

# The Best of Advice

TO THOSE WHO FEEL SICK, WEAK OR DEPRESSED.

Miss Belle Cohoon, of White Rock Mills, N.S., Tells How She Regained Health and Advises Others to Follow Her Example.

From the Acadian Wolfville, N.S. At White Rock Mills within sound of the noisy swish of the Gaspereau river, is a pretty little cottage.

In this cottage there dwells with her parents, Miss Belle Cohoon, a very bright and attractive young lady who takes a lively interest in all the church and society work of the little village. A short time ago an Acadian representative called upon Miss Cohoon for the purpose of ascertaining her opinion of Dr. Williams' Pink Pills...

"Three years ago this spring my health was very much run down. I had not been feeling well for some time and when spring opened up and the weather became warmer my condition became worse. The least exertion exhausted me and was followed by an awful feeling of weakness and a rapid palpitation of the heart. I seemed to lose my ambition, and a feeling of languor and sluggishness took its place. My appetite failed me and my sleep at night was disturbed and restless. In fact I was in a very sorry condition. I suffered in this way for some time. Then I began the use of Dr. Williams' Pink Pills and they soon began to work a change for the better. My strength and spirits improved wonderfully, and the old feeling of tiredness began to leave me. My appetite returned and my weight increased steadily. By the time I had used less than half a dozen boxes I felt stronger than I had done for years. Since that time whenever I feel the need of a medicine a prompt use of Dr. Williams' Pink Pills has always brought me speedy relief, and in future when ailing I shall never use anything but these pills, and strongly advise others to follow my example."

Dr. Williams' Pink Pills create new blood, build up the nerves, and thus drive disease from the system. In hundreds of cases they have cured after all other medicines have failed, thus establishing the claim that they are a marvel among the triumphs of modern medical science. The genuine Pink Pills are sold only in boxes, bearing the full trade mark, "Dr. Williams' Pink Pills for Pale People." Protect yourself from imposition by refusing any pill that does not bear the registered trade mark around the box.

## MEN'S BEARDS

Were Subject to a Five Cent Tax in Good Queen's Time.

In the time of Queen Elizabeth a tax was placed upon men's beards. In the first year of her reign a tax was imposed of about 85 cents on every beard above a fortnight's growth. The law, however, was never enforced, and so it lapsed. In France a tax on beards was imposed and enforced, and it is said that from it a handsome revenue was derived. Peter the Great of Russia also imposed a tax upon beards; a copeck to be paid by peasants and laborers and 100 rubles by those of a higher station in life. So strongly was this Russian antibeard law resented that in more than one case it led to the spilling of blood. Officers were stationed at the city gates with swords, and if any beard wearer refused to pay the tax he was at once submitted to the ordeal of a gratuitous shaving.

# A MINISTER'S EXPERIENCE.

Suffered Terribly with a Volient Form of Itching, Protruding Piles—Escaped a Dangerous and Painful Operation, and Was

Thoroughly Cured by

Dr. Chase's Ointment.

While scores of thousands of people in all walks of life are being cured of the miseries and discomforts of itching piles by using Dr. Chase's Ointment, comparatively few are so considerate of the welfare of others as to help to make known this wonderful preparation. The following letter from a Methodist minister, who is held in high esteem in central Ontario, where he is well known, represents the experience of very many ministers and others who recognize in Dr. Chase's Ointment the only actual cure for piles and itching skin diseases.

Rev. S. A. Duprau, Methodist minister, Concession, Prince Edward County, Ont., states:—"I was troubled with itching and bleeding piles for years and they ultimately attained to a very violent form. Large lumps or abscesses formed so that it was with great difficulty and considerable pain that I was able to stool. At this severe crisis I purchased a box of Dr. Chase's Ointment, but I had little or no

faith in it, as I had tried various remedies before and to no purpose. "Now, imagine how great and joyous was my surprise to find that just the one box cured me, so that the lumps disappeared and also the external swelling. I feel like a different man to-day and have not the least doubt that Dr. Chase's Ointment saved me from a very dangerous and painful operation and many years of suffering. It is with the greatest pleasure and with a thankful heart that I give this testimonial, knowing that Dr. Chase's Ointment has done so much for me. You are at perfect liberty to use this testimonial as you see fit for the benefit of others similarly afflicted." No physician or druggist would think for a moment of recommending any other preparation than Dr. Chase's Ointment as a cure for piles. It is the only remedy which has never yet been known to fail to cure piles of any form, 60 cents a box, at all dealers. Edmansoga, Bates & Co., Toronto.

