Tells Why So Many Suffer from Catarrh and Rheumatism.

A distinguished physician, famous for his successful treatment of catarrh and rheumatism, kidney and bladder troubles, states as follows:-"Our climate being more or less damp and changeable, is bad for. catarrh and rheumatism, and care must be taken not to let these troubles gain headway. In addition, he states that a great many Canadians are careless in their habits, and to this as much as climatic con-

This eminent authority gives the following as the simplest and best treatment known to science, and to it he gives credit largely for his success :--

Fluid Extract Cascara..... 1/2 oz. Carriana Compound1 Syrup Sarsaparilla 6 each meal and at bedtime.

on the liver, kidneys, and bowels, the system. Any druggist can dispense this, or you can buy the ingredients separately and mix at home by shaking in a bottle. A by this article. Save the recipe.



jointed head, arms and legs, his cute grunt and h Every Girl and Boy wants a Teddy Bear and y can get one very easy. Just send us your name and address and we will send you by mail 15 pack ages of our fast seling delicious perfumes, in si-odors (rose, pink, violet, heliotrope, lilac and lily o the valley) to sell at 10c. per package. You can sel the perfume very quickly, as each person who buys mckage of perfume is entitled to receive a beautifu red picture, 16 x 20 inches, which are reproduc tions from some of the greatest paintings and are suitable for framing. As soon as you have sold the promptly send you the Teddy Bear just as repre

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ented. Write to-day. Address



This woman says that Lydia E Pinkham's Vegetable Compound cured her after everything else had failed.

Mrs. W. Barrett, 602 Moreau St. Montreal, writes to Mrs. Pinkham "For years I was a great suffere from female weakness, and despite every remedy given me by doctors for this trouble, I grew worse instead of better. I was fast failing in health

and I was completely discouraged. "One day a friend advised me to try Lydia E. Pinkham's Vegetable Com pound. I did so, and am thankful to say that it cured the female weakness. making me strong and well.

"Every woman who suffers from fe male troubles should try Lydia E. Pink ham's Vegetable Compound."

FACTS FOR SICK WOMEN For thirty years Lydia E. Pink

ham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities. periodic pains, backache, that bearing-down feeling, flatulency, indiges-

Why don't you try it? She has guided thousands to and demand the life of the patient. health. Address, Lynn, Mass.

You cannot possibly haw a better Cocoa than

A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

Sald by Grocers and Storekeepers in 1-lb. and 1-lb Tins.

to master a wheelbarrow,

AN UTTERANCE THAT SHOULD COM MAND THE ATTENTION OF ALL

La Patrie speaks of Calls for Men by Bishop Farthing-The Prelate's Address at the Ban-

quet Was Eloquent and Touching. Among the eloquent utterances pronounced by Bishop Farthing, in his first sermon, there is one especially which calls the attention of citizens of every race and creed, because it rests on the basis of christianity, which is common to us all: "Canada to-day," exclaimed ditions is due a great deal of the English prelate, "needs men who will stand trouble. Insufficient clothing and by their principles; who will place righteous improper eating will cause rheumatic ness before party, and who will make the and catarrhal troubles in any cli- spirit of Christianity the dominant power o their lives, in the home, in society and politics. Unless Canada's public men are o

this character she will never be a great nation. That exclamation alone, both so patriotic and so christian, deserves that public attention

should be called to Dr. Farthing's sermon. Bishop Farthing, who had a splendid recepoz tion at the luncheon in the Windsor Hotel, Directions: One teaspoonful after Montreal, the cheering lasting for several minutes, was visibly touched. "It would in-The ingredients are all vegetable, deed be," he said, "a heart of stone which and have a direct and specific action | would not be touched with the warmth of your reception. From the bottom of my heart I thank you." From the hour of his election there had been showered upon him and his family tokens of good will and affection. Not only had he received evidences Many of our readers should benefit of the loyalty of the clergy of the diocese but also of the laity, and they all knew how necessary the loyalty of the laity was. feel," said the bishop, "that the mantle has fallen upon me from the shoulders of a great man, and that always fills one with appre- fully hension." After paying a tribute to the memory of Archbishop Bond, to whom in his lifetime the whole church in the Dominion looked up with deepest veneration, the speaker made 1 touching reference to the late Bishop Carnichael, who, by his magic personality, drew forth the love of every churchman in Canada, and the people also. Bishop Farthing said that a prominent Roman Catholic member of parliament, in discussing with him the characer of the late bishop, said he was not only the best loved man in the Anglican Church in Canada, but in any church. The speaker iim to his predecessor, especially during the synod meetings in Quebec "Every morning as we came out of the meeting and climbed the hill he took my arm and gave me pointers n his whimsical way as to how to keep the boys in order, as he expressed it. They will al-

