

Crippled With Lame Back

THIS RESULT OF LONG STANDING KIDNEY DISEASE WAS OVERCOME BY

DR. CHASE'S

KIDNEY-LIVER PILLS.

This letter gives you some idea of the definite and certain results you obtain by using Dr. A. W. Chase's Kidney and Liver Pills for kidney disease.

This medicine is very prompt in action and very direct in effecting cure. You do not need to keep up the treatment long before you find most marked improvement.

Mrs. Richard Patterson, Haldimand, Gaspe Co., Que., writes: "I want to tell you that I was cured of kidney disease of long standing by the use of Dr. Chase's Kidney and Liver Pills. I used to suffer a great deal not knowing just what was the cause of the trouble and got so bad that I was almost crippled with lame, sore back."

"Before I had used two boxes of these pills I found my back better and less than three boxes made the cure complete. I have never had a sore back since and believe the cure to be lasting."

Backache, headache, bodily pains, scanty, painful urination, deposits in urine after standing, feeble appetite, indigestion and irregularity of the bowels are among the symptoms which warn you of serious trouble from kidney disease.

You can be practically certain that Dr. Chase's Kidney and Liver Pills will help you and help you quickly. Make the test for yourself today. One pill a dose, 25c a box, all dealers, or Edmondson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.



POOR SAMUEL.

But who wants to talk business when the fishing's good, anyway?

REVOLUTIONIZE NICKEL.

Our Smallest Coinage Coming in for Discussion.

The elusive, little Canadian five cent piece, the bugbear of Canadian currency, is doomed if many geologists, metallurgists and mining men have their way. It is claimed that the adoption of a nickel coin worth the same amount of money would be an improvement. Germany, France, and other European countries have adopted nickel for coinage purposes and why not Canada, a country where nickel is a characteristic metal, and where sixty-five per cent. of the nickel production of the world is mined?

Dr. W. G. Miller, provincial geologist and president of the Canadian Mining Institute, is an enthusiastic advocate of the nickel for coinage purposes. In his presidential address he made the following reference to the matter: "Heretofore the dominion mint at Ottawa has been turning out copper and silver coins and British sovereigns. Now it is to mint Canadian gold as well. It is to be hoped that for long Canada will have a pure nickel coin, since this metal has been used by several European countries for coinage and found to be well adapted for the purposes. The present Canadian nickel is the smallest coin in the current coinage. It is also, perhaps, the most handled, and its size makes the handling of it extremely awkward. It is so near the size of a ten cent piece that it is not an easy matter to distinguish the two, unless by careful scrutiny."

"Pure nickel can be stamped now," Dr. Miller stated, "and why can we not use it for coinage? It weighs a ten and twenty-five cent piece, and this would be more easily distinguishable. The United States nickel wears groovy. That is because it is not pure nickel, but copper and nickel amalgamated. The pure nickel coins are superior to the amalgam coins. Nickel has a value of forty cents a pound and is not as heavy as silver. The proportion in weight between the two metals is about the ratio of one to two. Silver is of great deal more value, as might be expected, an ounce being worth forty cents."

The federal government has been impressed by expert metallurgists and others with the desirability of having a real nickel five cent piece coined in Canada. Nothing has been done, yet but the disciples of the "real nickel" are as enthusiastic as ever and expect that the question will be taken up seriously in the near future. Canada produces sixty-five per cent. of the world's supply of nickel, New Caledonia being the closest competitor for the dominion. It has been styled Canada's characteristic metal and its value is increasing as its usefulness becomes more widespread. Many reasons are being put forward favoring its adoption into the Canadian coinage, and business men, as a rule, as well as the general masses, favor such an innovation. Certainly the visitor from across the line would be greatly benefited when he came to Canada for a business or pleasure visit to find that the "infernal little Canadian nickel" had been passed up, and a real nickel coin, not the greasy, half nickel, half copper five cent piece of Uncle Sam's domain, substituted. Advocates of the new coin are expecting a general currency in its favor in the course of a few years. When once adopted, they contend, it will be a widespread favorite, even among street railway conductors, who will then be able to distinguish the coins more readily, though

the mouth of the fare box would have to be enlarged.

FORCED TO TAKE FOOD.

Indigestion Banished by Dr. Williams' Pink Pills.

