Hurry Ends in Indigestion

Use your teeth on your food or your stomach will suffer. Quick lunches, hurried eating, bolting food, are sure to end, sooner or later, in some form of indigestion, more or less troublesome.

City Boys' Idea of Success is to be in Pos

Country Youth Starts in to do Things.

Why is it? In the first place, the country boy

sees and learns artificial life. The country boy

is brought up in a workshop and among the

big natural forces at the bottom of things.

The city boy is brought up in a parlor or

factory of some kind-all city work or busi-

ness being like factory work-and in seri-

plow handle. And in youth the qualities that

make for success are more readily developed

by teaming railway ties in dead earnest, with

thought or desire more serious than one which

been holding its annual session at Denver,

Colorado, and it is pleasant to read in a daily

newspaper's editorial column the kindest of

words regarding it, since we all, in or out

of the Anglican Church, should be interested

in moral reform. "It has forty departments

of work, but its greatest interest is in the

body. It has passed through the baptism of

fire. It has been called nearly every name

that ingenious opponents could apply to

not the most disrespectful of which is that

"a society of meddlesome grandmothers." It

abuse and has grown steadily in influence and

power. It is without any exception the best

organized and most effective working body of

prohibitionists in the world. Its remarkable

success has been in a large measure due to a

sane policy of reform work. It has avoided

one of the best evidences of woman's ca-

of a sane cause is always to be commended.

Hysteria gets us nowhere, unless it be to the

sick bed. There are too many prohibitionists

who are stumbling blocks rather than stepping

stones in the path of progress. There is too

much tendency, particularly on the part of

the prohibition press, towards absurdity. The

dictionary is thumbed black in the search for

sizzling adjectives that prove nothing. . The

The Real Parties to Blame.

It cannot be too strongly urged that in deal-

damning."

both extremes for so many years that it is

has weathered the storm of criticism and

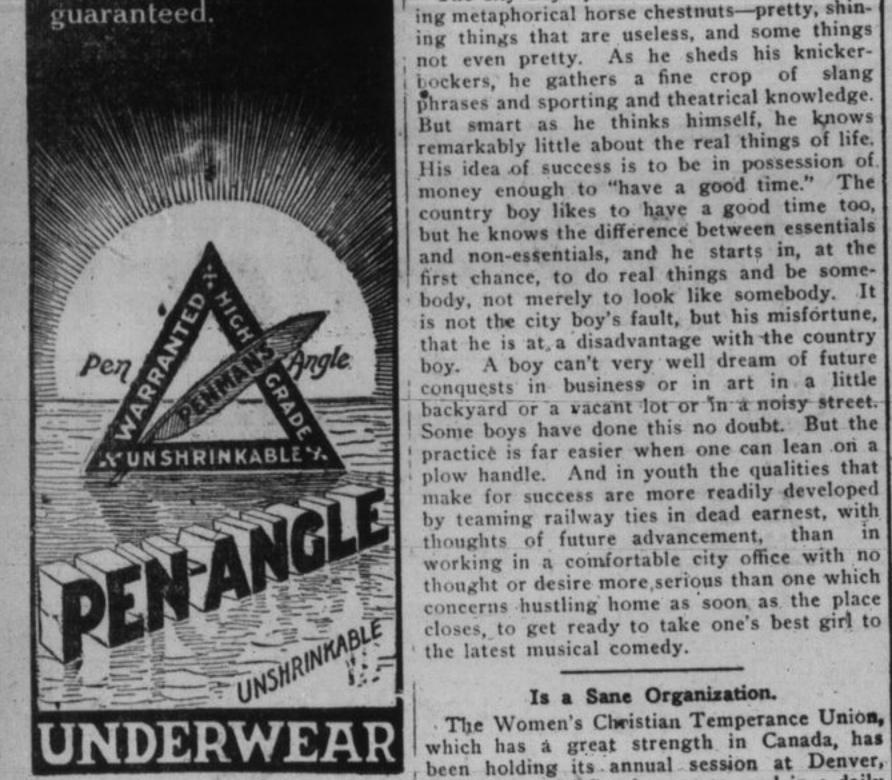
the latest musical comedy.

quickly relieve the distress caused by hurried-eating. They act directly on the stomach nerves and actually help the food to digest and assimilate. They are particularly good for nervous dyspepsia, bloating, hiccoughs, bitter taste in the mouth, and flatulence. With reasonable care in eating, Beecham's Pills will soon