of a loving personality." Of the work which lay before him as Bishhe diocese, and as the mantle had fallen upon im he believed it was of God. "I have not yet collected my thoughts after the service of he morning, the most solemn service and the nost solemn moment of my life. I feel that am coming among those whose hearts are open towards me. I have to undertake a lifficult task, for the work of a bishop is always difficult. There is of necessity a great leal concerning, it that we must bear alone. It is impossible to satisfy the desire and ampition of every clergyman and layman, yet it s absolutely essential that if any bishop is to to the work of his diocese he should have the absolute confidence of the whole diocese. know I have made mistakes in the past, and

am quite prepared in the ordinary course of uman experience to make many more in the uture. I promise you this one thing, however. shall strive, as I have striven, to do my duty is I see it, to do it honestly and fearlessly, vithout regard to public opinion. I want our confidence, and more than that. I do ot want you to put any memory or image out of your hearts. I would rather strive to oster the image of those you have loved. I ould not be happy in Montreal until I was ure I had the affections of the people. It will take time, but I am prepared to wait for hat time. I hope as we work together that effection between us will grow stronger. unning through my mind, as it has been doing luring the past few weeks. It is 'My cup unneth over.'

Bishop Farthing then alluded to the great This paper deserves your support. sindness he had received from friends in his old home in Woodstock, and from friends in Kingston; while since he and his family had been in Montreal they had been overwhelmed. The Archbishop and he attended the same iniversity and were connected with the same parish at Woodstock. "On September 8 1891," he said, "Your Grace married me to my wife. To-day Your Grace has again married ne to the diocese of Montreal. May I express the hope that the second marriage may be as happy and blessed as has been the first. (Loud applause).

Honorable Guest in Korea.

Smallpox visits a house, and if you desire men and sorceresses, who are the priests and great! priestesses of this cult. They will, with dance and tambourine, keep up their rites until one or more of them goes into a trance or

Three Churches in One. arate entrance.

the man who knows he knows.

A BUDGET OF SMALL THINGS.

Paragraphs Gathered Together and Given Out | One of the Most Curious Churches in Christen- The Origin of Some Well-known Phrases-A in Very Readable Form.

In America it is meant as a plunderer of the There is no minister, no choir, no pulpit, no with a piece of tile. The man he recognized public, and in Australia as one who works altar. The guide-books speak of it as the as an old acquaintance. Shortly after this hard and worthily-diverse meanings.

Yu Wei, a leader in the Chinese reform move- the dead, but maintains an open door, with an of old soldiers scraping themselves with tiles.

The Christmas carol originated, it is thought, and pray. in the eleventh century. At the Christmas gather- Inside, the walls are to be completely an acquaintance with me." ings it was customary to call upon each person covered with religious paintings, which re- "A man is known by the company he keeps," to sing a song, and the merry-makers generally present almost the life work of a single artist, had its origin in a work by the great Greek sang those handed down by their fathers. So the Frederic Shields. There is a vestibule, with writer of tragedy, Euripides. "Every man is songs emerged as Christmas songs, and the carol a group of frescos, most notable of which is like the company he is wont to keep, he

