

FRIGHTFUL STOMACH TROUBLE

For Four Long Years He Suffered—Then "Fruit-a-lives" Brought Relief.

I have been completely cured of a frightful condition of my stomach through this wonderful medicine, "Fruit-a-lives." I suffered for four long years with this trouble. My head ached incessantly. I could not eat anything but what I suffered awful pains from indigestion. I used every known remedy, and was treated by physicians, but the dyspepsia and headaches persisted in spite of the treatment.



I was told to try "Fruit-a-lives," and I sent for six boxes, and this was the only medicine that did me any good. I am now entirely well, I can eat ordinary food and I never have a headache, and for this relief I think this wonderful remedy "Fruit-a-lives." My case is well known in this vicinity and you may publish this statement.

ALCIDE HEBERT. 25c. 10c. for an... does not handle "Fruit-a-lives" (they will be sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa)

NERVOUS DEBILITY—Neurasthenia

Dr. Constantine O'Gorman, District Medical Officer, Dept. Harbor, Ont. "I first used Wilson's Invalids' Port as an excellent means to endorse the many testimonials you have received concerning its efficacy."

WILSON'S Invalids' Port

is readily assimilated by blood, nerve and tissue nutrients, exerting a steady and sustained tonic effect which is strikingly evident after its continued use. No reaction ever follows, as is often seen after the use of rapid stimulants.



It is specially indicated in nervous debility, sexual weakness, anemia, chlorosis, etc. As many inferior products are marketed as "Invalids' Port" see that "Wilson's" is dispensed. Ask YOUR Doctor. BIG BOTTLE Sold at all Pharmacies Everywhere.

KEEP LOOKING YOUNG. Do not allow your gray hairs to make you old looking. Gray haired people are back numbers. Do not be one.

Hay's Hair Health

will permanently restore the youthful color to gray or faded hair, no matter how old you are. Will keep you looking young, feeling young. Will give you a beautiful head of hair that everyone will admire. Start using it NOW and BE YOUNG. IS NOT A DYE.

51 and 50c. bottles, at druggists. Send 2c. for free book, "The Care of the Hair." Write Hay's Hair, C. Co., Newark, N. J.

JAS. B. McLEOD

You cannot possibly have a better Cocoa than

EPSS'S

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.

COCOA

Sold by Grocers and Storekeepers in 1/2-lb. and 1-lb. Tins.

BETTER THAN SPANKING.

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box 261, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child. As chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Don't worry about what may happen, just as like as not it won't.

HAVE A HOUSEHOLD TALK

MUST SEE TO IT THAT THE WATER HE USES IS PURE.

Three Ways of Its Purification—Distillation is the Most Effective—Boiling Water is Absolutely Safe and Perfectly Harmless.

The diseases that may be spread by water (water-borne diseases, they are called) are many and so serious—typhoid fever, dysentery and similar troubles being the most common—that the man who takes thought of his health or that of his family must see to it that the water he drinks is pure. Some cities filter the supply furnished, but most of them, unfortunately, take no precautions, or wholly ineffectual ones, to ensure a pure supply. The community being careless of its health, the individual must look after his own, and must himself purify the water he drinks or that used in the preparation of his food.

There are three ways of household purification of water—filtering, boiling and distilling. The first is unsafe. There are many filters which will, when new and clean, remove nearly all the germs from the water, as well as other invisible impurities; but the best of them soon become foul, and unless constantly renewed or thoroughly cleaned they cease to act, and may even render a comparatively good water unfit to drink.

Distillation is the most effective means of purification, but the necessary apparatus is cumbersome and troublesome and the method is impracticable for family use. One sometimes reads articles in the newspapers decrying the use of distilled water on the assumption that it acts injuriously upon the mucous membrane of the stomach and digestive tract. This is nonsense. No drink can be better and safer than distilled water.

The other means is to boil the water. This is absolutely safe and perfectly harmless. Objection has been made that boiling for fifteen or twenty minutes does not destroy all the germs in water, nor does it. Some germs, which are provided with resistant spores, may survive heat so applied; but none of the ordinarily dangerous germs, such as those of typhoid and dysentery, can resist boiling temperature for twenty minutes, and such water is safe to drink. Boiled water is insipid because much of the air has been expelled, but this is easily remedied. After boiling, the water should be poured into clean quart bottles, which have been sterilized by being boiled in a separate vessel, each bottle being only half-filled. It is then corked and well shaken for a few minutes, by which means the water is again aerated and made palatable. Ice should not be added to this water, but the bottle can be kept in the refrigerator until it is needed.

