


This is the wife who knows full well
For aching head or bilious spell,
Whenever the stomach seems at fault
There's nothing so good as Abbey's Salt.



Abbey's
Effer-
vescent Salt

"The Tonic Laxative for the Family."



Style in Spring Overcoats

THE overcoat you wore last spring, is out of style this season—no matter how good it is. Just notice the fashion changes in the four exclusive Fit-Reform creations for spring.

- The new Regent
- The new Box
- The new Paddock
- The new Chesterfield

You can get excellent Fit-Reform Spring Overcoats, in handsome Cheviots and Tweeds, from \$15—and the finest silk lined and silk faced Vicuna Overcoats up to \$35.

Fit-Reform
CRAWFORD & WALSH
Sole Agents for Kingston.

FREE TO YOU—MY SISTER

FREE TO YOU AND EVERY SISTER SUFFERING FROM WOMEN'S AILMENTS.

I am a woman. I know women's sufferings. I will mail you, at no charge, my home treatment with full instructions to any sufferer from women's ailments. I want to tell all women about this cure—yes, my reader, for yourself, your daughter, your mother, or your sister. I will tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. 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 White Discharge, Headaches, the Placement or Falling of the Womb, Prostate, Stuffy or Painful Periods, Urinary or Urinary Tract Disorders, also pains in the head, back and limbs, bearing down feelings, nervousness, creeping feelings up the spine, restlessness, desire to cry, hot flashes, weakness, dizziness and bladder troubles caused by weakness peculiar to our sex.

I want to send you a valuable 10 day's treatment entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember, that it will cost you nothing to give the treatment.

A complete trial, and if you should wish to continue, it will cost you only about 25 cents a week, or less than two cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer, if you wish, and I will send you the treatment for your cure, entirely free, in plain wrapper, by return mail. I will also send you free of cost my book—WOMEN'S OWN MEDICAL ADVICE—with explanatory illustrations showing why we suffer and how they can easily cure themselves at home. Every woman should have it. Thousands of women have cured themselves with my home remedy. It cures all, old or young. To Millions of Daughters, I will explain a simple home treatment which speedily and effectively cures Leucorrhoea, Green Discharge and Painful or Irregular Menstruation in Young Ladies. Plumpness and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell any sufferer that this home treatment really cures all women's diseases and makes women well, strong, plump and robust. Just send me your address, and the free ten day's treatment is yours, also the book. Write to-day, as you may not see this offer again. Address: Mrs. M. SUMMERS, Box 11, WINDSOR, Ont.

Authors & Cox 133 Church St. Toronto, Est. 1860.

To relieve the pain—support the spine—make walking easier—and assist in curing the trouble—we recommend the Thomas Hip Splint for hip disease. Easy to adjust—quickly put on and off—and lends welcome aid to the afflicted. Made to order especially and a perfect fit assured.

If you are afflicted in any way, write us, about your case. We have brought comfort and health to many who were apparently "crippled for life," or able to move only by the aid of crutches. To-day they walk, run, and even skate. We can probably help you. Write us.

TO USE THE PAPERS

PASTORS BILLING THEIR OWN ATTRACTIONS

Become Press Agents For the Church and Adopt Methods to Draw Strangers to Worship.

Up-to-date publicity methods have been adopted by the United States churches, many of which have entered into competition with the secular world in their wish to interest the people.

It was not long ago that churches confined their advertising to one-inch cards in the newspapers printed in unostentatious type, or to the distribution of tracts prepared in accordance with the established traditions.

Now have come the display advertisements of whole pages in the daily newspapers, and three-sheet posters on dead walls and the issuing of cleverly worded and attractively-printed circulars and cards.

Attention was directed a few days ago to the activities of the Rev. Dr. John D. Long, the "Christian Socialist," of the Flatbush Presbyterian church, who sends his active young men to the stations of the railroad and the crossings to distribute circulars inviting the stranger to the house of worship. The methods he employs would have been considered sensational a few years ago, but plans akin to them are now in use by scores of pastors throughout the United States.

It is recognized everywhere that it is time to take the church to the people, and where there is reason to believe the people will not come to the church the campaign is conducted in an aggressive manner until their attention is attracted. In many parts of this city may be seen the posters advertising the services which the Rev. Dr. Carter holds in the theatres. One of the Baptist pastors of New York who has a church in the theatrical district advertised a few months ago that there would be concert songs and tunes on the musical classes in connection with his theology. He is considered an extremist in some localities, yet he is doing nothing more than adapting his methods to his environment.

There appeared recently in one of the Chicago Sunday newspapers a full page advertisement headed "United Interdenominational Evangelistic Services." Most of the ingeniously-worded advertisement was given up to a directory of two hundred churches in the city interested in a revival movement. In the center of the page was a large circle containing the words, "To Win Men to Christ." Down at the bottom of the page was the personal invitation to the reader to attend the services, with special stress on the music and the songs as important features.

So great has become the demand for information on the up-to-date methods of attracting the attention of the non-church-going public that The New York Observer for the last year has been conducting a special department devoted to new methods, attractive advertisements and circulars from time to time reproduced, so that ministers in all parts of the country may gain ideas in their work of interesting strangers.

