

YEAR 79. NO. 47.

CATARRH OF HEAD

Which Peruna Relieved in a Short Time.



MISS SUSIE M. KINGSWORTH.

MISS SUSIE M. KINGSWORTH, 466 Quebec St., London, Ontario, writes:

"I began using Peruna last January, when I had such a bad cold, and I could not get anything to help me. My nose and head were all stopped up, so that I could hardly get my breath. I thought at times that I would smother, especially at night. I have no trouble with that now. The noise in my head has all disappeared. I know Peruna will do just what you say it does. I cannot praise Peruna too highly, as it has done so much for me. I hope my letter will reach other sufferers."

Mrs. S. J. Kozant, 1015 Scovel street, Nashville, Tenn., writes:

"I have had a very bad cough nearly all my life, and I am forty-five years old. I have taken almost every kind of cough medicine that has ever been made, but none did me much good. I would have spells of coughing that I thought I would cough myself to death. I took Peruna, and last winter and this winter I have had no cough and I know that Peruna cured me."

A Real Health Coffee



There is nothing unhealthful about Coffee if you use pure Coffee without Chicory and with the chaff or harsh outer shell taken out in the grinding.

Dalton's French Drip Coffee

Is a real health Coffee. No chicory. No substitute. But a real high grade Coffee, carefully selected, specially roasted and ground.

Special Introductory Offer: Dalton's French Drip Coffee is packed in 25c and 50c tins. Buy two 50c tins from your grocer and he will give you a Dalton's French Drip Coffee Pot (worth \$1.50) free.

If your grocer will not supply you send \$1.00 and we will send carriage collect.

DALTON BROS., TORONTO.

If your grocer will not supply you, enclose one dollar and we will send carriage collect.

\$3.50 Recipe Free For Weak Men

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, falling memory and loss of back brought on by excess, unnatural drains, or overwork, that has cured so many men and women without any additional help or medicine—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, in 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 remedy for the cure of deficient manhood and vigor failure ever put together.

I think I owe it to my fellow man to send anywhere who is weak and discouraged with repeated failures, a copy of this prescription with a plain, ordinary sealed envelope, so that he can get it in the quietest-acting manner, without any special study of men, and I am convinced it is the surest-acting remedy for the cure of deficient manhood and vigor failure ever put together.

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DR. ROUSH'S RACY LETTERS

He Writes to the Whig About His Tour in Sweden and Elsewhere.

The King of Sweden Comes From an Alien Nation—The Royal Palace is Imposing—The Curious Interiors of Houses—An Entrancing Picture.

Special to the Whig.

Like Norway's exotic royal family the present king of Sweden comes from an alien nation. Early in the nineteenth century when Europe was harassed by the Napoleonic wars Sweden was without an heir apparent to the throne. The royal line would die out with the passing of the feeble and childless Charles XIII. First a son of the royal Danish family was elected crown prince, but he died before gaining the throne. The question of the succession of the Swedish crown now became an important one. Napoleon's Marshal, Bernadotte, was about to descend with a portion of the French army upon Sweden and instead of resisting him the Swedes hit upon the practical proposition of offering him the crown-principality of their country. So when Bernadotte appeared at the border with his army a duly appointed commission awaited upon him with their offer which was forthwith accepted and the army sent back to Napoleon.

Meanwhile the newly-selected crown prince, with his family, settled in Sweden and upon the death of Charles XIII a few years later succeeded under the title of Charles John to the Swedish throne. It was during Charles John's reign that Norway became a dependency of Sweden and it was during the reign of his grandson, King Oscar II, that the dissolution occurred. To-day under the rule of Gustav V., Marshal Bernadotte's great grandson, Sweden and Norway are again ruled by separate kings, neither of whom came of native stock.

Democratic Sovereigns.

There have been no more democratic sovereigns in Europe than the French line of Swedish kings. Years ago I was present at the opening of a new Y.M.C.A. building in London at which King Oscar II delivered an address. At the close of the exercises the king, at that time both of Norway and Sweden, held an informal reception as democratic as if it had occurred in the White House. King Oscar II in Stockholm habitually went about the city unattended and wholly at the dictates of his own convenience and pleasure and scores of incidents are recalled where he would stop and give a newboy a handful of coins or listen attentively to the plaint of some poor street beggar or other being in distress. This personal freedom and lack of precaution is at once apparent in the atmosphere of the royal palace. No guards challenge you at the gate and the humiliated citizen often passes through the royal court as a short cut to his everyday destination.

The Royal Palace.

