Story of a Merchant Who Almost Lost His Business and His Health Through Neglecting Early Symptoms of Dis-

"My life for years has been o sedentary character." writes T. B Titchfield, head of a well-known firm in Buckingham. "Nine hours every day I spent at office work and took exercise only on Sunday. I disregarded the symptoms of illhealth which were all too apparent to my family. I grew thin, then pale, and before long I was jaundiced-eyes and skin were yellow, my strength and nerve energy were lowered and I was quite unfitted for business. In the morning a lightness in the head, particularly when I bent over, made me very worried about my health. Most of the laxative medicines I found weakening, and knowing that I had to be at business every day I neglected myself rather than risk further weakness. Of course I grew worse, but by a happy chance I began to use Dr. Hamilton's Pills. I finished some work he followed on Evidently the men of Kent wil was forcibly struck by the fact that the pony. When a mile or so from not relinquish their ground with they neither caused griping nor the halting place, he saw the ele- out effort to Scotland. They have nausea, and it seemed incredible that pills could tone, cleanse and The Englishman trotted up to cal tree, and "Osbertus de Borden regulate the system without causing hasten the mahout's pace. As he may easily rank for first place with any unpleasant after effects. Dr. approached, the mahout began to 'Henry of the While Plume,' the Hamilton's Pills acted with me just as gentle as nature—they gave new life to my liver, strengthened my stomach, and won me back to knew no tongue but his own. The the last election. No usual work perfect good health. My skin is

Refuse anything offered you instead of Dr. Hamilton's Pills, Three times the excited and angry "Henry Borden of Borden," which are sure to cure. Sold in 25c. boxes, five for \$1.00, at all druggists and storekeepers, or postpaid from the Catarrhozone Co., Buffalo, N. Y., and Kingston, only to observe with astonishment same family, was a benefactor Canada.

sweets of victory.

Minard's Liniment Cures Distemper.

Served Him Right.

Tom-What did Betty say when you told her she was a "peach?" Jack-She said, "I do feel like something to eat," and of course I had to take her out to dinner.

PILES CURED IN 6 TO 14 DAYS Your druggist will refund money if PAZO DINTMENT fails to cure any case of Itch-

His Punishment.

"When she wasn't looking rissed her."

5 to 14 days. 50c.

"What did she do?" "Refused to look at me for the rest of the evening."

linard's Liniment Co., Limited. Gentlemen,-Last winter I received great snefit from the use of MINARD'S LINI-FINT in a severe attack of LaGrippe, and have frequently proved it to be very efective in cases of Inflammation. W. A. HUTCHINSON.

Marvellous.

She-And to think I am the only girl you ever loved! He-Yes, dear.

She-And to think you thought believed it!

SPEND THE WINTER IN CALIFORNIA.

eles. Illustrated literature on applica-ton to B. H. Bennett, G. A., Chicago and sick and nervous and miserable by

VICTIMS OF CANNIBALS.

New Guinea Natives Devoured Two Planters.

nea was the fate recently of two and enough cream to bring the Do not say unpleasant things nor dealers, or the Catarrhozone Co., "I have to work part of the time." planters named James and Her- color to golden brown. mann Weber, brothers. They were Instant Postum is convenient, set upon by cannibals, who came there's no waste; and the flavor is from the unexplored regions. No always uniform. Sold by grocerstrace of their bodies has been 50-cup tin 30 cts., 100-cup tin 50 cts. the least possible delay. were devoured. The news was cer's name and 2-cent stamp for brought to Sydney, Australia, by postage. Canadian Postum Ce- not to say tobacco and alcoholic friendly natives, who stated that real Co., Ltd., Windsor, Ont. the same tribe has been carrying on a campaign of butchery throughout the district. A punitive expedition has been planned by the Govern-

black inhabitants of New Guinea, a British possession, under the rule of the Australian Commonwealth, are supposed to be amenable to discipline, but occasionally an outwhites are slaughtered. The more civilized Papuans have a wholesome very early years he insisted that it dread of the British law.

Painful Corns Removed

Everyone of those stinging corns can be self, according to the rule then peacefully and quickly removed by paint strictly enforced on children. ing on Putnam's Corn Extractor. It's really a mar-Putnam's Extractor does-so remedy so "And now, papa," he said, look-

is a neat, clean job that knee. man's Extractor sold and recommended endurance is at an end, "let us

who gets paid for finding fault. | tool of a dull one.

