(From the Telegraph, Quebec.) sence of nerve force; the loss of the life-sustaining elements in the blood. functions when the source of nutriment fails. When the stomach is robbed of the nutriment demanded by nature, assimilation ceases, unnatural

system responds to the discord. A practical illustration of the furnished by the case of Mrs. A. Labonte, who lives in the village of Stadacona, Quebec. When interviewed by a reporter of the Quebec Tele- have buckwheat cakes every morngraph, Mrs. Labonte looked the pic- ing, don't we? Well, you tell me how ture of vigorous health, showing no traces of the malady that had made her life for the time miserable. your system. I'll eat the griddle. Speaking of her illness, Mrs. Labonte | What is the first thing you do?" said: "For about two years I suffered dreadfully. My digestive organs were to promise one thing. Will you do where, even in the waters of the impaired, and the food I ate did not exactly what I tell you?" assimilate, and left me with a feeling of flatulency, pain and acidity of the my system in other ways, with the result that I had frequent head ness of vision, with spots apparent- | derstand that?" ly dancing before my eyes. I became so much run down that it was with difficulty I could do my household work, and at all times I felt weak, depressed and nervous. While I was at my worst, one of my friends, seeing that the doctor was not helping me, urged me to try Dr. Williams' Pink Pills. My husband then got me half a dozen boxes stupid." and I bean taking them. After I had used two boxes I began to enjoy my meals, and the various symptoms of my trouble began to disap-

pear. I continued the pills until I had used the half dozen boxes, when I again felt perfectly well. My stomach was as healthy as ever it had been. I could sleep well and my head was clear and free from the dizziness and aches that so long helped make me miserable. It is more than a year since I stopped taking the pills, and health has continued better than it was for years before." Mrs. Labonte added that she will always feel grateful to Dr. Williams' Pink Pills for the misery they have released her from. and she always advises friends who are ailing to use them.

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. Avoid imitations by insisting that every box you purchase is enclosed in a wrapper bearing the full trade breakfast. mark Dr. Williams' Pink Pills for Pale People. 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,

Shoe Hints.

rounding edge.

Never wear a boot or shoe so large in the heel that the foot is not kept

Never wear a shoe or boot that has He sterred the batter fiercely. to drop any joint below the level

turning up very much at the toes, still more vigorously. as this causes the cords on the upper part of the foot to contract. Never wear a shoe that presses up into the hollow of the foot.

Never come from high heels to low heels at one jump. Never wear one pair of shoes all the

time, unless obliged to do so. Two pairs of boots worn a day at a time alternately last longer and are much more healthful. Never wear a short stocking or one

which, after being washed, is not at least one-half-inch longer than the foot. Bear in mind that stockings shrink. Be sure that they will allow your toes to spread out at the ex treme ends, as this keeps the joints in place and makes a strong and at tractive foot.

Never think that the feet will grow large from wearing proper shoes. Pinching and distorting them makes them grow not only large, but un sightly. A proper, natural use of all the muscles makes them compact and

SPRAINS, BRUISES,

Cured Just as Quickly as Cramps and Toothache by Polson's Nerviline.

Sprains and bruises can be cured up in short order when Polson's Nerviline is applied. Its no pain or ache whatsoever can withstand it. No other pain remedy gives the results that Nerviline does. It is ten times stronger than any other, but very pleasant to take inwardly or to rub on. Try it.

CATARRHOZONE cures Catarrh.

Chinese Etiquette.

When a Chinaman issues invitations ope. If you accept the invitation you she knew I was here. She thinks it are supposed to keep the card; if is a terrible thing to dance." you have not time-that is, if you de- "Oh, never mind," the girl said cline-you are expected to send it "she wouldn't know you were dancback. If the banquet is appointed for ing even if she saw you."-Stray 12 o'clock you need not go before 2 Stories.

akin; old or young.

the Man of the House.

TRYING TO BAKE GRIDDLE CAKES

The McSwat family was thrown kitchen lady, a young woman of thing. great force of character, who had I you spend 10 cents in advertisdyspepsia is lack of vitality; the ab- of work were shorter and the afternoons out longer and more frequent, and had gone to fill it.

"Now, Lobelia," said Mr. McSwat, tude in getting up your advertise-No organ can properly perform its as they were preparing to retire for the night, "if your headache isn't any better in the morning. don't you hurry about getting up. I can manage the breaklast.'