Put an End to

In Boxes 25 cents. Sold Everywhere.

stantial on me dreams. Like the sun, which dispels all darkness the Pen-Angle trademark disperses the gloom of uncertainty open places under the open sky. These days which enshrouds the buying of underwear. Pen-Angle garments fit best, wear longest. are unskrinkable, and The city boy spends too much time gather-





THIS Brooch is beautifully made in heavy 14k. gold. I The pearls in the Maple Leaf are of a very fine quality. It is enclosed in a handsome

velvet lined case-and is sent postpaid to any address in Canadaexcept the Yukon-upon receipt of \$5.00 order by the number 308. SEND FOR CATALOGUE !

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GOSSIP OF THE PARISH.

Preachers Can't Support Wife and Family on Small Salaries.

Bishop Williard Francis Mallalieu, of the Methodist Episcopal Church, is opposed to the diminutive salaries that congregations able to do better sometimes pay their pastor. once knew an excellent young man," said he. session of Money For a Good Time-The "He was in the church, just married; on small salary, but contented and happy. Twelve or fifteen years went by. I had lest sight of Why is it that so many of the big prizes of the world are won by country boys? Why the young minister-forgetting him, as we all girl in New York, was found a letter addresshave so many of the big things that have been turned out in the world's workshop been first but not clerically. We shook hands. He said ed. It was an appeal for money to carry her dreamed of by boys leaning over plow handles he was doing excellently. "'What church?' I home, a theatrical venture upon which she

or sweeping out country stores or working in said. "'Oh,' he said, 'no church-the wholesale country printing offices or wondering about things in general in quiet lanes and bush lots?

sees and learns real life, while the city boy asked. "'For several reasons,' said he.

"'And what,' said I, 'were they?' "'A wife,' he answered, 'and six children."

who will lead the Nonconformist Emergency friends with anybody."

his way to the city to build something sub- and nowt never happened!"

and a group of small boys in the country start Avenue Collegiate church. He spoke of the he had little money to help he would have still of volunteer music teachers. The Junior Beeout to make the most of the day. The country blind faith of the client who puts himself at less to harm. lads steal off to the bush, to the "crick," to the mercy of a lawyer in preparing an action Everyone has his particular remedy for the musicians in training for club work. vacant lot. But there is no romance or writes out a prescription. Oftener than not as eager to be helpful as their worser nature \$1,612 and another year \$1,785. They dismystery or freedom there. For them there you can not read it; you don't know what it too often prompts them to be hurtful, what tribute each year about 700 baskets. are no robber caves, no hunts for wild things is. He tells you to take it. 'Yours not to oceans of sorrow and shame would be banishm woods or river, no pets to care for and reason why, yours but to do and die." ed from the world! Could there be a greater spent in simply "wondering" about things in gregation.

boys in all American cities are spending a A young preacher, staying at a clergy be conceded that Church Life was doing a a house, and believing the youngster wanted whole lot of time, and incidentally doing a house, was in the habit of retiring to his room public service in exposing the hard-hearted- to get in, the archbishop stepped to the rescue lot of damage, gathering horse-chestnuts. for an hour or more each day to practice pul- ness of the Y.W.C.A. of New York towards of the lad and sent a "clanging summons A country boy would call this foolish, for the pit oratory. At such times he filled the house friendless girls. nuts are useless. He is perhaps as destructive with sounds of fervor and pathos, and emptied as the city boy, but when he smashes a tree, it of most everything else. Philips Brooks it is a beech or butternut or a fruit tree. For, chanced to be visiting a friend in this house although the country boy collects a lot of one day when the budding orator was holding stuff which to his elders appears to be trash, forth. "Gracious me!" exclaimed the Bishop, he rarely gathers anything which is not to starting up in assumed terror, "Pray, what

might that be?" "Sit down, Bishop," his friend replied. ing metaphorical horse chestnuts-pretty, shin- "That's only young D- practicing what he ing things that are useless, and some things preaches."

remarkably little about the real things of life. as to the race of people that inhabited a far- whatever." His idea of success is to be in possession of away land. Some insisted that they were not first chance, to do real things and be some- man, but I can assure you that they are can- men for religious purposes. body, not merely to look like somebody. It nibals. My husband was a missionary there is not the city boy's fault, but his misfortune, and they ate him."

backyard or a vacant lot or in a noisy street. assigned the name "Moreover." "Jefferson," in Weehawken, near New York, in the rooms "Will two gentlemen get up and give a lady Some boys have done this no doubt. But the he was asked, "how did you hit upon such a of the Plymouth Athletic Club, into which he a seat?" practice is far easier when one can lean on a name as 'Moreover' for the dog?"

