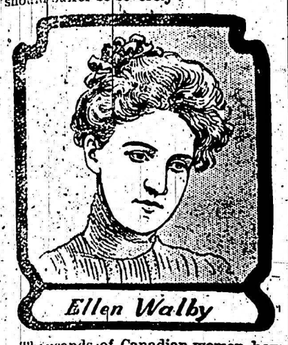
PAINFUL PERIODS

CANADIAN WOMEN FIND RELIEF

The Case of Ellen Walby Is One of Thousands of Cures Made by Lydia E. Pinkham's Vegetable Compound.

How many women realize that menstruation is the balance wheel of a woman's life, and while no woman is entirely free from periodical suffering, is it not the plan of nature that women should suffer so severely?



Thousands of Canadian women, however, have found relief from all monthly suffering by taking Lydia E. Pinkham's Vegetable Compound, as it is the most thorough female regulator known to medical science. It cures the condition which causes so much discomfort and robs menstruation of its terrors.

Ellen Walby, of Wellington Hotel, Ottawa, Ont., writes:

"Dear Mrs. Pinkham:—

"Your Vegetable Compound was recommended to me to take for the intense suffering which I endured every month and with which I had been a sufferer for many years getting no relief from the many prescriptions which were prescribed, until, finally becoming discouraged with doctors and their medicine, I determined to try Lydia E. Pinkham's Vegetable Compound, and I am glad that I did, for within a short time I began to mend and in an incredible short space of time the flow was regular, natural and without pain. This seems too good to be true and I am indeed a grateful and happy woman."

Women who are troubled with painful or irregular menstruation, should take prompt action to ward off serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing.

GET THE BEST—IT PAYS.

ELLIOTT Business College.

TORONTO, ONT.

Corner Yonge and Alexander Streets

Our attendance at the Fall opening was FIVE TIMES as great as that of a year ago. This fact speaks for itself. Write for magnificent catalog. Enter now.

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"Weak Heart"

Palpitation and irregular action of the heart are due largely to a thin, watery condition of the blood. The heart and nerves refuse to perform their proper work for want of support. Pale, weak, or anæmic people should use "PSYCHINE" and avoid heart troubles. "PSYCHINE" makes rich blood, tones the system, regulates the heart action and restores vitality. All weak people should have a bottle handy in case of sudden heart troubles.

GREATEST OF ALL TONICS

PSYCHINE

(PRONOUNCED SI-KEEN)

ALL DRUGGISTS—ONE DOLLAR—TRIAL FREE

DR. T. A. SLOCUM, Limited
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Confession of Sin, a Duty.

Discourse Delivered at the House of Refuge on August 27th by one of the Inmates.

