

Is Your Back Full of Aches All Day Long?

That Stab-like Pain in the Back is Sure Indication of Kidney Trouble.



Mrs. Anna Rodriguez writes as follows from her home in Valencia: "For a long time I suffered with falling strength and nagging headaches. My condition grew steadily worse, my limbs became bloated and shaky, I was slow and stiff, I had rheumatic pains, dizziness and chills. I unfortunately didn't suspect my kidneys and was nearly dead when I discovered the true cause of my sufferings. I read so much about the wonderful health and strength that comes to all who use Dr. Hamilton's Pills that I felt sure they would help me. Such blessings of health and comfort I got from Dr. Hamilton's Pills. I can't describe. They speedily put me right, and thereafter my life has been active, energetic, strong and happy. I strongly urge others to regulate and tone their system with Dr. Hamilton's Pills of Mandrake and Butternut."

No greater medicine exists than Dr. Hamilton's Pills for the cure of indigestion, constipation, jaundice, liver, bladder and kidney trouble. Refuse substitutes. 25c. per box or five boxes for \$1.00, at all druggists and storekeepers, or post-paid by the Catarhozone Co., Buffalo, N. Y., and Kingston, Canada.

Why is a fast young lady like a steamboat? Because she never goes ahead without a swell after her.

Minard's Liniment Cures Colds, Etc.

Her husband grunted, being in a reactionary mood. "I'd like to know," he said, "what women have ever done for the feeble-minded?" "They usually marry them, dear," replied the wise witch.

When Try Mariner Eye Remedy

There is nothing that makes up the sum of human life in which the woman's side should not be put as well as the man's.

TO CURE A GOLD IN ONE DAY

A round thinker, however, usually does his thinking in silence.

Minard's Liniment Cures Garget in Cows.

Mother—"Edith, you mustn't be conceited." Edith—"I'm not. I don't think I'm nearly as sweet and pretty as people say I am when I'm not listening."

Justice of the Peace

Mr. J. E. Arsenault, a Justice of the Peace, and station master at Wellington, on the Prince Edward Island Railway, says:

"Four years ago I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer, and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged. My doctor said I must stop work and lay up."

Zam-Buk

WORRY AND INSANITY. People Inclined to Worry Must Brace Up and Stop It.

Everybody has heard the self-justification of the extremist that "It takes a smart man to be a crank." Support of this view comes from an expert in mental hygiene, who declares that "Persons who become insane worry themselves into insanity, and you must have brains to worry." There is probably as much or as little foundation for the one saying as for the other. There are instances that fit each, but no more than one swallow makes a summer can one smart man who turns crank or one man with brains who worries himself into insanity establish that therefore necessarily all cranks are smart men and all lunatics have brains.

Nevertheless, stripped of its hyperbole, this expert's warning against worry as a preliminary to insanity needs no elaboration, and his advice that when things go wrong one should say "I should worry" and forget all about it, while just as exaggerated, has a basis of truth.

One of the truest things ever said was that the worst never happens. More persons are driven into mental and physical collapse by worrying over what never happens than those who worry because things have actually gone wrong. When things do go wrong the man or the woman who worries is usually too busy trying to get out from under to have time to waste in worrying. Worrying never helps any, and always hinders.

Without Overloading the Stomach. The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.

Strength. The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.

ANCIENT HIGHWAYS.

The Carthaginians Understood the Value of Good Roads.

Savage man built nothing that can be called a road. When he was hungry he sought food in the forests, or in the streams and lakes, and finally made for himself definite trails. These trails became at last the first roads.

Kind-Hearted Lady—"Ah, poor man! Don't you know that you will find a drunkard's grave?" Wag-road-builder. "No, madam; I expect to be cremated."

Minard's Liniment Cures Diptheria.

Do you know that you will find a drunkard's grave?

ANOTHER PROOF FROM THE WEST THAT DODD'S KIDNEY PILLS ARE A NATURAL REMEDY.

For Cases of Exhaustion and Nerve Weakness—How S. Jeremy Found Relief when he Cured his Kidneys.

Sniatyn, Alta., March 10.—(Special).—That the natural remedy for exhaustion and nerve weakness is one that will give good circulation and pure blood carrying nutrition to all parts of the body, is again proved in the case of S. Jeremy, a well-known resident of this place.

For over two years I suffered from attacks of exhaustion and nerve weakness," Mr. Jeremy states. "I tried many nerve foods and tonics but must admit that Dodd's Kidney Pills have benefited me more than anything else I ever used."

BRITISH AND GERMAN SHIPS. Comparative Cost of Those Which Have Been Lately Built.

The competition in the building of warships continues with unabated energy, in spite of the growing anxiety to which it gives rise; but in this country, at least, it is accepted with a large measure of composure, because it is seen to be inevitable, says Engineering.

The figures applicable to the German battle-cruisers Goeben and Seydlitz for the Lion and the Princess Royal.

Shiloh

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RASH ON ARMS ALMOST UNBEARABLE

Looked Like Raw Meat. Itched and Burned So Badly Could Not Rest Night or Day. Arms Sore from Wrist to Elbow. Cuticura Soap and Ointment Completely Cured.

Lower Blandford, Nova Scotia.—"Three years ago I became troubled with sore arms. It came as a rash. My arms looked like raw meat and itched and burned so badly I could not rest night or day. When I scratched they became awfully sore. As I could not get any relief I went to a doctor and he advised me to use Cuticura Soap and Ointment. I used it for a few weeks and in a short time the rash had disappeared and my arms were as good as new."

REAL ROOF GARDENS. Norwegian Sod Roofs Are as Tight as Others.

The log cabins of rural Norway are built of heavy pine logs, hewed square, and of equal size from end to end. They are usually stained or oiled, and their rich yellowish or brownish color is in harmony with almost any surroundings.

HOW TO ATTAIN EIGHTY. Frederic Harrison's Golden Rules of Health.

Five golden rules of health were given recently by Mr. Frederic Harrison, author, critic, bibliophile, ex-professor, cricketer, historian, traveller, and amateur gardener, on his eighty-first birthday.

HANGED BY THE NECK

No death is more certain than the end that comes to every offender treated by Patman's Corn Extractor.

Spring Signs. It is a happy sign of spring when one can hear a robin sing; but it's a surer sign, some say. To hear a street hand-organ play.

FREE OF LUMBAGO

Because He Took GIN PILLS

GLADSTONE'S PREDICTION.

In a speech at Edinburgh on Nov. 29, 1879, the late Rt. Hon. W. E. Gladstone made the following prediction regarding the disposal of the territory in the Balkans:

"I wish to avail myself of this occasion for the purpose of clearly putting and clearly answering one question of vast importance. Who is it that ought to possess, who is it that ought to sway, those rich and fertile countries which are known as comprising what is called the Balkan Peninsula?"

Old Folks' Coughs Permanently Cured

English Naturalist Insists That the Ostrich is Maligned.

Men's Suits

Just a Minute

Maipole Soap

FREE OF LUMBAGO

Chinese Logic.

FREE OF LUMBAGO

Because He Took GIN PILLS

A Safe Investment Yielding Good Returns

In Montreal bricks are sold for cash, and all the brick manufacturers together are unable to supply the demand. The demand is steadily increasing.

DOMESTIC BRICK & TILE CO. LIMITED

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NOT SUCH A FOOL.

STRAWBERRY PLANTS-GROWN ON

Men's Suits

Just a Minute

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Make The

Put "SALADA" T on freshly boiled minutes—and you cup of tea you eve

HAS THE FLAVOR! TH that makes Ceylon In sealed lead pack

For Wear

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