## Grippe's Ravages.

A CAMPDEN LADY CURED OF ITS AFTER EFFECTS.

She Was Left Weak and Run Down, and Unable to Regain Her Strength Until She Used Dr. Williams' Pink Pills.

In the village of Campden, Ont., throughout the surrounding country, there are few people better known or more highly esteemed than Mr. and Mrs. Daniel Albright. Mr Albright has for many years filled the position of village postmaster, in addition to conducting a boot and shoe business. But it is with the postmaster's estimable wife that this article has chiefly to do, as it gives, practically in her own words, the particulars of her recovery fom a severe illness through the use of Dr. Williams' Pink Pills. To a reporter who asked Mrs. Albright if she would consent to give the particulars of her illness and cure for publication, she said: "If you think my experience will help some other sufferer I am quite willing to give it, for I may tell you that I am a very enthusiastic admirer of Dr. Williams' Pink Pills. For some years prior to the winter of 1898 I suffered with a lame back, which frequently prevented me from doing my household work. Later exposure to cold developed sciatica, and every movement of the body caused intense pain. In this way passed gloomy days and restless nights, until the winter of 1898. when my trouble was aggravated by an attack of la grippe. The first and most severe symptoms of this trouble passed away, but it left me in a not appear to be able to recover my strength; my appetite was fickle; I was extremely nervous, and my heart would palpitate painfully at the least exertion. I had been under a doctor's care, but did not recover my strength, and as a consequence I was much depressed in spirits. At this juncture a friend who called upon me advised me to try Dr. Williams' Pink Pills, and I decided to follow the advice and procured a supply. To my gratification I felt an improvement in my condition almost from the outset, and after using the pills for a little over a month I was once more enjoying the best of health, every trace of the trouble that had afflicted me having disappeared. It is nearly three

nd strong ever since, and I have ... st of reason for ascribing my present good health to the use of Dr. Williams' Pink Pills. Dr. Williams' Pink Pills are a tonic

ince I used the pills and I have

and not a purgative medicine. They enrich the blood from the first dose to the last and thus bring health and strength to every organ in the body. The genuine pills are sold only in boxes with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper. If your dealer cannot supply you send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50 cents a box, of six boxes for \$2.50.

#### HOW TO STOP TOBACCO HABIT.

The Evil Effects of Tobacco May be Coun

teracted by Good Food. Prof. Hart, the New York food little white hands pleadingly. specialist, writing on the tobacco habit, maintains that its evil effects tion of life or death with me. may be counteracted by the simple sir, please do not refuse me. I must expedient of eating good wholesome see her at once-and-all alone!" food.

Tobacco, being a narcotic, has first a soothing, then a depressing effect-the very opposite to alcohol--so that if smoking is long continu- hurst, running her white, jeweled fined, without the use of stimulants, the deadening effect on the brain and nervous system is apparent, as the smoke is condensed and absorbed by lessly and walked toward the winthe saliva. Even when frequent expectoration

takes place the blood is more or less poisoned, and the brain, which should under normal conditions, be very susceptible, becomes deadened and inactive for a time, but may be partially restored by a stimulant containing phosphates.

Such stimulant is frequently taken by men at a convivial party by taking some wine or spirits, which counteract the depressing effects of the nicotine of tobacco.

I am of the opinion, says Prof. Hart, she does see you.' that the effects of tobacco and cigarette smoking are far more serious! during the last thirty-five years of one's life than during and previous by the modern miller.

I have positive proof of the fact, in numerous instances, that where ex- able housekeeper, "and I thought, if cessive smoking and drinking has you only would-" been the daily habit that by the simple change from an innutritious to a more nutritious and brain sustaining diet the patient has gradually and almost unconsciously been enabled to reduce the number of cigars or cigarettes and the number of glasses of whiskey from ten to two per day prohibition, for the simple reason and brain enabled him to so employ least.' his time that he forgot all about the smoking or drinking.

I may mention one case as an il-

lustration, an actual fact: The Patient-"I suppose if OI make up my mind to follow your dietary you will deprive me of my whiskey and cigars?" He was in the habit of smoking fifteen cigars and drinking ten glasses of whiskey per day. · I replied; "Oh, no; if you eat wha

I advise you you can drink and smoke what you like." He then consented to be advised

and within three months was so improved in health and capacity as attend to his work as the chief accountant of important corporations. Three cigars and two whiskeys were sufficient.

