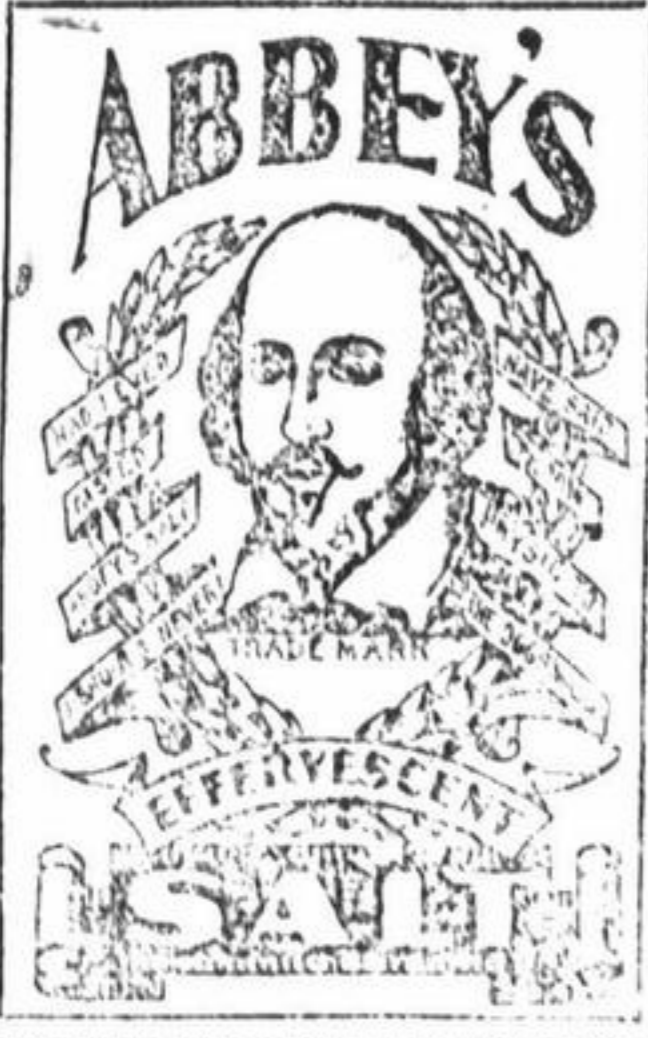


'Tis health That brings success.

Even little disorders of the system interfere with business. You can't do your best work when you are in ill-health.

Abbey's Effervescent Salt

regulates the system and cures these ills. It is vivific—life-giving. It infuses energy into every part of the body, strengthens the nerves, and makes you fit for work. Take it every morning before breakfast and you'll be truly healthful the year 'round. Doctors recommend and prescribe it. Hospitals use it. Those who have tried it speak enthusiastically of its health-giving properties.



The Abbey Effervescent Salt Co. have only one preparation on the market—Abbey's Effervescent Salt. This is sold by all druggists at 60 cents a large bottle; trial size 25 cents. The bottles are square and are enclosed in white cartons. Each carton and bottle has on it this trade mark, the head of Shakespeare—none others are genuine. Abbey's Effervescent Salt stands alone.

Fun With a Horseless Carriage.

Dear Hans and Fritz decided that to be right up to date A horseless carriage they should have To ride about in state. They bought one of the latest style And started out one day. With changing bell and oily smell That quickly cleared the way. "I'll steer," said Fritz, "while you, dear Hans, Shall ring the bell to warn Each deaf old gentleman, lest we Should ride on his pet corn." They came unto a steep, steep hill, And quickly down they flew, But right before them was a ditch Which nearly scared them blue.



A monstrous bull stood in the road, With red, expectant eye. "Oh, dear!" cried Fritz, "Dear me!" cried Hans, "Oh, how shall we get by?" The bull put down his head until His two horns touched the ground, And toward him sped the carriage with A mighty bounce and bound. And then occurred the strangest thing, As though upon a track The carriage wheels rolled up his horns Onto the bull's broad back! And down his stiff old tail they rode Onto the ground once more. The bull was so surprised that he Could only stand and roar. Just then they struck a sleeping dog, Who had no time to wake Before they flattened him right out As flat as any cake.