"You!" exclaimed Mrs. McSwat. gases are generated, and the entire with the contempt that every ex perienced housewife feels for the meddlesome masculine being who seeks to thrust himself into the symptoms and torture of dyspepsia is affairs of the domestic cook shop. You! Why, Billinger, you don't know any more about cooking a breakfast than an old hen.'

"I'll show you," he retorted. "We to manage them, and if I don't turn out as good an article of buckwheat cake as you ever took into "Well, if you are bound to try your hand at it-but you've got

take me for?" stomach, and frequently heartburn. ter you have got your fire all ready States contribute more than 70 per he ran a fingernail into the other mist. This condition of affairs soon told on is to prepare the batter. It's in cent. of the world's output. The Di- eye in the same manner, causing an ter breakfast, and it leavens the aches, dizziness, and at times a dim- batter for the next morning. Un-

> 'Anybody can understand that. "Well, I've fixed it for to-morrow morning. All you will have to do will be to thin it, put in a little soda, salt and New Orleans moias-

"What is the molasses for?"

"Don't call names, madam. What "Have your griddle on the fire.

You'll find the greaser in the little saucedish by the batter jar. Don't | Cape Nome, which have been characuse too much grease-' "How do I thin the batter?"

member-stir in a small teaspoonful ef soda, about the same quantity of fourths of the world's gold producsalt, pour it in the batter, stir it | tion was from placer mines, and from slowly a minute or two, add the mo- this supposed fact he concluded that. lasses-that's in a fruit jar in the since the working of such mines is pantry-and then bake a trial cake. | limited to short periods, the future If it lacks anything you can tell what of gold mining was by no means en-

Swat, with crushing disdain. "Do you per cent. was the product of placer call that anything to remember?" | mines, while approximately 60 per the cake turner. It is in the drawer of born fields which, at the time of Suthe kitchen table. Now do you think ess pessimistic prediction, could not you can manage it?"

His only reply was a soft snore. About 6.30 the next morning Mr. Billinger McSwat might have been seen in his great act of getting the lessness and peevishness.

the griddle, put it over the fire and approached the jar of batter. plated it in silence a moment, and plait, tuck, insertion and shirring is ed for its erection.

He lighted the gas range, hunted up

ing up the necessary groceries in the the summer girl. Mull, chiffon or ribpantry and greasing the griddle, was bon is the most approved material for Never wear a shoe with a sole nar- to fill a teacup with water from the the neck finishing, but a linen collar rower than the outline of the foot boiler, which, providentially, was and four-in-hands made of black veltraced with a pencil close under the still warm, and stir in a heaping vet ribbon are favored by some who teaspoonful of soda.

Never wear a shoe that plaches the | "I think that's the quantity she | severest type. prescribed," he said cheerfully. "If it isn't enough I can put in more." Then he added a teaspoonful of salt, Friend. a teaspoonful of New Orleans molthe batter jar.

depressions in any part of the sole foamed up at once and ran over the inp of the jar. She mixed up too much of the

blamed stuff," he muttered, stirring it By this time the kitchen was filling with smoke.

Concluding that the griddle was hot enough, he hastily lifted the jar, carried it to the stove and poured a ed by Miller's Compound Iron Pills. quantity of the batter out on the smoking griddle through the spout on the side of the jar.

There was a tremendous sizzle. "You bet it's hot enough," he exclaimed. " Now where's the blooming cake turner?"

He could not find it. "Never mind," he said. "I've seen my mother use a caseknife." When he had secured a caseknife it appeared to be high time to turn the cake. On the upper side it looked dry

buckwheat cake. "I don't believe it needs any cooking on that side," he said, scraping it off the griddle and slapping it on a

"This," he continued, with a ferocious grin, "is the 'trial cake' she was talking about.'

He tasted it. "Ye gods!" And then Mr. McSwat took that jar of buckwheat batter, carried it out into the alley and emptied it into the garbage box.

Five minutes later he appeared at the foot of the stairway running up from the front hall. "Lobelia," he yelled, "that batter of yours got spoiled last night! I'm going to the meat market for a steak !"-Chicago Tribune.

It Was Terrible -- to Her.

"I suppose," he said, as they undu-

The Bible is a window in this pri- vitations to all the big dinners when AND CO., Kingston, Ont. Miller's Worm Powders for sallow son of hope through which we look I grow up and become a United States | Catarrhozone cures Catarrh into eternity .- Dwight.

ADVERTISING ABILITY As it is Displayed by Some Persons

We Meet With. If possible, get in a little dig at The Disastrous Experiment of your competitor. That shows that you have respect for yourself-and his goods.