Taking for his text Psalm 32: 5, "I acknowledged my sin unto thee, and mine iniquity have I not hid. I said I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin." In the first verse of this Psalm the writer says: Blessed is he whose transgression is forgiven, whose sin is covered;" and in the words of the text he says, "I will confess my transgressions unto the Lord." Prominent among the conditions of forgiveness is the duty of confession; hence, St. John says, if we confess our sins he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Again, we are told every tongue should confess unto God. Not only in the new testament are we enjoined to confess our sins, but in the early pages of sacred history we read not only of confession but also of peace offering and burned sacrifice being made in atonement for sin. Even among the Israelites before a trespass offering could be accepted the person bringing the sacrifice must confess that he had sinned. The purpose of the Lord is not only to remit the punishment for sin, but also to purge and purify the soul of the sinner, so he that sinned should sin no more; and so that the who found delight in evil should turn to hate it with all his heart. It is mercy and not vengeance in God that has made sorrow and suffering the inevitable consequences of sin. The state of sinfulness is a state of spiritual disorder; until this disorder be removed from our souls the reception of peace and joy of light and love from the Lord is impossible. It must actually be removed from our soul before it can be spiritually well with us; just as a disorder must actually be removed from our body before we can be pronounced physically sound and whole. In removing this disorder of sin, man's voluntary co-operation with the spirit of the Lord is necessary. The process of regenerating the soul, of bringing it into a state of order and harmony with the Lord cannot be accomplished without man's consent. It is the process whereby man is led by the Lord into the knowledge and hatred of all that is false and evil, and into the knowledge and love of all that is true and good. Therefore, it is necessary that a man should be able to discern sin in himself, to clearly perceive that he is a sinner; therefore, it is necessary that he should be able to see what a dreadful, hateful and lamentable thing sin really is. Only by such means can man be led to hate evil and choose good; to seek deliverance from evil and desire to grow in goodness; to come to the Lord, the good physician, to be cleansed of his spiritual disease and to be restored to spiritual health. He must grow weary of his old life of selfishness and sin before he will consent to loose it for the sake of that higher life which the Lord is ever ready and willing to bestow, even to the vilest sinner who sincerely repents. Because of these things confession of sin is enjoined. We must discern sin in ourselves before we can really confess it, we must desire to forsake sin before our confession can be anything more than mere lip service. When confession is genuine, there is a deep longing of the soul to be delivered from the danger of sin, and to attain to a consciousness of the divine favor. Mere lip service in confession is of no avail; it cannot avail, because only those who really and truly see their own sinfulness, and inwardly desire as well as outwardly strive to shun evil as sin against God can ever attain a realized forgiveness. The souls of such lip servers are still closed, they cannot receive pardon and healing strength from the Lord; they are numbered among those of whom our Lord said, these people draweth nigh unto me with their mouth, they honoreth me with their lips, but their hearts are far frome me. True confession is heartfelt; it implies: 1st, Conviction of sin. The soul that becomes convicted of sin does not merely repeat the words of a set form of confession; it knows it has sinned, it discerns wherein it has sinned and come short of the glory of God; it perceives that sin has brought a dark cloud between itself and the Lord; it is just as conscious of having sinned as it is conscious that it is alive. 2nd, Humility because of sin. The soul that is humbled because of its sins becomes ashamed of itself. It is pained by the knowledge of its own weakness; its self-love, its pride and its confidence in its own strength is readily shattered to fragments; it has nothing to urge in extenuation for guilt; it can only cry, God be merciful to me a sinner. 3rd, Penitence for sin. When a soul becomes truly penitent for its sins, it desires to escape from its state of sinfulness, as well as from that state of wretchedness which sin has brought upon it. It approaches the mercy seat of God; mourning as well as humbled, craving pardoning grace; it confesses its unworthiness; it acknowledges that of itself it is nothing but evil. It comes to God as a little child to its father, seeking forgiveness, praying for strength so as to be enabled to go and sin no more.

Of these inward feelings of conviction, humility and penitence, the soul can form in thought and find expression in words; they are thereby drawn out as well as intensified and confirmed. Love that never outwardly manifests itself is but a cold and feeble affection; a thought that is never expressed is in danger of fading away from the mind. Hence the necessity of oral confession of our sins unto God. It perfects the perception of our state, it intensifies the feelings of all our wants, it develops the receptivity of the soul. This oral confession is to be made to God alone, not to priests and ministers, not to any earthly meditator. "I will confess my transgressions unto the Lord," he alone is able to pardon, to him alone is confession due. When, however, we have sinned against a neighbor, it then becomes our duty to confess our fault to the person against whom we have sinned. This is what is meant by the Apostle, "Confess your faults one to another." The sin we have committed against a brother should be confessed to that brother. Sometimes this is a greater trial of our humility than confessing our sins unto God; nevertheless it is our duty. Even in other cases, though not a duty, it may be a relief to the soul to disclose its burden and its grief to a sympathizing and loving friend; yet our sin may be so great that it is better not to confess it to man at all. It may be that we committed some grevious sin, which for a time fills us with unspeakable pleasure and self-satisfaction. The pleasure is soon forgotten, our self-satisfaction has passed into oblivion; retrospection overwhelms us with bitter remorse; so deep is our guilt that we dare not show it to man, it would blast our former good reputation, or perhaps sever the bonds of a long and deep-rooted friendship. No, we dare not confess our guilt to man, though the secret consciousness of our sin may add a terrible addition of weight to our burden; but what a depth of humility that soul must endure when it presents itself before God.

Confession of sin should not be merely vague and general, but also special. In ordinary states general confession is both useful and necessary. For public worship in which many join, confession is necessarily made in general terms so as to suit the state of all. Yet even in public worship each one for himself should give definiteness to the general confession, that is the words should remind each not only of the general effect of sin, but also of those particular sins of which he knows himself to be guilty. In our private devotions, in the confessions we make when alone with God our special transgressions and shortcomings require special confession. We need to be convicted of our own sins, humbled because of our own sins and repentant of those sins we have actually committed or desired to commit.