Victims of indigestion, have small choice between two evils—on the one hand a starvation diet, which means great weakness and depression of spirits, and on the other hand forcing themselves to take nourishment in spite of the acute suffering inflicted by each meal.

In the search for a cure they find common medicines upset the stomach and render the food more difficult to digest. Laxatives are violent and weakening, and so-called "pre-digested foods" merely evade the cause of the trouble and the stomach steadily grows weaker.

The common sense way of curing indigestion is the Dr. Williams' way—the making of new, rich blood by Dr. Williams' Pink Pills that gives tone to the weakened system and invigorates the distressed digestive organs. Dr. Williams' Pink Pills have cured thousands of the worst cases of indigestion through their simple tonic treatment and one excellent example of these cures is the case of Miss M. Y. C. Roberge, Sorel, Que., who says:

"For upwards of nine years I suffered almost continuously the tortures of indigestion. At times I had no appetite at others there was a craving for food, but whatever I took caused me the greatest pain. As the result of the trouble I suffered from violent headaches, and I grew pale and weak. I tried many different medicines, some gave me a little relief, but none gave me any permanent benefit until I began using Dr. Williams' Pink Pills. I had only taken these a few weeks when I found such help as I had not found before. The pains after eating gradually disappeared, my appetite grew better, and after using the pills for a couple of months I found myself completely cured, and have not since had a twinge of the trouble. I gratefully recommend Dr. Williams' Pink Pills to all who suffer from any form of indigestion."

Through their action on the blood Dr. Williams' Pink Pills cure such troubles as anaemia, indigestion, sick headaches, rheumatism and all forms of nervous troubles such as neuralgia, St. Vitus' dance, and partial paralysis. These pills are especially valuable to growing girls and women and cure the headaches, dizziness and other pains known only to them. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

Absent-minded Men.

Who is the most absent-minded man on record? Our bus conductor, possibly, if one knew more about him, might rival Lamb's friend, George Dyer, but it seems unlikely. It was Dyer who, leaving Lamb's bungalow at broad noonday, walked straight into the New River. He was known to take up a coal scuttle instead of his hat, to walk home with a footman's cockade hat on, and even to leave one of his shoes under the table and get well on his homeward way before discovering its loss. He called at a friend's in Bedford Square one morning, heard that the family was away in the country, left his name in the visitor's book—and a few hours later called again, asked for the book again, and was astonished to see his own freshly-written name. Once, when Proctor breakfasted with him, Dyer forgot the tea. The omission being noted, he filled the teapot with ginger. Proctor left as soon as he could to get a better breakfast at another coffee tavern and there Dyer strolled in and asked him how he did, quite unconscious of having seen him earlier.—London Chronicle.

A LITTLE HUMOR.

Joe: I see old Smithers has taken up golf.

Bill: Yes, and he's taken up automobile and two new clubs and yachting and race horses and nearly everything else that it is possible for him to take up, except his note for \$100. I still hold that.

"What made that stout man jump ed his whip?"

He's nervous when the driver cracks back to the man 'er'd come and turn the mangle for your poor slave in' wife."

"No, sir," stoutly replies the man with the square chin. "And my wife doesn't buy my socks for me, either."

The Hen—"Get hout, yer miserable, crawlin', little worm! If yer was 'art a man yer'd come and turn the mangle for your poor slave in' wife."

The Worm—"No, Sarah, I may be a worm, but I ain't one wot turns!"

Teacher—Tommy, what does the letter 'd' stand for?

Tommy—Apple, for one thing, Teacher. That's right, now, Johnny, what does "B" stand for?

Johnny—Baked apple.

"Mrs. De Spinster has a dozen new chateaux hats!"

"Well, if she put on the whole dozen at once they wouldn't make her look like a spring chicken!"

A contemporary says that the wedding ring is worn on the left hand because the right is symbolical of authority, and the left of obedience. That peculiar noise you hear is caused by the simultaneous action of 100,000 wives in shifting the ring to the proper hand.

The sunshine lures us to regret As chill winds bring confusion; The merry springtime is as yet An optical illusion.

"Many a man," remarked the home-grown philosopher, "spends his courting days in telling a girl that he is unworthy of her, and his married life in proving it."

An English suffragist says that the Sphinx represents perfection in womanhood and is a suffragette. What! and silent?