A man had a weather vane on his building with ful rectangular chapel, whose four walls are Quixote, phrases the same idea differently. the inscription: "God is Love." It caught the now almost covered with the work which the He puts it, "Tell me thy company, and I wil eyes of visitors, and invariably they asked why artist is laboring with great zeal to complete tell thee what thou art." "Every cloud has a he put such an inscription in such a place. "God before he dies. One wall has paintings of the silver lining" has its origin in John Milton's is Love-no matter which way the winds blow," life of Christ, and the opposite side wall tells he told them. It was a simple little sermon; but the story of the work of the apostles. Both

amples of knitted work were in evidence in on one side are fourteen studies of the pro- should be a uniform weight and quality in Italy, Spain and Germany. Among the first phets, and on the other the twelve apostles, loaves of bread. Lest they be made to suffer knitted stockings were those made of silk worn with John the Baptist and Stephen. The end a violation of this law, it became the custom by Henry II of France on the day of his sis- of the chapel is covered with a large painting for bakers to give an extra loaf to all those ter's wedding to the Duke of Savoy, 1559.

The case of the New York actor haled be- chapel. fore Magistrate Finn charged with wearing The building was erected by Mrs. Russell grew out of a custom in vogue among the a colored vest on Sunday, recalls that of the Gurney, who planned it throughout, but died in followers of woodcraft. They were in the Scotchman heard whistling in Glasgow just 1896. The beginnings of the work were given habit of wearing a trophy to indicate their as church was over, "lookin' as happy as if it to the public only a few days before she was prowess, usually a feather in their cap. "To the people set upon him and beat him unmerci- whose years number more than three-score, ment by Dr. Reid, to ventilate the House of

are paid for their bibles in hard cash. In parts of too, passes on. The conditions of the gift of this doggerel: Brazil where there is no coinage two eggs are Mrs. Gurney promise permanence, and as no the price of a gospel, and a dozen eggs or a live artificial light is ever to be used in the chapel chicken the price of a Testament. The bible is the paintings may be expected to last for exchanged for an assortment of things, such as centuries. The artist has said: "What is their ten litros of beans, two litros of fat for cooking, message? It is that of a living Christ. Christ-

a farmer of Shavington England, to contribute us always, even to the end. The multitude towards a bazaar. The farmer promised a fat will pass unheeding, but now and again, a magne had two soldiers, Amis and Amilesheep, provided the lady would wheel the affi= weary soul, accepting the invitation carved be men of equal parts and bravery; and they were mal in a wheelbarrow to Calverhall village. side the door, will 'pause, enter, rest, meditate regarded one as good as another. "Alma referred to the close ties which had bound The challenge was accepted, and the enter- and pray.' There are but two other church mater" was originally the title given by the prising canvasser gallantly accomplished the es-in Italy-completely decorated by a single Romans to Ceres, their goddess of the crops feat, wheeling the live sheep to the delight of artist. They are very different from this. In and tillage. "Barking up the wrong tree" is

a large crowd. neely Bell company of Troy for the sky- finish the work, and, above all, grant me His game. But the game, meanwhile, has made its scraping tower on the new Metropolitan Life | Spirit, that I may proclaim the love of the live escape by jumping from one tree to another. ways remain as sweet and loving memories Insurance building, New York, are being ing Lord to the generations that are to come!' Two sides to every question" owes its origin placed. They will be nearly twice as high as any other bells in the world, as the building op of Montreal, the speaker believed they were is the highest permanent structure in existence. entering upon a new chapter in the history of They will be chimed each quarter hour by powerful hammers operated by compressed

> her for money. We are glad she is dead, for be told to account for its presence: Women were not nearly so good looking in those of the gloomy dungeons of Nuremburg Castle maintains one of the most interesting mus-

acquire a site at that point in the city for a light- | be house, so arrangements were made with the vestry whereby the light has been placed and con-

In "The Paradise of the Holy Fathers," Dr. wandered from the New Testament idea of ter to victory, was saddled, and horse and mottoes written by his mother. holiness. The man Macarius lived a sad, master met once more under open sky. The gnat in his hand and killed it because it had leaped into the saddle; the horse began to of New York, loved the boys, and that was rejoice, indeed, to have had to-day one text bitten him; therefore this sudden act made prance and kick up his heels as he had been one reason for his Ingersoll dollar watch. him despise himself. He went to Scete and taught to do. This made such a dust that the sat in the inner desert naked for six months, attendants were glad to shelter themselves in Register Company of Dayton, Ohio, spent where the gnats were large and resembled the guard-room. wasps. At the end of this time his skin was | "Let the Count enjoy himself; it is his last yards of his employees. of an elephant, and when he returned to his high for escape, and we can take things easily."

