

Do You Feel Moody, Irritable, Depressed?

When That Languid, Laggy, Easily-Tired Feeling Comes, Your Liver is Slow.

Even when I was young I was not robust and healthy like other children. I suffered from headaches, and had sort of blue feelings that...

It is Mrs. E. V. Erlanger, well known at Gloucester, who relates the above experience. She proved that you and all others, men and women, can prove that Dr. Ham-

CHINA ADVANCING RAPIDLY.

Necessary Things Republic Will Be Perpetuated.

There is no reason to believe that the Chinese Republic will not be perpetuated. The Rev. Dr. James Smith, a missionary lately returned from China.

There are a great many able men among the Chinese and the people are becoming more widely educated. They have never accepted the rule of the Tartars.

The Chinese ordinarily are not a warlike race. They are docile, intelligent and industrious. For 300 years of peace and the abundance of the Chinese people to get rid of the Manchus.

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GAMBLING MANIA IN LONDON

Police Revealed Sumptuously-Appointed Gambling Houses.

To those who know London (England) it is no news that, given requisite capital, it is a simple matter to discover facilities for losing it over a gambling table.

Public attention has been drawn lately to the opportunities afforded in London by the police raid on a gambling establishment conducted in the highly decorative neighborhood of Wilton Terrace, Belgrave.

It is outside the precincts of the clubs that the mania is found to be strong. The limited powers of the police are a serious handicap to its suppression. It is not enough to raid a house and catch persons in the act of gambling.

THE BEST TEACHER.

Old Experience Still Holds the Palm.

For real practical reliability and something to swear by, experience—plain old experience—is able to carry a big load yet without getting swayed.

A Western woman found some things about food from Old Experience a good, reliable teacher. She writes: "I think I have used almost every breakfast food manufactured, but none equal Grape-Nuts in my estimation."

"I was greatly bothered with weak stomach and indigestion, with a formation of gas after eating and tried many remedies for it, but did not find relief. Then I decided I must diet and see if I could overcome the difficulty that way."

PAPER FROM BAMBOO.

Scottish Engineers Have Perfected Plans For Its Manufacture.

Scottish engineers have perfected plans for the manufacture of paper, on a large scale, from bamboo. On a site near Kagi (Japan) a factory has been installed with every requisite to deal in the first place with 300 tons of pulp per month.

It is hoped that in the Far East bamboo pulp will compete with the British and American imported paper of the finer qualities. The process of manufacture from bamboo is a more expensive one than that from wood.

Moreover, the bamboo is a plant that can readily be cultivated. If any particular species is considered the best for paper-making purposes, it can easily be grown in any quantity.

A MODERN MIRACLE

He Had Eczema 25 Years and Doctors Said "No Cure."

Yet Zam-Buk has Worked Complete Cure.

This is the experience of a man of high reputation, widely known in Montreal, and whose case can readily be investigated. Mr. T. M. Marsh, the gentleman referred to, lives at 101 Delormier Avenue, Montreal.

If you suffer from any skin trouble, cut out this article, write across it the name of your doctor, and mail it with one cent stamp to pay return postage, to Zam-Buk Co., Toronto.

MORE SCHOOLS IN RUSSIA.

Education Making Rapid Strides Under Czar's Policy.

Popular education in Russia is making rapid strides in advance; so much so that the next statistics of the people can neither read nor write, not long ago officially estimated at 60 per cent. of the total population, will certainly indicate a notable decrease.

The existing system of State schools was founded in the second half of the nineteenth century when the edict of the abolition of serfdom appeared. Until the year 1860 Russia only had 4,077 public schools.

Under Alexander III. popular education made further advances, and at the end of his reign the number of schools had reached 43,388 with 2,970,000 pupils. Under the present Czar educational matters have received increased attention.

Significant.

The second day dawned to its close with the twelfth jurymen still unconvinced.

"Well, gentlemen," said the bailiff, entering quietly, "shall I, as usual, order twelve dinners?" "Make it," said the foreman, "eleven dinners and a bale of hay."

"Why do you suppose he has such a vacant expression?" "Well, he thinks of himself a good deal."

Canadian Postum Cereal Co., Ltd. Windsor, Ontario.

PIMPLES THICKLY SCATTERED ON FACE

In Bad Condition, Pimples Large, Face Sore and Itchy, Looked Badly, Cuticura Soap and Ointment Cured in Two Weeks.

Munster, Ontario—"Some time ago my face was in a very bad condition with some kind of pimples. The tops of them were white; matter was in them. They were quite large and made my face sore and itchy and looked badly. I had to scratch to be comfortable and sometimes lost my sleep.

Clarkson, Ontario—"My little girl, aged two years, started with a skin disease on her face, so I called in the doctor and he said it was eczema. The skin was quite red and all scaly. I washed the parts well with the Cuticura Soap and then I put the Cuticura Ointment on. You ought to see her now—so far as a skin!

PAINT-HEARTED V.C. DEAD.

