

"First Aid" to the Bowels

DOCTOR CASCARET Office - In your own Vest Pocket. On call any Minute-Day or Night

Then he works them (through the nerves) all they are so strong from that Exercise, that they don't need any more help to do their duty.

When Hearburn, Stomach, Headache, Bad Breath, Coated Tongue, Belching of Stomach Gas, or any of these forerunners of Indigestion appear, Old Dr. Cascaret wants to be right on the spot in your pocket.

Dr. Cascaret guarantees to cure the most obstinate cases of Constipation and Indigestion, without discomfort or inconvenience.

His medicine does not gripe nor purge, nor create a drug habit.

Because it is not a "Bile-driver," nor a Gastric-Juice Waster, but a direct Tonic to the Bowel Muscles.

It exercises naturally the muscles that line the walls of the Intestines and Bowels.

Want of Exercise weakens and relaxes these Bowel-Muscles, just as it weakens Arm and Leg muscles.

Old Dr. Cascaret goes directly after these Bowel-Muscles. He wakes them up just as a cold bath would wake up a lazy person.

Free to You, My Sister

Free to You and Every Sister Woman Suffering from Woman's Ailments

I will mail, free of any charge, my home treatment with full instructions to any sufferer from woman's ailments. I want to tell all women about this cure—

At Columbia University, New York, 122 feet long and 77 feet across

Old Dr. Cascaret carried constantly in your Vest Pocket, or in "My Lady's" Purse, is the cheapest kind of Health-Insurance, and Happiness - Promotion, that ever happened.

Little thin enamel Cascaret Box, half as thick as your watch, round-cornered, smooth-edged, and shaped so you don't notice its presence.

Contains six Candy Tablets—Price Ten Cents a Box at any Druggist's.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "C.C.C."

Big box of Tablets (to re-fill pocket-box) at 50 cents.

Carry Cascarets constantly in Vest Pocket, or Purse.

A sample and the famous booklet, "Cure of Constipation," Free for the asking. Address Sterling Remedy Company, Chicago or New York.

NEWS OF CHURCHES

THE VARIOUS DOINGS IN THE RELIGIOUS WORLD.

Pilgrimage of Chinese Students to Japan—A Prayer—By the Son of the Murderer—Will Eventually Win in China.

All Hallow's Church, Goldsmith St. Exeter, is to be demolished. The foundation dates from 1222.

The U.S. Presbyterian Board is to send forth this year to foreign stations forty additional missionaries.

Among the Karens of India are 190 Christian villages, two thirds of them as Christian as English villages.

The Oxford mission of sympathy to Calcutta, for educated classes, has celebrated its first quarter of a century by a London meeting.

Nearly £20000 has been spent on restoration of Peterborough Cathedral, and further repairs are necessary to the central transept.

Towards Liverpool £200,000 has already been paid in givings. The choir and lady chapel will cost this amount alone. The foundations are laid.

The Y.M.C.A. in Japan is making considerable headway. The branches are 67, membership 3,386; six associations occupy their own buildings, valued at £2000.

Canon Edwards, vicar, South Lambeth, has started services for men on their way to work at 5.30 a.m. and flowers are placed for them to take away.

The marble canopy over the high altar at Westminster R.C. Cathedral has cost £12,000. In the Brompton Oratory is a white marble altar brought from Italy. It cost £30,000.

An interesting festival was that of the London Juvenile Society at the Crystal Palace, London, held from August 1-10, were in attendance and reviewed by the Lord Mayor and Bishop of London.

Dr. Maloite, Japanese, made a stirring address in the Rame Theatre, Delhi to a large audience of Hindus and Mohammedans, urging unity, patriotism, female education, abolition of caste, to bring India up.

Last year, Union Seminary, New York, received \$1,000,000 for building on its new site adjoining Columbia University. This year, at the recent anniversary, gifts totalling \$250,000 were announced and \$200,000 more asked for.

The quaint ceremony of blessing the crops took place recently in a field at Burnham. A large number of farmers and their men attended from villages in West Norfolk. The local clergy were present in robes, and music was rendered by a supplied choir.

The royal commission to further disestablishment in Wales contains only two out of nine at all opposed to degradation and spoliation of the church—Lord High Cecil and the Archbishop of Canterbury. Earl Camden and Alfred Littleton declined to serve.

The Ministering Children's League reports 21 institutions in England and the colonies, including day centres for destitute children and convalescents, asylums, and industrial schools. In Russia 22 branches are rescuing thousands of children from captivity with their parents.

nightly Review, reaches the conclusion that the outlook has been, and still is, for the spread of the dogmas of Christianity in China, the efforts of Christians to raise the Chinese standard where it is lowest—in humanitarianism and respect for women—will eventually win a recognition which no propagandism could attain.