## MAKING PARIS STREETS SAFE.

Clammy Old Drays are Barred and the Milk Carts Must Have Signs.

It will not be the fault of M. Lepine the most energetic and resourceful of prefects of police, if our capital does not cease to deserve its reputation for being one of the most dangerous in Europe to move about in. It is beyond the power of M. Lepine to make even tolerable whips of Parisian drivers or to cure the native Jehu of his homicidal instincts, but by wise regulation of the traffic the prefect is doing all he can to lessen the risks to which pedestrians are exposed. He has also taken in hand the cleansing of the boulevards of the disreputable and dangerous characters that infest them after dark.

The new traffic regulations form a most voluminous decree, containing several hundred clauses. The majority relate of course, to proscriptions that have long been in force, but there are a number of important and excellent innovations. That execrable vehicle, the haquet, for example, is no longer to be tolerated in Paris. The haquet is a species of dray that is popularly supposed to have been invented by Pascal, but in any case is the most abominable contrivance that ever ran on two wheels. Preposterously long, fitted on one side with a sort of capstan for cording its load of casks, and most awkward to drive, the haquets were a perpetual source of accidents, and their disappearance will be hailed with exultation. Other of the worst terrors of Parisian streets are the butchers' carts and the milk carts. Though among the largest and heaviest of two wheeled vehicles, they are almost invariably well horsed and it is the custom of their drivers to career through the town at breakneck speed. It is so common for them to run over people that they are popularly known as "the crushers."

Henceforth, these Juggernaut cars are to be compelled to carry a large number, clearly painted in black on a white ground, on both their sides and on their back. In this way it will be possible to identify them and to bring the drivers to justice, whereas, in the past, after making a victim, they almost invariably got away. Another clause of the decree provides that after next October no advertisement carts are to be allowed in the streets. M. Lepine has been equally well advised in turning his attention to the scandalous state of things that have been allowed too long to prevail at night on the boulevards. London has its Piccadilly, but Paris has its Boulevard Montemartre, and if one is a little worse than the other it is undoubtedly the latter, swarming as it has been wont to do not only with women of bad character, but with ruffians of the most dangerous and infamous type. Twice in the course of the past few nights the police have raided this thoroughfare and also the portion of the boulevard in the immediate neighbourhood of the opera. On each occasion they made a rich haul and if they repeat the operation with sufficient frequency it may become possible to traverse the center of Paris after midnight without the certainty of being molested and the risk of being robbed and knifed.

## FLOATING EXHIBITIONS.

Germany conquers markets by her "floating exhibitions," which are sent all over the world. A steamer is chartered by a syndicate of merchants, furnished as an exhibition of their goods, and dispatched from port to port. Representatives of the firm go ashore and secure orders. They speak the language of the country well, distribute samples and catalogues, and so further the interests of the firms. They report to headquarters, and commercial travelers follow in their wake. Besides these exhibitions there are export associations which maintain bazaars for showing their wares.

## THE HOOPSKIRT.

Some Argument Pro and Con—What Many Dread.

A strong movement is again being made in favor of reviving the wear of the odious hoopskirt, in direct contrast to the present clinging style of dress. It is to be hoped that as emphatic and prompt a protest will be made against the fashion as there was several years ago, when Mrs. Arthur Stannard's "John Strange Winter," crusade against its adoption brought 72,000 signers, including women from every walk in life, from Duchesses to dairy maids.

Lady Jeanne, with strict impartiality, had something to say both for and against the skirt. She defended its wear on the ground that it supported the weight of heavy dress skirts and petticoats; and, for a second reason, that it was unique, namely, that "it would at least do away with spindle-legged furniture and sweep the drawing room clear of a multitude of foolish, fragile knock-knacks."

## TWO LANGUAGES.

One for the Men, Another for the Women of the Guarinis.

In the tribe of the Guarinis, who are most numerous in Southern Brazil, and extend into Paraguay and Uruguay, the men speak one language and the women another. A traveler who visited the town of Curuguaty, in Paraguay, reported that there the women speak nothing but the Guarany language and men use only Guarany in talking to them, whereas among themselves the men always speak in the Spanish language. The reason of this, he proceeds to say, was that the Spaniards who founded Curuguaty married Indian wives, who continued to speak their native language and taught it to their children, whereas the men preserved the Spanish language among themselves through pride of race.

## SLATE PENCILS

Formerly Cut From the Solid State, But are now Molded.