> Always insist on your advertisement being in black type. It doesn't cost any more, and makes up for what you Never take a white piece of paper

and write your advertisements leginto temporary confusion by the ibly-it is time thrown away. The sudden adjournment, sine die, of the printer is hired to read any old

The primary cause of indigestion or learned of a place where the hours ing, you ought to make \$1 out of it. That is reasonable, and a good Never give the printer any lati-

> worthless, and your taste is better Always wait until the last minute before you send in your copy. The printer then has lots of time to study out display and get up an attractive

ments. His lifetime experience is

Always insist that your advertisement be top of column next to reading matter. That lets the printer onto the fact that you know a few things and makes him disposed to favor you when he can.

Never reveal the fact that you gow that no expenditure of money is so sure of return many fold as that spent in advertising. If the publisher knew you were aware of it, it might make him feel too important.-Trades-

The Geography of Gold.

While gold is found almost every sea, vastly the greater part of the

culation, the indications were that | saved. "To make the cakes brown nicely, the current year would record a world's projuction, exceeding considerably \$300,000,000. Indeed, it is not improbable this great sum may be reached, for there are well-defined rumors of marvellous discoveries at terized the geological surprise of the century. Truly this is a new golden "I hadn't forgotten that. You take era. Only a little over twenty years geologist, estimated that three News is from the way it tastes. Can you | couraging. Yet of the total of \$288 .- | 000,000 gold brought to light by last "Remember all that!" said Mr. Mc- year's operations, not more than 15 "There's one thing more. You'll need | cent. was derived from those stubbe worked with profit, and so were | faces of the system. Price 75c per bottle. Sold abandoned.—Bankers' Monthly.

Miller's Worm Powders for rest-

Shirt Waists.

used to render effective this very The first thing he did, after hunt- necessary adjunct to the wardrobe of affect tailor-made costumes of the plied the raw recruit. "I worked in

Minard's Liniment Lumberman's

Never wear a boot or shoe tight asses, and poured the mixture into Creeping Rails on the Eads Bridge. The Eads bridge across the Mississippi river at St. Louis has always been subject to the phenomenon known as "creeping rails." The creeping occurs always in the direction of the traffic and varies with the amount of tonnage passing over

Many persons suffering from rheu matism have been permanently cur-

Sizing Him Up. He-What a splendid girl you are! Do you really think there is an other person in this world as jolly

as you are? She-Oh! I don't know. I may be a jolly individual, but I think you're a jollier.-Philadelphia Press.

Bermuda the Wneelman's Paradise.

The natural coral formation, toand vellowish. But the cake stuck, gether with good workmanship, has He sawed the knife under it with des made the roads of Bermuda famous in perate haste, however, and finally got the cycling world, and enthusiasts of it over-in sections-a blackened, friz- the wheel who have been so fortunate zled, discouraging semblance of a as to visit this island have called it the Cycler's Paradise.

> Ask for Minard's and take no other. The First Royal Guest.

The first royal guest to visit the Paris Exposition of 1900 is the Queen of Saxony, who, accompanied by a chamberlain and two ladies in waiting, made her appearance rather unexpectedly in the Rue des Nations on

Miller's Compound Iron Pills. A crematory is to be built at Mont-

Light is the task where many share the toil.-Homer. Cholly (who is up in art)-Ya'asthe color work is fair, but the hand-

ling of the calf is bad. Ethel (who isn't)-But calves are

know what will become of you if you to the user. keep on telling stories?" Johnny (who reads the papers)—Yes'm; I'll get in-Senator from New York."

is the deadliest and most painful malady to which mankind is subject. Dodd's Kidney Pills will cure any case of Bright's Disease. They have never failed in one single case. They are the only remedy that ever has cured it, and they are the only remedy that can. There are imitations of Dodd's Kidney Pills-pill, box and name-but imitations are dangerous. The original and only genuine cure for Bright's Disease is

Dodd's Kidney Pills are II fifty cents a box at all

Cleanliness Cost His Sight.