King's Future Life.—The London correspondent of the New York Tribune cables:

King Edward had his own circle of intimate friends who were leaders in the social life during his reign. King George is likely to accept them, especially as he has never headed a rival coterie of his own. The same smart set will continue to influence society, although its idolized leader has gone.

King George, after the period of mourning is over, is likely to become a patron of the turf, as his father was and also of yachting, for which he has a marked taste. When the coronation is over he will make the rounds of the great country houses and race courses as his father was accustomed to do, and the richest and most ambitious people in society will swarm about him wherever he goes. A style has been set for conducting the business of reigning and supplying social atmosphere, and everything will go on as before.

Let's wife may have looked back, but then again she may have talked back. The doctor who speaks but one language may understand many tongues.

STAND AND BREATHE.

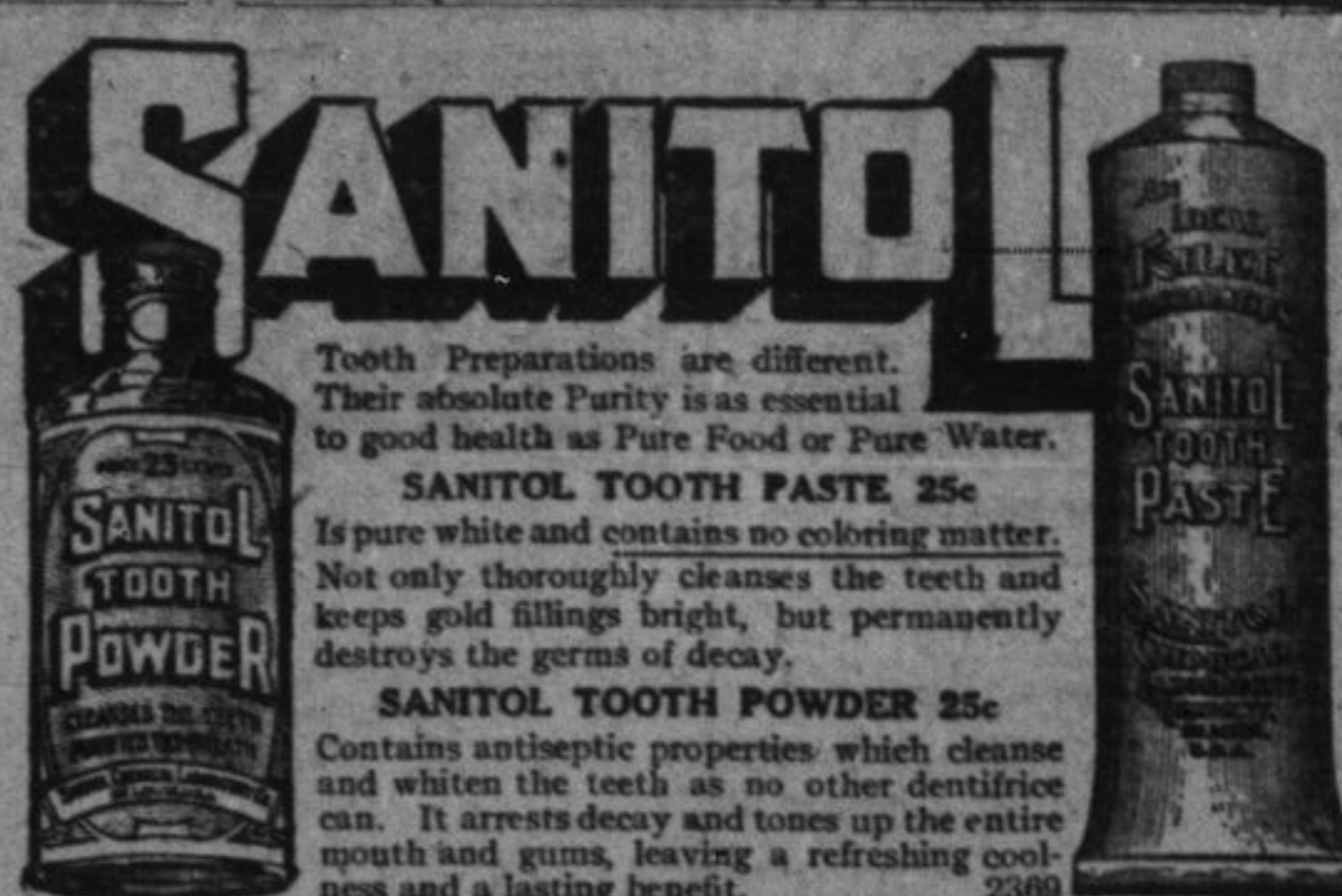
Correct Breathing and Proper Poise Will Rout the Hated Corpulence.