Slate pencils were formerly all cut from slate just as it is dug from the earth. Pencils so made were objected to on account of the grit which they contain. To overcome this difficulty says the London Engineer, an inventor devised an ingenious process by which the slate is ground to a very fine powder, all grit and foreign substances removed, and the powder bolted through silk cloth much in the same manner as flour is bolted. The powder is then made into a dough, and this dough is subjected to a very heavy hydraulic pressure, which presses the pencils out the required shape and diameter, but in lengths of about three feet. While yet soft the pencils are cut into the desired lengths and set out to dry in the open air. After they are thoroughly dry the pencils are placed in steam baking kilns, where they receive the proper temper.

## CARE OF CLOTHES.

Girls should be early taught the importance of caring for their clothes. With some neatness is innate, but many, if allowed to follow their own inclinations, kick off their shoes, drop their clothes in a heap on the floor, and in the morning "jump into them" regardless of appearance or of hygienic laws. Teach the girls and boys, too, to hang their clothing—undergarments especially—over the back of a chair, at night, where the air will circulate through them, for this is as important as airing the night dress and bedding in the morning. Stockings, if left in a heap where no air is stirring, will be clammy in the morning, especially if they were wet with perspiration at night. Those who perspire freely should hang their waists wrong side out to air and never hang them in a close closet. Undershirts that are worn all day should not be worn at night. Old loose ones should take their place. In the summer, nothing but the night gown is necessary.

As a girl grows older she should learn to shake and brush her gowns and jackets, especially her best ones, before hanging them up; also, to sponge off any spots tighten the loose buttons and repair any breaks, so that the garments are in perfect readiness for instant use. It is annoying to wait for a rip to be mended or a button to be sewed on at the last minute, when the horse is harnessed and you yourself are ready. Gloves, shoes and hats are in the same category.

## COLOURS FROM COAL TAR.

Some 150 different colours are now obtained from coal-tar, and these have almost entirely supplanted vegetable and animal dyes. In fact, only two of the vegetable class, indigo and logwood, are still of any considerable importance. Coal yields a large amount of colouring matter, the magenta obtained from a ton being sufficient to dye 500 yds. of flannel; the aurine, 120 yds.; the vermilion-scarlet, 2,500 yds.; and the algarine, 255 yds.

## SOMETHING QUITE NEW—

# SALADA

CEYLON GREEN TEA

Same flavor as Japan, only more delicious.

## Floriculture.

LEGEND OF WHITE NARCISSUS.

In lace and linen and silken slippers And sheen of satin they dressed the bride.

With a gossamer veil, and a wreath of blossoms To crown her beauty, the day she died.

With rich perfumes of the rose and lily They combed and plaited her locks of gold.

And under the tree where once she lay They hid her down in the frozen mould.

With sun and shadow and balmy breezes Came the spring to her place of rest, And a slender blade like an emerald arrow

Lifted the clouds above her breast. Crystal dew of the purple twilight, Silver rains of the morning cloud, Coaxed the stem from its leafy sheath.

Drew the bud from its folded shroud. Pale and pure as a pearl of ocean It slipped the green of its dainty sheath.

Deep in its heart a hint of yellow From the braided tresses that lay beneath.

So it was born, the bride's fair daughter— The white narcissus that buds and blows. Sweet and starry in silent places, Over the grave of the winter snows.

## ABOUT THE PRETTY CARNATION.

You do know the meaning of the name of what many people consider the prettiest flower that grows? The word carnation means flesh color; not the pinkish yellow, commonly understood by that name, but the tints employed by portrait painters in representing faces. The carnations on a palette include all the reds and pinks and creams and whites, with their intermediate tones, tending to red, yellow and white.

It will thus be seen how appropriate is the name, as applied to a group of flowers whose petals display all the reds, pinks, yellows and whites, as they are seen in the human face. We may have pinkish white, and whitish red, cream white and yellow white, whitish yellow and pinkish yellow, all shown in the carnation family, and all veritable flesh tints.

The word carnation, as understood by florists, means a double pink, that is, a pink having an excessive number of petals. The pink, in its natural state, has five petals, ten stamens and two pistils. Through rich culture the stamens have developed into petals. By a similar process all the numberless varieties of double roses that we have to-day were evolved from the wild rose, with five petals, and a great number of stamens. Many of our favorite flowers have reached their present stage largely through the agency of man.