Constant smoking not only dead ens the susceptibility and lessens the capacity for original thought, but destroys the appetite and natural desire and relish for food.

A LITTLE BIT MIXED JP. that Jane has scrubbed all the kitch- Hall. 

### Heiress and Wife.

CHAPTER XXI,-Continued. No thought occurred to her of beng discovered there with her arms clasped around that marble pillar watching so intently the shadow of

No thought occurred to her that strange event was at that moment transpiring within those walls, or that something was about to hap

How she longed to look upon his face for just one brief moment! Es trangement had not chilled her trusting love, it had increased it, rather,

tenfold. Surely it was not wrong to gaze upon that shadow-he was her hus

In that one moment a wild, bitter thought swept across her heart. Did Rex regret their marriage because she was poor, friendless, and an orphan? Would it have been different if she had been the heiress

of Whitestone Hall?

She pitied herself for her utter loneliness. There was no one to whom she could say one word of that filled her heart and mind. face to kiss, no heart to lean on; she was so completely alone. And this was the hour her fate was being decided for her. There was no sympathy for her, her isolation was bitter. She thought of all the heroines he entered the room. she had ever read of. Ah, no one could picture such a sad fate as was

A bright thought flashed across her lonely little heart.

"His mother is there," she sighed. 'Ah, if I were to go to her and cry out; 'Love me, love me! I am your son's wife!' would she cast me from her? Ah, no, surely not; a woman's gentle heart beats in her breast, a woman's tender pity. I will plead with her on my knees-to comfort me -to show me some path out of the pitiful darkness; I can love her because she is his mother."

Daisy drew her breath quickly; the color glowed warmly on her cheek and lips; she wondered she had not thought of it before. Poor child! she meant to tell her all, and throw herself upon her mercy.

Her pretty, soft blue eyes, tender with the light of love, were swimming with tears. A vain hope was struggling in her heart-Rex's mother might love her because she worshiped her only son so dearly.

Would she send her forth from that home that should have sheltered her, or would she clasp those little cold fingers in Rex's strong white ones, as she explained to him, as only mother can, how sadly he had misjudged poor little Daisy-his wife?" No wonder her heart throbbed pitifully as she stole silently across the wide, shadowy porch, and, quivering from head to foot, touched the bell that echoed with a resounding sound through the long entrance-hall.

"I would like to see Mrs. Lyon," she said, hesitatingly, to the servant who answered her summons. "Please do not refuse me." she said, clasping her must see her at once. It is a ques-

CHAPTER XXII.

In the beautiful drawing-room a Whitestone Hall sat Pluma Hurlgers lightly over the keyboard of a grand piano, but the music evidently failed to charm her. She arose listdow, which opened out upon the wide, cool, rose-embowered porch.

The sunshine glimmered on her mber-satin robe, and the white frost work of lace at her throat, and upon the dark, rich beauty of her southern face.

the housekeeper, entering the room, "there is a person down-stairs who wishes to see you. I have told her repeatedly it is an utter impossibility-you would not see her; but she declares she will not go away until

Pluma turns from the window with

cold disdain. "You should know better than to deliver a message of this kind to me

period, for the simple reason that the How dare the impertinent, presumpeople have been deprived of their ing beggar insist upon seeing me nerve and brain forming phosphates Order the servants to put her cut of the house at once." "She is not young," said the vener-

"Your opinion was not called for Mrs. Corliss," returned the heiress

pointing toward the door haughtily. "I beg your pardon," the housekeeper made answer, "but the poor creature begged so hard to see you did feel a little sorry for her."

"This does not interest me, Mrs. and that without any prescription of Corliss," said Pluma, turning toward the window, indicating the conversathat the increased strength of body tion was at an end-"not in the

> "The Lord pity you, you stonyhearted creature!" murmured the sympathetic old lady to herself as the door closed between them. "One word wouldn't have cost you much. Heaven knows, it's mighty little comfort poor old master takes with you! You are no more like the bonny race of Hurlhursts than a raven is like a white dove!" And the poor old lady walked slowly back to the darkrobed figure in the hall, so eagerly

awaiting her. "There was no use in my going to my young mistress; I knew she would not see you. But I suppose you are more satisfied now."

"She utterly refuses to see me, does she," asked the woman, in an agitated voice, "when you told her I wished to see her particularly?"