"I gits it outen de Bible," he replied. "The Bible?"

closes, to get ready to take one's best girl to the back porch, asked what they were, and said. "You boys, fifteen and sixteen years old, bility of imposture is an especial satisfaction, can sympathize with the Egyptians, was told they were ants. The next morning ought to be ashamed of yourselves; but you For instance, at Christmas time, when the who were so sorely plagued on ac she discovered a number of small ants among men who permit boys to see brutal fights like Army feeds tens of thousands in America, not count of the children of Israel. Why the large ones, and exclaimed: "Oh, mamma, this should be more ashamed. Get out." one ticket is given away without the family not try Newbro's Herpicide? Others The Women's Christian Temperance Union, the aunts have bringed their little nieces with Fighters, officials and spectators took the being visited and its needs verified. She has have been benefited and are loud in which has a great strength in Canada, has them to-day!"

The Pope's Personal Life.

In his apartments in the Vatican the Pope has a piano and a pianola. These are innovations in which he finds great relief and solace from the weighty cares under which prohibition cause. It is a pioneer temperance he struggles. He has always been particularly fond of his own favorite organist at St. Peter's, for whose education he himself paid, the Abbe Perosi. The world knows well that it was the present Pope who restored to the into disuse. The violin is also a favorite instrument of the Pope; in his younger days he was considered a considerable master of the

It is a true story that when Cardinal Sarto journeyed from Venice to Rome to take part in the conclave to elect a Pope, following the death of Leo XIII, that he bought a returnpacity the world has yet had. Sane advocacy trip ticket. He, at least, had never dreamed that of all the college of cardinals, many of whom are eminent in scholarship and learning, others skilled in the worldly diplomacy essential to the Head of the Church, that he of all these would be chosen for that high office. When the seventh ballot of that famous conclave was cast and Cardinal Sarto was declared the Pope-elect, the old Patriarch of Venice was so overcome with emotion that he truth about the liquor business is sufficiently fell back in a half swoon and restoratives were necessary

the right and heritage of childhood. writes a traveller, are in total abandonment. World

A SAD CONDITION OF AFFAIRS IN Delineator. NEW YORK CITY.

Words That Cannot be Read Without a Feeling Akin to Shame-The Gospel of Chivalry Needs to be Preached Over Again.

After an attempt at suicide by a Canadian do sometimes-when I met him, dressed well, ed to her mother, which she had not despatch- writer, presided. Fifty-three organizations sentences were: "New York is a bad place for a girl who has no money. A girl dare not "'But why did you leave the church?' I make friends with anybody." Few can read the words without a feeling akin to shame. Miss Mary Kingsley, Miss Bird, and other city its first playgrounds, seven in number. and unmolested amongst the uncivilized races No one is tender of a good story or can most highly developed community in the west- a Civic Progress League was organized. tell one with greater effect than Dr. Clifford, ern world a girl in dire need "dare not make Through its efforts shade trees are being

ducts. The ambitious city boy aims to earn arise. His father and mother worked in a would be hundreds of good women, yes and of money and position. The ambitious country Lancashire lace factory, and when the preach- good men, who, if they were aware of a human every ward of the eity. Each of the fifty-three boy aims to make something—to do something. | er was ten years old he, too, entered the fac- soul at their doors, crushed with despondency, But the country boy's advantage goes further. tory, and often worked twelve or fourteen would hasten with their aid, and think it a His circumstances lead him, force him, to re- hours at a stretch. He relates how a piece privilege to help the sunken one out of the flection. If he is stupid and stolid, he will of new machinery was being hoisted to the depths. But how are they to be described? rumiwate. But if he has imagination—then top room of the factory; the rope broke and True hearts bear no outward symbol; silk hats established a permanent symphony orchestra look out for him. He will dream dreams al- the machinery got a damaging fall. "Well, I and silk dresses convey no assurance of honor and annually gives four concerts, for which together beyond the average city boy's ex- never!" exclaimed the manager. "To think or kindness. Indeed if a needy girl were to artists of world-wide renown are brought. perience; and after a while will probably find I've hoisted with that rope for fifteen years make an appeal to a stranger she would be Then there are monthly concerts by club safer to stop the man with his dinner pail and members. There is a philanthropic departthe grime of toil on his hands and face. He ment, through which each month a concert is Suppose it is a fine Saturday in early sum- Former President Patton, of Princeton Uni- might not be in a position to do much for her, provided for some charitable institution. Setmer, and that a group of small boys in a city versity, once preached upon faith at Fifth but he would give her honest advice, and if thement work is conducted through a corps

Sports Have Degrading Features.