WEAK AND NERVOUS.

THE CONDITION OF A YOUNG LADY OF WELLAND

subject to frequent headaches, was pale and emaciated and grew so ill she could scarcely walk. From the Tribune, Welland, Ont. Miss Hattie Archer, of Welland, an estimable young lady, whose acquaintance extends among a large number of citizens of the town has the following to say regarding the virtues of Dr. Williams' Pink Pills for Pale People: "In the fall of 1897 I was taken very ill. I was nervous, weak and debilitated. At this time the most excruciating pains, great fatigue, my appetite was poor and I was attacked with frequent severe headaches. I gradually grew worse until I was so weak I could barely walk through my house. I was very pale and emaciated and finally became entirely incapacitated. Various medicines were resorted to but gave no relief. Later I was treated by two of the best physicians of the town. One said my blood was poor and watery. I followed his advice for some time but did not improve. Then the second doctor was called and he said he could help me, but after thoroughly testing his medicines without benefit, I gave it up and despaired of ever getting well. My grandmother had been reading at that time much about Dr. Williams' Pink Pills and persuaded me to try them. What was about January, 1898. From the first the results were really marvelous, being far beyond my friends' expectations. After taking five boxes I can stand more fatigue than I could for two years. I have gained weight splendidly; can take my food with a delightful relish, and again feel cheerful, healthy and strong. I would further say that the change is wholly due to Dr. Williams' Pink Pills. I hope that my testimony will prove beneficial to other girls similarly afflicted. The experience of years has proved that there is absolutely no disease due to a vitiated condition of the blood or shattered nerves that Dr. Williams' Pink Pills will not promptly cure, and those who are suffering from such troubles would avoid much misery and save money by promptly resorting to this treatment. (Use the genuine Pink Pills every time and do not be persuaded to take an imitation or some other remedy from a dealer, who, for the sake of extra profit to himself, may say is "just as good." Dr. Williams' Pink Pills cure when other medicines fail.

Nineteenth Century Folly. The greatest piece of folly of the nineteenth century is to suffer the tortures of a man when a permanent cure can be had by using Dr. Hall's Rheumatic W. Trotter, Cushehdall, Ont., with muscular rheumatism for three months. One bottle of Dr. Hall's Rheumatic W. cured him completely. He has not had a pain or ache since. This preparation is sold internally. One bottle contains ten days' treatment for 50c. For sale at Waddell's and all druggists.

Weights and Measures. By a recent ukase a standard of Russian weights and measures has been fixed. The unit of weight is the Russian pound, equal to 409.512 grams, a vestro or pall must hold thirty pounds of distilled water at 104 degrees Celsius, while the garbina must equal eight pounds of water. The unit of length is the arshin equal to 71.12 centimetres. The metric system may be used by the side of this.

Preparing to Celebrate. Marsellus is preparing to celebrate the approaching twentieth centenary of the foundation of the city by the Phocæans, and an invitation to the magistrates of Athens to be present. This has brought out a protest from the modern Phocæans, who assert that their city, now called Karadj's Fokia, has never ceased to exist, and that it is they who should be invited by their colony.

To Send Out Expedition. Japan, not to be behind European states in civilization, is going to send out an Arctic expedition. The reason given is that Japan is ever to complete with England on the seas, it must develop in the Japanese the spirit of adventure and of discovery which has made the English powerful. The only places left to be discovered are the north and south poles.

Laid Bare Foundations. On Sanium's marble step the excavators have laid bare the foundations of the thirteen marble columns that give the promontory its modern name, Cape Colonna, and have found inscriptions showing that the temple was declared to Poseidon and not to Athene, as was supposed. It corresponds to the temple of Poseidon on the island of Aegina opposite.

Since 1500 the Catholic church has canonized ninety-six saints and beatified 230 other persons. Of the 116 only fifty-eight were women; seventy-six in all, were Italian, sixty-six Spaniards, thirty-seven Portuguese, fourteen French, thirteen Dutch, five Belgians, two Poles and four Germans.