An Incorrect Impression Has Been Kentishmen Seem to Have It Over Formed as to This.

English writers who have dwelt in India assert that the many curious course, the man of the moment in tales with reference to the superior England. Apart from the innumerintelligence of the elephant are apt able letters which have appeared in to produce a distinctly incorrect the press from a regiment of supimpression. Like that of the horse, porters and dissentients, and the

said to have strange limitations. | Liberal newspapers, there has been There is an instance of authentic an animated discussion concerning record in which the populace of a his ancestry. the town, smashing everything that country of the Canadian Premier lay in its path-all because it had ancestors; perhaps the writer onl rain drops on its rider's umbrella. monly credited to Scotsmen

pony in one of the villages. He was the men of Kent were roused. ten miles away, and when he had British Canada.

and my appetite, strength, spirits breaking into a gallop to see what municates the family history of the it might be, he was astonished to Bordens. He traces his lineage in that the elephant rushed off each Sheppey Monastery previous

The sting of defeat outlasts the Finally the unhappy mahout charter of Henry III. William steered the animal off the road into Borden, great-grandson of th swampy ground, and thus shaking above Henry, held lands in Borde off the pursuit, plowed his way back and Headcorn. Fifth in descen on foot to the halting place, where from this William was Richard he found an interpreter to explain Borden, son of Matthew of Head that the elephant had been terrified corn, who was born there in 1595 by the pony's approach.

DREADED TO EAT.

A Quaker Couple's Experience.

How many persons dread to eat lands in Nova Scotia, where he acing. Blind, Bleeding or Protruding Piles in their meals, although actually quired an extensive estate and died

hungry nearly all the time! Nature never intended this should ert Laird Borden, born at Grand assistance of the victim, and a free be so, for we are given a thing Pre. Nova Scotia, is the present fight took place on the church steps. called appetite that should guide Prime Minister of Canada. us as to what the system needs at

any time and can digest. our food very much as we shovel coal into the furnace, and our Printed and Widely Distributed by senses of appetite becomes unnatural and perverted. Then we eat the wrong kind of food or eat too much, and there you are-indigestion and its accompanying miseries.

An Eastern lady said: "My husband and I have been sick and nervous for 15 or 20 years from drinking coffee-feverish, indigestion, totally unfit, a good part of the time, for work or pleasure. meals. (Tea is just as injurious, because it contains caffeine, the same drug found in coffee.)

medicines that counted up into hundreds of dollars, with little if Masticate your food carefully.

made some according to directions, to bear it. with surprising results. We both Fourth-Early to bed and early up. I rubbed on Nerviline three

be quoted via liked it and have not used any cofleaving Chicago 8:30 p.m., less than let us and we feel better every open. Let the minimum of sleeping friends to use Nerviline, and they That is LAXATIVE BROMO QUININE route, provide the best of way. We are so well satisfied with werything in railway travel. The China Postum that we recommend it to 8:45 p.m. for San Francisco and Los An- our friends who have been made one-half hours is advisable.

Forth Western Ry., 46 Yonge St., Toronto. | coffee." Name given upon request. Read the little book, "The Road to Wellville," in pkgs. Postum now comes in concentrated, powder form, called Instant Postum. It is prepared by

stirring a level teaspoonful in a cup brain at the occurrence of inevit- substitute. Large family size bot-Butchered by natives in New Gui- of hot water, adding sugar to taste,

and it is believed that they A 5-cup trial tin mailed for gro-

Precocious But Pertinent.

Anecdotes of the early manifestations of a distinguished mind are Papuans, the name given the always interesting. This one shows the intellectual power, even in infancy, of William Robertson Smith, who later became one of the most learned Biblical scholars of Europe.

Talk was a passion with him, debreak of cannibalism occurs and clare his biographers in the recently whites are slaughtered. The more published "Life," but even in his must be good talk. Nothing wearied him more than to listen to the conversation of the company that came to his father's manse when it By New Painless Remedy was not of the improving sort, espe-You're a chump to suffer a day longer | cially since he had to sit silent him-

> It was on one of these occasions, when a reverend colleague had stayed long, and after having how it draws out the sore prosed mercilessly, had at length ness, how it lifts the corn departed, that Willy is said to have right out by the core. It drawn his stool up to his father's

have some rational conversation."