"A man cannot be an athlete and a decent man," stated J. M. Robinson, of hamilton, by Charles Keene over the dialogue. at the Provinc'al Sunday School Convention,

money enough to "have a good time." The a man-eating people; others that they were the missionaries in foreign fields were the about it either by John Leech or Charles ness and smothering spells. I used a country boy likes to have a good time too, known to be cannibals. However, the question best of athletes while at college. Athletes Keene. but he knows the difference between essentials was finally decided by a minister's widow: breed a spirit of manliness and conception of A year ago a story circulated in Washing- ceived no benefit. A friend advised me to and non-essentials, and he starts in, at the "I beg pardon for interrupting, Mrs. Chair-honor and duty that make positively the best ton, saying that Mr. Taft was such a polite buy a box of your pills, which I did, and honor and duty that make positively the best ton, saying that Mr. Taft was such a polite buy a box of your pills, which I did, and

forced an entrance while a prize fight was in progress. As the priest reached the ringside, a pugilist, known as "The Dixie Kid," was "Sure, sah. Doan' yo' 'member where it leaning, battered and exhausted, against the Army is always to meet the greatest need. "crown of glory," for man as it is thoughts of future advancement, than in says, When Lazarus lay at de rich man's gate, ropes. Rushing at him was Charles Sieger, Upon any one's distributing the charity of for woman, notwithstanding all the working in a comfortable city office with no moreover, de dog, come an' lick his sores'?" his victorious opponent. Men in the crowd the public there rests the responsibility of poetry on the subject applied to the concerns hustling home as soon as the place Small Nettie, seeing some large insects on him." "Get out of here, all of you," the priest vestigation practically eliminating the possi- when slies bite the bald-headed man priest's advice and in less than three minutes two other rules: the hall was empty.

An Adamless Eden at Last.

No man will be allowed to own a share of stock or a rod of land or to hold office in the industrial colony about to be started in Western Australia by a number of British women, and which will be situated within forty miles of Albany on a great rock facing the sea. The land has been secured from the government as a freehold property by Mrs. Emily Crawford, president of the householdmusic, which of recent generations had fallen ers' league; Miss Cooke, an expert lady garcollege established by Mrs. Martin in Worcessful London medical practitioner, and garment made or cleansed in our Rescue others. The moving spirit is Mrs. Crawford, a novelist and artist, and wealthy. Much of the capital is being supplied by Mrs. Martin, better known in America as Victoria Woodhull, the famous advocate of woman's rights, tection and the advantage it affords."

Ingenious Theory Shattered.

the children but the parents or guardians who houses are mean, the streets narrow and dirty, Adam's 930 to 751/4. Now, supposing this to could wish. On Sunday the order was reshould be held responsible. A child brought and even the palace of the shah is not a thing be correct, we will have to accept the same peated and must be obeyed right along. up in ignorance—its faults uncorrected and of beauty. It has no history worth mention- for other events of the same period. Seth its better promptings unencouraged—is sure ing and is only redeemed by the birth of would be only eight years and nine months

WOMEN'S CLUBS OF MEMPHIS.

Working Out Same Principle as the Canadian National Council of Women.

Memphis (Tenn.) women have proven what | women's clubs can do. Co-operation is the new watchword with these organizations throughout the country. At a gathering of the clubs at Memphis three thousand people were present. Many had to be turned away from the Lyceum Theatre, where the meeting was held. Mrs. Virginia Frazer Boyle, the were represented. As Bishop Gailor, (Anglican), rose he said, "The ethical ideals of a had entered having failed. The concluding nation will never be higher than the ethical ideals of its women." This served as the key-

The Memphis Housekeepers' Club is typical of the organizations of that city. It gave the women travellers have journeyed unprotected It instituted the Annual Cleaning Day, and introduced domestic science into the public of the earth. In the greatest, wealthiest and schools. It so stirred up the city fathers that planted over the city, and money raised for a a superficial understanding of finished pro- League against the Lords, should necessity The pity is that in such a community there tuberculosis hospital. Its latest work, is the