Discuss Political Reform.

The official minutes of the Moral and Social ecstasy, when through them the smallpox god Reform Council meeting at Toronto, issued will speak and proclaim what must be done; late in December, contain this clause: On the and only as you follow these instructions can topic of Political Purity James Simpson called self all day long. When he comes forth in tion, dizzinessor nervous prostration you hope to be let off easily. The use of attention to the "sawing-off protests" as bemedicine, in any form whatever, is strictly tween the interested parties, and strongly con-Mrs. Pinkham invites all sick forbidden, for it would at once insure that demned the practice. Others taking part in women to write her for advice. the "honorable guest" would become enraged, the discussion of this subject were Dr. Pidgeon, Prof. Keirstead, Rev. Dr. Farthing, Canr on Welch, Principal Patrick, J. C. O'Donoghue, Dr. A. D. Watson, W. C. Good, Allan place at an earlier hour in the Presbyterian ity. He would suggest that the voter who down to eat. part of the building. Each church has a sep- accepts a bribe be disfranchised; that the candidate convicted of bribery or other irregularity be disqualified; that the state itself By Faber: A new Alpine hotel is advertised as the ideal provide for and bear the expense of the pro- There are souls in the world which have the As a nation and as individuals, we are sufrest-cure resort. All plates, cups, and saucers secution of all offenders; that the vicious gift of finding joy everywhere, and leaving it fering from acute verbosity. Everybody talks are made of papier mache, so that the guests system of patronage be altogether eliminated, behind them when they go. Joy gushes from too much, says far more than is necessary, and will be spared the clatter of a restaurant, and, and that a thorough-going educational cam- under their fingers like jets of light. Their a great deal more than is wise. as the material is so light, will suffer the least paign be inaugurated, which should extend influence is an inevitable gladdening of the We are also breeding a race of hypochonpossible fatigue in lifting the cups to their even to church members, as many of them heart. It seems as if a shadow of God's own driacs who collect disorders as schoolboys mittee was appointed to deliberate and report. hearts have a great work to do for God.

THE CHAPEL OF THE ASCENSION. dom is Right in London.

For cracked lips, from which many suffer in Facing Hyde Park, in the centre of busy "To scrape an acquaintance" originated winter, apply honey and glycerine in equal London, is one of the most curious churches from an incident in the life of the Emperor in Christendom. No sermons are preached Hadrian. One day, when entering a Roman The original of the term "grafter" is obscure. in it, no hymns are sung, no services are held. bath, he saw an old soldier scraping himself new Chapel of the Ascension, built to replace chance meeting the emperor sent his former Kang Tung Pah is a Chinese lady attending the old mortuary chapel in the now disused friend money with which to buy himself a Barnard College, a part of Columbia Univer- cemetery where the body of Laurence Sterne more comfortable flesh brush. The next time sity, at New York. She is daughter of Kay was buried. But this new building is not for Hadrian entered the bath he found a number invitation to the passer-by to enter, meditate Amused at the situation, he said: "Scrape

one of the Good Shepherd, and within, a taste- wrote. Cervantes, the Spanish author, in Don

of the Ascension, which gives the name of the who purchased a dozen. This was often called

ian art has given fiself too much to the dead A young lady, a mission worker, requested Christ. He died, but is not dead. He is with many respects this church is unique. "God in illusion to the mistake, often made by dogs, The four monstrous bells cast by the Me- grant me the needed years and strength to when they imagine they have "treed" their

THE HOOF-MARK ON THE WALL.

It is Found in the Castle of Nurenburg in Wimble. After listening to their arguments, South Germany.