When the ministers find there has moved into their parish a large class to which some special appeal may be made they send out a circular letter. One of the most interesting was that issued a few days ago by the Rev. Dr. McGlet, rector of the Church of the Holy Communion, who, although an Episcopalian, addressed the Greeks in their own language as "Dear Friends," and invited them to come to his church, where they might hear the music and see the pictures, and by degrees learn the English language.

Placing folders and cards on the counters of city hotels has been practised for several years, but now comes the souvenir postal cards bearing a picture of a church and the directions for reaching it as well as the hours of worship. The church calendar, which closely resembles that sent out by business houses, may be seen in many counting rooms.

Desiring to reach even those who have ears, yet cannot hear, the pastor of the First Presbyterian church at Morristown, N.J., advertises that pews and sittings are to be had and that a special application may be made for "connection with the acousticon."

Among the devices used to attract attention is that adopted by a pastor in West Philadelphia, who issues a map of the section of the city in which he labors. Superimposed upon the map is a red ink in a square, and pointing towards it from all directions are red arrows.

One of the most ambitious of church publications is a twelve-page weekly issued by the Madison Square Presbyterian church of which the Rev. Dr. Charles H. Parkhurst is the pastor. It contains personal news of the parish and is as much given to intimate details as is the average country weekly. It also draws on all parts of the world and even presents foreign news which has a bearing upon religious subjects.

There are some editors of parish papers who make the publications self-sustaining by printing business advertisements.

Using striking titles for sermons so as to give them more drawing power when advertised, is the custom of many successful pastors in U. S. cities.

HERO AND COWARD BOTH.

A Gallant Fighter Who Quailed at Toothache.

In the May American Magazine "The Interpreter" tells of a brave man who was a coward:

"But everybody is coward and hero both. Some people are afraid of one thing and some are afraid of another. The man would go to war who would not go to a dentist. Delights in the 'ferrars of the deep' who is afraid of lightning, I knew an English naval officer who was described as the 'bravest man in the service.' He was not only brave. He was a byword for recklessness wherever soldiers or sailors met. On one occasion, on a bet, he went up in a balloon, intending to descend in a parachute. He knew little or nothing about parachutes. When he was ready to come down he found that the bar of the parachute, which was supposed to go under his arm, could not be disentangled. So he seized the bar with the parachute in his hands and dropped out of the basket. In Cuba he joined one of our batteries at El Cagay. Our men proceeded to bombard a Spanish blockhouse. The first shot was a good one and the English visitor showed his appreciation by snapping an artillery officer on the back. At that minute the Spaniards replied with an even letter shot. The correspondent and some of the soldiers behind the gun, seeing the shell coming, dove into the bushes for cover. The shell burst with terrific explosion. Everybody thought that everybody else was killed. A cloud of dust and splinters covered the sailor man. His face was red, but only moderately excited; his monocle was held firmly in his eye; he was leaning forward, clapping his hands and shouting to an enemy some miles distant: 'Well played, well played, indeed! Capital! Capital!' as if he were applauding a fine catch at cricket. Another time a shell burst near him and everybody in the neighborhood thought he had been killed. By some curious chance he escaped. He was heard to remark: 'Extremordinary! The same thing happened to me at Omdurman.' These and a hundred stories are told about his intrepidity and coolness in the presence of danger. No doubt some of them are fables, but even the existence of many fables about a man's gallant deeds is pretty good proof of his courage. I was talking one day with a man who knew him well. 'Most of them are true,' said he, 'but, do you know, I never saw a greater coward in illness than ———. Whenever he has a toothache, he's sure he's going to die.'"

TO PREVENT BREAKDOWN.

Take Dr. Williams' Pink Pills When First Symptoms Are Noticed.

Are you troubled with pallor, loss of spirits, waves of heat passing over the body, shortness of breath after slight exertion, a peculiar skipping of the heart beat, poor digestion, cold hands or feet, or a feeling of weight and fulness? Do not make the mistake of thinking that these are diseases in themselves and be satisfied with relief for the time being.

This is the way that the nerves give warning that they are breaking down. It means that the blood is becoming impure and thin, and cannot carry enough nourishment to the nerves to keep them healthy and able to do their work.

There is only one way to prevent the final breakdown of the nerves and the consequent disease which follows. The blood must be made rich, red and pure, and Dr. Williams' Pink Pills is the only medicine that can do this promptly and effectively. Every dose of this medicine helps make new blood and strengthens the worn-out nerves.

Frederick C. Taylor, N.B., was cured by Dr. Williams' Pink Pills after suffering from nervous breakdown, which resulted in partial paralysis of the face. She says: "The trouble came on quite gradually, and at the outset I did not pay much attention to it. When it grew more serious and there was a general breakdown of the nerves, which was followed by partial paralysis of the face, one side being completely drawn out of shape. I was under a doctor's care for a couple of months, and one treatment after another was tried without benefit. By this time I was confined to my room, and the doctor told me he could not cure me. Almost in despair I was persuaded to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run-down nervous system naturally is slow. Slowly but surely the paralysis did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous. Slowly but surely the paralysis did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous.