The Beethoven Club of Memphis, an organization of women, with 408 members, aims at musical culture for the whole city. It has thoven Department has seventy-five young

one of a hundred places they know, to follow for trial, and the confidence of the sick in ills of the world, but assuredly the gospel of The Christmas Club of Memphis was ora hundred more or less mysterious pursuits. entrusting themselves to the physician. "A chivalry among men would lessen some of ganized to provide holiday cheer for orphans The city boys take to the streets or to a case of blind faith," said he. "The doctor them. If eighty out of a hundred men were and others in need. One December it raised

Doing Justice to Punch.

study, no rugged self-invented games that call Whether or not Dr. Patton meant it, there commentary on the civilization of a Christian The Record of Philadelphia lately told a for initiative and stimulate fancy, no hours was a refreshing ripple throughout the con- city than the words of a girl, desperate to the story of Archbishop Ryan of that city, illusverge of self-destruction: "A girl dare not trative of his fondness for children. Seeing make friends with anybody." Perhaps it will a small boy anxious to get at the bell-pull of through the house." As he looked down the boy exclaimed, "Now, let's scoot; I was playing tricks." It's a good story, but it originated in Punch about 1875, with a fine drawing dizzy spells, a smothering feeling, cold

Toronto. "The minute we admit the athletic he has been alone put upon by friends, for spirit to enter our Sunday school we lower two years ago a story was current about Rev. its moral tone. I make a distinction between Funk, of Funk & Wagnalls, to the effect that athletics and physical culture as given by pub- when a kid he was extremely smart. One Sablic school teachers and in Y.M.C.A. gymnasi- bath, when at Sunday school, the superintendums. But I have seen so many young fellows ent asked him, "What commandment did Cain bockers, he gathers a fine crop of slang At a meeting of the Woman's Foreign dragged into the mire through participation break when he killed Abel?" And the youthphrases and sporting and theatrical knowledge. Missionary Society in a large city church a in athletic games that I am convinced that our ful Funk replied, "Please, sir, there wasn't But smart as he thinks himself, he knows discussion arose among the members present Sunday schools have no business with them any commandments then.". However, this joke was published in Punch away back in the In reply J. Howard Crocker claims that half '60s, about an Englishman and had a drawing suffered greatly from heart trouble, weak-

man that, when a street car was full and he soon found great relief. I highly recomwas seated, he got up, doffed his hat, "and heart trouble." "Not only as a priest, but as a citizen, I gave two ladies a seat." This is also an old forbid this disgraceful exhibition. Stop right Punch joke of Clarles Keene's. In Punch a \$1.25 at all dealers, or mailed direct on An Alabama negro became possessed of a where you are." This said Rev. John J. Pres- very stout lady is standing at the omnibus receipt of price by The T. Milburn Co., seedy and forlorn-looking dog, to which he ton, of St. Lawrence Roman Catholic church, steps and the conductor is bawling inside, Limited, Toronto, Ont.

Evangeline Booth's Policy.

Evangeline Booth's policy in the Salvation were calling to Sieger to "go in and finish seeing it worthily bestowed. Therefore, in- female sex exclusively. In the season

longest way. Economy has been our principle by keeping the scalp sweet, pure and wholesome, the hair is bound to grow both perforce and by choice. Our aim is to as nature intended, regardless of the make each gift meet some need and to reduce temperature. Try it and be convinced the cost of fransit from donor to recipient to | Sold by leading druggists. Send 10e a minimum. This method is only possible by in stamps for sample to the Herpicio the officers being almoners, their expneses be- Co., Detroit, Mich. \$1 bottles guaran ing simply such as will cover their bare sub- teed. G. W. Mahood, special agent.

"To rob charity of its greatest foe-the risk of pauperization. It has always been my belief that a gift that does not detract from a man's self-respect is worth double its value. The few cents paid for a garment in our second-hand stores, the bit of honest toil for food and bed in our Industrial Homes, or the tion of this principle."

False Hair Has Been Banned.

