

DREADED MEAL TIME.

The Story of a Dyspeptic Who Has Found a Cure.

There is an intimate connection between good health, happiness and good digestion—Dr. Williams' Pink Pills Bring About These Conditions

(From the Tribune, Deseronto.)

Without good digestion there can be neither good health nor happiness. More depends upon the perfect working of the digestive organs than most people imagine, and even slight functional disturbances of the stomach leaves the victim irritable, melancholy and apathetic. In such cases most people resort to laxative medicines, but these only further aggravate the trouble. What is needed is a tonic; something that will build up the system, instead of weakening it as purgative medicines do. For this purpose there is no medicine equal to Dr. Williams' Pink Pills. They enrich the blood and strengthen and stimulate the digestive tract from first dose to last. In proof of this assertion the case of a man who writes to me is a fair example. For years I was a great sufferer from indigestion, and during that time I think I tried a score of medicines. In some cases I got temporary relief, but not a cure. I fairly dreaded meal times, and the food that I ate gave me but little nourishment. On the recommendation of a friend I began using Dr. Williams' Pink Pills a little over a year ago. I soon experienced relief, and no longer dreaded meal time, but as I was determined that the cure should be permanent if possible, I continued taking the pills in slight doses for several months. The result was a vestige of the trouble left me, and I have as good an appetite now as any toader in the house, and my digestive organs work like a charm. I may also add that my general health was greatly improved as a result of using the pills.

"Do you object to my publishing this in the Tribune?" asked the reporter.

"Well, I have no desire for publicity," said Mr. Stewart, "but if you think it will help anyone who suffers as I did, you may publish the facts."

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. If your dealer does not keep them, they will be sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

A Word of Advice.

It is really disgusting to note the way some people stamp their envelopes! Why will they put their stamps at all sorts of slovenly, annoying angles, when they might as well plant them fair and square in the proper place. If they worked hard and were pressed for time it would be cruel to complain, but then to one the offense are those who take an age to do any and everything. Those who have it for work usually do it well enough. Perhaps it's making a big fuss over a little matter, but one really might just as well put a stamp decently right side up.

To some of us an envelope looks better when the stamp is so placed in the upper right-hand corner as to leave a margin of a quarter of an inch.

Stratford, Aug. 4, 1893.

Messrs. C. C. Richards & Co.

Children.—My neighbor's boy, 4 years old, fell into a tub of boiling water and got scalded fearfully. A few days later his legs swelled to three times their natural size, and broke out in running sores. His parents could get nothing to help him till I recommended MINARD'S LINIMENT, which, after using two bottles, completely cured him, and I know of several cases around here almost as remarkable, cured by the same Liniment, and I can truly say I never handled a medicine which has had as good a sale or given such universal satisfaction.

M. HIBERT, General Merchant.

To Make a Magnet.

Buy an ordinary bar magnet or a horse-shoe magnet, the first-named is the preferable shape. Take a knitting needle or any piece of tolerably hard steel, and with one pole of the magnet rub it from end to end. Repeat this process several times, being careful to bring the magnet back without touching the needle to the end from which you started; in other words, the rubbing must be in one direction only. If a horse-shoe magnet be employed, start from the middle of the knitting needle, pass the magnet along to either end, then bring it through the air to the other end, and stroke the needle several times, finishing in the middle.

Deafness Cannot be Cured

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional medicine. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed, you have a running sound, or ringing in the ears, and when it is entirely closed Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surface.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & Co., Toledo, O., Sold by Druggists, etc.

Hall's Family Pills are the best.

A Theory.

Gerald—I wonder how Ananias got such a reputation as a liar?"

Geraldine—I suppose he told Sapphira she was the only girl he had ever loved—Harper's Bazar.

Mental and physical vigor follow the use of Miller's Compound Iron Pills.

A REAL AMERICAN

Sounds a Warning Against the "Playing Politics" Crowd.