PECULIAR PRIVILEGES. Two towns in England have the privilege of electing churchwardens, both in Somersetshire. At Chappa a quaint little old-fashioned place, the town council has elected the warden since the town was first incorporated.

His installation is the occasion of a deal of ceremony. During morning services on Easter day the head of the borough police marches up the aisle and hands the vicar a document notifying the appointment. The mayor and corporation attend in state.

The parish of St. Mary Magdalene, Taunton, has the same prescriptive right, only it is exercised by the parishioners themselves. There are three wardens, and the vicar has no power of appointment. Easter Tuesday is the day for the election, and no public notice may be given. If it were, the privilege, exercised for three centuries, would be lost.

Then Portland possesses a peculiar privilege, still exercised and a great saving of money. This is what is termed church gift. A man desires to sell a field or other landed property. Instead of employing a lawyer all that is necessary is for vendor and vendee to go into the church and there draw up an agreement between themselves.

The vicar of Northam, in Durham, has an odd privilege. If the banns of marriage be published three times and then the marriage fails to take place, the refusing party can be mulcted in forty shillings for "scorning the church."

Religion in Universities. A notable service to the church and the state has been rendered by the University of Illinois, in reporting the discussions in connection with the installation of Dr. Edmund J. James as its president. The conviction that a great university ought to minister to the entire cycle of human interests, including the life of the spirit, was made evident in an important place given to the conference on religious education.

Varying shades of opinion are preserved in permanent form, from distinguished educators and other leaders in religious thought. While betraying denominational predilection and wide apart as regards the solution of the problem, they are phrased in a commendable spirit of candour and desire to seek the truth.

On the one hand it is said that formal religious education can never have a legal status in a state university; upon the other hand it is inconceivably urged that universities may appropriately offer fundamental courses in the philosophy, psychology and history of religion, in which the religions of the Old and New Testaments, should be given their simple, legitimate place.

There is, however, a substantial agreement in the existence of a common plane of spiritual life which the university can rightly recognize and cultivate. One not previously informed is surprised to find the range and extent of plans now working in this direction. Experiments in Canada, and in various central and western states, are grouped in fascinating profusion. This is fine testimony that the conference is but a sign of the times, and that the religious elements to be recognized and ministered to through the university.

Advent Church Union. The advantages of church union from an economical point of view are recognized. With the multiplication of sects and denominations, much energy, time and money is spent in proselytizing and maintaining the members of the various churches, rather than the help, of churchmen of all denominations. And those who are outside the churchly pale, who belong to no communion, including the pagans and merely civilized, are only bewildered by the long vista of creeds down which they behold pastors and priests, deacons and elders, bishops and moderators; on the Anglican side, sextons and wardens; on the dissenting side, ushers, janitors, and treasurers, with an occasional Salvation Army brass band in its usual presumptuous occupying any part of the scenery it chooses.

If the church were amalgamated on a reasonable basis and the bewildering multiplicity of interpretations of the Bible done away with, Christianity would regain much of the importance in the progress of the world which it appears to be fast losing. The only obstacle to amalgamation are the differences in explanation of a few stray verses in the Bible, concerning which theologians will argue from century to century and never reach a final decision. But we are all creatures of prejudice and these are larger obstacles than they seem.

Notable Conversion. A picturesque account comes from South Africa of the conversion of the new Church of St. Cuthbert's, one of the great centres of the missionary work of the Cowley Fathers. The last service in the old church was held early in the morning, and a thousand people marched to the new church, for the service of consecration, followed by Holy Communion. Afterwards a "giving service" was held out-of-doors, at which £500 were subscribed. Many of the gifts were "in kind." After the services a great barbecue was held, the natives and whites being separately seated. The menu included seven head of cattle, twenty sheep, eight sacks of grain and beans, huge piles of coffee, and last three bags of tobacco, for which there was a wild scramble.

Rev. Thomas Van Ness, of Boston, who spends much time in helping the unfortunate of the humbler districts, tells a story of brotherly love in these quarters. A pale and ragged girl of ten years was carrying on her back her crippled brother, nearly as old as she. A stranger remarked that she was over-exercising herself. "He is too heavy for you to carry," he said. The child of the Ghetto looked up reproachfully, saying: "He ain't heavy; he is my brother."

Out of 300,000 newspapers compressed in hydraulic machinery, an Austrian has constructed a yacht sixteen feet long with the masts and sails. A man could afford to have a lot more bad habits if some of his good ones weren't just as expensive.

Malta-Vita advertisement. NOW 10¢. Same big package you have always bought. Same High Quality. When you buy Malta-Vita you will do just what thousands of the best judges of good foods do—buy it again. Try it to-day. It is delicious. Just the best you ever tasted.

Corticelli Spool Silk advertisement. There is just one silk that is always right. Too Strong to Break. Color number on every spool. Corticelli Home Needlework is a magazine that every lady should take. Issued 4 times a year, 96 pages beautifully illustrated, 50 cts per year. Write for sample sending 15 cents. Corticelli Silk Co. Ltd., St. John's, P.Q.

