

Your Tongue is Coated! Watch for Symptoms!

Look in your pocket-mirror. Or inside the lid of your watch-case. For coat on your tongue? Bad business. What you been eating? What were you drinking? What kind of Lazy Chair did you take exercise in? Now don't think it doesn't matter! Because, it's your Bowels that talk now, every time you open your Mouth. That doesn't help your Popularity, nor your Earning capacity. Besides, a person with bad Bowels is in a bad way.

Go and take a Ten Mile Walk, for Exercise! Haven't time? Too Lazy? Well, there is another Way. Take Artificial Exercise for your Bowels. That's—CASARETS. They rouse the Bowel Muscles, just as a Cold Bath freshens Athletic Muscles. Waken them up. Strengthen them so they Contract and Expand the Bowels and Intestines in a healthy, active manner. That's how these muscles work the Food along, through your thirty feet of Intestines, to its Finish. That's how they squeeze Gastric Juice into the food, to Digest it. That's how they make the millions of little Suckers in the Intestines draw the Nutrition out of Food, and transform it into Blood, Brain, and Bone.

One tablet taken whenever you suspect you need it will insure you against 90 per cent of all other ills likely to attack you. Casarets don't purge, don't weaken, don't irritate, nor upset your stomach. Ten Cents, at all Druggists. Be very careful to get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "C.C.E."

BABY'S DEFENSE For Baby's use—and every toilet purpose as good a soap as "Baby's Own" cannot be bought for as little money. Albert Heape Ltd. Mfrs., Montreal.

SEND DESCRIPTION OF YOUR WINNIPEG PROPERTY NOROUAY CAN SELL IT FOR YOU P.O. BOX 739 WINNIPEG, MAN.

Base Ball Bats Balls Catchers' Mitts "Masks" Basemen's Gloves Infielders' Suits and Caps.

Angrove Bros., 88 and 90 Princess St.

Summer Goods Gas Stoves. Gasoline Stoves. Blue Flame Oil Stoves. Refrigerators. Ice Cream Freezers.

Taylor & Hamilton 89 and 91 Princess Street.

Dr. Brock's Celebrated Female Periodical Pills

HIS WORKS DECRIED

ITALIAN POET CHASED BY A SPOOK TABLE.

Spirits Conjured at Seance Make Damaging Statements Against Him.



GABRIEL D'ANNUNZIO.

Rome, May 4.—An amazing adventure of the poet Gabriel d'Annunzio, who was chased by a spook table, is related by the Messagero.

This newspaper declares that Signor d'Annunzio often goes to the villa of the Marquis Clement Origo, near Florence, to attend spiritualistic seances. During his last visit a small table, from the studio of the painter Corcos, was used, and the spirit, in response to an invitation to declare itself, answered in the conventional manner by rapping on this piece of furniture.

The spirit introduced itself as that of a gentleman who was killed recently in a motoring accident, and immediately proceeded to make the most damaging statements against d'Annunzio, who, with his friends, at first smiled, but later began to show obvious uneasiness.

The "Last Advertiser's" Finish. Philadelphia Record. "The first advertiser was the man who sought out the place where the most people passed and hung out a sign. The last advertiser will be able to do no more."

TORTURING RHEUMATISM. Suffered For Five Years—Cured By Dr. Williams' Pink Pills. Agonizing pains, sometimes in one part of the body, sometimes in another, more often in the back or joints—that's rheumatism. Do not delay in finding a cure.

It is in the blood—poor blood—that such troubles as rheumatism, indigestion, dizziness, heart palpitation, anemia, weakness and a host of other diseases find their root. It is the blood that Dr. Williams' Pink Pills act on. They make it pure, rich, red and health-giving.

USEFULNESS OF BIRDS.

Often Determined By Their Appetites.

Prof. F. E. L. Beal, who has charge of the division of Economic Ornithology of the Biological Survey of the United States Department of Agriculture, has spent seventeen years' experience with little atom-birds. He and his assistants have examined microscopically the stomachs of 60,000.

He ought to know what they eat, oughtn't he? But to find out is not so easy as it would seem. Prof. Beal, after this exhaustive investigation, has declared that few birds are destructive, even the robin, whom the farmer regards as a pest when he feasts exultantly on cherries, eats comparatively little fruit that is useful to man. When he can get it, he prefers wild berries and fruit, and is particularly fond of destructive insects.

That birds are friends of the farmer is the assertion of these investigating scientists. In their efforts to destroy evil insects, birds eat the most poisonous. In the stomachs of some birds have been found bugs and beetles that would prove fatal if taken into a man's stomach.