jab his finger into his eye when he every Sunday evening during the is washing his face, but one has to time of advertising, the Sunday school go a long way to find a man who, room adjoining was used to accomhaving lost one eye by such clumsi- modate the overflow, and on one ness, pushes in the other. A grocer's evening at least over two hundred assistant in London, 41 years old, people were unable to gain admitwhile washing his face put his fin- tance to the building. There was abso-"Of course I will. What do you world's production is confined to ger into his right eye. The eyeball lutely nothing sensational in the small areas and few countries. South | became inflamed and was taken out. | advertisements or in the preaching .-"Then the first thing you do af- Africa, Australasia and the United This was in 1896. Four years later the stone jar on the kitchen table. rector of the Mint has estimated even more serious wound. The sur-There's always some left over af. that for 1898 the world's production geons, who seemed to have had no Take Laxative Bromo Quinine Tablets. All to hope what never will be attained. of gold was \$288,000,000, of which hesitation about taking out the the countries named produced \$208, other eye, wanted to save this one 000,000 as follows: South Africa, if possible, and so they postponed the \$80,000,000; the United States, \$64,- operation to see if sight even in a 000,000, and Australasia \$64,000, | small degree couldn't be retained. 000. If Russia be added to this There was an element of luck in the | will take care of itself. list, with a production last year ex- matter for the grocer for he was No man ever wanted to put his tries contributed more than 80 per | the corporation agreed to pay the | day skirt on. Until the Boer war upset all cal- | see if the eye eventually could be | half appreciates the way she mar- | Is composed of the Prairie Weed "which has

Miller's Grip Powders cure. An Odd Ad.

Gyer-They must have queer cattle

Myer-Why do you think so? Gyer-I saw an advertisement in the want columns of a St. Louis paper the other day for a woman to wash, ago Suess, the eminent Austrian iron and milk two cows.-Chicago

How's This ? any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O

We, the undersigned, have known F. J Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm, WEST & TRAUX. Wholesale Druggists, Toledo, O. WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

y all Druggists. Testimonials free. Hall's Family Pills are the best.

Hall's Catarrh Cure is taken internally, act-

ing directly upon the blood and mucous sur-

Mississippi's New Capitol. Mississippi expects its new capioccupancy when the State Legisla-Yokes are tabooed on the newest | ture meets in January, 1902, One Rolling up his sleeves he contem- shirt waists, but every variety of million dollars has been appropriat-

Keep Minard's Liniment in the house. Qualified.

"Do you know anything at all about drilling?" asked the sergeant. "Faith, I know all about it," rea quarry for monny years before I lined th army.

Are you not well? Are you pale weakly, depressed in spirits, melancholy, tired, nervous, and irritable? Try Miller's Compound Iron Pills.

Embarrassment. The strenuous efforts of the church had been crowned with success. The promise of the ages was fulfilled.

Every day was Sunday, now, in "But when," exclaimed the Ladies' Aid Society, "shall we hold our oyster socials and bean-bag parties?" Ah, here was an unforeseen embarrassment.

Minard's Liniment is used by physi-

The more we study the more we discover our ignorance.-Shelley.

How Are Your Corns?

Do they Sting? Do they ever Bleed? Do they make you Lame? A Painless and Reliable Gure

for Gorns of Every Descrip-

The best physicians speak well of Painless Corn and Wart

If you are a sufferer from corns and want to be cured immediately and without pain, pro-cure a bottle of Putnam's Painless Corn and days beforehand a tiny card of in- lated round the hall, "that my Why, up at the farm last summer, Putnam's Corn Extractor has been tested for vitation contained in a huge envel- mother would be awfully worried if Uncle Silas nearly had his neck thirty years and more. Its action is perfect, broken by one!

Teacher—You should be very careful what you say, Johnny. Do you the slightest pain, and occasions no discomfort

A WIDEAWAKE CHURCH.

It Advertised, Created Interest and

Got the Crowds. The First Universalist Church in Beverly, Mass., began last October to advertise its theology. The aim was to put our distinctive beliefs before the people of the city. Each week for about four months we took from ten inches to half a page in the Saturday evening edition of the Times. An almost half-page description of our church, its organization and its work constituted the opening article. Then our creed was printed. Short articles followed stating our beliefs in regard to God, the Christ and immortality. Longer articles were prepared and circulated as tracts. Reasons for con tributing to the support of the church, even if one did not attend, were given. Offerings to the Universalist Church were suggested. The benefits of the Bible school were dwelt upon and parents were urged to send their children to the First Universalist Sanday school. A special series of doctrinal sermons was arranged to follow the advertising and full reports of the sermons were printed in the papers. Results-Our church and our theology in a few weeks became the best was novel in this section. People talk-

known in the city. The advertising ed about it. Theological discussions were frequent in the streets and i the shoe factories. Universalist literature was called for and thousands, yes, tens of thousands, of pages were tremely careless and awkward, will distributed. The church was filled

ruggists refund the money if it fails to cure. | -Johnson. c. E W. Grove's signature is on each box.