If you visit the Castle of Nuremburg, in Ferrero, the historian, is destroying as well as South Germany, you are certain to be shown building history. He declares that Cleopatra, a mark, said to be that of a horse's hoof, or was not beautiful and that Mark Antony married the top of the outer wall; and a legend will

loved Cleopatra for her looks. We cannot having at last the misfortune to fall into the sters before the town was half done. properly judge this matter by modern standards. hands of his enemies, was imprisoned in on | The United States Playing Card Company Years ago it was decided to deepen the channel low, for, on the meeting of the magistrates. of something besides dollars. It is one of into Charleston Harbor, South Carolina, and the the young Count was sentenced to be behead Cincinnati's points of interest. spire of St. Philip's church was used as a range ed, and the sentence was to be carried out on One big shoe factory was developed bemark. The operations completed the question of the following day. First of all, however, ac cause a hospital nurse had trouble in finding light for navigation came up. Naturally the cording to an old Nuremburg custom, the a pair of shoes suitable for her work. The steeple was exactly in the location for a light. It condemned man was allowed to have a last blessings of romance are not all in books would have cost the government much money to request granted-whatever that request might They are carved in stores and factories all

courtyard of the castle."

so bitten and swollen, that it was like the hide | chance," said his jailers. "Our walls are too cell the monks only recognized him by his . So they troubled themselves little over either horse or rider, and the Count felt that An island, Tristan d'Acunha, between the now or never was his chance. The walls were who loved Jesus Christ, and he, anxious that Cape of Good Hope and Cape Horn, is one of the high, and beyond them was a wide ditch, so his life might not be useless, prayed that he most isolated spots in the world, being 1,200 miles | that his jailers were right in thinking escape | might be able to transfer his vision to stone. from land. There are less than a hundred Eng- impossible. Yet "impossible" is an unknown For years he worked with this end in v'ew. lish people living on it, and two years has elapsed word to some men, and the Count was one of The statue was placed in a cathedral and its without a visit of a ship from England. Such a these. He bent down caressingly over his fame spread: people came from distant towns by the islanders many times. Two years since his ear. Whether the good beast really under- city, and hearing that the greatest sight was shoe, on the wall to this day.

Too Common For keverence.

The Russian of the interior is crossing himthe air in the morning, if no church be in sight he listens for the sound of some bell, then,

Brightness of Heart.

WHERE THEY CAME FROM.

Baker's Dozen.

yourselves, gentlemen, but you will not scrape

"A baker's dozen" is the outgrowth of penwalls have interpretative pictures from the alties inflicted in England during the reign of As early as the fifteenth century, good ex- Old Testament wrought into the design, and Edward II. One law demanded that there the "vantage loaf." "A feather in his cap" was ta middle o' the week." For this sacrilege striken with her final illness. Now the artist blow hot and cold" originated in an experishuts himself from the world, and works to Parliament, by alternate blasts of hot and cold It is not in every country that the colporteurs finish his task and that of the donor before he lair. There appeared in the London Times

"Peel's patronage to Dr. Reid Is very natural indeed, For no one need be told The worthy scientific man Is acting on the premier's plan, Of blowing hot and cold."

"A miss is as good as a mile" had, according to tradition, a very peculiar origin. Charleto a remark made by Addison's Sir Roger de Coverley. This gentleman was asked to settle a dispute between Tom Touchy and Will Sir Roger exclaimed: "Much might be said on both sides."

Principle of Brotherhood.

Judge Gary conceived the idea of a model steel manufacturing town, and when he laid many living women have been tortured in mind | Some four hundred years ago there was the plans for Gary, Ind., provided everything by that scandalous and grossly insulting, yet constant war between the Count of Gailinger his employees could need for their good. He common remark. Still Mark Antony may have and the citizens of Nuremburg, and the Count barred saloons, but enlisted a corps of min-

This was bad enough, but worse was to fol eums in America-just to show that they think

over. The inspiration is active and real.