The following letter from F. B. Thurber, a real "American" citizen, appears in the New York Journal of Commerce, and is worth reading by Canadians:

A Boer "peace" delegation is about landing in the United States and the New York Municipal Assembly, a majority of whom are American citizens of Irish extraction (good men, but with inherited prejudices), has tendered them the freedom of the city.

A Mayor of Dutch extraction openly avows his sympathy. The Boers are good fighters and the average American likes that. They are few while the English are many, and it is natural to sympathize with the under dog in the fight. But in the present case, the under dog began the fight, and then began it by invading English territory. They have made themselves rich, first by confiscating the possessions of the natives, who are the real under dog, and second, by taxing unmercifully (without representation) the English and Americans who settled in Africa.

This enables them to retain General O'Beirne, an Irish-American, and Mr. Van Sieten, a Dutch-American (both admirable gentlemen) to fire the American heart by getting up meetings, sending messenger boys to Africa with greetings to American children, and generally playing politics on the eve of a Presidential election.

The United States, a strong nation, was recently fighting Spain, a weak nation. France, Germany and Russia were disposed to put up a little combination against Uncle Sam and invited John Bull to join, but he said "No" and that settled it.

We haven't any particular liking for England. We have had our differences in the past and may have them again; but don't let us be stampeded against her! That's the way it looks to an average American citizen who hasn't any axes to grind on either side, but is a looker-on in the game.

Minard's Liniment is used by Physicians.

Feminine Curiosity.

"Mr. Dolley, won't you let me look at your watch a little while?"

Certainly, Miss Tapp. Do you want to consult the time?"

"No," replied the girl, as she opened and examined its case and works. "I was curious to see if water tarnished gold, or had any effect on the watch's delicate mechanism."

"Water? What do you mean?"

"Well, Mr. Hunker told me you were in the habit of soaking your watch. What is the object of such treatment, Mr. Dolley?"—Harlem Life.

St. Vitus' Dance rapidly cured by Miller's Compound Iron Pills. Cases of years' standing now enjoying the use of health as a result of taking them.

Fish Wouldn't Rise.

Ethel—(fishing for a compliment)—I wonder what he saw in me to fall in love with?"

Clara—That's what everybody says. But men are curious creatures, dear.—Stray Stories.

Toothache Cured in one Minute

One Application of the Old Reliable Polson's Nerviline Always Cures Toothache at Once.

Never before in the history of medicine has such a powerful and pleasant pain remedy as Polson's Nerviline been discovered. It is ten times stronger than any other known combination, and death to all pain. It is an invaluable remedy for the household, and when a doctor cannot be had in a case of emergency it is always effective and reliable. Try it. CATARRHOZONE cures Catarrh.

The Voice and Altitude.

Generally speaking, races living at high altitudes have weaker and more highly pitched voices than those living in regions where the supply of oxygen is more plentiful. Among the people living on the plateaus between the mountain ranges, the men have voices like the women and their singing is a shrill monotone.

When children are pale, peevish and restless at night, they require a dose or two of Miller's Worm Powders.

The Only Alternative.

When Geraldine de Cavendish replied that she could not think of becoming his wife, he clutched the air wildly.

"I shall go mad, then?" he cried.

"That is to say," sneered the proud girl, "if I don't support you the public will have to."

It is because they improve the powers of assimilation that Miller's Compound Iron Pills cause the red corpuscles to multiply and the weight to increase so rapidly.

Lahore's Taciturn Freak.

An ascetic, says the Lahore Tribune is living outside the Delhi Gate here who, it is said, has not parted his lips for the last fifty years, nor has demanded anything ever from any person to satisfy the irresistible demands of the stomach. People flock to see him in large numbers.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. 25c. E. W. Grove's signature is on each box.

Beginning of the End.

"You can cook, I suppose?" queried the young man, who was feeling his way to a proposal.

"No," was the frank reply, "I never even attempted it. My parents never thought I would have to seek a position as cook."—Chicago News.

Ask for Minard's, and take no other.

Herbert Spencer's Old Age.