A critic is the only man we know It takes a sharp man to make

INTELLIGENCE OF ELEPHANTS PRIME MINISTER'S ANCESTRY. HE COULD NOT

the Scots. Premier R. L. Borden is, o the intelligence of the elephant is daily editorial battle of Tory and

small town near Madras were frigh- Perhaps it was the generally ac tened out of their wits by a runa- cepted idea that Scotsmen mad way elephant which broke from its Canada which encouraged one wr mahout's control and ran through ter to claim Scotland as the nativ been frightened by the pattering of desired to exercise the faculty com An English official in Burma, on a claiming everything good when tour of inspection, became tired of described him as a "plain, stron riding his elephant and procured a man of Scottish descent." Anyway

careful to make sure that the pony "No one," writes one man was not afraid of elephants, but it Kent, "grudges Scotland any hone never occured to him to ascertain which she may legitimately claim whether or not the elephant might but men of Kent and Kentish me be afraid of ponies. Early the next would be proud if it were proved morning he sent his baggage and that Canada's Premier was sprun servants off on the elephant with from the loyal country which als orders to halt for lunch at a village produced Wolfe, the founder of

phant hunching along in advance. compiled an irresistible genealog gesticulate. The Englishman and designation so affectionately use his servants, who were Bengali, by Sir Wilfrid Laurier's supporter knew no Burmese, and the Burman in the Province of Quebec durin Britisher guessed, of course, that reference gives the detail with clear, dizziness has disappeared, something was the matter, and which an ardent Kentish man com see the elephant start off at a run. the direct male line from on mahout succeeded in stopping the lived and flourished in the fai beast after a run of a mile or so, County of Kent when Richard I! and three times did the Englishman was King in A.D. 1380. "Osbertu ride up to see what was the matter, de Borden," presumably of the emigrated to New England in 1638

in 1778. His great-grandson, Rob-

But we get in a hurry, swallow JAPANESE HEALTH RULES.

and died at Portsmouth, Rhode Is

land, in 1671. Richard's great

grandson, Samuel Borden, was the

Government to value the Acadian

the Government. The following rules for the gen eral guidance of the people in health matters have been printed and widely distributed by the Japanese Government:

in the sun and take plenty of exer- been a well-known resident of cise. Take care that your respira- Windsor, N. S. We actually dreaded to eat our tion is always deep and regular. meat only once a day and let the wonderful liniment, 'Nerviline.' diet be eggs, cereals and vegetables, consider it the best remedy for "We tried doctors and patent fruits and fresh cows milk. Take cold, sore throat, wheezing tight the last named as much as possible. ness in the chest, etc., and can

"Accidentally, a small package and a steam bath once or twice a had a dreadful attack of cold, that of Postum came into my hands. I week if the heart is strong enough settled on my chest, that fourteen

"The dull feeling after meals has very quiet room, with windows ed. I have induced dozens of my hours be six or six and one-half are all delighted with its wonderhours. In case of woman eight and ful power over pain and sickness.

refrain from even reading or writ- many that need to use Nerviline

Seventh-Try to avoid any outbursts of passion and strong mental ferings-internal and external able incidents or of coming events. tles. 50c.; trial size, 25c., at all plained. "Well, dear," he replied, agreeable things.

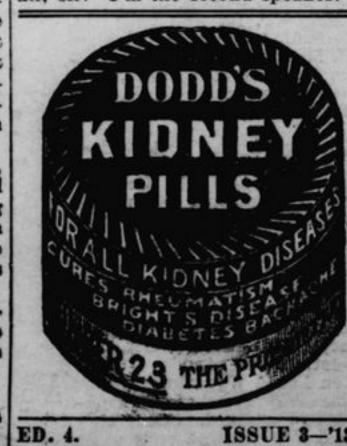
Eighth—Be married! Widows and CITY OF SURPRISING GALL ... TH. widowers should be married with Ninth-Be moderate in the consumption of even tea and coffee

badly ventilated rooms.

Minard's Liniment Cures Colds, Etc.