Rev. Percy Stickney Grant, rector of the who married the late John Biddulph Martin and Church of the Ascension, New York city, has settled in England. Mrs. Crawford states: won his fight against rats and puffs and all In strength delicacy of flavour, "It is solely a question of the parliamentary forms of artificial hair upon the members of vote. There is no security in England for the choir of his church. The matter was women's financial enterprise. We pitch our broached by the rector a year ago as a sugtents in Australia because there women have gestion. No effect was visible. On Friday the franchise. Consequently, they have pro- when the choir was getting into vestments for the Clyde Fitch funeral, Henry Warren, choirmaster, issued an order, prompted by Mr. Grant. Whatever hair had not accrued in the Lately the press gave currency to an article ordinary course of events simply had to come of the Jewish World regarding the ages of off if the women wanted to stay in that choir the patriarchs, claiming that in the earliest Of course, all wanted to stay, so right there times the month-the period of the moon's in the dressing room hair began to fly and Teheran, Persia's capital, is one of the least circle, was called a year; Methuselah's age within a few minutes every one of the fluffy guilty of offences against the law, it is not interesting cities of that ancient land. The 969, was cut down to 7834 years, and that of heads was as sleek as the most straight laced

A Woman and her Names. to be a source of future trouble, and the pun- Haroun-al-Raschid in a neighboring village. old when his son Enos' was born. Enoch Site began as Elizabeth Bird, in Harrison ishment is visited on its unfortunate head in- Its importance comes from the presence of would only be five years and five months old County, Ky., and ventured from the home stead of on those who neglected their duty the court, but it undergoes a sad decadence when his son Methuselah was born; Selah nest when she married Bud Martin. When and ignored sheir responsibility. There is a in summer, when the unhealthful climate driv- 21/2 years when his son Eber was born; Nabor Mr. Martin died she married Edward Crow, a Has stoves to sell, but nobody and ignored sheir responsibility. There is a greater cruelty to a child than physical illegrater cruelty to a child than physical illegrater cruelty to the mind and heart, when the unhealthful climate drivers and the population to more greater cruelty to the mind and heart, when the unhealthful climate drivers and the population to more greater cruelty to a child than physical illegrater cruelty to the mind and heart, when the unhealthful climate drivers and the months old be treatment—the cruelty to the mind and heart, when the unhealthful climate drivers and the months old beautiful Antique and ignored sheir responsibility. There is a greater cruelty to a child than physical illegrater cruelty to a child than physical illegrater cruelty to the mind and heart, when the unhealthful climate drivers and the months old beautiful Antique and ignored sheir responsibility. There is a greater cruelty to a child than physical illegrater cruelty to a child than physical illegrater cruelty to a child than physical illegrater cruelty to the mind and heart, when the unhealthful climate drivers and the months old beautiful herself with—William Robin and sanitary places.

Ispahan, the former capital, is far different. It is the most beautiful Antique of its high purpose and mission in life. It is the most beautiful Antique of its high purpose and mission in life. It is the most beautiful Antique of the population to more at the greater cruelty to a child than physical illegrater cruelty to a child than physical illegrat cruelty to a child to expose it unnecessarily twenty-four miles, and Shah Abbas in the six- three months. Cain and Abel were grown up Buzzard, a widower, more attractive than his to contact or association with vice or anything teenth century loaded it with magnificence. young men. But supposing they were only name would indicate, appeared, and Mrs. An Informing Sketch of Amerithat defiles or contaminates. It is cruelty to It contains splendid mosques and ancient pal- lads between 15 and 16 when Cain murdered Robin became Mrs. Buzzard. Into the Buz- can History, Valuable for Librardeprive it of education— of a moral as well aces which appeal to the imagination. But Abel, they must have been born five years zard roost Mrs. Buzzard carried one little ies and Research. Cor; Princess and Chatham Sta., as secular kind-or to shut it out from those Ispahan, too, has fallen upon evil days. Hous- before their father for he could then be only Martin, two little Crows and one little Robin. happy anticipations and pleasures which are es, bazaars, mosques, palaces, whole streets, ten years old on the scale of the Jewish One little Buzzard was already there to wel-

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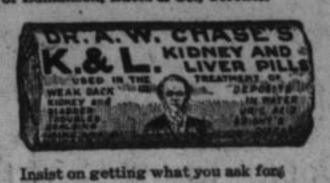
tion of the liver and bowels

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heart palpitates, you have weak and clammy hands and feet, shortness of But the good archbishop need not feel that breath, sensation of pins and needles,

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est of pleasure I write you stating the benefit I have received by +++++ using Milburn's Heart

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