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No. 100 George St. Sorel, Quebec. 'I suffered from wor b disease for seven years, with dreadful pains over the front of the body, over the back and down the legs. I had indigestion and chronic constipation and the constipation was so had that I went sometimes for ten to fifteen days without any action of the bowels. I was ill in bed for one whole year. At one time I was so low that everyone thought I was going to die, and the last Rites of the Church were administered to me. I was treated by six different doctors without any benefit.



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Montreal, Quebec, St. John, N.B. Hali-fax, Boston, Toronto, Chicago, Denver, Renfrew, Sault Ste. Marie, Duluth, St. would not have taken them only my "Fruit-a-tives" I grew better, the bloating was relieved, the sleeplessness was cured, my stomach acted, and the bowels were moved, but above all the fearful womb pains were made easier.
I have taken eighteen boxes in all aud I am now perfectly well again." (Signed) MADAME JOSEPH LIRETTE, 50c. box -6 for \$2.50-or trial box 25c. -at dealers or from Fruit-a tives

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Send Name and Address Today-You Can Have It Free and Be Strong and Vigorous.

I have in my possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back, brought on by excesses, unnatural drains, or the ! lies of youth, that has cored so many worn and nervous men right in their own nomes-without any additional help or medi cine—that I think every man who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So I have determined to send a copy of the prescription free of charge, is a plain, ordinary sealed envelope to any man who will write me for it.

This prescription comes from a physician who has made a special study of men and I am convinced it is the surest-acting combination for the cure of deficient manhood and vigor failure, or put together. vigor failure. er put together.

I think I owe it to my fellow man to send them a copy in confidence so that any man

anywhere who is weak and discouraged with repeated failures may stop drugging himself repeated failures may stop drugging himself with harmful patent medicines, secure what I believe is the quickest-acting restorative, upbuilding, SPOT-TOUCHING remedy ever devised, and so cure bimself at home quietly and quickly. Just drop me a line like this:
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this splendid recipe in a plain ordinary envelope free of charge. A great many doctors
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ANDREW MACLEAN. Ontario Street.

The Echo That Was Moved

By SOPHUS BAUDITZ.

******* Once there was an uncommonly, powerful echo in the heart of a moun tain pass, hard by the Lybian Desert. Its existence was no very cheerful one, Echo. "Not another stroke of work for mortal man rarely strayed that will I do in this place. come any one who gave the Echo a calmly went his way. chance to show its skill.

his rounds among the world's echoes ing silent when it was addressed.

"Good day !" said he. promptly replied : "Good day !" "You have a fine, sonorous voice,"

observed St. Peter. Once in a while a hungry lion roars for was what was so irritating. negro flesh, and every other year or There were rare occasions when the tive popularity are: American, Ger-

where would you like to go?" "Very well, I shall think the matter thought the Echo one Whitsunday

the Echo's straightforward way of humanity than ever.

the Saxon mountains that has shriek- Ugh! And this is Whitsunday.

"Many thanks," rejoined the Echo, where can I find a refuge? In a friendly ravine whose rocky ferns and through whose midst flowed a brooklet bearing tidings by day and right by night, from the mountains, the Echo found its new quarters. The change was indeed a happy one. before there had been cause to complain at lack of occupation, there was here plenty to do. The valley's Echo had been celebrated, but never so much

"It is really astonishing how it has been picking up of late," people de clared, and pilgrimages were undertaken from far and near for the express purpose of hearing it. Guides made it a business to select the most favorable points of observation from which tourists could hear it to the best advantage.

This naturally flattered the Echo, al-

cated in a lively neighborhood.

Revillon Freres 7 everything, and so, too, can an Echo, ed my good woman."