Even, a little Danish island in the sound half way between Zealand and the Swedish coast and only fifteen miles from Copenhagen, is being bargained for by a German capitalist who wishes to turn the island into a gambling resort like Monte Carlo. A church clock at Harboro near Birmingham, England, was found to be stopped, on account of bees swarming in it and filling the works with honey. It took two days to get the honey out.

SHADOWGRAPHS.

Amusing Silhouettes of Birds, Animals and Men. You are all familiar, no doubt, with the figure of a rabbit on the wall, which is made by arranging the hands in a certain position and holding them between the wall and a light. This has been a favorite form of amusement for young people from the time of our grandfathers, but modern ingenuity has devised many other figures of the same kind. One of them is a swan, which you are to picture as gliding along the surface of a pond and turning its head to preen its feathers. Here is the figure, which is made by holding one arm and both hands as represented in the cut. Another is that of a jockey and his steed, the latter with outstretched neck, eager to win the race. For this you need a little cap made of cardboard and a loop of string to represent the reins. A little practice will enable you to make these figures perfectly.



Color Blindness Couldn't Deter Him. The Quaker poet, John Greenleaf White, was color blind. He discovered his visual weakness one day when his mother took him into the fields with her to pick wild strawberries. He looked and looked, but never could find any that appeared ripe and red. In after years, when the poet wrote his charming verses about the flowers and other delightful things of nature, he was constantly worried for fear he would make mistakes in his descriptions of color. No one ever criticized that part of his work, however, and very few know that the gentle Quaker was color blind. Another one of his embarrassments was that, owing to his scanty schooling, he for years was troubled for loss of words to express his ideas. And he often trembled for fear that his poetic fancies would leave him before he could commit them to paper. In spite of these and many other trials he became a poet of nature, and his social and political poems had a wide influence at a time when the country was agitated by the slavery question.—Chicago Record.

Waking Grandma. Mamma said, "Little one, go and see If grandmother's ready to come to tea!" I knew I mustn't disturb her, so I stepped so gently along tiptoe. And there was grandmother fast asleep. I knew it was time for her to wake! I thought I'd give her a little shake, Or tap at her door or softly call, But I hadn't the heart for that at all. She looked so sweet and so quiet there, Lying back in her high armchair, With her dear white hair and a little smile That meant "She's loving you all the while."

I didn't make a squeak of noise; I knew she was dreaming of little boys And girls who lived with her long ago And then went to heaven—she had told me so. I went up close, and I didn't speak One word, but I gave her on my cheek The sweetest bit of a little kiss. Just in a whisper and then said this: "Grandma, dear, it's time for tea." She opened her eyes and looked at me And said, "Why, pet, I have just now dreamed Of a little angel who came and seemed To kiss me lovingly on my cheek. She pointed right at the very place. I never told her 'twas only me— I took her hand and went to tea."

Highest Cross in the World. On the peak of the highest of the Harza mountains in a cross which is said to be the loftiest in the world. The cross is in reality a tower and was but recently completed. This cross tower caps Josephshöhe peak and commands a magnificent view of the surrounding country. The mountain is 1,731 feet above the sea level, and the tower reaches 120 feet higher. The great structure rests on a quadrangle, which forms an immense hall to hold 500 people. A stair of 200 steps leads to the top of the colossal cross, but lazy or weak folk may ride on the hydraulic elevator, which makes the climb easier.—Chicago Record.

Doing Without the Dot. The small letter "i" was formerly written without the dot. The dot was introduced in the fourteenth century to distinguish "i" from "l" in hasty and indistinct writing. The letter "i" was originally used where the letter "l" is now employed. The distinction between "i" and "l" was introduced by the Dutch printers at a comparatively recent date, and the "i" was dotted because the "l" from which it was derived, was written with a dot.

Speaking With "Bobs." Did you ever take a cork, stick through it a horseshoe nail, put on the top of the cork two or three feathers, tie a long string around the cork and then appear for apples or potatoes? Just try it some time and see how profitably and how straight you can learn to throw the bob in a short time. The cork keeps the horseshoe nail in without slipping, and the feathers serve to guide the bob through the air.