Best Be The Tie That Binds. In 1772, after he had served the little congregation at Wainwright for some years, on a small salary, he decided to accept a call to an important church in London. He packed his goods and prepared to leave. But his affection for his people led him to recall his acceptance and to remain with them. On that occasion he wrote this hymn. He little knew that he would be writing a hymn that would be sung in many lands and at countless times of parting and of reunion.

Pandora Range advertisement. Oven thermometer. No "bad luck" baking days. Twenty degrees difference in the temperature of an oven is sufficient to make "Good Luck" or "Bad Luck" in baking many kinds of food. The heat in the oven of a range not fitted with a thermometer, or worse, fitted with a poor instrument, will easily vary twenty degrees—result is unpalatable, burned or half-baked food, a cross cook and a disappointed family at meal time.

McClary's advertisement. London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N. B. LEMMON & SON'S SOLE AGENTS.

LONG DISTANCE SINGLE BARREL SHOTGUN \$4.75 advertisement. Send us \$1.00 deposit, state if the \$4.75 or \$5.75 gun is wanted. State gauge desired, and we will send you this guaranteed long distance single barrel shotgun C. O. D., by express, subject to examination, you pay the express and express charges, after you find it perfectly satisfactory. This Fine Gun is made by expert gun makers, every part and piece fitted perfectly and true.

WOMAN'S OWN MEDICAL ADVICE

What we women know from experience we know better than any doctor. I know that my home treatment is a safe and sure cure for Leucorrhoea or Whitish Discharges, Ulceration, Displacement or Falling of the Uterus, Profluse, Scanty or Painful Periods, Uterine or Ovarian Tumors or Growths, also pains in the head, back and bowels, bearing down feelings, nervousness, creeping feeling up the spine, melancholy, hot flashes, weariness, kidney and bladder troubles where caused by weakness peculiar to our sex.

WOMAN'S OWN MEDICAL ADVICE. Mrs. M. Summers, Box 11, Windsor, Ont. PURE FOOD INSURES GOOD HEALTH. BAKING MAGIC POWDER INSURES PURE FOOD. E.W. GILLET COMPANY LIMITED TORONTO, ONT.

Three-fourths of the total population of Russia are engaged in cultivating the soil.



NEW ST. PAUL'S CHAPEL. At Columbia University, New York, 122 feet long and 77 feet across

At an ancient church at Valsbol, Russia, it has been customary for the congregation, before leaving to turn to a perfectly blank wall and genuflect recently. The origin of the custom was lost in myth. Inquiring travelers receiving no answer, even from the old priest who officiated there. But while some repairs were being made recently, beneath many layers of white-wash and paint, was found a picture of the Virgin Mary, which must of stood out brilliantly on the wall five or six centuries ago.

Religion's Pleasant Ways. It is not religion, but the lack of it, that makes people unhappy. Many think of religion as a galling drudgery, as the surest source of moroseness, melancholy and unhappiness—a system of suffering to which many people submit here that they may not suffer its rewards after death. But religion is a present joy and ever-continuing blessedness. It is the gladiolus, happiest in all the world. "His ways are ways of pleasantness, and all her paths are peace." Religion gives us the bright things in life and sin the dark things. Religion goes down to the deepest springs of our mental and spiritual well-being. It brings untold measures of peace and joy. It takes the sting out of the past. It takes the worry out of the present. It takes the fear out of the future.

No Doubt of Effects. Ere Ellison Capers became bishop of South Carolina, his eloquence made him much sought after. One Sunday in a distant parish he chose for his subject "Economy." At the end of the service a couple of prominent vestrymen congratulated the bishop. "Your sermon on economy, sir," they said, "was a very sensible discourse." "Thanks," said the bishop. "It seems to have been appreciated, judging from the appearance of the collection plate."

At the fifty-first annual convention of the Sons of Temperance of Great Britain, it was declared that in the recent British elections sixty per cent. of the candidates marked on the Brewers' Almanac as favorable to the liquor trade were defeated. The number of abstainers in the last parliament was 66; there were 210 in the new parliament. The liberals are not admired by Anglican churchmen, yet have some excellent personal merits. A lover of good order, rebelling over a flower festival, declares that some day he shall learn better than to muddy nature's most beautiful manifestations with wheels and bind cart wheels on the petals of dying roses. God forgive the crimes of bungling appreciation!

Weak Lungs

It is the old story of a weak throat, a tendency to weaker lungs in the family. You no sooner get rid of your cold than a new one takes its place. Ayer's Cherry Pectoral breaks up this taking-cold habit. It strengthens, heals. Ask your doctor, the very next time you see him, what he thinks of Ayer's Cherry Pectoral. It is sold by all druggists.

Michigan Ave. Shelby St. Detroit, Mich.