"Let me," said the Count, "once more mount | Heinz, the pickle man of Pittsburg, paid an my faithful charger and ride him round the extra price to the man at the gate who met the workers on their way to the factory be-No sooner said than done! The beautiful cause he had a pleasant smile. The walls of Budge shows how far the ascetic fathers had black steed, that had so often carried his mas his factory are adorned with pictures and

Walter Baker, of Boston, the cocoa man stern life of self-denial. Once he crushed a Count patted the horse's arched neck, and spent his life in exploiting his ideal. Ingersoll, President Patterson, of the National Cash | Never Fails to Restore thousands of dollars in beautifying the door-

Seek The Upward Vision.

Years ago in Copenhagen lived a sculptor sphere is not inviting for a missionary, asked for horse's mane, and whispered some words in to see its beauty. At last a traveller visited the Rev. J. G. Barrow and his wife volunteered to stood or not cannot be said, but the next this statue, he examined it from all sides, but go, and are at work. They had a hearty welcome, minute there was a rapid gallop across the was disappointed. He said to a warden, "Why and the islanders provided a church, a school and courtyard. The Count dug his spurs deeply do people talk about that statue; I do not see a parsonage, some giving up their own houses for into the sides of his steed, and the latter, with anything remarkable about it?" and the warthe purpose. Seventeen families take turn to a supreme effort, bounded up, and reached the den replied: "My friend, you did not get into provide the missionary and his wife with meat, wide brim of the castle wall. An instant's the right attitude, you must get down on your that its attack should be mild, you will in- milk, potatoes and firewood, etc. How much pause and he had leaped the wide ditch, and knees and look up into the face and then you form friends that an "honorable guest" has more appreciated is the ministry in remote parts in a few seconds more both horse and rider will see the beauty." The man went back into called at your home. You will call in blind than here at home where religious privileges are were out of reach of pursuers. This story the church, got down on his knees, looked up must be true, say the Nuremburg people, for and received such a vision of the Christ as there is the hoof-mark, the print of the horse- transformed his whole life. So we would daily, on our knees, get such a vision of the Christ that our light, would shine before men, and lead others to serve and glorify God.

Rich But Burdened.

After a couple of centuries of silence the turning towards it, crosses himself with great | Corporation of Trinity Church, New York, has fervor to ensure a blessing on the undertakings published a balance sheet. The income last of the day. He crosses himself before and year from real estate holdings was \$750,000, after each meal. When making a bargain he from pew rents \$18,000; from other sources crosses himself-that it may prosper. When \$12,000. The Corporation maintained ten The picturesque little church at Interlaken, Studholme, M.P.P. The last named declared the peasant who is to drive travellers takes the churches and sixteen schools. It paid \$134,000 Switzerland, is unique in one particular. Four that recently a large grist of protests filed reins in hand, he crosses himself to keep away in taxes and the money received in collections different religious services are held under one against both parties was disposed of by the accidents; every steeple he passes gets the was all expended in charity. The expenditure roof on Sundays, and a single bell summons sawing-off process, by the Minister of Justice same mark of respect. When a Russian enters for the year amounted to \$791,000, leaving a each of the congregations. Three services, acting for the one party, and Samuel Barker a room he cannot say "Good morning" till he deficit. This breaking silence after many years those of the Church of England, Church of for the other. Hon. Geo. E. Foster said that has crossed himself at the Saviour's picture. A is probably due to two causes. There is a Rome, and the Presbyterians-are held at the if we were to contribute to the curing of the man in any public way, such as an innkeeper, new rector, after a rectorship extending over same time, each little church being complete disease of political impurity, we must go down must have a picture hung in his own apart- forty years; and the intention of closing St. in itself, within the main building. The ser- to its foundations, far below "saw-offs" and ment, in addition to that in the public room. John's Chapel has aroused strong protest. The vice of the French Reformed church takes other specific forms of bribery and irregular- to which each Russian turns before he sits publication is thus partly a defence of this

Weak and Loquacious Britons

as the material is so light, will suffer the least paign be inaugurated, which should extend possible fatigue in lifting the cups to their even to church members, as many of them the man who knows, but we hate the man who knows, but we hate the man who knows he knows.

The man who knows he knows,

The man who knows he know

HIGHEST IN HONORS

Baker's Cocoa



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