It is the blood building, nerve restoring power in Dr. Williams' Pink Pills that enable them to cure such troubles as anæmia, rheumatism, the after effects of a gripp, indigestion, neuralgia, St. Vitus' dance, partial paralysis and the secret ailments of girlhood and womanhood. Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

"The Secret Of My Success"
is
Lea & Perrins'
Worcestershire Sauce

The chef knows that he can make dozens of delightful dishes with the help of Lea & Perrins' Sauce.

He knows that Lea & Perrins' gives the touch of deliciousness to Soups, Sauces and Stews—while it is incomparable for Roasts, Steaks, Chops, Fish and Game.

It also improves Eggs and Cheese.



FATHER MATHEW.

Temperance Movement Based on Sound Wisdom.

R. E. Thompson in Freeman's Journal.

To rise above temptation by self-control is to achieve a moral gain of the highest value. To escape it by some act of legal restraint on the community never has been possible. The means of self-restraint exist in too many forms for human ingenuity to combat. Out in the prairies where the saloon has been put down by law, the craving for intoxication has found its indulgence in the juices of plants, which ferment when kept fresh in the silos.

Twenty kinds of otherwise useful and even necessary drugs, including quinine, have been abused as substitutes for strong drink. Law is by far too clumsy an agency for dealing with such a problem. Nothing that does not reach the human conscience, and create a social opinion in favor of sobriety, can furnish a real remedy. Such a temperance movement as Father Mathew inaugurated in Ireland, and Lyman Beecher in America, goes deeper and farther than any legislation can. It is based on the best kind of nature we have from Ireland, that another such reformation is taking hold of the people, through the labors of good priests who walk in Father Mathew's footsteps.

The Glory Of Life.

O. S. Marden in Success Magazine.

The human race is still in its infancy. Up to the present moment, with a few grand exceptions, man has lived mostly an animal existence. The brute is only partially elevated out of him. He has not yet evolved that superb character, that divine man, foreshadowed in the beast.

How few people ever get anything more than a mere glimpse of the true glory of life! Few of us see any real sentiment in life or anything above the real animal existence and animal pleasures. Most of us look upon our occupation as a disagreeable necessity that somehow or other ought to be avoided.

The trouble with many of us is that we think too meanly of ourselves. Our sordid aims, and material, selfish ambitions, have so lowered our standards, that we think downwards instead of upwards, we grovel instead of soaring.

Our lives are materialistic, selfish, greedy, because we live in the base of our brains, down among the brute faculties. We have never explored to any great extent the upper regions of our brain, never developed our higher intelligence.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

What It Means to Live in a Land of Freedom.

A member of the New York legislature says that a Russian citizen of Albany told him that every time he came out of his house he felt like getting down and kissing the very stones in the pavement, he was so glad to stand upon a free soil, and to know that his children would have an opportunity to become American citizens. He said the Americans do not appreciate their liberty because they are born to it; but that he regarded it as an inestimable privilege to bring his family from Russia to this land of freedom and opportunity.

We, who enjoy American citizenship do not realize what freedom means to these people, who dream of it perhaps for years before they get here.

Horse Doctor And Jockey Tricks.

A gentleman as a country fair saw a jockey and a horse doctor haggling dreadfully over the sale of a mare. It interested him to see two such tricky and shrewd characters opposed, and at the end of the sale he approached the jockey and asked him what he had made out.

"I sold her," said the man, "and he held up a \$5 note.

"But is that all you got for her?" asked the gentleman.

"It's enough," was the reply. "She's dead lame."

Chuckling to himself the gentleman sought out the horse doctor.

"See here, friend," said he, "do you know you have given \$5 for a hopelessly lame mare?"

The horse doctor wagged his thin, grey beard.

"Lame she is, I grant you," he said. "But hopelessly lame, no, in fact, she is as sound as I am. She's badly shod, that's all that, is the matter with her. I saw it at a glance."

The gentleman whistled at this news. He went back to the jockey and told him what the horse doctor had said.

"That mare is as lame as a one-legged veteran. I had her shod badly on purpose to take some sucker in."

"At this the gentleman laughed loud and long, hurrying back to the horse doctor again, he said:

"My dear sir, with all your cunning, that jockey has proved too much for you. The mare is unsoundly lame. He had her shod badly on purpose to take you in."

On receipt of this news the old horse doctor shook his head gravely.

"Well, anyway," said he, "it was a counterfeited \$5 note."

Men should look for this Tag on Chewing Tobacco. It guarantees the high quality of Black Watch

The Big Black Tag.

WEAK MAN RECEIPT FREE

Any man who suffers with nervous debility, loss of natural power, weak back, falling memory or general exhaustion, brought on by excess, dissipation, unnatural drains or the falling of youth, may cure himself at home with a simple prescription that I will gladly send free if a plain sealed envelope, to any man who will write to Dr. E. E. Robinson, 2,534 Loew Building, Detroit, Michigan.