It was not strange that our Echo Then, in view of saving the situative discovered it to be far from tion she took the stand herself and gradually discovered it to be far from tion she took the stand herself and amusing to be from morning until shouted the word "Goethe!" length when the poor Echo looked for sued, and then came, like the rumbl- Sask. ward all summer long to the peaceful ing of thunder and the jarring blasts nonotony of winter.

no longer," exclaimed the Echo one day to St. Peter. "I must have more rest or I shall strain my voice. How would it be for me to go to Ems?" slightest abbreviation. "It is not customary to move every other day," observed St. Peter. "It was by your own wish that you came here and you will, therefore, now have to abide by the consequences. Then I shall strike," cried the

Food Lacks Variety-Ill Health Fre-

comes from the country, vet the farmer's table shows the least var- ing polar bear alone occasionally sands of cases such as the following : A sense of fullness or distension. with aching pains in the left shoulder blade and back, inflicted fur Detroit News. dealers, in 25c boxes.



HALIFAX FISH CAKE

is the very highest grade of Atlantic odfish in its most economical form. Prepared easily enjoyed thoroughly ested readily. Your grocer sel

way and still more rarely did there "As you please," said St. Peter and lishments, and 27,000 diners are ac-One fine day St. Peter was making there was no possibility of its remain-

to see if there were doing their duty. Poor Echo; it had now a wretched 000 per year. In due course of time he reached the existence. To be compelled to do mountain pass near the Lybian Des- what one has lost all interest in doing is always a torment, and it can readily be imagined how uncomfort-As a matter of course, the Echo able it made the Echo to be obliged workers in this section of the city to repeat the name of every chance does not exceed more than 10,000, if traveller and his sweetheart and other seems hard to believe that so many of

"Without wishing to praise myself I At first it had repeated in full, ring street when they want to take a meal. believe I have," said the Echo, in al, ing tones the entire name. Now it A tour of "restaurant row," as it is of its own accord when it will—"but after an ill-tempered fashion, the last skeptical. pray what satisfaction is it to me? syllable. Answer it must, and that The nationalities represented along

so a Bedouin shouts for a runaway Echo managed to have a attle amuse camel. That is all the diversion I ment through hearing something behave. If this continues I shall lose when three unruly schoo, boys shoutvusty. Don't you think it is about ed at it a whole volley of naughty 12,800. The lovers of Tuetonic fare followed. ime I should be moving?"
words. Sad to relate the Echo was low a close second, 12,000 diners sit"Possibly," admitted St. Peter, "but sufficiently demoralized to repeat the ting down every day in front of dishes naughty words at the top of its voice prepared by chefs and served by keil-"Ah, I can bear it no longer !"

beg of you," besought the Echo. "It reverberating until it was warn out would take too long before anything with the shrill tones of a singing society that had been displaying its at-Now, St. Peter, as every one knows, tainments at the edge of the ravine. s goodness itself. Moreover, he liked Consequently it felt more at odds with

speaking, and so, forming a sudden "Ten times would I rather harken to roaring lions and hoarse-vaiced camel "There is an honest old Echo up in drivers than to such four-part songs. ed itself hoarse and longs for a chance fine prospect I have before me, forto rest. You two might change sooth, Verily I shall go mad? Leave here I must, by fair means or foul. But

> And the Echo thought and thought. Suddenly an idea dawned upon et-an idea that seemed so brilliant as to cause its originator to laugh out-

Everyone was eager to hear the Echo. which being in particular high spirits more mysterious name than the last fairly outdid itself.

from the nearest town. Two class making selections the floor manager teachers and the principal herself ac will cheerfully aid him. companied them. The entire class was After having decided whether he will larly resonant voice, "Dora!"

that cost the poor teacher dearly. A few seconds of expectant, awful course he may choose "fish chop suey" though it could not help feeling a bit silence, and then-horror of horrors- or "black bass subgum with white chagrined that any one should sup- there came reverberating from the mushrooms." Then follow eighteen pose it to be merely the old Echo depths of the ravine, borne on the varieties of chicken, among which are that had regained its voice. However, Echo's powerful voice, a word, a very two that are flanked by his old friend that main essential was that its wish naughty word, one of the naughtiest "subgum. words it had learned from the three unruly boys.

of the trump of kloom, the very "I actually believe I can stand it naughtiest of all the naughty words the Echo knew. As though fearing to be misunderstood, it repeated the word twice distinctly and without the

> principal of the Institute swooned away and the pupils went into hysteries. The scandal was accomplished. Nothing could alter it. In order that no one with any sense of propriety should be obliged to listen to so indecorous an Echo, St. eter removed it forthwith.