Tails of Fishes. The tails of fishes are so much larger than their fins because their tails are their chief instruments of motion, while their fins are employed more to direct their progress and steady their movements.

A Thoughtful Grasshopper. Professor M. Victor Goodrich tells this story: Last summer, in our yard at Rock Falls, Ill., two grasshoppers became entangled in a web. A third grasshopper with admirable judgment freed the blind legs of one grasshopper and then the other, in which he was aided by the entangled insect. Having freed it, he returned to his place, and, after resting, he went back and loosened the other, and the three sped off. Mr. Goodrich observes "something closely approaching reason" is not solely the property of animals and birds.

Why the Kettle "Sings." The reason hot water makes a sizzling noise is a very simple one. As the water heats little bubbles of steam are formed at the bottom of the kettle. These rush upward, and, being attracted to the sides of the kettle, they make a commotion, which sets the metal in vibration, and the kettle "sings."

"You can mould opinion, you can create political power," says John Bright. But you cannot find a Tea equal to Blue Ribbon Ceylon.

HAPPY HOME RANGE,

The largest and handsomest Range made, it bakes perfect with less fuel than any range in the market. Ask for the

"HAPPY HOME" before purchasing.

ELLIOTT BROS., 77 Princess Street.

Are You Beautiful? IF NOT, READ THIS AND LEARN HOW TO HAVE A LOVELY COMPLEXION... FOR GENTLEMEN AS WELL AS LADIES... The Miller Co., Toronto, Canada.

Employed. The distinction between "i" and "l" was introduced by the Dutch printers at a comparatively recent date, and the "i" was dotted because the "l" from which it was derived, was written with a dot. Hocket Advice Free To Men. The Whig is requested to publish the following: All men who are nervous and debilitated or who are suffering from any of the various troubles resulting from over-work, excess or youthful errors, are aware that most medical firms advertising to cure these conditions cannot be relied upon. Mr. Graham, a resident of London, Ont., living at 437 1/2 Richmond street, was for a long time a sufferer from above troubles and after trying in vain many advertised remedies, electric belts, etc., became almost entirely discouraged and hopeless. Finally he confided in an old clergyman who directed him to an eminent and reliable physician, through whose skilled treatment a speedy and perfect cure was obtained. Knowing to his own sorrow that so many poor sufferers are being imposed upon by unscrupulous quacks, Mr. Graham considers it his duty to give his fellowmen the benefit of his experience and assist them to cure by informing anyone who will write to him in strict confidence where to be cured. No attention can be given to those writing out of mere curiosity, but anyone who really needs a cure is advised to address Mr. Graham as above. A Garret Settled. Coquelin the elder's quarrel with Comdie Francaise has been settled at last. The Comedie leaves him free to act where he pleases and gives up the rights to the 100,000 francs forfeit. It is explained in Paris that the difficulty found inducing the younger men in the Comedie to give up parts that had formerly belonged to Coquelin, made this the only solution possible. Herr Rigenback, who introduced the cog-wheel railroads that have enabled tourists in Switzerland to do their own mousing in climbing, without effort, died recently. Hungry has been observing the fifth anniversary of the death of the poet Alexander Ptoof, who died in the struggle against Austria, by erecting monuments to him in Budapest and other towns.

A TOUCH IN TIME with the paint brush is like that "stitch in time" that "saves nine." Paint is a labor-saver in the home. A glossy, painted surface discourages dust. But the labor of painting is lost if you use the wrong paint. Different surfaces call for different coverings. Housewives don't put rag carpet on the parlor floor nor velvet carpet in the kitchen. They wouldn't suit. Paint making has progressed more than carpet making. Paint's a special paint for every kind of painting. Looks best, wears best. THE SHERWIN-WILLIAMS PAINTS. For Sale by JOHN CORBETT.

Helpepper

Acts as the policeman in the Vermin world and emphatically enforces the "move on" edict. Price 25c Per Canister at all Druggists or Grocers, or sent post-paid on receipt of price. LEEMING, MILES & CO., Montreal, Que. General Agents for Canada.

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