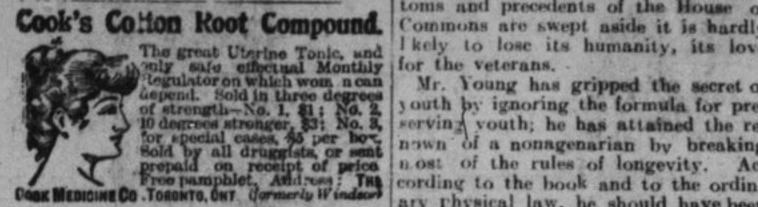
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\$1.60 per dozen J. REES 166 Princess St. Phone 58

# RECORD OF A

Doctors Could Not Help Mrs. Templeton - Regained Health through Lydia E. Pinkham's Compound.

Hooper, Nebraska.—"I am very glad to tell how Lydia E. Pinkham's Vegetable Compound has helped me. For five years I suffered from female troubles so I was scarcely able to do my work. I took doc-tors' medicines and used local treatments but was not helped. I had such awful bearing down pains and my back was so weak I could hardly walk and could not ride. I often had to sit up nights to sleep our mother hasn't sense enough to and my friends thought I could not live keep you a little girl in simple long. At my request my husband got frocks, the blessed Lord knows you should have enough sense for the two take it. By the time I had taken the Do bow, child, you are horriseventh bottle my health had returned and I began doing my washing and was a wearing those cothes that bring out well woman. At one time for three weeks I did all the work for eighteen boarders figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't; don't put up your hair like a figure for men to leer at; Minerva. With no signs of my old trouble returndon't figure for men to leer at; Minerva. With no signs of my old trouble returndon't figure for men to leer at; Minerva. With no signs of my old trouble returndon't figure for men to leer at; Minerva. With no signs of my old trouble returndon't figure for men to leer at; Minerva. With no signs of my old trouble returndon't figure fo after seeing what it did for me. I would more beautiful and attractive as you Almanac. not take \$1000 and be where I was. You are-a child. have my permission to use my name if You will be a woman soon enough; Beware of Gintments for Cataret it will aid anyone."-Mrs. Susie Tem. be a girl-a simple, genuine, frank-



AND FIGHTS FOR HOME RULE IN IRELANL.

tish Commons, Smokes, Drinks and Eats Quite Normally.

Adam's description of himself Irlando in "As You Like It," when

Therefore my name Frosty, but kindly,"

might well do for Samuel Young, the wonderful nonagenarian who sus for East Cavan in the British House of Commons. His, ninety-two years sit poor pair. A woman can put more so fightly on him that you wonder out of a kitchen window with a spoon what clixir he has discovered to enable him to enjoy life with a heartiness and a vigor which would put to hame many a man of fifty.

This remarkable old man made

vigorous speech in the house in the cause of home rule, an incident which is quite unique as far as living memory can help. It is for parliamentary statisticians to controvert the statement that Mr. Young is the only member to speak in the house for half an hour with his time glass running toward ninety-three. When he Drop a card to 19 Pine Street when wanting anything done in the Carpen- had finished his stirring speech the ter line. Estimates given on all kinds house readily paid the tribute due to had finished his stirring speech the years, and in doing so lived up to its Shop, 46 Queen Street. attention. ancient reputation as an intensely human institution. If ever the old cus- paints. toms and precedents of the House of I kely to lose its humanity, its love

for the veterans. tegulator on which wom n can Mr. Young has gripped the secret of sepend. Sold in three degrees youth by ignoring the formula for preserving youth; he has attained the renown of a nonagenarian by breaking nost of the rules of longevity. cording to the book and to the ordinary physical law, he should have been Conserving his energy and reflecting on the past when he arrived at the

scriptural limitation of three score

Mr. Young fought his parliamentary lection as a non-Catholic in a Catholie constituency, and came to St. Stephen's a year before Mr. Gladstone brought in his second home rule bill. At ninety-two he has perhaps greater political enthusiasm and business enterprise. Eight o'clock in the mornfinds him busy with his papers and answering his own correspondence. Three or four hours' business, often involving miles of hard walking, fills up the interval before lunch. An important division in the house, and he is there to the last. The lamp is put out at midnight, if there is no excuse