Hero of Lucknow Who Feared the Sight of Blood.

Colonel H. Gore-Brown, the "faint-hearted" V.C. who went through all the scenes of slaughter during the Indian Mutiny, won the Victoria Cross in the defence of Lucknow, and yet swooned at the sight of blood.

He was one of the defenders of the siege of Lucknow by the mutiny of June 30, 1857, to Aug. 31. It was in August that he performed the deed of valor for which he received the Victoria Cross.

Yet his own words prove that his heroism was not the simple daring of a reckless man, but a triumph over a nature inherently sensitive. Though Gore-Brown was a London paper man, he was not a soldier.

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Possible Reason.

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MODERNIZING JERUSALEM.

Bids Fair to Become Again the Chief City of the Hebrews.

The latest indication of the progress going on in Jerusalem was the arrival a short time ago of a massive motor road roller, and the decision to equip the city with an efficient tramway system.

The consequence of the presence of this external population is that first one and then another of the gates was left open by night, until to-day they are all perpetually open. Indeed, two of the gateways have no gates at all.

The mass of people who have been looking forward to feasting and holidays are grumbling deeply at the turn the Czar and court are giving the forthcoming celebrations.

Lumbago Cured

Every Ache Gone

Thousands Still Suffering That Can be Quickly Cured "Nerviline."

"Three years ago I discovered that a man subject to lumbago might just as well be dead as alive." These words open the sincere, straightforward letter of H. P. Bushy, a well-known man in the plumbing and plumbing business.

The Balkan war has shown the efficiency of the Bulgarian army and the modern methods of the Bulgarians themselves, and to believe all the stories written about the Bulgars one would think the State as enterprising as any American State of similar size.

WAS A CONFIRMED DYSPYPTIC

Now Finds It a Pleasure to Enjoy Meals

Here is a case which seemed as bad and as hopeless as yours can possibly be. This is the experience of Mr. H. J. Brown, 54 Bathurst St., Toronto, in his own words:

"Gentlemen—I have much pleasure in mentioning to you the benefits received from your Na-Dru-Co Dyspepsia Tablets and can cheerfully recommend them. I have had confirmed dyspepsia with all its wretched symptoms, and tried about all the advertised cures with no success. Yet I have in Na-Dru-Co Dyspepsia Tablets the best curative agent I could find. It is now such a pleasure to enjoy meals with their consequent nourishment that I want to mention this for the benefit of others."

Canadian Postum Cereal Co., Ltd. Windsor, Ontario.

Whenever you feel a headache coming on take NA-DRU-CO Headache Waters. They stop headaches promptly and surely. Do not contain opium, morphine, phenacetin, acetanilid or other dangerous drugs.

AFFLICTION OF THE CZAR.

Russia Is Shocked Over His Gargantuan Appearance.

The Czar has made his first public appearance since the tragedy of his son's illness, and the people are shocked at his changed looks, writes a St. Petersburg correspondent.

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DYEING! CLEANING!

For the very best, send your goods to the "BRITISH AMERICAN DYEING CO." Look for agents in your vicinity.

Send your Raw FURS to John Hallam. Sixty Thousand traps now send on and get your furs. We pay highest prices and express charges.

A Serious Question. "Has Jobbins any money?" asked Hickenlooper. "Oh, he must have," said Garro-way. "Oh, we all must have—but have we?" said Hickenlooper.

PILES CURED IN 7 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Piles, Hemorrhoids or Protruding Piles in 7 to 14 days.

BULGARIA'S PRIMITIVE.

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"That bride across the way is the laziest woman I ever saw. She never does any work about the house."

Canadian Postum Cereal Co., Ltd. Windsor, Ontario.

FARMS FOR SALE. HUNDREDS OF ACRES—COUNTY HALTON. Good House; Buildings; Orchard; Charn and on easy terms.

HOME WORK, \$7 TO \$10 PER WEEK. We want reliable parties to knit for us at home, whole or spare time. We furnish machine, yarn, etc.

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

BOILERS. New and Second Hand and Hoisting. Tanks and SMOKE STACKS. Agents for stationary engines and hoisting engines.

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HOTEL TRAYMORE. ON THE OCEAN FRONT. ATLANTIC CITY, N. J. A magnificent ten-story, fireproof addition is just being completed, making this famous historic the newest and most up-to-date of Atlantic City Hotels.

DODD'S KIDNEY PILLS. GREAT KIDNEY DISEASE. BRILLIANTLY EFFECTIVE. FOR NEURALGIA, RHEUMATISM, DIABETES, GRAVEL, etc.

Substantial Breakfast Pleasure in every package of Post Toasties. Crisp, sweet bits of toasted Indian Corn, to be served with cream or milk.

AND FOOT CALLOUSES REMOVED QUICKLY. Anything on your feet that shouldn't be there—whether corns, callouses or bunions—they can all be removed in short order by Putnam's Corn Extractor.

Canadian Postum Cereal Co., Ltd. Windsor, Ontario.