NERVOUS BREAKDOWN

Usually Due to Overwork and Worry—A Tonic is Needed

Overwork and worry give rise to nervousness, sleeplessness, headaches, lack of ambition and lack of interest in your work, weak back, indigestion and sometimes a complete breakdown of the nervous system. On every hand you find victims of this kind and often they do not know what to do for themselves. If these are your symptoms you need a tonic, and the only way to tone up the nerves is through the blood. Dr. Williams' Pink Pills are a direct nerve tonic because they enrich and build up the blood, and it is through the blood that the nerves are fed. Under their tonic influence nervousness, with all its attendant evils, disappear, and the worried sufferer again enjoys health and strength. Proof of the value of Dr. Williams' Pink Pills in nervous troubles is given by Mrs. Lara Scheving, Lundar, Man., who says:—"I was attacked with nervous trouble which almost drove me to distraction. It would be almost impossible for words to describe my condition. The least thing would startle me and leave me trembling for an hour. I had nervous headaches, and slept very badly at nights, some nights not at all. My appetite grew poor, and I was really a physical wreck. I had been to several doctors and had taken many different medicines, but without any benefit. Then I read of a case similar cured by the use of Dr. Williams' Pink Pills, and I sent for a dozen boxes, fully believing it would take at least that many to cure me. You can judge of my gratitude, however, when I found that after using only half a dozen boxes I was again enjoying the best of health, and have since remained well and strong. I used the remainder of the pills among my children when they seemed out of sorts, and have found them at all times to be the very best of family medicines."

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

MEETING OF RAT-CATCHERS.

Famous Vermin Exterminators Have Picnic in England.

The rat-catchers of the world made merry recently on the village green of Padworth, near Reading, England.

For a few moments Londoners had an opportunity of seeing the followers of this ancient art, for they assembled in an office in Southwark Street on whose doors printed words proclaimed doom to the rat.

It was a suitable meeting place, for this office was the domain of Mr. Phillips, the rat king, who, possibly, has slain more rats than any man living.

There was Piker, of Birmingham, famous throughout the Midlands as a worthy slayer of vermin. There was The Snoozer, of Liverpool, and Slusher, of Buenos Aires, whose kindly face gave no suggestion of a man who delights in slaughter. There were other huntsmen, too, from all corners of the kingdom—men whose quarry is to be found in the under-world, who go to the meet in sober raiment, sportsmen who scorn pink, though they be heroes of many an exciting chase.

They set off behind high-spirited steeds, to the accompaniment of a merry blast on the horn, and, judging by their conversation, there is an uncomfortable time coming for their prey.

Imagine experts from diverse parts of the world exchanging views on the most up-to-date methods of rat-catching, discussing with glee new devices for luring their victims to their doom, and you have an idea of how unpopular the Padworth picnic must have been with the rat community.

MAN OF MANY SUPPERS.

Court Ball Comedy of a Small German Capital.

An amusing story of an incident at a masked ball given at the capital of one of the smaller German principalities is being told in Berlin, writes the Berlin correspondent of the London Daily Mail.

In one of the rooms of the court a buffet had been set out, and the attendants there soon came to remark the unusually active appetite of one guest, duly masked and cloaked, who consumed extraordinarily large quantities of the more expensive delicacies and wines. After several minutes of vigorous eating he would leave the buffet and disappear among the throng of dancers. Soon, however, he would be back again, his appetite apparently as strong as ever.

After the fourth visit at short intervals of this hungry guest the head waiter called the attention of the master of ceremonies, who waited at the buffet until the masked stranger once more returned. He was again served with a full supply of food and wine, and as he turned away was politely asked to show his invitation card.

At this some confusion was noticed in his bearing, and the master of ceremonies requested him to remove his mask and cloak. To the astonishment of the servants and the amusement of the guests there was revealed the shamefaced figure of one of the soldiers of the guard on duty in the hall below. The guards had found a spare domino lying in the hall and they had been putting it on one after the other during the evening, so as to be able to go boldly into the ballrooms and eat their fill at the buffet unchallenged.

So amused at the story was the Grand Duke that he refused to allow the greedy soldiers to be punished.

THIRTEEN YEARS.

Unlucky Number for Dakota Woman.

The question whether the number "13" is really more unlucky than any other number has never been entirely settled.

A So. Dakota woman, after thirteen years of misery from drinking coffee, found a way to break the "unlucky spell." Tea is just as injurious as coffee because it contains caffeine, the drug in coffee. She writes:

"For thirteen years I have been a nervous wreck from drinking coffee. My liver, stomach, heart—in fact, my whole system being actually poisoned by it.

"Last year I was confined to my bed for six months. Finally it dawned on me that coffee caused the trouble. Then I began using Postum instead of coffee, but with little faith, as my mind was in such a condition that I hardly knew what to do next.