A Brief Health Talk.

Those who are engaged in fighting tuberculosis should consider the idea of winter exercise. One of the conditions which is productive of the spread of consumption is that when people are first afflicted with the disease in a primary stage they shrink from the dreary prospect of going to a sanitarium to lie out on cots on a verandah and read or stare at the landscape. This prospect is so gloomy that they prefer to take a chance of fighting off the disease at home, with the usual result that they gradually get worse and the following winter must needs accept the inevitable. The Ottawa Citizen suggests that when medical men find persons of either sex developing symptoms of the disease they should induce them to go on a winter holiday. There should be winter resorts in the Algonquin park or in northern Ontario and Quebec, where people can spend the whole winter season in outdoor life. For that matter almost any farmhouse would do, where everything is clean and the cooking good and substantial. Equipped with skis, snowshoes, skates and a toboggan, and with nothing to do during the bright winter days but knock about and enjoy themselves in the open air, the cure instead of becoming a matter of trial and weariness to the flesh would be one long bright holiday, and the convalescent patient would be sorry, in a sense, when the cure was over and he or she had to return to the regular routine of life. Of course this would only be practicable with patients when they first contract the disease; but that is the time to take it and that is the very time it is most difficult to convince the patient that it is necessary to set about a cure in earnest. If the cure can be made sufficiently attractive in the incipient stages, people will soon be educated to the point where the disease will not be allowed to progress any further.

Have No Right to Forget.

"Remind me at half past two to-morrow that I have an appointment at three!" Thus a man of wealth and influence spoke to his secretary, a promising youth, but new in his work. The secretary glanced up from his books. "All right, sir. I shall remind you, if I do not forget it myself." For a moment the old gentleman glowered at the boy, but presently his face softened and he said gently: "My boy, if there is to be any forgetting in this establishment, allow me the privilege. I am paying you well to remember. Forgetting means neglect of duty." The boy was thoughtful. "You are right," he said at last. "I had never thought of it that way before. I shall not forget." And he did not forget. That day he began to set down in his note book every detail he was given to carry out, and in later years he became his employer's most trusted friend and partner. How many of us in enlightened days of the twentieth century have paused to think over our forgotten duties?

How many realize that when we forget our duties we are simply neglecting them, and convincing ourselves that we are excusable because of the forgetting. Our first duty to ourselves and to our employers is to remember. Let us take care not to forget.

The Redeemer in Tableaux.

If all goes well there will be shown in the autumn, in London, a series of tableaux modelled in wax and with lighting and scenic effects, illustrating the life of Christ. At first sight it would appear that waxworks are scarcely a proper medium for reproducing these tremendous incidents; the slightest error in taste would give offence to a countless number of people. But the reverent treatment of the subjects is thoroughly well assured.

The genesis and development of the idea is interesting. It was suggested sixteen years ago by the late Sir Augustus Harris to Louis Tussaud, and the latter intended to carry it out. Ever since he has kept it in view, and during the last ten years has spent consider-

able time in visiting the principal galleries abroad and making himself familiar with every detail of the pictures it is proposed to represent. Last year Mr. Tussaud laid his plans before Father Bernard Vaughan, who wholeheartedly endorsed them. The Father has drawn up a series of thirty-six tableaux, which Tussaud intends to carry out. To indicate the subjects chosen the first half-dozen may be mentioned:—Annunciation, Visitation, No. room in Inn, Shepherds and Gloria in Excelsis, The Nativity, With Shepherds, The Crucifixion, The Burial, The Resurrection, Magdalen and the Garden, The Communion, Ascension from Mount Olivet.

Father Vaughan will review each scene as constructed, and to make suggestions for improvement. He is also going to write a concise account of each tableau, embodying the lessons conveyed by the scenes, which will be printed in book form. The creation in its treatment and teaching shall be entirely non-sectarian. The profits of the scheme are to be devoted to charity, equal shares going to the King's Hospital Fund, the charities of the Church of England, the charities of the Roman Catholic church, and the Countess of Aberdeen's Fund for the Prevention of Tuberculosis in Ireland.

Commemorate Their Triumphs.

The festival of Hanukkah, kept by the Jews in commemoration of their victories under the Maccabees, over the Greeks and Syrians under King Antiochus Epiphanes, is held annually by Jews throughout the world, and is this year being celebrated with more than usual eclat, owing to the advance which Hebrew racial aspirations have made in Palestine during the past few months, and the fact that new constitutional rule in Turkey assures the Jews, if they become a majority in Palestine, they will have the dominating vote in the Holy Land.