Farmer's Wife's Story had gained its point, but whether it and dampness. was content deponent saith not. As a punishment for its willfulness as water and exposure to cold piercand unseemly behavior, it was station ing winds. And there is nothing so efed at Spitzbergen, between two nak- fective in curing eczema as Dr. in town ed rocks, out of seu

There a snorting whale or a growl- This has been proven in many thou-

Natural Bridges.

ther suffering upon me. My system | Interest has been aroused lately in | Mrs. John J. Delory, Linwood, Anwas sluggish, and with other troub- the natural bridges of the country, tigonish county, N.S., writes: "I les incident to women, my state with the result that a number of new, want to say that Dr. Chase's Ointwas miserable. I used to wish for ones have been brought to light. The ment has proven a great blessing to this and that to eat, but a far- state of Utah has four that were here me. I had salt rheum on one hand mer's table is mostly for well folks, tofore practically unknown, and the and could not get it healed up. The it was a good thing I heard of last one to be investigated is the largitching was most distressing at times. Dr. Hamilton's Pills-they fixed up est. It is about four miles north of the Two boxes of Dr. Chase's Ointment the stomach some, and then I boundary line between Utah and Ari- has cured me completely and I gladcould eat. By acting splendidly up- zona and between the Colorado river by recommend it to every sufferer." on the system, my blood was made and the Navajo mountains. The rock In scores of ways Dr. Chase's Ointpure, and I got color and strength is hard sandstone. One end of the In a few weeks I had no more bridge juts out from the wall of the gas, nor the full feeling-everything canon floor, while on the other side seemed to get right all at once. I the springing line is at the base of can eat anything now, do my own the cliff, so that the arch is not perwork and feel life worth living." etly symmetrical, though the curve Don't fail to use Dr. Hamilton's is smooth and has scarcely a break, Pills-they are the right medicine to having a clear span of 274 feet, with make and keep you well. At all its crown 301 feet above the bed of the small stream which flows beneath cipes.

27,000 DINNERS EACH DAY.

Thirty-nine Different Eating Estab-

The biggest restaurant business for any single street in the world is done in Chicago. This was discovered the other day by a trip down Randolph street, which caters to the inner wants of more people than any other section of the city four times its size. An accurate count showed thirty

aine different eating establishments located on the street between Michigan and Fifth avenues, a distance of six short blocks. Six different nationalities are represented by these estabcommodated by them every day in the He knew as well as the Echo that year. To buy these 27,000 meals costs this little army of eaters approximately \$12,000, which totals nearly \$4,500,-

These startling facts are not generally known to frequenters of the loop district, and when it is taken into consideration that the entire number o them should go to the same short

ners and keilnerins who learned their art in the kaiser's domain.

Next in popularity, strange to say "Disponse with thinking it over, I had passed s sleepless night after citizens who have developed oriental tastes make their way daily into their establishments to appease their hunger in mandarin style. An additional 500 are about equally divided between the practiced gourmands who can only be satisfied with the heavy dishes of the magyar's hand and the abstemious Jew, with his centuries old aver been killed by the rabbi's hand. Another 100 seek the spaghetti and ravioli of the Italian food expert. An introduction to the delights of