Confession in the true spirit of repentance opens the whole soul to God. It opens the heart, which in the act of confession mourns because of its weakness and folly in sin, it opens the mind in which mourning penitence takes form in thought, it opens the operative powers of the soul to receive pardon and healing strength from the giver of all good. This opening of the soul brings relief, as the experience and testimony of multitudes of christians can prove. We may meditate long on our weakness and folly in sin, we may dwell on the aggravations of our guilt, we may feed our self reproach until we both dispise and hate ourselves, but the trouble often remains. The weight on the conscience is not often removed until the soul is brought to acknowledge its uniquity and to confess its transgressions unto the Lord. We cannot remove the dark cloud, do what we will, writhe as we may, forgiveness can come only from the Lord. So long as the Psalmist kept silence he found no relief. In the third verse of this Psalm he says, "When I kept silence my bones waxed old through my roaring all the day long. Only in confessing his transgressions unto the Lord was his repentance perfected and his soul opened to receive pardon and peace.

Confession is not needed to inform God of our transgressions or to induce Him to forgive us. The change is right, not in God, but in ourselves. Our confessions re-act upon our own souls, they open our hearts so as to receive mercy from the Lord. The cloud and the misery are in us. God would unceasingly shine upon us and fill us with joy. The hindrances are in ourselves, and our conviction of sin, our humility and our penitence bring us into that spiritual state in which we are made supple to the moulding of the divine hand, submissive to the impulses of the divine will, and receptive of the blessings of the divine love.

This Medicine is Breathed.

That's why it is sure to cure Catarrh. You see it goes direct to the source of the disease,—its healing vapor repairs the damaged cause by catarrhal inflamation. "Catarrhozone" always cures because it goes into those tiny cells and passages that ordinary remedies can't reach, goes where the disease actually is. Impossible for "Catarrhozone" to fail as any doctor will tell you. Don't be misled into thinking there is anything so good as Catarrhozone,—use it and you'l soon say good-bye to catarrh.

Fairview Corners

Among those from here who attended Toronto Exhibition were Master Wilie Whyte, Jennet and Sarah Burnett.

Mr. and Mrs. Geo. Patterson and Mr. and Mrs. Watson visited at Mr. and Mrs. S. Henderson's on Sunday.

Some of the farmers have commenced putting in Fall wheat.

Mrs. John Parslow and little girl are on the sick list. Mrs. Archy McLean sister of Mrs. Alex. Whyte, is also ill. Hope all may soon have a return to health.

House of Refuge Notes.

(By an Inmate.)

(Last week's items.)

On Wednesday morning last the hospital Sergeant sat at the window patiently awaiting for old Sol to make his appearance from his obscurity behind a dark cloud to the small patch of blue above in order to get at least a short view of the anticipated eclipse. By degrees old Sol continued to rise nearer and nearer to the desired spot until it came into full view, much to the gratification of the Sergeant who in his enthusiasm exclaimed: "Look! aint it funny, see, how it dances; that's just exactly the way it dances in Ireland every Easter morning, aint it funny? He then went on to relate how he had known asses in Ireland to be brought into the house the night before Easter, and the minute the clock finished striking twelve, the ass would bray. Well, old fellow that's nothing, they are frequently heard to bray here at any hour, Easter or no Easter.

The number of visitors registered last Thursday was 36.

The Managers' desire to express their thanks for donations for the benefit of the inmates, from the following: Mrs. Geo Lawson, Euphrasia, one dollar; Mrs. Artley, Markdale, gem of fruit; the Misses Maidment, Markdale, apples for the old ladies, and a beautiful boquet of flowers for their sitting room table; Miss Douglas, apples for the old ladies.

Mr. Samuel Hemstock, Chatsworth, spent a day with his relatives, Mr., Mrs. and Miss Harness.

The House was in comparative darkness on Wednesday and Thursday nights, there being no electric lights. Don't know the cause, made no enquiries, but spex summut went wrong in the connection as we understand all was right in the village those nights. They were alright again Friday.

Miss McEwen and Miss McLeod of Manitoulin Island were callers at the Home on Saturday. On account of their coming so long a distance, and will not probably have another opportunity of visiting the Home this season, Mr. Harness kindly deviated from the rule regarding visitors, and courteously showed them through the house at which courtesy they appeared to be very much gratified as well as highly pleased with everything connected with the Institution. The ladies drove a very prettily matched team of grey ponies.