The royal palace is an imposing building and arises from the terraced sides of an island just across a bridge-spaced channel that separates it from the parliament building and bank. It forms the central structure in a most unusual group of architectural masterpieces. On two sides a narrow strip of pavement and a border of parking separates it from the azure water. A tram car passes almost under the palace windows, while deep water vessels tie up the dock within a stone's throw of the royal boundaries. This all seems very unconventional indeed and yet there is a stately dignity about the palace that is most impressive. Architecturally considered it compares very favorably with any of the other palaces in Europe. Indeed the residence of the Swedish sovereign appeared to me superior both in size and appointments to the palace of the kaiser, though I have nothing at hand save my individual impressions upon which to make this statement. At any rate the palace at Stockholm is a fitting habitation for royalty in any country and standing in its picturesque setting of garden and sea it becomes a most conspicuous landmark for all this section of the city. One can gaze in any direction from the upper windows of the palace when stretching out beneath his vision a most unusual panorama is always presented.

Looking towards the east across a covey sheet of water the Grand Hotel stands out prominently in the line of state buildings all facing the bay and ending with the classically constructed National Museum. Here a bridge spans another channel and connects the mainland with Skeppsholmen on which is located a naval school. To the north and also standing on the mainland is the Royal Opera House dignified and pleasing in its own individual setting fronting the statue and square of Gustavus Adolphus while in the rear lies a beautiful garden filled with flowers, shrubbery and statuary. To the South of Salt Sjon widdes out into a lake-like sheet dotted here and there by several reeling islands. Towards the west Riddarholmen with its ancient buildings spreads out in pleasing vistas while to the south-east broken by islands and water stretches a sea and landscape of varied beauty, ending with the Djurgården.

Whiskey Holds Its Victims.

Until Released by Wonderful Samaria Prescription.

Liquor sets up inflammation and irritation of the stomach and weakens the nerves. The steady or periodic (spree) drinker is often forced to drink even against his will by his unnatural physical condition.

Samaria Prescription stops the craving, steadies the nerves, builds up the general health and makes drink actually distasteful and nauseous. It is tasteless and odorless, and can be given with or without the knowledge of the patient.

Thousands of Canadian homes have been saved from misery and disgrace by some devoted wife, mother or daughter through this wonderful Canadian remedy. Formerly wasted in drink has restored happiness, home comforts, education and respect to the families formerly in want and despair.

Read the following, one of the numerous unsolicited testimonials received:

"I can never repay you for your remedy. It is worth more than life to me. My husband has been offered liquor several times, but would not touch it. He said it had no charm for him now. May God's choice blessing ever rest on you and your remedy. I will see others that I know would give anything to stop their husbands from drinking. I will give them your address. Mrs. K. Dewinton, Alta. (Names withheld on request.)"

Now, if you know of any family needing this remedy, tell them about it. If you have a friend or relative who has formed or is forming the drink habit, help him to release himself from its awful clutches. Samaria Prescription is used by Physicians and hospitals.

A free trial package of Samaria Prescription, with booklet, giving all particulars, testimonials, price, etc., will be sent absolutely free and postpaid in plain sealed package to anyone asking for it and mentioning this paper. Correspondence sacredly confidential. Write to-day.

THE SAMARIA REMEDY CO., Dept. 7, 45 Colborne Street, Toronto, Can., also for sale at Jax. B. McLeod's drug store, Kingston.

Curious Interiors.

Curious and fascinating were these old interiors both those of the living houses as well as the outbuildings, the latter with their store of primitive farm implements, granaries and other paraphernalia belonging to periods oftentimes several centuries in the past. Old wooden beds built into the wall, wooden culinary implements, the great massive tables with their long benches alongside, the father's chair, the left reached by a notched log instead of a ladder, the hearthstone, the drinking cups and a thousand curious reminders of the early heroic age, vividly impressed one with the realities of that past strenuous existence. Nor was it merely a picture of the dead past for did not the living occupants properly costumed go and come as in days of yore. I know of no more forcible way of impressing the life and habits of the people of both the and past ages on those of us whose time is too full for extensive reading than by those living representatives of such as may be seen in Stockholm's Djurgården.

But past and present domestic life is not the only interesting phase of this marvelous collection. Ancient bell towers and churches are set up here with their quaintly costumed sextons and keepers. Native folk dances are performed to music rendered on ancient instruments. Musicians arrayed in raiment as glorious as the regal robes of Solomon. Open air restaurants abound where dainty waitresses costumed to represent the various periods of the past bring one's tea and coffee and chocolate and cake, not to mention the more scrupulous meals which refresh and soothe one while orchestras and bands fill the immediate vicinity with dulcet strains.

Other Points of Interest.