The Zionist Societies of Montreal, held a united Maccabaean celebration. Rabbi Nathan Gordon said the right way to prove admiration for the Maccabees was to imitate the spirit that had animated them. Clarence J. de Sola, drew a parallel between the condition of the English people under Edward the United ready and of a section of the Jewish people to-day. Edward had been rightly named for he had never been ready to meet any crisis, and had no sooner bought off the invading Danes than he sat down and did nothing further. There were many Jews to-day who, when an outbreak of persecution took place in Russia, or other parts raised money for immediate wants, but took no statesmanlike steps to stop any recurrence of the outbreaks, and hence were always found "un-ready" as each contingency arose. The great revolution in Turkey presented the Jews opportunities of restoring Israel to the Holy Land, but many proved unready to take advantage of them. The Zionists alone had come forward with the proper solution of the Jewish problem, and that was the re-settlement of the Jews of Eastern Europe in Palestine, the advantages, from an economical point and from sentimental considerations, should incite them to help the movement. At least one million Jews should be settled in Palestine within the next ten years.

Speaking Out in Meeting.

Joseph Hamilton, Lindsay. A few weeks ago, in a large congregation in Toronto, the preacher asked for a show of hands from those who had heard a sermon on hell within ten years. Two hands were held up. Some time ago a noted Methodist minister told me that the minister of that church in Canada do not believe in Everlasting Punishment. A prominent Methodist official told me lately that he does not believe it, but that if it were known he would lose his position. The Presbyterian ministers speak largely to hold the same view. I have spoken on this subject with many ministers, and not one confessed to believe it. The doctrine is contained in the creed of both churches. In the reports of the meetings of the Laymen's Missionary Movement I have seen no hint of the alternative before the heathen if they are not evangelized. It is proposed to put in the creed of the proposed union of the churches that the doom of the finally impenitent will be "eternal death." What does that mean? It may mean either eternal extinction or eternal torment. Is the union to be built on such ambiguity?

Go About Your Business.

It is personal work that counts. If every man would realize that he cannot sit back and leave the work he favors to others to perform, but must go forward and help it on himself, there would come a new era to the work of the church. When Temple Hall, London, was built the masters of the bench ordered a handsome clock to be placed there, and on the face of it an appropriate motto. For many days the skilful mechanic waited for the motto, until, becoming impatient, he made his way to the benchers' chambers and presented himself for the needed words. One of the masters, becoming angry, rose up and said to the mechanic: "Go about your business." The latter, thinking this to be the order, placed the words on the face of the clock, and there they were allowed to remain. The clockmaker made no great mistake, after all. Wonders would be accomplished if only the entire body of laymen might hear and heed this word.

Would Be Truly Grateful.

For an idea that the world grows steadily better recall that organized movement for the prevention of cruelty to animals originated less than fifty years ago. If the dumb creatures possessed the sculptor's art and could put their hands in their pockets a monument would straightway be erected to the memory of the man who founded the humane society movement.

A Daniel Webster Mosaic.

If we work upon marble it will perish, if we work upon brass, time will efface it; if we rear temples, they will crumble into dust; but if we work upon immortal souls, if we imbue them with principles, with the just fear of God and love of fellow men, we engrave on those tablets something that will brighten all eternity.

Related Appreciation.

Centenaries, bicentenaries and tercentenaries are quite the rage. Every week we do homage to the memory of some great man whose genius the world has taken one, two or three centuries to recognize. It is somewhat late and often ridiculous. But is it not better to do the kind thing late than never?

In Scotland, prior to the union with England, bankrupts were compelled to wear parti-colored garments—grey and yellow, not unlike the modern convict-dress. As a result singularly few Scotsmen in those days failed to pay their debts.

THE VALUABLE SERVICE DONE

TO CAUSE OF EDUCATION BY UNITED EMPIRE LOYALISTS OF CANADA

An Interesting Review Given by Dr. George Hodgins, of the Department of Education of Ontario—It's a Valuable Contribution to Educational Records.

The historiographer of the Department of Education of Ontario, a veteran official and churchman to whom reference was lately made in these columns—Dr. J. George Hodgins—has in his annual report given an interesting review of the valuable service done by the United Empire Loyalists of Upper Canada to the cause of education.