There is nothing more important in trying to get rid of that extra pound of flesh than correct breathing. The very corpulent do not breathe any more than is necessary to sustain life. Stand correctly first, with abdomen drawn in, shoulders back, shoulder blades flattened and chin out. To exercise at home the body should be loosely clothed, and the room flooded with fresh air.

After assuming the correct position, practise drawing in long breaths, through the nostrils, balancing the weight upon the ball of one foot, then the other. Corpulent persons are often heavy walkers, coming down flatly upon the entire length of the foot. Elasticity, besides adding grace to one's carriage sets up a vibratory action of the muscle fibres that prevents fat. Practise, therefore, deep, abdominal breathing, while balancing as stated above, and a pleasing change in the general contour of the body will soon be noticed.—Delineator.

A Tipless Curse.

New York Press. "Talk about the tip evil," said the traveled girl. "Now, last summer, just before I left London, I got cursed awfully. It was like this: I had tipped everybody on the place—the man-servants, the maid-servants, the slaves, the bootblack. Then just before I got in a cab a man up and threw an old soiled cloth over the wheel to protect my skirts as I got in. Nobody asked him. It didn't protect my skirts, because it was worse than the wheel, so I didn't think it was necessary to tip him. "I wish you could have seen his face. It scared me. He swore an awful oath. Then he said, 'I hoaly 'ope the boat goes down wid ye, that's what I 'opes!' "I was pretty wabbly all the way over, thinking it might, but the boat didn't go down."



TOOTH PREPARATIONS ARE DIFFERENT. Their absolute Purity is as essential to good health as Pure Food or Pure Water.

SANITOL TOOTH PASTE 25c Is pure white and contains no coloring matter. Not only thoroughly cleanses the teeth and keeps gold fillings bright, but permanently destroys the germs of decay.

SANITOL TOOTH POWDER 25c Contains antiseptic properties which cleanse and whiten the teeth as no other dentifrice can. It arrests decay and tones up the entire mouth and gums, leaving a refreshing coolness and a lasting benefit.

IRON BEDS :: IRON BEDS



SPECIAL—JUST ARRIVED—\$2.00-\$2.50. SPLENDID VALUE AT \$4.75 and \$5.50. SPRINGS AND MATTRESSES FROM \$2.50 UP.

R. J. REID, LEADING UNDERTAKER. Phone 577.

Good for clothes as well as a germicide—both cleanses and disinfects

ASEPTO SOAP POWDER

There is only one way for you to prove for yourself the full value of Asepto Soap Powder—for you to know its value not only as a germicide, but as a soap compound as well—you must try it!

All we can say would not convince you as quickly as a single package will relieve your mind of doubt. Let five cents' worth of Asepto Soap Powder try you for the next few days—they see if you will ever go back to the soap you are using now.

Asepto Soap Powder can't—will take work off your shoulders if you will only let it. Just put a teaspoonful in a bucket of water, soak the clothes in this for a couple of hours while you do other things—and then watch the dirt drop out. The Asepto does the work. Then, too, Asepto will keep your clothes soft, clean and sweet. After washing your clothes or dishes, pour the Asepto lather wash-water down the sink drain—note how it will rid your wash-pipes of all unsanitary aromas and odors of disease. With Asepto, there is no fabric weakening boiling—no destruction rubbing—to wear out your laundry. You can use Asepto Soap Powder to cleanse fabrics that are too delicate to trust to soap—dainty laces and beautiful hand-worked blouses and shirt-waists. Odorless and harmless—to everything but dirt and disease germs—Asepto washes bedding, fabrics, dishes, woodwork, etc., quicker and cleaner than soap could wash them. A single package of it will make two gallons of the best soft-soap you ever saw. All good grocers sell Asepto—5c. for a large package. Ask for it.