for burning it later, vel as his career. He moves his burly frame with the quick, light step of grow weaker. Nowhere is the his hair and beard you would chal- [more clearly useful. The principal of

flash he brushes aside the impeding in- Here is an experience with this treatcidents of seventy-five years and takes ment. Mr. John Brenenstal, Calgary, you to a time when, as a youth of Alta., says: "For years I was an sixteen, he left his home at Pontafer- almost constant sufferer from indigesry, county Down, to seek his fortune tion, and naturally because there was Ring, is to head'a summer stock com- appear once each week in "Julius in the woollen trade of Belfast. Even much nutritious food which I could to-day Mr. Young finds business and not eat owing to the pain and disthe transaction of a profitable deal comfort which followed, I was bethe next best hobby to keeping abreast coming much run down. I tried many with the world's best literature. Menwith the world's best literature. Mention Carlyle, and he will roll of me until I began the use of Dr. Wil
William Gillette will head an important Frohman stock company in New Sius, Mr. Keenan. "A Midsummer York next season.

Night's Dream" is another play alstrings of quotations. After a long liams' Pink Pills, After taking a and who came of one of the oldest "Jack o' Jingles," a romantic play day in London and at the House of few boxes I was much better and in theatrical families in America, died by Leon M. Lyon and Malcolm Cher-Commons he can still find enthusiasm the course of a couple of months for an hour with Newton, Spencer, or was quite well, and could cat any Darwin, to the accompaniment of a food set before me."

Indication and state of the course of a couple of months last week in New York.

Upon his arrival in London, Charles son Land in London. It deals with Frohman announced that he had the incidents following the abdication of

the world as much as ever I did." he went on, "and I have always been Ont believer of the absolute necessity that Ireland should govern herself When Mr. Gladstone threw himself into the fight I felt I ought to go and

heln. I was seventy-two at the time. "Recipe for long life? I haven't got one. I have never thought about my health at all. I am not a teetotaler: I smoke and I gat what I enjoy. But I have always been moderate and if you ask me the bost way to live long, I should say, bring yourself into harmony with your surroundings," "

### Don'ts For Girls.

Minerva-Bon't. You are just a little girl, only high school. Lou should be kept have your head full of your

DON'TS FOR WIVES.

Chicago Pastor Gives Women Ten Warnings.

"Put these up in your wife's mirror, where she can see them every morn-.ng," said Rev. W. W. Bustard, Rockefelier's pactor of the Euclin Avenue Baptist church, Chicago, is introduc-"Ien Don'ts for Wives." His 'don't" are as follows :

I. Don't marry a man for a living, but for love. Manhood without mony is better than money without man-

2. Don't overdress nor underdress, common sense is sometimes better

3. A wife with a hobble skirt and a husband with patched trousers make a than a man can put into the cellar with a shovel,

4. Don't think that the way to run a house is to run away from it. It is wrong to go around lecturing other women on how to bring up children while you are neglecting your own. 5. Don't tell your troubles to your neighbors. They have enough of their own. Fight it out with your husband if it takes all summer. 6. Don't ang. The saloonkeeper is al-

ways glad to welcome your husbane 7. Don't try to get more out of a looking glass than you put into it. Nature's sunshine is better for woman's beauty than man's powder and

8. Don't make gamblers and drunkards out of your children be running whist parties for prizes and serving 9. Don't forget to tell the truth, es-

pecially to the conductor about the age of your child; honesty is worth more to you and him than a nickel. A boy who is eight years old at home and six on the cars will soon learn other things that are not so. 10. Don't forget that home is woman's kingdom, where she reigns

# RIGHTLY CURED

By Toning Up the Stomach to do th Work Nature Intends it Should.