The British Colonists who settled in New England and the Atlantic States, were not long in establishing elementary schools and superior institutions of learning. They had established no less than nine universities and colleges before the Revolution, videlicet:—Harvard, Massachusetts, in 1638; William and Mary, Virginia, in 1693; Yale, Connecticut, in 1700; Nassau Hall, now Princeton, New Jersey, in 1748; King's (now Columbia), New York, in 1754; Brown, Rhode Island, in 1765; Dartmouth, New Hampshire, in 1770; Queen's, now Rutgers, New Jersey, in 1771; Hampden-Sidney, Virginia, in 1775. The loyalists, in their forced migration brought with them to Upper Canada from the Colonies their educational traditions. Those who had settled along the Bay of Quinte united in framing a Memorial to Governor-General, Lord Dorchester, (Sir Guy Carleton) in which, lamenting the educational privations which they had endured since their settlement in Upper Canada, they prayed for a "Seminary of Learning" at Frontenac, (Kingston). Lord Dorchester paid immediate attention and gave directions to the Surveyor-General to set apart eligible portions of land for the support of schools in all new settlements. In 1806, by act of parliament, a grammar school was planned for each of the eight districts. But the real beginnings were much earlier.

In 1785 Rev. George O'Kill Stuart opened a select classical school in Kingston, where Mr. Donovan also conducted a grammar school. In 1786 Messrs. Smith and Clarke taught schools in the township a little westward of Adolphustown. Westward the example spread; schools were opened at Port Rowan, 1789, and in Newark, now Niagara, in 1792, the teacher at the latter place, the seat of Government, being also a Church of England cleric, Rev. Robert Addison. In 1794 Rev. John Burns, Presbyterian, also opened a school at Newark. Two years later a notice in the York Gazette proclaimed that ignorance would no longer be tolerated.

In 1800 John Strachan, afterwards Bishop of Toronto, opened a school in Kingston, and in 1804, though intensely Scotch and Presbyterian, became an Anglican clergyman, and was appointed to Cornwall, where he opened another select academy. But schools were now becoming general, being established near Niagara; at York, (by the father of Hon. Robert Baldwin); at Sophiasburg and Grassy Point, Prince Edward county; at Meyer's Creek, now Belleville; and at Bath, near Kingston, (1811), by the father of Hon. Marshall Bidwell. Mr. Bidwell removed to Kingston in 1813 and taught there till his death in 1833. In 1807 Governor Gore appointed Rev. George O'Kill Stuart, afterwards Archdeacon, to be headmaster of the new Home District grammar school, at York. In 1812 Dr. Strachan went from Cornwall and relieved him, holding the post until 1823. The next successor, Samuel Armour, became a priest of the church and missionary in Cavan. In 1814 Rev. Robert Baldwin was appointed master at Cornwall, vice Rev. John Bethune, afterwards dean of Montreal. The Church of England was an important pillar in education, supplying a majority, apparently, of its teachers, both in public and private schools. Rev. John Langhorne, missionary along the bay shore from Kingston westward, 1787 to 1812, did teaching intermittently. Rev. Thomas Phillips, an accomplished scholar from England, after being in charge of the York Grammar school was placed in charge (1829) of the New Upper Canada College. The government grammar schools have this record of openings: Kingston 1792, Cornwall 1806, Brockville 1818, Niagara 1823, St. Catharines 1828. When Rev. Mr. Strachan took charge of York School, at the request of Sir Isaac Brock, governor, he issued this practical prospectus, dated Oct. 10th, 1812:

"The Subscriber, having been nominated Teacher of the School of the Home-District, informs the Public that his Seminary is now open for reception of Pupils. The rates of Tuition appointed by the Trustees are in Halifax currency, Common Education, 45 per annum; Classical Education, 85 per annum. Anxious to extend the advantages of this School, the Subscriber will even abate somewhat of the above Rates to the poorer inhabitants, provided they keep their children neat and clean, and supply them with proper Books. N.B.—Scholars from other Districts are charged £10 per annum.—John Strachan.

Dr. Hodgins has collected much material of still later date, as well as reminiscences of early school days, the grouping of which is an invaluable contribution to the educational records of the province.

Reviving Prayer For Landlords.