Did No. 1 Remain? Travelling Lecturer for Society tively hearing me to the end of a rather too long speech.

Local Member of Society-Not at all, sir. I'm the second speaker.



SLEEP AT NIGHTS

TILL HE FOUND RELIEF IN DODD'S KIDNEY PILLS.

Fred. Swanson, of Saskatchewan, sends a message of cheer to those who feel the weariness and discouragement that comes from broken rest.

Macklin, Sask., Jan. 13 (Special) Those who suffer from sleepless nights and get up in the morning feeling tired and discouraged will and renewed hope in the statement made by Fred Swanson of this place. He could not sleep at nights. He discovered the cause. It was Kidney trouble. He discovered the cure. It is Dodd's Kidney Pills.

"Yes," Mr. Swanson says in a interview regarding his case, ' was troubled with my Kidneys for over a year, so bad that I could not sleep at nights. After using one box of Dodd's Kidney Pills I found great relief. Four boxes removed all my pain and now I sleep we and I am as strong in my Kidney

18 any man." If the Kidneys are wrong th blood becomes clogged with impur ies and natural rest is an imposs ility. Strong, healthy Kidney mean pure blood, new life all over he body and that delightful rethat is the sweetest thing in life Oodd's Kidney Pills always make strong, healthy Kidneys.

WEDDING STOPPED.

tacks Relative of Bride.

The wedding of a soldier of th Northumberland Fusiliers in S Andrew's Church, Newcastle, Eng and, was suddenly stopped after he bride and bridegroom and th wedding party had assembled in the

The reason for this step was tha he officiating clergyman suddenl discovered that the banns had bee published on only two Sundays in stead of three. Both the bride and the bridegroom were much upset. An even more unpleasant incider ollowed. A crowd of women wh were waiting outside the churc magined that the postponeme had been caused by a woman rela surveyor employed by the British tive of the bride, and they violent attacked this woman as she left the

The wedding guests, knowing the true state of affairs, went to the

Had Pains in Back,

Suffered for Weeks, But Finally Found a Quick, Sure Relief.

Cured Quickly by "Nerviline."

No stronger proof of the wor derful merit of Nerviline could First-Spend as much time out produced than the letter of Mi of doors as possible. Bask much Lucy Mosher, who for years ha

"I want to add my unsolicited Second-As regards meals eat testimony to the efficacy of your state that for years our home has Third-Take a hot bath every day never been without Nerviline. different remedies couldn't break times a day, used Nerviline as a Fifth-Sleep in a very dark and gargle, and was completely restor-

"You are at liberty to publish Sixth-Take one day of absolute this signed letter, which I hope rest each week in which you must will show the way to health to press agent (Signed) "LUCY MOSHER." All sorts of aches, pains, and suf-

stimulations. Do not tax your yield to Nerviline. Accept no listen, if possible to avoid it, to dis- Buffalo, N. Y., and Kingston, Ont.

Sao Paulo Has Some Ambitious

How much do you know about the South American city of Sao Tenth-Avoid places that are too Paulo? This Brazilian town, the warm, especially sceam heated and capital of the great coffee growing state of the same name, now has an estimated population of 380,000; and it is anticipated that within fifteen years it will reach the million mark. Although 4,000 new houses were erected in the city during the last year, the demand for (to the remaining listener)-I should houses greatly exceeds the supply, like to thank you, sir, for so atten- owing to the rapid increase of population, and rents are exorbitant. A magnificent opera-house, constructed by the municipality, was opened last year with a brilliant season of Italian opera. The ok cathedral is to be torn down to give place to a new one, which will cost \$2,000,000, and will be one of the notable churches of the world. Finally a vast scheme of city improvements has been instituted, under the advice of M. Bonvard, architect for the city of Paris. It will include splendid boulevards and viaducts, asphalted streets, and a public garden at an estimated total cost of \$20,000,000, toward which the state government has already appropriated \$3,500,000.

A father's idea of being firm with the children is being cross with ISSUE 3-'13. their mother about it.