The housekeeper shook her head. "When Miss Pluma once makes up her mind to a thing, no power on earth could change her mind," she said; "and she is determined won't see you, so you may as

sider that the end of it. A little three-year-old miss, after | Without another word the stranger | watching the cook scouring the pots turned and walked slowly down the and pans, reported to her mother path and away from Whitestone

through her clenched teeth. might have foreseen this. But will haunt the place day and night until I see you, proud heiress of We shall see-Whitestone Hall. time will tell."

that graceful figure pacing to and Meanwhile Mrs. Corliss. the housekeeper was staring after her with wondering eyes.

"I have heard that voice and seen that face somewhere," she ruminated thoughtfully; "but where-where? There seems to be strange leaks in this brain of mine-I can not re-

A heavy, halting step passed the door, and stopped there. "What did that woman want, Mrs. Corliss?"

She started abruptly from her reverie, replying, hesitatingly, "She wanted to see Miss Pluma. "Was Pluma so busily engaged she

could not spare that poor creature a moment or so?" he inquired, irritably. "Where is she?" "In the parlor, sir."

walked slowly down the corridor to this is no better than I could expect the parlor. It was seldom he left his own apart- |er."

ments of late, yet Pluma never raised her superb eyes from the book of engravings which lay in her lap as A weary smile broke under his sil-

ver-white mustache. "You do not seem in a me welcome, Pluma," he said, grimly, none named but to praise, as he stood to quit their home. The notice was throwing himself down into an easy- there watching the immovable face of ignored till finally they were forcichair opposite her. "I congratulate his daughter. All the bitterness of bly ejected, together with their fur-

a yawn.

"Of course I am glad to see you." fores might. You ought to take it for granted that I'm glad you are is to make a recluse of yourself."

at times inclined to be decidedly irritable, as was the case just now. "It is you who have driven me to ments, to be out of sight and hearing of the household of simpering id- father?"

you," he cried angrily. "I came back to Whitestone Hall for peace and rest. Do I get it? No." "That is not my fault," she answered, serenely. "You do not mingle with the guests. I had no idea they

could annoy you." "Well, don't you suppose I have eyes and ears, even if I do not mingle with the chattering magpies you fill the house up with? Why, I can never take a ramble in the grounds of an evening without stumbling upon a dozen or more pair of simpering lovers at every turn. I like darkness and quiet. Night after night I find the grounds strung up with these Chinese lanterns, and I can not even sleep in my bed for the eternal brass bands at night; and in the daytime not a moment's quiet do I get for these infernal sonatas and screeching trills of the piano. I tell you plainly, I shall not stand this thing a day longer. I am master of Whitestone Hall yet, and while I live I shall have things my own way. After

I die you can turn it into a pandemonium, for all I care." Pluma flashed her large dark eyes upon his surprisedly, beginning to lose her temper, spurred on by opposition. "I am sure I do not mean to make hermit of myself because you are too old to enjoy the brightness of youth," she flashed out, defiantly; "and you ought not to expect it-it

is mean and contemptible of you." "Pluma!" echoed Basil Hurlhurst. "Miss Pluma," called Mrs. Corliss in astonishment, his noble face growing white and stern with suppressed

excitement, "not another word." Pluma tossed her head contemptuously. When once her temper arose it was quite as impossible to check it

as it was when she was a willful, revengeful, spoiled child. "Another man as rich as you are would have taken their daughter to Washington for a season, and in the summer to Long Branch or Newportsomewhere, anywhere, away from the detestable waving cotton-fields.

When you die I shall have it all set

on fire." "Pluma!" he cried, hoarsely, rising a mile in one minute and ten seconds. to his feet and drawing his stately, commanding figure to its full height. I will not brook such language from a child who should at least yield me obedience, if not love. You are not the heiress of Whitestone Hall yet. and you never may be. If I thought

A post card with your name STORIES ABOUT VICTORIA, visit to Ireland in 1842 is told. As the and address will bring you free sample of

CHYLON GREEN TEA. "Salada," Toronto.

these waving fields that have been my pride for long years-and my father's before me-I would will it to an utter stranger, so help me

we know what is in store for us! slowly after her each one sinking "So you would thank Heaven for my With slow, feeble steps, more from (death, would you?" he cried, with weakness than age, Basil Hurlhurst passion rising to a white heat. "Well,

> it with her taunting, scornful smile, great error of his past life.