Herbert Spencer has passed the age of 80, and though never a robust man, still keeps himself in good condition by the tonic of steady, intelligently-directed work.

By their action on the Stomach, Liver and Bowels, Miller's Worm Powders correct all such troubles as lack of Appetite, Bilelessness, Drowsiness, Sallow Complexion, etc.; nice to take.

When a well-balanced married man goes visiting he likes it to be where he can eat a second piece of pie if he wants it.

False impressions are warts on the mind.

IN SWEET SPRINGTIME.

Housewives Turn to Thoughts of—Moths.

HOW TO GUARD AGAINST THEM.

There is no easy method of preventing the damage done by clothes moths, and to maintain the integrity of woollens or other materials which they are likely to attack demands constant vigilance, with frequent inspection and treatment. In general, they are able to affect injuriously only articles which are put away and left undisturbed for some little time. Articles in daily or weekly use, and apartments frequently aired and swept, or used as living rooms, are not apt to be so seriously affected. Carpets under these conditions are rarely attacked, except sometimes around the borders, where the insects are not so much disturbed by walking and sweeping. Agitation, such as beating, shaking or brushing, and exposure to air and sunlight, are old remedies and still among the best at command. Various repellents, such as tobacco, camphor, naphthalene cones or balls, and cedar chips or sprigs, have a certain value if the garments are not already stocked with eggs or larvae. The odors of these repellents are so disagreeable to the parent moths that they are not likely to deposit their eggs so long as the odor is strong. As it weakens the protection decreases, and if the eggs or larvae are already present these odors have no effect on their development. While the moths are inclosed with the stored material to be protected by these repellents, so that they cannot escape, they will of necessity deposit their eggs, and the destructive work of the larvae will be little, if at all, restricted.

Absolutely the first requisite is to make sure that the garment is free from the moth eggs when it is put away. This is not a difficult matter, if a window and a surface brushing, the garment should be shaken and brushed, indeed, and then carefully examined in every part in a strong light. Cold and steam should be used, and the pockets turned inside out, lapels and revers opened, trimmings carefully examined, torn linings probed, and in fact the most vigilant looking over possible given before the garment is carefully put up in fresh newspapers. Don't pull a newspaper out of a bureau drawer, or from a closet shelf, as moth eggs may be hidden in its folds. The next step in the treatment is to look carefully into the condition of the shelves, or drawers, that are to receive the newspaper parcels. These also should be examined in a good light, brushed out and wiped over with a slightly moist cloth. This is equal in any way, brushed over with a paint brush dipped in turpentine.

After woollens have been given a vigorous and thorough treatment and aired and exposed to sunlight, however, it is of some advantage in packing them away to inclose with them any of the repellents mentioned. Cedar chests and wardrobes are of value in proportion to the freedom of the material from insectation when stored away; but, as the odor of the wood is largely lost with age, in the course of a few years the protection greatly decreases. Furs and stored garments may be inclosed in boxes or trunks which have been lined with the heavy tar paper used in buildings. New papering should be given to such receptacles every year or two. Similarly, the tarred paper moth bags are of some value; always, however, first substituting the materials to the treatment outlined above.

To protect carpets, clothes and other furniture, first, they should be thoroughly beaten, shaken, brushed and exposed as long as practicable to the sunlight in early spring, either in April, May or June, depending on the latitude. The brushing of garments is a very important consideration, to remove the eggs or young larvae which might escape notice. Such material can then be hung away in clothes closets which should be thoroughly cleaned and, if necessary, sprayed with benzine about the cracks of the floor and the baseboards. If no other protection be given, they should be examined at least once a month during summer, brushed, and, if necessary, exposed to the sunlight.