Reflections of a Bachelor. Take care of the liver and the love

ceeding \$25,000,000, then four coun- insured in an accident company, and arms around a woman with a rainycent. of the world's supply in 1898. | claim at once without waiting to | No woman believes her husband | PRAIRIE WEED Heave Powder

Every woman has a black silk dress which she is saving to wear and Coughs in Horses and Cattle. out some time when she has got 25 cents per package at all Druggists, or mal thinner.—New York Press.

MINARD'S LINIMENT is the only Liniment asked for at my store We offer One Hundred Dollars Reward for and the only one we keep for sale All the people use it. HARLIN FULTON. Pleasant Bay, C. B.

Out of Practice. "Goodness!" exclaimed the kind lady; "you eat as if you had neve- BUTLER AND ALGER, 114 Confederation seen a square meal before.' "I guess I do, ma'am. Square meals tol, so long desired, to be ready for | don't come 'round ter me often, and I git outer practice a bit."

Miller's Worm Powders make the children healthy.

A Family Skeleton. First Clubman-Just see how young Oppenhelmer is playing the swell! Second Ciubman-Yes; if his ther knew it he would turn in his

Compound Iron Pills.

cell in the penitentiary!"-Simpli-

ISSUE NO 23. 1900.

The Future of

blighted by the diseases of youth, such as Rickets, which is characterized by weak bones or crooked spine, and inability to stand or walk steadily, or Marasmus, that wasting disease characterized by paleness and emaciation, or Scrofula, a constitutional disease of the glands and neck.

of pure Cod-Liver Oil with Hypophosphites of Lime and Soda will prevent and cure these diseases. It supplies just the material needed to form strong bones, rich red blood and solid flesh. It will also reach the infant through the mother's milk, and be of the greatest benefit to both.

At all druggists; 50c. and \$1.00

-The man who writes hat ads. is an ways trying to get a head. It is the condition of humanity to design what never will be done, and

使用MSCCCMS的现在形式的对象的特殊的特殊。1955年1950年1960年 NOTICE

TO HORSE OWNERS. It is a well -known fact that Horses troubled with Heaves, if placed on Prairie pasture, are soon cured of the heaves.

combined with other valuable remedial agents

VIRGINIA HOMES.

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

LIVE AGENTS Seek PROGRESSIVE COMPANIES

See our new "Illness" and 'Return Premium

plans, Agents (Men or Women), even without

experience, wanted in your locality. Insurance

in force over Eighty Million. Star Life Assurance Society, Toronto, WANTED-MEN AND WOMEN OF good address-to travel and appoint agents: \$50 a month and expenses.

Life building, Toronto Secure us 10 club members. Do it in half an hour and get an up-to-date 1900 bicycle for your trouble, Send a post card to S. Lewis, 527, B.,

Richmond street, London, Ont.

PERMANENTLY CURED BY DR Kline's Great Nerve Restorer. Ne fits or nervousness after first day's use. Send to 331 Arch street, Philadelphia, Pa., for treatise and free \$2 trial bottle For sale by J. A. Harte, 1780 Notro Dame street

Mrs, Winslow's Soothing Syrup should always be used for Children Teething. It soothes New life for a quarter; Miller's and is the best remedy for Diarrhoea. Twenty



We Offer You Sugar, The Best Made in the World.

Will You Accept it? It is 100 per cent. Pure and Obtainable of all Good Grocers.

St. Lawrence Sugar Refinery.

Read this and We buy our watches direct from the factory and sell direct to the readers of this paper, at much



Our Great Spring Offer. 3 We have on hand several hundred Gentlemen's Watches, the movements of which are the celebrated Duplex escapement with Jeweled Balance, Stem Wind and Set, and are warranted perfect timekeepers or your mency back. The cases are a specially prepared Nickel Silver and will NEVER change their silver-like color. For \$2.00 we will send by return mail one of these Watches and guarantee safe delivery. We also guarantee perfect satisfaction and will return your \$2.00 if Watch is not what you expected.

less than any retail dealer.

BARR & GOMPANY.

Box 63, Hamilton, Ont-

Pay as

Washingto when in va bles are exi fort Dr. Ta

course to be between b tigns v., 15: one another consumed o plans II., 4: his own thi the things About ev great labo violent que between em present "st Of course, immediately not be so t modically they will dr right or wr ers as well ter. Boycon der never p stages of an murder, T a man to it morrow all banks of th and all the

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