myself upon having such an affec- his nature was by passion rocked. No niture and effects, which in the mid-Pluma tossed aside her book with dark beauty of that southern face at she replied, carelessly, "but you can "I am her child. You speak of love," not expect me to go into ecstasies she cried, contemptuously. "Have you over the event, like a child in pina- not told me, a thousand times, you

beginning to see what utter folly it me? Have you not cried out unceasingly for the golden-haired young He bit his lip in chagrin. As is wife and the babe you lost, and that usually the case with invalids, he was you wished Heaven had taken you too? Did I ever hear my mother's name upon your lips except with sneer? Do you expect these things seek the seclusion of my own apart- made that mother's child more fond of you, were you twenty times my

iots you insist upon keeping about cold man sitting opposite her.

them; each year found them further

TRUTHS TERSELY TOLD.

Money makes the mare go, but cannot keep happiness in the saddle,

ing as His mercies. Saints' crowns are not awarded on the merits of their frowns. The feet will go where the heart

inclined. right on time.

The fall of the sinner is like tha of a meteor, the farther he falls the faster he is consumed.

THE FLIGHT OF BIRDS.

to fly one mile.

geems to be a slow flier, yet he does

The title of princess royal, born by the Empress Frederick of Germany the eldest daughter of English sovereigns, but only to the first child you really contemplated laying waste should it happen to be a girl.

## To Get Strong After Grippe.

Nerves by Using Dr. Chase's Nerve ed on Monday morning they were Food.

How many people are now complaining of special ailments or lingering sufferings or weaknesses which are

effects of la grippe? relief you can. Dr. Chase's Syrup of it contains in condensed pill form, the Linseed and Turpentine is wonder- most efficient restoratives known to fully, beneficial, because it allays the man. inflammation in the throat and bron-

If weakened and debilitated by the enervating effects of la grippe is nothing so suitable for your use as happened to meet the Bishop of Lon-

has become generally recognized by It is a great mistake to suppose that | physicians and people alike, as a great

Other Woman.

Were his words prophetic? :How ent time. little she knew the echo of these words were doomed to ring for all time down the corridors of her life! How little "I am your only child," said Pluma, all money which might be given her haughtily; "you would not rob me of my birthright. I shall be forced to she would give to the cause of missubmit to your pleasure-while you sions. The very next Monday mornare here-but, thank Heaven, the time is not far distant when I shall be able to do as I please. 'The mills of the gods grind slowly, but they grind exceeding fine," she quoted, saucily. tation. The widow pondered, con-"Thank Heaven the time is not far distant when I shall be able to do as I please." He repeated the words into his heart like a poisoned arrow.

He had never intended speaking reminding him so bitterly of the one

from the daughter-of such a moth-

He was little like the kind, courteous master of Whitestone Hall, whom ing near Balmoral were given notice look of pain or anguish touched the the mention of her mother's name. "You have spoken well," she said.

never cared for my mother? How. then, could I expect you to care for

She stood up before him, proudly defiant, like a beautiful tragedy queen, the sunlight slanting on the golden vines of her amber satin robe, on the long, dark, silken curls fastened with a ruby star, and on the deep crimson-hearted passion-roses that quivered on her heaving breast. There was not one feature of that gloriously dark face that resembled the proud,

He knew all she had said was quite true. He had tried so hard to love this beautiful queenly girl from her infancy up. He was tender of heart. honest and true; but an insurmountable barrier seemed ever between

Basil Hurlhurst tived over again in hose few moments the terrible folly that had cursed his youth, as he watched the passion-rocked face be-

To Be Continued.

Courage is the cure for discourage

The judgments of God are as lov-

The wages of sin are always paid

The humming bird does not fly as fast as many slow-flapping birds of

ungainly bulk. The honey bee seems to travel like quickly. a bullet, yet it takes him two minutes

rapidly than does the mallard, but he does not do it.

PRINCESS ROYAL.

# Build the System Up and Revitalize the

Every reader of this paper can re- jety and with absolute assurance that

call many cases in which the after the effects will be remarkably beneeffects of la grippe have proven fatal. ficial.