It would be more convenient, however, to so inclose or wrap up such material as to prevent the access of the moths to it, after it has once been thoroughly treated and aired. This can be easily effected in the case of clothing and furs by wrapping them in tightly-stuffed paper, or inclosing them in well-made bags of cotton or linen cloth or strong paper. Dr. Howard has adopted a plan which is inexpensive, and which is highly recommended as satisfactory. For a small sum he secured a number of the large paste-board boxes, such as tailors use, and in these packed away all winter clothing, gumming a strip of wrapping paper around the edges, so as to seal up the box completely and leave no cracks. These boxes with care will last many years. With thorough preliminary treatment it will not be necessary to use the tar impregnated paper sacks sold as moth protectors, which may be objectionable on account of the odor.

In the case of cloth-covered furniture and cloth-lined carriages, which are usually stored for considerable periods in summer, it will probably be necessary to spray them twice or three times, viz., in April, June and August, with benzine or turpentine, and to look for them from the moths. These substances can be applied very readily with any small spraying device, and will not harm the material, but caution must be exercised on account of their inflammability. Another means of protecting such articles is to sponge them very carefully with a dilute solution of corrosive sublimate in alcohol made up strong enough not to leave a white stain.

Minard's Liniment, Lumberman's Friend.

Bibles for Boer Prisoners.

The British Foreign Bible Society intends to provide all Boer prisoners with Bibles printed in Dutch, and the plan will be carried out within a few weeks.

We are interpreted by our accents, not by our words.—H. A. Kendall.

NELSON NEWS.

Live Ontario Village Where Dodd's Kidney Pills are Valued.

Mrs. R. Fitzsimmons About Again—Thanks Dodd's Kidney Pills for it—Used About Two Boxes and Health Now Perfect.

Nelson, Ont., May 14.—Friends of Mrs. R. Fitzsimmons, of this place, will be pleased to learn that she is about again. As is well known in this district, Mrs. Fitzsimmons has been more or less of an invalid for the greater part of the last twelve months. She is now, however, in robust health and thanks Dodd's Kidney Pills for it.

Mrs. Fitzsimmons, her friends will remember, was not at first aware of the cause of her ailment. Kidney Disease attacks its victims in so many forms and so gradually that its presence goes generally undetected, until its ravages have affected some other vital organ. Then the malady is called Rheumatism, Rheumatoid, Shoulder Complaint, Dropsy, Women's Weakness, Paralysis, or some other one of those many forms of diseased kidneys. Such, no doubt, was the danger into which Mrs. Fitzsimmons was thrown when arrested by Dodd's Kidney Pills.

She complained of a pain in the side. She grew so weak that she was, as she herself states, almost unable to stand. Her appetite failed, she never dreaming, of course, that Kidney Disease was the cause of her trouble. When the truth did occur to her, she at once had recourse to Dodd's Kidney Pills. The result is she is now in perfect health.

The Army in the Field.

The layman cannot easily realize the vast amount of material as to food and ammunition demanded by an army in the field. A few facts and figures as to this may aid to make it more tangible. Each man requires, at a minimum, three pounds and a half of food per day. Each animal should have at least twenty pounds of food in countries where grazing is not abundant. If we take, for purposes of estimate, only fifteen pounds required to supply each animal, leaving five pounds to be gathered from the country, by grazing and otherwise, we assume a quantity that may be considered a minimum. An army of 150,000 men would require about 50,000 animals for transportation of artillery, camp equipment, ammunition, food, hospital and medical equipment. There should not be less than 10,000 animals available at all times to supply losses. This makes a total of 500,000 animals to be fed. With this as a basis, we see that the daily demands would be for the men 225,000 pounds, and for the horses 1,350,000 pounds, or an aggregate of 1,575,000 pounds. This is equal to something more than 836 tons per day.—Captain Zalinski, in Harper's Weekly.

Rich, red blood is produced by Miller's Compound Iron Pills. They possess the great vitalizing principle upon which depend health and strength.

A Matter of Doubt.

Niece—Yes, Eddie was slightly wounded in the first fight. We'll have a letter from the army surgeon.

Aunt—Where was he wounded?

"We are not quite sure. The surgeon mentioned the place, but we don't know whether it is an anatomical position or a Transvaal town."—The King.

Keep Minard's Liniment in the House.

Fully Equipped.