The old botanists told us that a double flower is a monstrosity, and that a true naturalist prefers a blossom in its wild state. The new botanists are telling us something quite different. They say that all flowers are the result of development, and that man's agency must be taken into account, as well as any other factor. According to this view, double flowers and modern varieties have a rightful place in any system of natural history.

We all know what is meant by the color named pink; it is a red, lightened with white. There are as many shades of pink as there are of red, and these range from one almost as dark as garnet to one almost white, with the faintest roseate tinge. Yet, when we think of the flower "pink," we know that it is not necessarily pink in color; it may be a red pink, a yellow pink or a white pink.

Still, there is a reason for the color, pink, having the name of the flower. The old-fashioned clove-pink, such as we used to see in our grandmothers' gardens, have five petals. This species is taken as the type of the pink genus. All varieties of pink are placed under the head of Dianthus. This generic name for the pink family means, literally, "flower of Jove," or "flower of the gods. From very early times the whole tribe has been admired for its beauty and fragrance.

## CURATIVE QUALITIES OF COMMON PLANTS.

It is not a generally accepted fact that nearly all the plants grown have some curative virtue, but such is the case. And if the average man would only appreciate this statement at its full value he would give the preference to the plants which are certain to cure ailments if treated properly, as it costs no more to raise a medicinal plant than one purely ornamental. Take, for instance, the beautiful sunflower. If you get the leaves and stems and steep them in brandy, you have a tincture which has all the virtues of quinine. A small quantity

will brace you up and give you a ravenous appetite. A larger quantity will cure your neuralgia, or allay your fever, if you happen to be suffering from typhoid. The sweet-smelling verbena makes an infusion which is a fine cure for sore throat, and it will also prevent your hair falling off. Fennel, which we grow in kitchen gardens to flavor sauces, makes a man strong, gives him courage, and adds a dozen years to his life.

Ferns have many curative qualities. If you are wanting in common sense the maidenhair fern will give it to you, and it has been known to make idiots into sensible men. Maidenhair fern tea is a splendid cure for a cold. And the tincture makes one's hair grow luxuriantly.

You can easily grow a blackberry bush in your garden, and from its leaves and fruit many useful medicines can be made. If you eat the young shoots they will harden your gums. If you make a decoction of the leaves you have a cure for whooping cough. For an ordinary sore throat nothing is better than blackberry jam. And if you boil the leaves in strong lye you get a liquid which will dye your hair a beautiful glossy black.

The cowslip can be very easily cultivated. It looks pretty, and it is very useful. If you cannot sleep, take some of the powdered root and it will send you into the soundest slumber. If you want to do some mountain climbing, and don't feel your nerves up to the mark, boil the roots in ale and take a few draughts of it. You can then stand on a masthead without a tremor.

Camomile is worth cultivating for the sake of its pleasant and refreshing odor. But it is also a valuable medicinal remedy. No finer stimulant can be found for a languid stomach than camomile tea. If you make a tincture with spirits of wine it will cure your neuralgia, while an infusion is an excellent thing to give irritable and restless children.

Coltsfoot, with its pleasant smell, is a cure for asthma. You can make it into cigarettes or fill your pipe with it and it will give you instant relief.

The lovely lily of the valley has the curious power of strengthening the memory. It also strengthens the heart, and is a splendid thing to take before going on a long cycle ride. And if you make a snuff of the dried flowers it will cure the worst headache.

The fragrant marigold, much used on the continent for flavoring soups, is a splendid thing for consumption. It also raises one's spirits in a wonderful manner. If you have measles there is nothing to equal a decoction of marigolds, while the pain of a bee-sting can be removed by rubbing a fresh flower to the painful spot.

Lavender makes the hair grow, it cures sprains and stiff joints, and a little oil of lavender will cure giddiness and palpitation.

The primrose is useful as well as ornamental. If you make an infusion of primroses you have as good a cure as any doctor can give you for headache, hysteria or sleeplessness.

No garden should be without an apple tree. A poultice of rotten apples will cure sore eyes. If you eat a few good apples every day you will be sure to escape the gout. And if you are inclined to have warts a raw apple rubbed on them will very quickly remove them.

## A CURE.

A great many earnest thinkers of a nervous temperament fall into the habit of scowling when they read, write or talk seriously. This causes two little perpendicular lines to plough in between the eyes, and ages the face 10 years. It is a habit almost impossible to correct, once formed, as it is done unconsciously by a great many young people. Even in sleep their brows will be drawn together in this malicious little frown that is the aider and abettor of age.