"Extreme nervousness and failing eyesight caused me to lose all courage. In about two weeks after I quit coffee and began to use Postum, I was able to read and my head felt clear. I am improving all the time and I will be a strong, well woman yet.

"I have fooled more than one person with a delicious cup of Postum. Mrs. S. wanted to know where I bought my fine coffee. I told her my grocer had it and when she found out it was Postum she has used it ever since, and her nerves are building up fine.

"My brain is strong, my nerves steady, my appetite good, and best of all, I enjoy such sound, pleasant sleep." Name given by Canadian Postum Co., Windsor, Ont. Get the little book in pkg., "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

SOME QUAINT HOTELS.

The hotel that stands out most distinctly in tourists' recollection is one in Iquique, where, even while you are sitting at the dining-tables, vendors come in from the streets to sell you food. At this same hotel they have two charges for baths—two dollars if you insist upon clean water, and about one dollar if you are willing to take a second turn at the tub. Another instance of a quaint hotel is the town of Africa, in Peru. Here they are using at the present time the hull of an old American man-of-war, which was taken inland by a great tidal wave many years ago, and has since been fitted up as an hotel, and is in great demand.

The last battle on English soil was fought at Jersey, the largest of the Channel Islands, in 1781.

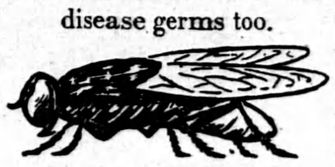
A Trial Treatment of Cuticura Soap and Ointment Free to Skin Sufferers

If you, or someone dear to you, are suffering the itching, burning, sleep-destroying torments of eczema or other cruel skin eruption, with its embarrassing, unsightly disfigurement; if you have tried all manner of treatment, no matter how harsh, to no avail, and have all but given up hope of cure, write to-day for a liberal sample of Cuticura Soap and Ointment. Thousands of skin-tortured sufferers, from infancy to age, have found that the first warm bath with Cuticura Soap and gentle application of Cuticura Ointment bring instant relief, permit rest and sleep, and prove the first steps in a speedy and successful treatment. Address "Cuticura," Dept. 10M, Boston, U. S. A.

American and Canadian Scientists tell us the common house fly is the cause of more disease and death than any other agency.

WILSON'S FLY PADS

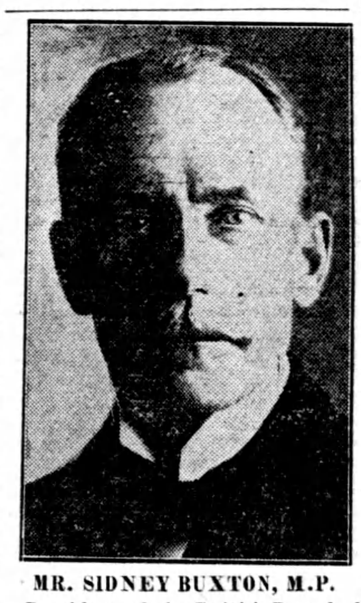
kill all the flies and the disease germs too.



ANTS AS REMEDIES.

In Europe Preparations Made From the Insects are Used.

Among the last of the remedies provocative of nausea of the imagination to disappear from the list of official remedies have been preparations made from ants. Such preparations, however, have not obtained much recognition in this country, even among the wise old women in domestic practice—though in parts of Europe they are yet in use. Ant baths, made by boiling ants in water, are yet in use by Bavarian peasants for rheumatism and gout, and also in Hessen and Hungary. Bohemia, it is said, for paralysis of the lower limbs patients are placed in an anthill and allowed to remain until the while body is covered with the insects, which are then shaken off, when the cure is effected. In Brandenburg an aching tooth is rubbed by means of a crust of bread, and the crust is then placed in an anthill.

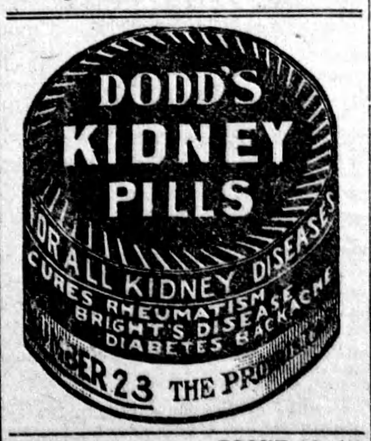


MR. SIDNEY BUXTON, M.P.
President of the British Board of Trade.

Impoverishment of blood is cured by means of an egg buried in the hill of the large red ants. The egg must have been laid by a pure white or black hen, and must have been found when still warm. In Oberwalz the crushed eggs and larvae of ants stirred up with cream are used as a remedy for colic. A salve made from wood ants, dog fat and coal dust, is said to be used by Hungarian gypsies against goitre. There is in use in Montenegro the "ant suture" in domestic surgery. Those who had been bitten by ants had noticed that the heads remained clinging to the skin when the body was torn away, being held in place by the powerful mandibles. The idea was thus suggested that the ants' jaws could be used to close the edges of wounds. The edges of the cut are pressed together, an ant is held so that its jaws will grasp both sides and its body is cut off. Several are applied along the wound and serve instead of the usual catgut stitches.