A half hour listening to the music, dawdling over one's cups and studying the gay, brightly colored costumes of the peasant waitresses bring a desire to proceed again to new corners and undiscovered nooks of this Swedish wonderland. So we strike off down a path that plunges into a ravine bordered by lordly monarchs of the forest. At the foot of the ravine an old wooden mill brought from the province of Dalecarlia is erected and we stop here and study the curious wooden machinery, the primitive burrs and other strange implements and utensils connected with grinding grain. This water mill is several centuries old and constitutes a most interesting relic of the past. A little farther on a windmill with all its accessories for grinding grain is set up and here again I enter and study the ancient mechanism. The mill is found here to be complete, as even the measures and records of toll taken of the farmer's grain being omitted. A clear-cut space hard by is converted into an open air museum of mineralogy, where Sweden's minerals are arranged in labeled. A family of Lapps, including the dogs and baby, is discovered in a native tent and to make the picture complete a herd of reindeer within a wire fence enclosure ranges alongside. An old bell tower with its picturesque keeper rises loftily from a hillock while rune stones with their ancient characters are set up here and there along paths and driveways throughout the grounds. Now the bird and animal life of Norway being omitted and in appropriate quarters in one section of the ground local natural history may be studied at first hand. Besides these opportunities to study the home life of Sweden's rural population past and present another section of the Djurgården, that section of the city within the bridges, contains a number of imposing buildings among them the Northern Museum and the Biological Society repository for Sweden's valuable relics, curios, and articles of virtue, the second constituting a permanent habitation for specimens of the local fauna mounted and arranged as a "tableaux" in their natural environs.

An Entrancing Picture.

The greater part of my last day in Stockholm was spent in the Djurgården. The sun was sinking behind the "Venice of the North" as I gained an elevation in the centre of the garden. Turning my face westward the wide of Stockholm lay shimmering in the slanting rays of the setting sun. The water trailing its azure course in an out between the groups of buildings, now widening into a sheet of lake-like proportions and again narrowing down to a ribbon of blue resembled tracings of lapis lazuli over columns of malachite. The open work spire of the Riddarholm church beneath which lay the mouldering dust of Sweden's long line of royalty, stood out like delicate lace against the translucent sky. The stately imperial palace arising from a terraced garden set in the midst of sparkling waters spoke convincingly of the strategic wisdom of Birger Jarl, Stockholm's founder and fortifier. Farther to the right stretched the magnificent "Strandvagen" bordered on the other by palatial residences—the homes of Sweden's men of wealth. The houses of Parliament, the great state bank building, the Royal Opera house and scores of other structures all pleasing in their proportions and artistic in conception encompassed by silvery bays, rock-bound channels and lake-like lagoons on which piled back and forth, like toy craft, ships of every description formed an urban scene as beautiful as it was unusual and new till the opal shades of the departing day had begun to fade and the twinkling lights of the city had commenced to blossom forth and dance o'er the waters did I turn from a picture that for hours had held me spellbound.

—SIGEL ROUSH.

Mrs. Margaret Thrasher, of Moira, died on Wednesday.

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In making Cakes, Pies, Puddings, Frosting, Ice Cream, Sauces, Fudges, Hot and Cold Drinks
THE STANDARD FOR 131 YEARS
53 Highest Awards in Europe and America
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70 BROCK STREET



Vaseline Hair Tonic

When you water a plant you know how it freshens and picks up. Vaseline Hair Tonic has just the same effect on the hair. It gets right down to the roots—revives them—gives them new life.

When the scalp gets dry, the roots of the hair are left without their natural oil. They dry up in turn and the hair falls out.

Vaseline Hair Tonic provides the scalp with just the moisture the roots need. It does not dry off at once. It keeps the roots of the hair in a thoroughly healthy condition, and so stimulates it to its full, beautiful growth.

Get a bottle of Vaseline Hair Tonic from your druggist and try it. You will soon find your hair looking better than it ever did before.

There are several different preparations of Vaseline, for nursery as well as toilet use, that should be in every home. Our free booklet tells all about them and also contains many useful household hints, recipes, etc., that will be of service to any woman. A postal will bring it to you. Write to-day.

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Feathers cleaned and made into mattresses.

Manufacturers of high-grade mattresses.

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Buy PURITY—the high-class flour and do your duty to your cooking-ability

WITHOUT a high-class flour like PURITY you cannot do your duty to your cooking-ability.

A cheaper, weaker, ordinary flour cramps and puts a limit on your efficiency.

On the other hand, PURITY FLOUR broadens your scope; provides you with unlimited opportunities to do ample justice to the cooking-ability of which you are so rightly proud.

PURITY FLOUR responds nobly to the skill of the cook. It yields the daintiest and most delicate cakes. And pies so creamy, so delicious, your husband will vote you a wonder.

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PURITY FLOUR

"More bread and better bread"

Reminder: Because of the extra strength and extra quality of PURITY FLOUR it requires more shortening when making pastry and more water when making bread.

Add PURITY FLOUR to your grocery list right now.

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