"the "row" would better be begun by a dinner at a Chinese restaurant. Unless the visitor has been coached in the intricacies of the Chinese menu he is liable to meet here with a serious Streams of people came pouring in difficulty from the endless variety of to the ravine from early morning dishes shown, each of which has stranger, more unpronounceable, and He is politely assured, however, by a Among the guests came the senior note printed on the page before him class of a Young Ladies' Institute that if he experiences any difficulty in

stationed on the proper post and one try "birdnest soup" or just plain of the teachers, striking an impressive, "chicken subgum soup," he meets the attitude, called out in a not particu- problem of selecting relishes. These extend from "sweet pickle ginger" to That was the Christian name of the "raw water chestnuts." Next lobsters principal of the Institute and was claim his attention, running from spoken as a delicate mark of attention "lobster chop suey" to "lobster subgum with mushrooms." For his fish

In this style a rich collection of Years sped swiftly by, and for a The teacher felt positively ill. As gaze through the meats to canned while the Echo led a merry life of it. for the principal of the Institute, not fruits, cakes, and imported Chinese From winter till summer, and from having heard the word that had been teas. Some of the more odd sounding summer till winter again it rejoiced spoken but having heard the reply names encountered are: "Shrimps, out a prescription like this - but I send it and made glad, and the dwellers of the with terrible distinctiveness, she cast noddle warmein; yetcamein; fried vale blessed their Echo, for the great a withering look at the teacher and noodle subgum; pork egg for young; influx of visitors that increased year cried in a voice wavering with indig- gamgot or little preserved oranges; However, people can become tired of "Your services are no longer requir- canned pears; rice lichee nuts; seumen booloo or canned pineapple; sarlee or and wonmoo tea."

> The home of Mr. and Mrs. Frank might at the call of every individual That was eminently proper, she was very pretty wedding, on February 9th, who took a fancy to test the strength sure. Doney, Solmesville, was the scene of a of his lungs. There came moments at A pause, longer than the first on married to Arthur Peck, Weyburn,

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FROM

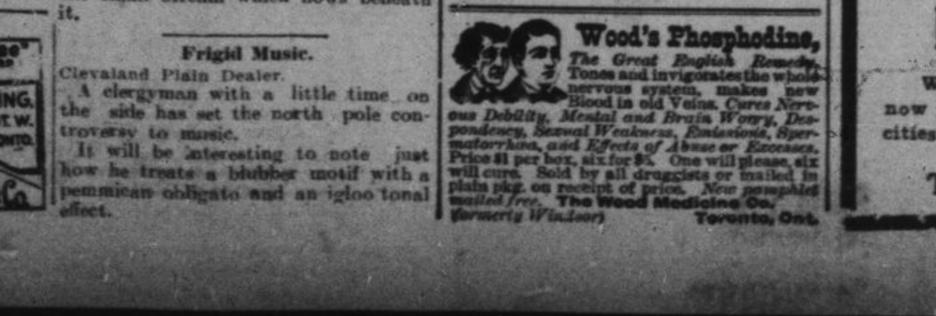
Dr. Chase's Ointment Winter is dreaded by people who are subject to such skin affections as eczema and salt rheum and by others Thus, in a certain measure, the Echo | whose skin is easily irritated by cold

> There is nothing so bad for eczema Chase's Ointment.

Antique Furniture | iety and his wife undoubtedly break the oppressive stillness. So Mrs. George A. Brewster, Millwood, works the hardest. In this sweeping frigid is the weather, as we all know, Man., writes: "I have used Dr. arraignment Mrs. J. Y. Tate gives that it seems natural to give credence Chase's Cintment for a skin trouble the cause of her illhealth: "I lost to the report of an ancient harpooner which used to return again and again my appetite, gas formed in the to the effect that our poor Echo seems and caused me much misery on ac-stomach and caused great disstress. to be laboring under a severe cold. count of the terrible itching. The Ointment entirely cured this disease and I have never since been troubled

ment is of greatest value in the home, in curing pimples, blackheads, chapped skin, chilblains, frost bites, sores and burns and every form of itching skin

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