You can't offend a homely woman by telling her she isn't.

"I often spend the entire night in my library." "I didn't know you were such a great reader." "I'm not. But one of my bookcases is a folding bed!"



The unexpected guest is always welcome if your larder contains a supply of

KING OSCAR SARDINES

Get Them From Your Grocer

Trade supplied by John W. Bickle & Greening, Hamilton

GINSENG ROOT WANTED

WILD AND CULTIVATED

WRITE FOR PRICES

W. CRAWFORD GOFFATT
ORILLIA, ONT.

BOILERS New and Second-hand, for heating and power purposes. TANKS AND SMOKE STACKS. Agents for Sturtevant Ventilating and Heating Systems.

POLSON IRON WORKS LIMITED TORONTO
Engines and Shipbuilders

Most Economical Odorless **Night Lamp** ever invented. Burns ordinary Kerosene Oil. "A light all night for ¼ of a cent."

$1.00 Postpaid

L. J. A. SURVEYER
52 St. Lawrence Boulevard
MONTREAL.

AN OAK MINE.

Mines of wood are found in the south of Russia, where they were discovered very recently when the bed of a river was dragged. Not very deep in the earth but covering an extent of 200 square kilometers a forest of oaks was found where it had been buried by some unknown cataclysm centuries ago. The wood is in perfect preservation. The man who found the entombed forest has drawn from his mine many trunks of trees measuring from forty to sixty meters high and at least eighteen inches in diameter. The mine is worth a fortune, for the wood is of the first quality and as a result of its long rest underground it has taken the most varied colors, ranging from dark brown to pale rose and running through all the shades of blue and yellow. One hundred and fifty thousand of the ancient oaks have been turned over to the cabinet makers.

It is Wise to Prevent Disorder.—Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the stomach and liver are not performing their functions, a course of Parmelee's Vegetable Pills should be tried, and it will be found that the digestive organs will speedily resume healthy action. Laxatives and sedatives are so blended in these pills that no other preparation could be so effective as they.

Phoenix Park, Dublin, has an area of 2,000 acres.

Minard's Liniment for sale everywhere.

"I want you to remember that I got my money by hard work." "I thought it was left by your uncle." "So it was, but I had hard work getting it away from the lawyers."

Unless worms be expelled from the system, no child can be healthy. Mother Graves' Worm Exterminator is the best medicine extant to destroy worms.

Schoolmaster—"Now, you understand that heat expands matter and cold contracts it. Give me an example." Bright Boy—"Please, sir, the days are longer in summer."

Minard's Liniment Relieves Neuralgia.

Queenstown, Ireland, was formerly known as "The Cove of Cork," but when the late Queen Victoria paid a visit there, in 1849, it changed its name.

Soft corns are difficult to eradicate, but Holloway's Corn Cure will draw them out painlessly.

A DARK BEGINNING.

Little Ethel studied the face of the little negress intently.

"What makes you so black, Cindy?" she finally asked.

"Hah," said Cindy, "you'd be black, too, if you was born at midnight in a dark room, and had a black father and black mamma."

CAT'S PAW RUBBER HEELS
Tread softly—Step safely.
THIN PLUG PREVENTS SLIPPING
CAT'S PAW RUBBER SOLES
Embody the patented features of Cat's Paw Heels. 150

PREVENTED MURDER.

German Picked Up Letter, Read It, Then Told Police.

Under ordinary circumstances if a German picks up a sealed letter on the street he must return it to the post-office or to the addressee without opening it.

Luckily this rule was disregarded by an inhabitant of Crossen-on-Oder, who picking up a letter, opened it, and found that it was a communication from the wife of a woollen manufacturer, Robert Witzker, who informed a school teacher recently transferred to Crossen that she had completed arrangements for poisoning her husband and marrying the school teacher.

The incriminating letter was handed to the police, who kept a sharp watch upon Frau Witzker.

A few days sufficed to produce evidence that the letter was genuine. Quantities of poison of various kinds were found in receptacles belonging to her, and kept in her father's house. She and the teacher were arrested, presumably just in time to prevent the murder.

Always Serviceable.—Most pills lose their properties with age. Not so with Parmelee's Vegetable Pills. The pill mass is so compounded that their strength and effectiveness is preserved and the pills can be carried anywhere without fear of losing their potency. This is a quality that few pills possess. Some pills lose their power, but not so with Parmelee's. They will maintain their freshness and potency for a long time.

OVERPOWERING.