A favorite repast for most birds consists of spiders. In the soft, fat, malignantly poisonous bodies the feathered creatures find an appetizing banquet. In the stomach of a kingbird, Prof. Beal found fourteen blister beetles, one of which would scorch the flesh of a man like fire. Many birds, it seemed to have a predilection for insects, as Prof. Beal describes them, "with an odor so fierce that a skunk is fragrant in comparison." Others favor bitter, venomous bugs—beetles with acrid excretions. Of fruits, the most bitter and poisonous ones to appeal to their palates.

Caterpillars. This insect, with its stiff, bristly hair, is enough to give indigestion to any bird, yet the cuckoo eats until his stomach is filled with a ball of hair. In the stomach of one caterpillar were found the remains of 250 caterpillars.

The purpose of Prof. Beal in examining the stomachs was to find which birds are useful to the farmer. In watching a bird pecking it is impossible to tell what it is eating. They often peck and consume nothing.

From all parts of the country birds of all kinds were sent to Washington. Of the 60,000 examined, Prof. Beal analyzed the contents of 30,000 stomachs himself. The others were examined by assistants.

To determine the fruits and vegetables was a difficult task. Usually the fruit was crushed into an indistinguishable mass, so the experts selected particles of skin and studied them under a microscope. In the grain and seeds were pulverized, so that the starch granules had to be inspected under the glass and the species of grain determined by the shape.

NEWS OF CHURCHES

RELIGIOUS ITEMS FROM ALL DENOMINATIONS.

The Calls and Invitations Given—Proposing a Federation of Canadian Methodism—Jews Attending Services in New York.

The National Bible Society of Scotland, issued 1,670,000 copies of the Bible last year. Rev. H. E. Allen has retired from the pastorate of the Baptist tabernacle, Toronto.

St. Paul's church, Peterboro, is to give Rev. Dr. Torrance a retiring allowance of \$2,500. Last Sunday, an organization to be known as the Men's Christian League, was organized in Windsor.

Rev. John Kelman, New North church, Edinburgh, has accepted a call to St. George's, Edinburgh. Rev. C. R. Vones has resigned from the pastorate of the Preston Baptist church, on account of ill-health.

The Archbishop of Canterbury says that Sabbath-breaking among the lower classes in England is due to the example set by the upper classes.

Mrs. Russell Sage has given \$350,000 to erect a headquarters building in New York for the Y.M.C.A. Mrs. William E. Dodge gave \$135,000 for the site. The building will be eight stories, completed in May, 1908.

Bishop James Atkins proposes a federation of American Methodism under four autonomous divisions, the northern, southern, eastern and western, to be called The United Methodist church of America.

The membership of the Young Men's Christian Association in the United States is now 415,000, with property valued at \$12,000,000. The railroad departments number 239, with 245,222 members and 262 buildings worth \$3,129,000.



Every Morning take ABBEY'S SALT. A dessert spoonful in a glass of tepid water. Then there will be no Biliousness—no Headaches—no Sluggish Blood—no danger of Typhoid Fever.

Abbey's Salt is the great preventative of Stomach and Bowel Troubles—and is the best tonic to keep the whole system toned up, invigorated, healthy. At all druggists. 25c. and 60c. a bottle.



Send for sworn Canadian testimonials received within the last twelve months. Dr. K. W. R. MEDICINE CO., P.O. Drawer L 2341, MONTREAL.

THE 20th CENTURY TREATMENT, The source of all Power, discovered by Jules Kobr. The result of 50 years of scientific research. Lost manhood brought back after years of weakness and despair.

What has made "Madame Huot's Coffee" so Popular is the unsurpassable quality of the blending of coffees from the best plantations; it agreeably stimulates and relieves body and mind fatigue. Be your own judge of our assortment's value. Sent free on reception of \$2.80.

SUNSHINE FURNACE. The Sunshine way of placing coal in the furnace. THE LARGE DOUBLE FEED DOORS. on the Sunshine furnace provide an opening deep and wide enough to admit great rough chunks of wood that would either have to be wasted, or chopped up for an ordinary furnace.

ROOBY'S PERFECTION. Are you... MO... Perfection... are the perfect... Packed in... proof b... alway... Get...

Fit-G. E. P. Jenkins. Illustration of a man in a long coat.

Coortcelli. Wash Silks. FREE TO YOU—MY SISTERS. Illustration of a woman washing clothes.