Sir John Benn has asked in the British Commons "whether attention has been directed to a prayer in the liturgy of Edward VI. dealing with the equitable disposition of land within the country; whether the government will consider the advisability of issuing Letters of Business to Convocation, recommending the restoration of this supplication to the revised edition of the Prayer Book." The remarkable prayer in question is believed by some to have been composed by Archbishop Cranmer:—

"The earth is Thine (O Lord) and all that is contained therein; notwithstanding Thou hast given the possession thereof unto the children of men, to pass over the time of their short pilgrimage in this vale of misery: We heartily pray Thee to send Thy Holy Spirit into the hearts of them that possess the grounds, pastures, and dwelling places of the earth, that they, remembering themselves to be Thy tenants, may not rack and stretch out the rents of their houses and lands, nor yet take unreasonable fines and incomes after the manner of covetous worldlings, but let them out to other, that the inhabitants thereof may both be able to pay the rents, and also honestly to live, to nourish their families, and to relieve the poor; give them

grace also to consider that they are but strangers and pilgrims in this world, having here no dwelling place, but seeking one to come; that they, remembering the short continuance of their life, may be content with that that is sufficient, and not join house to house, nor couple land to land, to the impoverishment of other, but so behave themselves in letting out their tenements, lands and pastures, that after this life they may be received into everlasting dwelling places: through Jesus Christ our Lord. Amen."

"What Mean Ye by This?"

To the Editor: When men sign "petitions," if they give the matter thought, it is in regard to the thing "prayed" for therein, never—or hardly ever—of the promise it contains. Does the reader say he never knew a petition to contain any promise on the part of him who signs it? I reply that every petition I can recall having seen—I rarely sign one—contained not only a request but a promise. It usually is "And your petitioners, as in duty bound, will ever pray, etc." This is a promise to pray for the blessing of God upon the body addressed; that its deliberations may be imbued with the Holy Spirit, and its conclusions such as shall conduct to the glory of God and the good of the realm, or words to that effect. (It is a long time since I read the full promise.) Is it right to treat this promise as a mere matter of form? Truthfulness, consistency and expediency answer No. For our own comfort and welfare, it is desirable that those in places of public trust and responsibility should be wise, honest, and God-fearing. In order to secure this, they must have Divine guidance. Every Christian must surely hold that the only channel through which this can be secured is prayer. And besides, there is the direct promise to uphold them in this way. If this were done "according to promise" I believe that much of the ill in our body politic which a good man deplores would vanish like snow before the sun and balmy breezes of spring. At all events, when you give your written promise to pray for the administration of your country, province or municipality, whether you are "for" or "against" them, fulfil that pledge, and if it does the body prayed for no good, certainly will help you, as a loyal subject, a patriot, and Christian.—Ulster Pat.

Faithful Friends of Man.

The Arabs, even though barbarians, are humane. Every one knows the fame of Arabian horses. The Arab loves his horse as much as he does any member of his family; and in return the faithful horse loves him. Each would offer his life for the other. The Arab never touches his horse with whip or spur, but wins his obedience and affection with kind words. It is told that Hassan, the Arab, was captured by enemies, bound hand and foot, and laid outside the tent-prison. When night came Hassan could not sleep and heard the whinny of his faithful horse. He rolled to where the horse stood, and the animal sniffed about him and recognized his master. He picked him up and ran all the way home with the great weight between his teeth. When they reached home the poor animal died.

One day a wonderful bird tapped at the window of Mrs. Nansen, (wife of the famous Arctic explorer), at Christiania. Instantly the window was opened, and she covered the little messenger with kisses. The carrier pigeon had been away from the cottage thirty long months, but it had not forgotten the way home. It brought a note from Nansen, stating that all was going well with him and his expedition in the polar region. Nansen had fastened a message to the bird and turned it loose. It flew like an arrow over a thousand miles of ocean and plains and forests and delivered the message anxiously awaited.

Travelling Britons and the Emir.

Captain S. S. Butler interested a meeting of the Royal Geographical Society in London by describing his experiences and Captain Aylmer's in a journey from Baghdad to Damascus, in Northern Arabia. At El Jof they were received by Feysul Ibn Rashid, the Emir. His first remark was extraordinary: "Are your teeth your own or are they false?" He had heard with wonder that there were such things as false teeth in Europe, and thought that all Europeans had them! They were exceedingly glad that they had not any false teeth, as he would have taken them.

A house was placed at the disposal of the travellers. "We had not been there for more than five minutes when Feysul's head slave, a richly dressed personage called Dahm, came to tell us that the Emir would not take our camels or our money, as he had plenty of both, but that he would like any things of European make or of interest that we happened to have. During our five days' stay there was a continual procession of slaves and hangers-on from the castle demanding things for the Emir and his viziers and favorites, and demanding them in such a way that it was impossible for us in helpless isolation to refuse. At last we had practically nothing of any value left, having been stripped of watches, revolvers, compasses, clothes and other articles."