Your cor. recognises with thanks, the flattering eulogium expressed by the Editor of the Durham Review, in last week's issue,

The fall plowing on this place is well under way, one field is finished and another commenced. They are hustlers here.

On Sunday evening Mrs. Carnigan the blind and demented inmate, unobserved leaped from the window of her room to the ground below. Fortunately the distance was but a few and she received no injury. This is another striking instance of the inadequacy of the Home and staff as a place for demented inmates.

Divine service on Sunday last was largely attended. Mr. Crone delivered a forceful and most impressive discourse from Matt. 16: 30, 31.

(This week's items).

Lachlan McDonald, aged 78, of Owen Sound, was received as an inmate of the Home on Monday, the 4th inst.

Mr. Harness was called to Tara on Tuesday last to attend the funeral of his cousin, Mr. W. Bowman, who met with his death by being thrown from his buggy, the horse, a spirited animal, having suddenly bolted and became unmanageable. His sister, who was with him in the buggy at the time, miraculously escaped uninjured. Mr. H. returned on Thursday evening.

Mrs. Kerr and child, of Owen Sound, spent Sunday with the Matron and Miss Harness. Mr. Kerr called on his return from the Toronto Exhibition, and all returned to Owen Sound on the night train.

Divine service on Sunday was conducted by Mr. Harness, and he delivered an illustrative and very touching discourse from Matt. 24: 40. "Watch, therefore, for ye know not in what hour your Lord doth come." There were a fair number of outside friends in attendance, the majority of whom were gentlemen.

Three Jurors Cured

of Cholera Morbus with One Small Bottle of Chamberlain's Colic Cholera and Diarrhoea Remedy.

Mr. G. W. Fowler of Hightower, Ala, relates an experience he had while serving on a petit jury in a murder case at Ehwardsville, county seat of Clebourne Co. Ala. He says: "While there I ate some fresh meat and some souse meat and it gave me cholera morbus in a very severe form. I was never so sick in my life and sent to the drug store for a certain cholera mixture, but the druggist sent me a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy instead, saying that he had what I sent for, but that this medicine was so much better he would rather send it to me in the fix I was in. I took one dose of it and was better in five minutes. The second dose cured me entirely. Two fellow juror were afflicted in the same manner and one small bottle cured the three of us." For sale by R. L. Stephen.

Victoria Corners

Harvesting is about completed around here and the whistle of the threshing-machine is heard again.

A large number from here took in the National Exhibition of Toronto last week.

Mr. Lucy of Toronto and Mr. and Mrs. B. Ferris of Flesherton spent Sunday with Mr. Ed. Patton.

Mrs. Richardson of Toronto and Mrs. Seeney of Owen Sound are at present visiting with Mr. and Mrs George Moore.

Miss Lizzie Ludlow of Flesherton is visiting her brother, Mr. George Ludlow.

The new bridge across the Saugeen is about completed and it appears to be a substantial structure.

A Guaranteed Cure for Piles.

Itching, Blind, Bleeding or Protruding Piles. Druggists refund money if PAZO OINTMENT fails to cure any case, no matter of how long standing, in 6 to 14 days. First application gives ease and rest. 50c. If your druggist hasn't it send 50c. in stamps and it will be forwarded post-paid by Paris Medicine Co., St. Louis, Mo.

McFarland Stafford, & Co.

MARKDALE, ONT.

Grey County's BIGGEST and CHEAPEST Store

Eager For Business

Everybody around this big store is eager for business. The Summer Holidays are now a thing of the past. We've all had 'em—from the delivery boys to the heads of the firm. The consequence is we're all back feeling refreshed and eager for the fray, anticipating the biggest and busiest Fall and Winter season this store has ever seen.

Every Condition Warrants It.

Times are good, crops are good, all kinds of farm produce are bringing big prices. For months past we have been planning for this Fall and Winter business—buying for spot cash in large quantities gives us the entrance to the best mills and manufacturers in the Dominion. Our Old Country importations are larger this season than ever before.