Sir Robert Peel was once going through a picture collection with a friend when there was a portrait of a prominent Englishman who was famous for saying sharp things.

"How wonderfully like!" said the friend. "You can see the quiver on his lips."

"Yes," replied Sir Robert, "and the arrows coming out of it."

A dose of Miller's Worm Powders occasionally will keep the children healthy.

A New Word in Boston.

"We heard a woman say the other day at table, 'I like this bread; it's so nice and chewy.' She is a New Englander by education. Did she invent 'chewy,' or is the term used freely? We never hear of it before, and dialect dictionaries know it not."

Miller's Powders cure.

Mr. Baldpate (to bashful boy)—"What's the matter, little man? Has the cat got your tongue?" Tom—"Naw! Has she got your hair?"

RIGHTS OF MISSIONARIES.

Have the People of Other Countries Rights to be Respected?

No one disputes the rights of missionaries to go to any country they choose and to make a propaganda in favor of their faith, but they should be made to understand that they do this at their own risk, and that they must act in accordance with the laws of the places they select as the fields of their operations. The ordinary trader who goes to Turkey or to China for business purposes relies as a rule upon his own resources to get out of any difficulty into which he may stray. But the missionary, after doing his best to acquaint a faith deeply implanted in the people among whom he takes up his residence, and after running counter to their traditions, customs and most cherished beliefs, appears to think he is entitled to an entire fleet to support him when he has succeeded in making himself thoroughly disliked—and, in fact, tries to thrust his particular creed down foreign people's throats at the muzzle of his country's naval guns. It is quite time that a halt were called in this high-handedness.

What kind of a reception would be given in the United States to missionaries who should come to preach the religion of Confucius, or to Turkish Moslems who should build mosques in American cities, replace our church bells with their own melodious music and try to convert the American people to Mohammedanism? And what would be the reply they would receive to a demand for indemnity when they had been shown the door? These are questions worth pondering over.—New York Herald.

EPILEPTIC FITS.

LIEBIG'S FIT CURE

Will cure Epilepsy, Fits, St. Vitus' Dance, Falling Sickness, etc. A TRIAL BOTTLE sent FREE of ALL CHARGE to any sufferer sending us their names and address and mentioning this paper.

Address THE LIEBIG CO., 179 KING ST. W., Toronto.

A VALUABLE RECIPE

For Coughs, Colds and Lung Diseases

Take a half teaspoon full Flax-seed Tea with a dose of EBY'S

GERMAN BRUST BALSAM

Four or five times a day. It never fails to give immediate relief.

25 and 50 cents at all Druggists, or from M. F. EBY, Chemist, Port Elgin, Ont.

VIRGINIA HOMES.

You learn all about Virginia lands, soil, water, climate, resources, products, fruits, berries, mode of cultivation, prices, etc., by reading the VIRGINIA FARMER. Send for three months' subscription to

Farmer Co., Emporia, Va.

ALL REFINERS MAKE SUGAR BUT

St. Lawrence Sugar Refinery

MAKES

...THE SUGAR...

THEIR GRANULATED IS

100 PER CENT. PURE.



CORNS, A Waltham Watch for \$6

WARTS, BUNIONS, PAINLESSLY REMOVED WITHIN Twenty-four Hours.

Putnam's Painless Corn Extractor

A painless and radical cure for Corns, Warts and Bunions of all descriptions. The preparation has proved to be the most satisfactory remedy ever offered to the public for the immediate relief and permanent cure of one of the most distressing and common of minor ailments. This successful combination has been reached only after many years' experience in his extensive practice by Dr. Scott Putnam, the well-known surgical chiropodist, London, Eng., and we alone are authorized to use the name.

Every person speaks well of it. It is painless and prompt and the only corn and wart cure that does all that is claimed for it. It is sure, safe, and never fails to cure.

Putnam's Extractor makes no deep scratches in the flesh, no dangerous and painful ulcers, produces neither pain nor discomfort, and acts quickly.

BEWARE OF SUBSTITUTES.