A bright studious young woman, still in her twenties, found herself the victim of this scowl, which had already made two fine hair lines in her white brow. She set herself to work to cure the habit by setting her mirror before her face when she read, wrote or studied. But, as this distracted her attention from her work she finally fastened a ribbon band tightly across her brow, tying it in a knot at the back of her head, and at night she slept in the band. After several months the little hair lines disappeared from her pretty forehead, and she is quite cured of the disfiguring habit. A smooth, white, uncorrugated brow is one of the greatest attractions in a woman's face, while a prematurely furrowed and wrinkled brow mars the beauty and youth of the fairest features.

A PRIME FAVORITE with all tea drinkers because of its excellent quality and unequalled purity

# LUDELLA

CEYLON TEA. In Lead Packets 25, 30, 40, 50 and 60c.

## What Will Paint Do?



A little paint properly placed will make a fine house out of an old one. It will take away the dingy, tumble-down appearance, and make it look fresh and new.

## RAMSAY'S PAINTS

Will add to the value of the house and to the pleasure of living there. They are pure paints and will wear longer than any other. Ask your dealer.

A. RAMSAY & SON, Est'd 1842. MONTREAL, Paint Makers.

## MUSICAL FISH.

Many fish can produce musical sounds. The triga can produce long-drawn notes, ranging over nearly an octave. Others, notably two species of ophidium, have sound-producing apparatus, consisting of small movable bones, which can be made to produce a sharp rattle. This curious "drumming" made by the species called mbrivas can be heard from a depth of 20 fathoms.

# Lumbago

is Rheumatism of the back. The cause is Uric Acid in the blood. If the kidneys did their work there would be no Uric Acid and no Lumbago. Make the kidneys do their work. The sure, positive and only cure for Lumbago is

# Dodd's Kidney Pills

## NEW WAR BALLOON INVENTED.

An officer in the Austrian army in Vienna has invented balloons which will float both men and horses across a river. They are to be fastened to the belts around the men and the harness of the horses.

## If You are Subject to Cramps

You know how important it is to have a prompt remedy on hand. Nervine—nerve-pain cure—has a wonderful and immediate influence upon this malady. It relieves in one minute and cures in five. Pleasant to the taste, and the best remedy in the world for pain.

## THE REAL "FLOWERY KINGDOM."

Flowers bloom in the Sandwich Islands all the year round; therefore it is believed that that country is more deserving than Japan of the title "Flowery Kingdom."

## MONTREAL HOTEL DIRECTORY.

The "Balmoral," Free Bus Am. Plan \$1.50 & up  
McGill College Avenue  
Family Hotel rate \$1.20 per day.

## GONDOLAS.

Venetian gondolas are now driven by electric motors.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

## CANADA'S AREA.

Canada only lacks 237 square miles to be as large as the whole continent of Europe. It is nearly 30 times as large as Great Britain and Ireland, and is 300,000 square miles larger than the United States.

"Bivility is particularly due to all women" said Cheskerfield. If you wish to be popular as well as civil, give your friends Blue Ribbon Ceylon Tea

## STATISTICS OF NEWSPAPERS.

The total number of copies of newspapers printed throughout the world in one year is 12,000,000,000. To print these requires 781,240 tons of paper, of 1,749,977,000 pounds, while it would take the fastest presses 333 years to print a single year's edition, which would produce a stack of papers nearly 50 miles high.

## TENDER CORNS.

Soft corns, of all kinds removed without pain or sore spots by Putman's Painless Corn Extractor. Thousands testify that it is certain, painless, and prompt. Do not be imposed upon by substitutes offered for the genuine "Putman's" Extractor. Sure, safe, harmless.

## STEEL PENS.

More steel is used in the manufacture of pens than in all the sword and gun factories in the world. A ton of steel produces about 10,000 gross of pens.

## FOR OVER FIFTY YEARS

MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children's teething. It soothes the child, softens the gums, allays pain, cures wind colic, and is the best remedy for diarrhea. See a bottle. Sold by all druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

## SWISS HOTELS.

In proportion to its size, Switzerland has more hotels than any other country in the world. No fewer than 1,700 hostleries are on the list, and the receipts of the hotel keepers amount to \$25,000,000 a year.

## W P C 1041

## CALVERT'S

Carbolic Disinfectants, Soaps, Ointment, Tooth Powders, etc., have been awarded 100 medals and diplomas for superior excellence. Their regular use prevent infectious diseases. Ask your dealer to obtain a supply. Lists mailed free on application.

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