A Penalty of Genius.

It seems to be the frequent penalty of genius that it is denied the privilege of perpetuating its name and kind beyond a few generations. There is not now living a single descendant in the male line of Chaucer, Shakespeare, Spencer, Milton, Cowley, Butler, Dryden, Pope, Cowper, Goldsmith, Byron or Moore; not one of Sir Philip Sidney or of Sir Walter Raleigh; not one of Drake, Cromwell, Hampden, Monk, Marlborough, Peterborough or Nelson; not one of Bolingbroke, Walpole, Chatham, Pitt, Fox, Burke, Graham or Channing; not one of Bacon, Locke, Newton or Davy; not one of Hogarth, Sir Joshua Reynolds or Sir Thomas Lawrence; not one of David Garrick, John Kemble or Edmund Kean.

Dickens was christened Charles John Huffam, or Huffham, as it is erroneously entered in the parish register. But when he became famous he dropped the last two Christian names, as he desired to be known as plain Charles Dickens, a wish respected on his tombstone in Westminster Abbey, and by his biographer and friend, John Forster.

At a Defence Association banquet in England Admiral Campbell declared himself an optimist. Once upon a time, he related, two frogs jumped into a bowl of cream. One was a pessimist, and was drowned; the other was an optimist, and, swimming about, churned the cream into butter, and managed to get on top and get out.

The Black Hand record in New York city for the past year was, singularly black—more than 400 cases and less than 10 per cent. of convictions.

A Boon to the Bilious

Are you compelled to deny yourself many wholesome foods because you think they make you Bilious? Do you know that your condition is more to blame than the foods? Your liver and stomach need attention more than the diet. When you find yourself suffering with a bilious attack, take

BEECHAM'S PILLS

and all annoying symptoms will soon disappear. They settle the stomach, regulate the liver and exercise the bowels. Their good effects are felt immediately. Beecham's Pills mingle with the contents of the stomach and make easy work of digestion. The nourishing properties of the food are then readily assimilated and the residue carried off without irritating the intestines or clogging the bowels.

Beecham's Pills should be taken whenever there is sick headache, furred tongue, constipation, sallow skin or any symptoms that indicate an inactive liver.

Sold Everywhere. In boxes 25 cents.

IRISH WHISKEY DISTILLERS TO HIS MAJESTY THE KING. Sir John Power & Son Ltd. ESTABLISHED AD. 1791. THREE SWALLOWS IRISH WHISKEY Famous for over a century for its delicacy of flavor. Of highest standard of Purity. It is especially recommended by the Medical Profession on account of its peculiar "DRYNESS"

"Bronchitis"

is generally the result of a cold caused by exposure to wet and inclement weather, and is a very dangerous inflammatory affection of the bronchial tubes. The symptoms are tightness across the chest, sharp pains and a difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color. Neglected Bronchitis is one of the most general causes of Consumption. Cure it at once by the use of Dr. Wood's Norway Pine Syrup.

Mrs. D. D. Miller, Allendale, Ont., writes: "My husband got a bottle of Dr. Wood's Norway Pine Syrup for my little girl who had Bronchitis. She whom so badly you could hear her from one room to the other, but it was not long until we could see the effect your medicine had on her. That was just winter when we lived in Toronto. "She had a bad cold this winter, but instead of getting another bottle of Dr. Wood's Norway Pine Syrup, I tried a home made receipt which I got from a neighbor but found that her cold lasted about twice as long. My husband highly praises 'Dr. Wood's,' and says he will not use a bottle of it is always kept in the house."

With Maypole Soap With Ease at Home With Sure Results 10c. for colors, 12c. for black. Frank L. Bennett & Co., Montreal.

Sixty Years of Spoon-Making has resulted in the artistically finished patterns in spoons, knives, forks, etc., stamped "1847 ROGERS BROS." This name was known to your grandparents as the standard of silver quality. SOLD BY LEADING DEALERS When you buy silver dishes be sure they are made by BERIDEN BRITA CO.

Every Woman is interested and should know about the wonderful MARVEL Whirling Spicy Soap. The best soap ever made. It cleanses, softens, and beautifies the skin. It is sold by all grocers and druggists. Write for a free sample to W. L. G. & Co., 100 West Broadway, New York City.