BRAINS IN THE WORKSHOP. Man's Value Dependent on Certain It is sometimes said that in th



Tonight rub your scalp lightly with Cuticura Ointment. In the morning shampoo with Cuticura Soap. No other emollients do so much for dry, thin and falling hair, dandruff and itching scalps, or doit so speedily, agreeably and economically. Full directions in every package. Cutleura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent post-free. Address Potter Drug & Chem. orp., Dept. 17D, Boston, U. S. A.

SHAM JEWELLERY IN BRITAIN and more relieves the workman of Can be done perfectly by our French process. Try to Crowd Mistakes Reason and At- Everybody's Wearing It From the

Queen Down. All London, from Buckingham alace to Whitechapel, has gone razy over sham jewellery and verybody wears it from Queen Mary downwards. Some of it is of course, exceedingly pretty, both lesigns and settings being dainty Her Majesty purchased many effec ive trifles, especially earrings, of this kind for Christmas and New Year presents. Some have ename inset, but several have stones and are such palpable imitations that they would not deceive the most innocent in jewel lore. The truth s, this jewellery is merely pretty and often artistic rubbish. All the grande dames of the moment who go o fancy balls are laden with spurius precious stones. Cultured connoisseurs in everything beautiful wear the most unmistakable bead necklaces, which they order by the dozen to "go" with each different colored gown in their wardrobes This passion for sham jewels is due to the anxiety so many women have experienced for the safety of priceless heirlooms, lest they fall into

the hands of the clever jewel thief who of late has been particularly One well-known countess boasts that she went to Court last year wearing sham stones, and says that her "gems" caused far more sen sation among her friends and in the press than the real ones ever occasioned. She adds that she intends o go again to the Court of St. James' decorated with the same "treasures." "Life," she adds, is far too short to be made ill with anxiety over the heirlooms of any house on the face of the earth."

Minard's Liniment Cures Carget in Cows.

First.

She (getting ready to go out)-What are you looking at? He-I'm just watching whether that house opposite will be finished

Real charity doesn't employ

Minard's Liniment Cures Diphtheria.

Then She Was Mad. "John, you never listen to half the things I say to you," she com-



will be surprised how quickly it stops the smarting and brings ease. It covers the wound with a layer of protective balm, kills all poison prevents others entering. Its rich healing herbal essences then build up from the bottom, fresh tissue; and in a wonderfully short time the wound is healed!

Eam Buk's popularity is based on morth.

Imitations never work cures. Be sure and get the real thing. "Zam-Buk" is printed on every packet of the genuine. Refuse all others, 50c all druggists and stores or Sam-Buk Co., Toronto.

modern factory men have been turned into mere machines, and la-

Mental Qualities.

bor dehumanized, but the assertion is the exact antithesis of the truth. In the modern factory, says Engi- H. W. DAWSON, Ninety Colborne Street neering, it is the mental qualities of the employees on which a demand is made, and it is for this reason that the reduction, which has been effected in the working hours usual a century ago, has been rea- five miles from Hamilton sonable and justifiable. A Chinese H. W. DAWSON, Toronto. hours a day in splitting up by sheer muscle a balk of timber as much as muscle a balk of timber as much as fifteen acres mixed timber; 2 acres or chard; buildings fair. Would exchange chard; buildings fair. Would exchange for city, town or village property or for smaller farm. E. L. Franklin, Eastwood, Ont. sawyer will spend twelve or more during 99 per cent. of his working | Ont. hours. So far as this portion of his work is concerned, he is a mere machine, and an ineffective one at that. His mind may therefore wander to other themes than the matter in hand, whilst his puny strength often fails to move his saw through a stroke of more than 6 or 7 inches.

Album, only Seven Cents. Marks Stamp Labor of this kind may well be con- Company, Toronto sidered dehumanized, since it makes little demand on qualities other than those possessed by the brute creation. On the other hand, the sawyer in a modern sawmill must keep all his attention riveted on his occupation, since a moment's in hand. The whole of his value as a workman is thus dependent upon the possession of certain mental qualities, the exercise of which in- Winnipeg. Man. volves a definite nervous strain. Every year, in fact, sees the introduties which can be equally well effected automatically, and increases, on the other hand, the de-

When Try Murine Eye Remedy Care Eye Salve in Aseptic Tubes, 25c-50c, Murine Eye Remedy Co., Chicago

mand on his care and attention.

Foolish Question.