THE ASEPTO MFG. CO. . . ST. JOHN, N.B.

NA-DRU-CO

Medicinal Preparations Are Not "Cure-Alls" Neither are they intended to take the place of your physician

Reasonable Claims To claim that any remedy will cure half a dozen, or even two or three, totally distinct diseases, is to at once discredit that remedy with every thinking man or woman. To claim that any household remedy can take the place, when you are ill, of your physician's skilled diagnosis and prescription, is equally absurd. We make no such claims for NA-DRU-CO remedies. But we do claim that in emergencies when you cannot get the doctor quickly, and on the many other occasions when a reliable household remedy is needed, the right NA-DRU-CO preparation is the safest and best thing you can use. If, for example, you feel an attack of sore throat or tonsillitis coming on, two or three applications of NA-DRU-CO Sterilized Iodine Ointment will check it at once, just as NA-DRU-CO Wild Strawberry Extract will cure bowel complaint or NA-DRU-CO Toothache Gum stop a toothache.

If any NA-DRU-CO preparation you try, whether medicinal or toilet, does not entirely satisfy you, the druggist from whom you bought it will willingly refund your money. Your druggist can supply you with any NA-DRU-CO preparation, for even if he has not the particular article you ask for in stock, he can get it within two days from our nearest wholesale branch.

Some NA-DRU-CO Preparations You Should Keep on Hand

- Cougher Eze
- Camomile Toilet Cream
- Talcum Powder
- Tooth Paste
- Tooth Powder
- Baby's Tablets
- Carbolic Salve
- Catarrh Laxative (Tablets)
- Ced Liver Oil Compound
- Tasteless (2 Sizes)
- Dropper Tablets
- Hot Tea Wafers
- Herb Tablets
- Nerveless
- Pile Ointment
- Rheumatism Cure
- Sugar of Milk
- Stomach Laxative Ointment
- Toothache Gum
- White Lintment

National Drug and Chemical Company of Canada, Limited

Halifax, St. John, Montreal, Ottawa, Kingston, Toronto, London, Hamilton, Winnipeg, Regina, Calgary, Nanaimo, Vancouver, Victoria.

To Builders

We have secured the Agency for a Full Plaster that does away with lime, sand, and hair. It makes a hard, solid, dense, fire proof wall at low cost. It is a non-conductor of heat and cold. A designer of sound. It makes a wall that will not crack or crumble. It contains no sand and can be cut into like wood. It dries in less than one-fourth the time required by ordinary plaster.

Carpenters can follow the plaster without any delay. It is only one-half as heavy as other plasters. It will go twice as far per ton, reducing cost. Call and see sample at THE Frontenac Lumber & Coal Company, Successors to the Rathbun Co. (A. Chadwick, Manager).

HEALTHY CHILDREN

Psychine Made Her A Robust Child

It is not necessary for us to speak any words of our own, for the facts given below are strong enough to convince the most skeptical as to PSYCHINE'S power to restore health. When Nellie was about 2 years of age, she had wasted away so much that she looked like a little skeleton. The doctor treated her for 3 months, but the child got worse, and the doctor said he could do nothing more. We called in another doctor who told us every thing had been done and that the child could not be helped. We decided to take the little thing to a Montreal doctor, who told her lungs were filled with pus and that she would have to undergo an operation if we would save her life. The next day he came down from Montreal and operated upon her, but the operation was failure, so he was unable to get any pus from the lungs. "We were disappointed, and fully thought little Nellie was not going to get better, but it was great when a wonderful medicine PSYCHINE was sent for the lungs. We had been reading some of the advertisements in the papers of people who had been cured through PSYCHINE. We thought it would suit our little girl, and so decided to give it a trial. The next day, and after Nellie had taken the first bottle we saw an improvement. Gradually the little girl began to fill out, and by the time we had used for 10 bottles she was quite well. That was two years ago and she is now well and robust as any child of her age. "We have a great deal to be thankful for. We finally believe little Nellie would never have lived if we had not heard of PSYCHINE. We shall be pleased to answer questions at any time."

For Sale by all Druggists and Dealers, 50c and \$1.00 per bottle. DR. T. A. SLOCUM, Limited, Toronto.

PSYCHINE (PRONOUNCED SI-KEEN) STRENGTHENS WEAK LUNGS

