A Remedy for Bilious Headache.—To those subject to bilious headache, Parmelee's Vegetable Pills are recommended as the way to speedy relief. Taken according to directions they will subdue irregularities of the stomach and so act upon the nerves and blood vessels that the pains in the head will cease. There are few who are not at sometime subject to biliousness and familiar with its attendant evils. Yet none need suffer with these pills at hand.

'TWAS EVER THUS.

"Uncle Henry, you've made your pile; why don't you retire from business?"

(With a groan)—"Retire? Good land, boy! The business won't let me!"

Baltimore, Md., Nov. 11, 1903.
Minard's Liniment Co., Limited.
Sirs,—I came across a bottle of your MINARD'S LINIMENT in the hands of one of the students at the University of Maryland, and he being so kind as to let me use it for a very bad sprain, which I obtained in training for foot races, and to say that it helped me would be putting it very mildly, and I therefore ask if you would let me know of one of your agents that is closest to Baltimore so that I may obtain some of it. Thanking you in advance I remain,
Yours truly,
W. C. McCUEAN.
14 St. Paul street,
Care Oliver Typewriter Co.
P. S.—Kindly answer at once.

TORTURE.

He—"And did you suffer much when you had appendicitis?"

She—"Suffer? I thought I should never live to tell the tale."

He—"Ah, that must have been suffering indeed."

To Men Who Live Inactive Lives.—Exercise in the open air is the best tonic for the stomach and system generally; but there are those who are compelled to follow sedentary occupations and the inactivity tends to restrict the healthy action of the digestive organs and sickness follows. Parmelee's Vegetable Pills regulate the stomach and liver and restore healthy action. It is wise to have a packet of the pills always on hand.

YOU SEE IT, OF COURSE.

"I think," remarked Biggs, "one of the funniest signs I ever saw was this: 'Teeth Extracted While You Wait.'"

Higgs laughed long and loudly at this, and shortly afterward he tried it on Jiggs.

"A friend of mine," he said, "told me of a funny sign he had seen: 'Teeth Extracted While You Wait.'"

Jiggs reflected.

"What is there funny about that?" he asked; "I don't quite catch the point."

"Can't you see? The man who put up that sign used five words, when one would have been enough. The word 'dentist' covers the whole ground. Every dentist is supposed to pull teeth, isn't he?"

"Oh, yes; I see. Ha! Ha! Ha!"

It takes a lot of Christianity to drive the chilly feeling out of the average church.

Minard's Liniment for sale everywhere.

THE PANAMA CANAL.

When Finished It will Revolutionise World's Traffic Routes.

At last the biggest piece of engineering in the world is within sight of completion. In two years' time the Panama Canal will be open to traffic.

All the figures about the Canal are record-breakers. The six locks are each 1,000 ft. long, and 110 ft. wide. The water will be 41 ft. deep, as against 29 ft. in the Suez Canal. It will, accordingly, hold steamers bigger than any yet afloat or planned. The Suez Canal cost $80,000,000 to cut. The new-comer will have cost nearly $500,000,000 before it is opened.

There were tremendous difficulties in the way. A hill over 300 ft. high had to be cut through. A foaming torrent which in rainy weather sometimes rises 35ft. a day has been circumvented by being turned into a lake the size of London. Thirty of the forty miles steaming from Atlantic to Pacific will be along this lake. The huge dam which holds the lake in check is of the tremendous thickness of half a mile.

The Panama Canal will revolutionise the world's great traffic routes. The stormy Cape Horn will cease to be the sailor's dread. The Canal will make the Pacific much busier, for New York's trade with the Orient will go across that ocean, as well as much of Britain's. Japan will be 4,000 miles nearer New York and Australia the same.

'Tis a Marvellous Thing. — When the cures effected by Dr. Thomas' Eclectric Oil are considered, the speedy and permanent relief it has brought to the suffering wherever it has been used, it must be regarded as a marvellous thing that so potent a medicine should result from the six ingredients which enter into its composition. A trial will convince the most skeptical of its healing virtues.

Don't lose sight of the fact that it is just as important to know when to quit as when to begin.

Minard's Liniment Cures Dandruff.

A BALD FACT.

"Poor old Alf!" sighed Mrs. Crump, as the form of her husband vanished down the road. "He's growin' shocking bald!"

"Yes, I've noticed it," assented her neighbor. "Ever since his last illness he's been moltin' as you might say. I hope he ain't worrying over it, Mrs. Crump!"

"Well, it do bother him a bit," she admitted.

"And well it might," said her neighbor. "When my old man lost his hair, he felt the cold somethin' terrible."

"Oh, it ain't the cold that worries Alf," replied Mrs. Crump. "It's the bother he has when he's washin' himself. If he doesn't keep his hat on, poor dear, he can't tell where his face finishes."

Many a fellow never lays anything by for a rainy day so long as he can borrow an umbrella.

MOTHERS! DO YOU KNOW—

That when you put a salve onto your child's skin, it passes through the pores and enters the blood, just as surely as if you put it into the child's stomach?

You would not put a coarse mass of animal fat, colored by various mineral poisons (such as many crude salves are) into your child's blood by way of the stomach? Then why do so by way of the pores?

Take no risk. Use always the pure herbal essences provided in Zam-Buk. Zam-Buk contains no trace of any animal oil or fat, and no poisonous mineral coloring matter. From start to finish it is purely herbal.

It will heal sores, ulcers, abscesses, eruptions, varicose ulcers, cuts, burns and bruises more quickly than any other known preparation. It is antiseptic, quickly stops the smarting of a sore or cut, cures piles, inflamed sores and blood-poisoning. It is a combination of healing power and scientific purity. Ask those who have proved it.

All druggists and stores 50c box or Zam-Buk Co., Toronto, for price.

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FARMS FOR RENT AND SALE.

ASK DAWSON, HE KNOWS.

IF you want to sell a farm, consult me.

IF you want to buy a farm, consult me.

I HAVE some of the best Fruit, Stock, Grain or Dairy Farms in Ontario, and prices right.

H. W. DAWSON, Ninety Colborne Street, Toronto.

ACENTS WANTED.

UNEMPLOYED MEN OR WOMEN, DO you wish to make Five Dollars day for balance of year? If so, consult J. L. Nichols Co., Limited, Toronto.

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HAY and FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto.

SAWMILL MACHINERY, PORTABLE or heavy Lathe Mills, Shingle Mills, Engines and Boilers, Mill Supplies. The E. Long Manufacturing Co., Ltd., West Street, Orillia, Ontario.

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CANCER, TUMORS, LUMPS, etc. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

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