Indigestion should not be neglected for a moment, but by depriving the body of its proper nourishment through the food, the trouble grows stendily worse. Neither should lating medicines, which ruin the ready weak stomach by making work beyond its strength, be used; nor pre-digested foods, which do not excite a flow of the digestive fluids, mature vigor. But for the silver of treatment by Dr. Williams' Pink Pilis lenge his relation to longevity, and this treatment is to enable the stomwhen he commences to deliberate upon ach to do its own work by building the subjects of his interest you grow up the blood and giving tone to the more amazed at his exceedingly "live" nerves. When these are once restored to their normal health indigestion He is a master of his memory. In a disappears and the cure is permanent.

While taking a morning "constitution, or any trouble due to bad blood Barrie next season. he world as much as ever I did." or six boxes for \$2.50, from the "The Spring Maid." I come from the common people," Dr. Williams' Medicine Co., Brockville, Robert Brouet her

### COOKING VEGETABLES.

Use Uncovered Utensils Except For Beans or Peas.

in preparing vegetables for the table: is to be leading lady, keeping the vessel tightly covered dur-ing the entire process of cooking. This in London. is done usually with an idea of preventing the dissemination of unplea-The odors confined within the vessel grow instead more rank with the chemical changes that take place, and Winsome Widow. when the vessel is opened occasional uld ly, as it must be, these extremely disagreeable odors escape. Besides this, the vegetables themselves are made less digestible when cooked in this way, with the exception of dried

The second mistake commonly made is that of cooking vegetables too

the strip of the s



This long sweater is smart and trim with short tennis and gon skirts and is especially warm and comfortable for motor boat or sailboat wear. It is trimmed with a collar, revers and cuffs in contrasting color and stitch, the sweater being in a heavy, close stitch, while the trimmings are in open basket stitch. Crocheted buttons matching cuffs and revers make the sweater very smart. The costume pictured includes a short outing skirt of white flannel with inverted pleats to allow youm for active exercise.

# PLAYS, PLAYERS AND PLAYHOUSES

\*\*\*\*\*\*\*\*\*\*\*\* Charles Cherry is to star in "Pass-

first time in America next fall in Chi- States. In the organization, besides

June in a new play by a well-known appear in repertoire, producing at English dramatist. of the novels of the late David Gra- prominence, and in which the others ham Phillips to be dramatized.

pany at Dayton, Ohio. Once more is the rumor abroad that Antony, Mr. Faversham; Brutus, Mr. William Gillette will head an impor- Power; Caesar, Mr. Willard, and Cas-

Frohman announced that he had the incidents following the abdication of If you are a sufferer from indiges assurance of a new play by J. M. James II in 1688, and its hero is an

he said, in answer to a friend inquir-ing about his health: "I never was in liams' Pink Pills. Sold by all medi-week, Werba and Luescher are said to Orange, which must be signed by the better health in my life, and I enjoy cine dealers or by mail at 50c. a box have found a worthy successor of leading gentlemen of England before

Robert Drouet heads the caste of as its prospective king. "The Marriage-Not," a new play by The committee of the Abbey Theatre, in Syracuse this week.

sant odors through the house. But ter's new play, "Half Way to Paris." Novelli would have been delighted to town' is now being revived in New mone, who has just returned to Paris, York as a musical offering, entitled "A would probably be quite satisfied to

Paris has been shocked by Pierre year. Berton's new play, "Mioche," in which Mile. Polaire portrays an opera singer who dies of consumption on shipboard while returning from India and buried at sca. The manager wished to mer vacations. cut out the gruesome burial scene, but "I like summer vacations," he said, the author threat d injunction if "in the heart of the country. The this was done.

Winsome Widow," is said to contain game of billiards there.
the biggest stage novelty in musical "Maybe you're heard about the two omedy. It is described as an ice skat- chaps on vacation who complained stalled on the stage.

year embrace his present vehicle, "The by their shape. Senator Keeps House," and his former "Another chap asked for a game of successes, including "The Fool of For- billiards, and when the balls were

Robert McWade, Jr., Milton Sills, Gladys Hanson and Emma Duna. Michale Morton and Leonard Murray

have just completed a play called "The Impostor," a three-act comedy, with a serious interest, due for production in the Glasgow Reportory The atre in April.