"Do you women play for prizes at your afternoon card club?' "Of course we do; do you think we'd neglect our children for the

Dr. Morse's Indian Root Pills

are just the right medicine for the children. When they are constipated -when their kidneys are out of order -when over-indulgence in some favorite food gives them indigestion -Dr. Morse's Indian Root Pills will quickly and surely put them right. Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's health by always keeping a box of Dr. Morse's Indian Root Pills in the house, They

Keep the Children Well



LI UNDRED ACRES-COUNTY HALTON

Cheap and on easy terms. SEVENTY-SIX ACRES WITH GOOD buildings and apple orchard; about

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GENTS WANTED EVERYWHERE Liniment, Halifax, N. S.

STAMPS AND COINS.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, internal and external, cured with out pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

lapse may lead to irreparable in- Lumbago and kindred ailments positively jury to either himself or the work cured with the new German Remedy "Sanol's Anti-Diabetes." Price \$2.00 from druggists or direct. The Sanol Manufac-turing Company of Canada, Limited.

CLEANING LADIES duction of machinery which more WALKING OR OUTING SUITS British American Dyeing Co.

Montreal, Toronto, O:tawa and Quebec. FREE TRIAL To Color Grey Hair And Make It Grow. Let us send you absolutely ree one treatment of prove to you that it colors

ves dandruff and makes the child heavy and beautifully expense. Write to-day. Address DR. PROSSE, Dept 2 203 Commissioner Street, Montreal.



Turn about is fair play-except when applied to a hand organ.

MAPLE SYRUP

WE HAVE STARTED A

In the interest of purity of goods involving an outlay of \$500, divided into 44 prizes

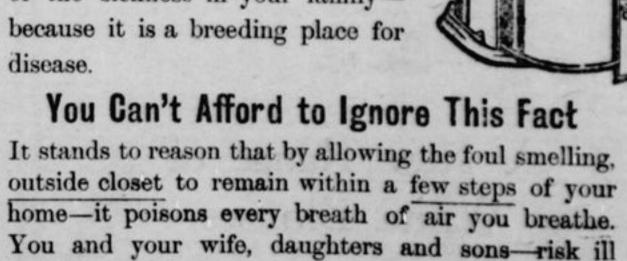
varying from \$100 (first prize) down to Should you own a grove and want to get the best value out of it, and are using one of our EVAPORATORS, write to us, stating how many trees you tap and we will quote you necessary cost suited to your needs. You can then enter contest and may win a cash prize, thus reducing cost of outfit. Prizes will be given for the best samples of syrup and sugar sent in by April 15th, closing date of competition. Samples from every competi Star," Montreal, during the last two weeks of April.

THE GRIMM MANUFACTURING COMPANY, LTD. 58 Wellington St., Montreal, Que.

Don't fail to write at once for copy of our "Prize Contest Circular," giving

Help Yourself to Health

Get rid of that outside closet on your farm-it is the cause of most of the sickness in your familybecause it is a breeding place for



health every time you use it. The outside closet is really a relic of barbarism-no progressive farmer should tolerate it. Just think how your wife and daughters must hate its shocking publicity, inconvenience and discomfort.

Man-make up your mind now to blot the outside closet from your farm. Let us show you how you can install a Good Health Sanitary Closet-right in your own home-at a very small cost. Imagine the comfort, convenience and protection

to health it means to you and your family. Mail This Coupon to Us RIGHT NOW

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The Good Health Co.

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ONTARIO ARCHIVES **TORONTO**

she asked, gazing anxiously at dusk, gypsylsh face dark, bright, feverish eyes slow

she was found that she hasn't

For dreary weeks Gay lay at of death in the elegant mansion The raging fever reached its broke, and then the tedious hours ave found difficulty in recognizi pearly, velvety petal of a tily-

cheek and lip with the tender pir Gay was pretty before, now she dazzling beautiful as a poet's dres her great, dark, velvety eyes and golden hair, that clustered about ? Grace Leighton was delighted wi rave over her beauty," she though dear, why was that girl ever brot had pleaded with the housekeeper ville-a letter in which she pour

passionate longing kissed it because it would lie in h ling Percy's hands, and his bonn resewould rest on every line th

When Squire Leighton had el Nell," giving but the last

had watched the house her kindly errand wi