Sold by all dealers in medicine. N. C. Polson & Co., Kingston, Ont., Proprietors.

Use Polson's Nerviline for all pain.

ISSUE NO 21. 1900.

Weak Lungs

When your throat and lungs are perfectly healthy you needn't worry about the germs of consumption. They don't attack healthy people. It's the weak, debilitated, inflamed membranes that are first affected. Hard coughs and colds weaken your throat and lungs and make consumption more easy.

Scott's Emulsion

is the best remedy you can take. It soothes and heals and gives tone and strength to these delicate membranes. In this way you can prevent consumption. And you can cure it also if you haven't had it too long. Keep taking it until your lungs are strong and your weight restored.

SCOTT & BOWNE, Chemists, Toronto.

A sleeping policeman might be termed "a silent watch of the night," unless, perchance, he snores.

CENTRAL BUSINESS COLLEGE

Yonge and Gerrard streets, Toronto. Certainly the leading Business Training School in Canada. Twelve regular teachers. Fifteen rooms in actual use for class and study halls. Splendid equipment, including SIXTY Typewriting Machines. Enter any. No vacations. Write for calendar. W. H. SHAW.

ASK YOUR GROCER FOR THE NEW

Coffee manufactured by the Coffee Co., Lexington, Ont.; free sample sent on application; Superior to all others.

AGENTS WANTED FOR OUR TWO NEW

books, "The Library of South Africa" (four books in one); and "Dwight L. Moody. The Man and His Mission"; the books are well written and up-to-date, and are not a rehash of old matter; the prices are low, and the terms extra liberal; agents can make money if they take hold at once and sell our books. Prospectus free. If you mean business, other arrangements for the canvasser's benefit. William Briggs, Methodist Book Room, Toronto.

GERMAN BRUST BALSAM

Four or five times a day. It never fails to give immediate relief.

25 and 50 cents at all Druggists, or from M. F. EBY, Chemist, Port Elgin, Ont.

VIRGINIA HOMES.

You learn all about Virginia lands, soil, water, climate, resources, products, fruits, berries, mode of cultivation, prices, etc., by reading the VIRGINIA FARMER. Send for three months' subscription to

Farmer Co., Emporia, Va.

PERMANENTLY CURED BY DR.

Kline's Great Nerve Restorer. No fits or nervousness after first day's use. Send to 361 Arch Street, Philadelphia, Pa., for free trial bottle. For sale by J. A. Harte, 1280 Notre Dame Street, Montreal, Que.

Mrs. Winslow's Soothing Syrup should always be used for Children Teething. It soothes the child, softens the gums, cures wind colic and is the best remedy for Diarrhoea. Twenty-five cents a bottle.

ALL REFINERS MAKE SUGAR BUT

St. Lawrence Sugar Refinery

MAKES

...THE SUGAR...

THEIR GRANULATED IS

100 PER CENT. PURE.

We will send to any reader of this paper a Genuine Waltham Watch in a Nickel Silver Case, stem-wind and stem-set, for only \$6.00. We will guarantee it to be exactly as represented, and should it not, in your opinion, be so, we will return your money. We want your trade. It's not just a matter of price, but we are confident that our business judgment will not be misplaced. We know that by pleasing you is the only way for us to earn your good-will and constant patronage.

You may not desire to send us any money in advance with your order, as our reliability is unknown to you. Should this be so you need not send us any money at all, but we will send the watch to such express office as you may name for you to examine. If as we represent it you had the money to the express agent and take the watch; if not, return it at our expense. We make this offer solely to prove our good faith, and because we want your confidence and hope you will see that we mean what we say in the future. Write at once.

BARR & COMPANY,

P. O. Box 63, Hamilton, Ont.

E. B. EDDY'S

PARLOR MATCHES

Produce a QUICK, SURE "LIGHT" every time. They have had a reputation for nearly half a century.

For Sale by all First-Class Dealers.

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THE E. B. EDDY CO., LIMITED, Hull, Canada.

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