William Eaversham is organizing an all-star combination which will begin its season in Canada next September, and tour that country until after the Miss Marie Lohr appears for the presidential election in the United Faversham himself will be Tyrone Nazimova is to make a London de- Powr, E. S. Willard, Frank Keenan

but as an English speaking actress in and Fuller Melfish. The ceremony will least one play each week wherein one "The Hungry Heart" is the latest of the quintette will be given stellar may not participate at all. The full Frances Ring, sister of Blanche complement of all-stars will, however, Caesar," in which the roles will be York next season.

Mary Maddern, aunt of Mrs. Fiske, ready chosen for the repertoire.

English nobleman exiled after the battional" on the Embankment Gardens, or weak nerves you can begin to cure In "The Rose Maid," which made the of Sedgemoor, who returns in dis-William will consent to land in Britain

Cecil de Mille, which had its premiere which brought the Irish players to this country, consists of Lady Greg-"The Avalanche," the new play, ory, W. B. Yeats, Lennox Robinson, which Robert Hilliard will present for and several of the actors, among them the first time next week, is by W. A. being Sara Allgood and Arthur Sin-Tremayne, the Canadian dramatist, clair. It is said that this committee, Two mistakes, are commonly made and magazine writer. Thais Magrane after returning to Dublin, divided The first of these is the practice of "The Pink Lady" has just made This indicates a most prosperous tour one of the biggest hits ever known for the company. Gabriel Rejane, says the New York Sun, never on a visit to Jobyna Howland (Mrs. Arthur this country cleared so much, and Stringer) has been added to Paul Pot- both Jean Mounet Sully and Ermete Charles Hoyt's "A Trip to China- have earned half as much. Mme. Sicontemplate such a profit for next

By Their Shape. Willie Hoppe, the billiard champion,

was discussing the question of sum-

F. Ziegfeld's latest production, "A country is that you can't get a good

ing carnival, and a refrigerating plant | that they couldn't tell the two white and ice skating rink, 26x30 feet, large balls apart, as neither of them had a enough for thirty skaters, has been in snot. But the proprietor explained to them that it would be easy after a W.Fiam H. Crane's plans for next little practice to distinguish the balls

# ACTRESSES PRAISES PE-RU-NA.



"I Am Glad To Write My Endorsement Of The Great Remedy Pe-ru-na I Do So Most Heartily." Julia Marlowe

A strengthens the nerves. The nerve centers require nutrition. cine, I got bad again.

is the result. \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Peruna is not a nervine nor a stimulant. It benefits the nerves by

benefiting digestion. \*\*\*\*\*\*\*\* Peruna frees the stomach of catarrhal

congestions and normal digestion is the In other words, Peruna goes to the ! "I have gained in strength

Mrs. J. C. Jamison, 61 Marchant street, for H." Watsonville, Cal., writes: "I was troubled with my stomach for six years. I tried many kinds of medi-

cine, also was treated by three doctors. "They said that I had nervous dys-should not be used. The nerves w

A NY remedy that benefits digestion; "I improved under the treatment, but as soon as I stopped taking the medi-

If the digestion is impaired, the nerve "I took the medicine for two years centers become anemic, and indigestion then I got sick again and gave up all hopes of getting cured. "I saw a testimonial of a man whose case was similar to mine being cured by

Peruna, so I thought I would give it a "I procured a bottle at once and con menced taking it. I have taken severe

bottles and am entirely cured. the disagreeable symptoms disappear. Here Perupa is all that is claimed

Nervines, such as coal tar prepar tions, are doing a great deal of harm Sleep medicines and headache powder pepsia. I was put on a liquid diet for be all right, if the digestion were g

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The whole wheat steamed-cooked, shredded and baked a crisp, golden brown-all the goodness of the wheat (the most perfect food given to man) combined with the most luscious berry that comes from Canadian soil, Nothing so wholesome and satisfying and nothing so easy to prepare.

No cooking or baking is required to prepare this delicious dish. Simply heat one or more Biscuits in the oven to restore their crispness and cover with strawberries or other berries and serve with milk or cream, adding sugar to suit the taste. More ng and much more easily digested than ordinary white

flour "shortcake." Try it to-day. Shredded Wheat is the Whole Wheat

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