The Way We Save You Money

Years ago we formed a connection with some of the largest and best dry goods firms in the Old Country, among them being MESSRS. RYLANDS, SONS & CO., Limited, Manchester, England. This firm is claimed to be the largest Dry Goods concern in the world. They control a large number of mills in the British Isles; do their own bleaching, do their own dyeing, do their own printing, etc, in fact they employ year in and year out over 12,000 hands. Messrs. Rylands, Sons & Co., Limited, send a representative to Canada twice each year. We have control of their large range of samples for Markdale and it may interest you to know that their representative only calls on one other firm between Markdale and Toronto. Common sense will tell you that importing direct from a large concern like this we not only save all middlemen's profits, but CAN and DO BUY merchandise cheaper than the average store possibly can.

Our Direct Importations

We have been advised by our agents that our large importations from Manchester via steamship "Campania" have passed the port of entry and will be released from customs and forwarded on at the earliest possible moment.

LARGE ARRIVALS OF FALL GOODS

For weeks past both Canadian and imported goods have been arriving by dray loads, and we have been kept at our wits ends to find a place for all the new goods. Our store is large, but every available foot of room will be needed.

The New Fall and Winter Clothing is here.

The New Carpets, Linoleums and Floor Oil Cloths are now ready for your inspection.

The New Mantles are marked off and will be placed in the racks in a few days.

The Childrens' Ulsters and Jackets are now placed in stock.

Cases and parcels of New Millinery Goods have been arriving daily and waiting patiently the arrival of the head milliner.

The Staple Department has taken on a new dress and the shelves are groaning with their load of new Flannels, Flannelettes, Wrapperettes, Cottons, Linens, etc.

A large shipment of Mens Cloth Caps have arrived from a Canadian manufacturer.

The first shipment of Furs are now being examined and marked off.

One large shipment of Imported Dress Goods and Silks have been placed in stock.

Over 100 new Dress Skirts are here awaiting your inspection.

The Smallware section is now loaded with new novelties at bargain prices.

The Gents Furnishing Department is crammed full of new up-to-date Ties, Collars, Shirts, Gloves, Underwear, etc.

The new Fall Tweeds, Serges and Worsteds are here. If you want a new suit it will pay you to take a look through our stock before the tailors get too busy.

Visit the basement. It is crowded full of new imported China, Glass and Porcelain Ware.

Case after case of new Boots have been placed in stock. Nothing but the best stock from the best makers.

Our Grocery Department is at all times well stocked with fresh, clean Groceries.

In fact the whole dress of the store is changing its appearance. The light, airy summer materials are being replaced by the richer winter colorings.

You Are Invited

We extend to all a wide, open invitation to make this store your headquarters—meet your friends here—rest here—use us in every way you can. A waiting room provided with mirrors, comb, brush, whisk, etc., is at your disposal our wash and toilet room is at your convenience. Make use of it.

KEEP ABREAST OF THE TIMES. We claim to have the most up-to-date store and up-to-date store methods in this county. We are trying continually to see what a thoroughly comfortable place we can make this big store to trade in. We want you to feel at home here. Examine the goods and compare values to your heart's content. Every department is now crowded with bright new fashionable goods, gathered together from the best markets of the world, bought at the lowest possible prices and marked at the lowest living profits and sold on this guarantee, "Your money back if not satisfied." We want your trade. We can save you money. Come in and take a look around. No need to buy unless you wish.

McFARLAND, STAFFORD & CO., MARKDALE

Strathavon

Geo. Parks is in Toronto.

Jos. Thomas has returned to his business at Hamilton, Ont.

John McDonald left for Humboldt, Sask., on Friday.

A very sad death was that of Willie Foster, the young son of Mr. and Mrs. Edward Foster on Thursday last. He was buried on Friday at McLean's Cemetary.

Charles Banister, successor to J. B. Walden, is prepared to execute all kinds general blacksmithing. Horse shoeing a specialty. Good work and square dealing promised. Remember opposite Revere Hotel.

That Pale, Tired Girl.

She is in society, in business, at home everywhere you see her, but always worn and fatigued. She hasn't heard of Ferrozone or she would be perfectly well. How quickly it strengthens—what an appetite it gives—what a glow it brings to pallid cheeks! The nutriment contained in Ferrozone puts strength in into anybody. Laughing eyes, rosy lips, bright quick movements all tell of the vitality Ferrozone produces. Thousands of attractive happy women use Ferrozone—Why not you? A box of fifty chocolate coated tablets cost fifty cents at any drug store.

Miller's Compound Iron Pills restore the color to pale cheeks and bloodless lips. For sale by W. Turner & Co.