It was a church wedding and the church was handsomely decorated with flowers, the air being laden with their fragrance. Little Lola exclaimed in an audible whisper: "Oh, mamma, doesn't it smell awful solemn in here."

St. Isidore, P. Q., Aug. 18, 1904.
Minard's Liniment Co., Limited.
Gentlemen,—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.
Yours truly,
DR. JOS. AUG. SIROIS.

PROVES IT.

Weldon—"Is he a man of brains?"

Kane—"Well, he runs a bigger automobile than any of his creditors."

Nearly all infants are more or less subject to diarrhoea and such complaints while teething and as this period of their lives is the most critical, mothers should not be without a bottle of Dr. J. D. Kellogg's Dysentery Cordial. This medicine is a specific for such complaints and is highly spoken of by those who have used it. The proprietors claim it will cure any case of cholera or summer complaint.

Penzance is the westernmost seaport and watering-place in England.

Minard's Liniment Cures Dandruff.

"What horse is there for me this morning, Pat?" "Well, sor, the one you rode yesterday is lame and the one you rode the day before is at the veterinary's." "What did your master say I was to ride today?" "He said you was to ride a strate car, sor."

The Friend of All Sufferers.—Like to "the shadow of a rock in a weary land" is Dr. Thomas' Eclectric Oil to all those who suffer pain. It holds out hope to everyone and realizes it by stilling suffering everywhere. It is a liniment that has the blessing of half a continent. It is on sale everywhere and can be found wherever enquired for.

"I started out on the theory that the world had an opening for me, and I went to find it." "Did you find it?" "Oh, yes; I'm in a hole!"

Minard's Liniment Cures Burns, Etc.

STREET SAVINGS BANKS.

For some time in Vienna (Austria) street savings banks have been in vogue with considerable success. These savings banks are an adaptation of the penny-in-the-slot machine. Anyone passing wishing to deposit a small sum drops his money into the slot. Instead of receiving bon-bons or chocolate in return, he gets a ticket for the coin deposited. The tickets are later honored on presentation at the Government Department. Encouraged by the success of the Vienna experiment, the people of Paris are to introduce the same system into their streets.

Hungry Harry—"Me and you was born before our time, matey!" Wandering Willy—"How do you make that out?" Hungry Harry—"I've been reading the papers, and I see the experts agree that by the next century the wimmin will be doin' all the work in this world."

WITH THIS TEA

there's Purity, Uniformity, and full weight guaranteed inside every package.

LIPTON'S TEA

Goes farthest for the money.

FARMS FOR SALE.

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

OVER FIFTY GOOD IMPROVED Farms in Manitoba, Saskatchewan and Alberta at right prices on easy terms.

FRUIT FARMS IN THE BEST FRUIT district of Ontario. All sizes at right prices.

IF YOU WANT TO BUY OR SELL A stock, grain of dairy farm consult me. H. W. DAWSON, Toronto.

H. W. DAWSON, Toronto.

ONE HUNDRED ACRES IN OXFORD County; soil sand and clay loam; two acres orchard; buildings good. Will exchange for city, town or village property or for larger farm. The Western Real Estate, London, Ont.

MALE HELP WANTED.

LEARN THE RAILWAY STATION work and earn more money than in any other trade. We qualify for all Canadian Railways. Positions secured. Write for Free Book 18. Dominion School Railroading, Toronto.

MISCELLANEOUS.

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

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.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Esplanade, Toronto.

SALARIED POSITION AWAITS COMpetent business man who can invest $1,000 in profitable going manufacturing business. Manager, 601 Kent Building, 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. Gold Medalist. Address Box 233, Montreal

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action

LANGMUIR'S CREOSOTE Shingle Stains
Protect — Preserve — Beautify
Samples and Booklets on Application
JAMES LANGMUIR & CO., Limited
1874; Bathurst Street TORONTO

Anti-Dust

disinfectant sweeping powder, is a life-preserver because it kills all disease germs.

Floors clean; carpets bright; home fresh and sweet. No dust while sweeping.

Ask your Dealer for it.

MacLaren Imperial Cheese Co. Limited
Sole distributors for Ontario

THE SAPHO MFG. CO., Limited Montreal

COLD-BLOODED.

The Boss—"Why do you want more salary?"

Assistant—"I am thinking of getting married."

The Boss—"Huh! If you're such a fool as that I am paying you too much now."

SUFFICIENT.

Stranger—"Could you help a poor chap to send his wife to the country for a month?"

Askitt—"Is she sick?"

Stranger—"No, but I am."

FALL SKIN SORES

When troubled with fall rashes, eczema, or any skin disease apply Zam-Buk!

Surprising how quickly it eases the smarting and stinging! Also cures cuts, burns, sores and piles. Zam-Buk is made from pure herbal essences. No animal fats—no mineral poisons. Finest healer!

Druggists and Stores Everywhere.

Zam-Buk