The best plan is to prevent la grippe, The regular and persistent use of this

"Fool that I was!" she muttered | slike it can be used with perfect saf- | Co., Toronto.

clearly the result of the debilitating Dr. Chase's Nerve Food, the great nerve restorative and blood purifier.

if possible, or, once a victim, to apply great food cure is bound to result in promised to mention it to the Queen yourself diligently to obtaining what the up-building of the system, because herself. Soon afterward the leadchial tubes, loosens the cough, heals few years, this famous discovery of ers he explained how their "absurd the lungs and prevents pneumonia or Dr. Chase's, the Receipt Book author, religious scruples" had led to their discomfiture. The Queen at once Dr. Chase's Syrup of Linseed and Tur- strengthener and blood builder. In no decided the matter for herself by giv- tended for luxurious display, but in

ordinary cough mixture could ever at- Dr. Chase's Nerve Food will renew my service for conscience's sake and be to combine comfort with elegance ing about it,—Well, that just shows tain the enormous sale which this me- vigor and vitality. Fifty cents a box, I will have no more rehearsals on so skillfully that while one may dicine now has. For old and young all dealers, or Edmanson, Bates & Sunday."

CHILDHOOD EXEMPLIFIED. Was Extremely Kind-Her Wish to be Married in Every Respect Like Any

In the days of happy childhood the Duchess of Kent and her daughter traveled a great deal about England and were familiar visitors at several of the leading watering places. Many incidents which happened during these trips are recalled at the pres-

At one place on the Kentish coast the lighthouse was kept by a Godly widow, who in a moment of sanctified generosity inwardly resolved that before noon on Monday of each week ing a gentleman who called to see the lighthouse handed her a sovereign-an unexpected addition to her scanty income. It was a sore tempsulted her friends, and prayed. The result was the sovereign went in the missionary box.

In the afternoon of the same day a lady who seemed to be a widow of distinguished rank accompanied by her daughter called, and on leaving gave the keeper a handsome donation, followed, two days later, by an additional £30 delivered by messenger. The friends who rewarded the lonely lighthouse widow's constancy those words; but she goaded him on to of purpose were the Duchess of Kent and the Princess Victoria.

In her treatment of tenants and servants the Queen was extremely kind. An old man and his spouse livdle of the road were exposed to the inclemencies of Scottish skies. Happily for old Willie and his afflicted spouse the

QUEEN HAPPENED ALONG while his woe was at its climax. Her Majesty, moved by the spectacle, ordered an inquiry, and on learning the truth provided the old couple with a home in Balmoral Castle as well as furnishing the man with a permanent situation.

On her birthday the Queen herself distributed presents to her household servants. As one by one they came forward each received from the hands of the Sovereign some pretty or useful keepsake in memory of the occasion. At Balmoral a footman and a dressing-maid were despatched with carriage filled with presents for the cotters, each needy woman for miles around receiving a dress. pound of tea, and two pounds of sugar. There was also a daily distribution of food, the remainders of dishes, etc., which would not be again required by the household. Five poor persons, each carrying a pitcher and a basket, could be seen walking tofetch away beef, bread, dripping, week the remains were thus distributed among thirty families of the district. In addition to this all the poor people of the estate, that is to say, all for miles around, were desired in case of any sickness to send freely to the castle for soup, beeftea, grapes, lemons, wine, or any-

thing that an invalid can require. The Queen also kept

A QUALIFIED NURSE. at a hospital near the house, more especially for servants or tenants but whose services were by no means confined to such; she was freely sent to anyone in the neighborhood who

might need her attention. Indeed the Queen herself would sometimes discover some aged or ailing creature who required some extra attention. One windy, rainy day Her Majesty noticed while out in her car riage that the thatch of one of the cottages had been blown away. The Queen stepped out of the carriage and into the cottage, where she found a woman in bed with sundry basins distributed over the coverlet to catch the copious drippings from the roof A peremptory message was at once despatched to an official to have new thatch on the cettage, and that

From the first the Queen showed a wholesome regard for the Sabbath. The quail appears to get away more | with an effect in contrast to that in the reactionary days of Charles II. when the open desecration of the Sabbath at Court encouraged loose hab its among humbler folks until the

people were demoralized. One day guests more than ordi narily distinguished were expected to dine at Windsor Castle; and as the music on such an occasion was by no means a minor matter, the band required in this instance to partially rehearse the pieces selected. Because the music was difficult and Sunday intervened in the brief space of time at his disposal, the conductor innocently decided to appropriate that day for practice. The men were ordered to attend; and two German Wesleyans who had scruples of conscience in the matter were threat ened with dismissal if they refused to attend. The two Methodists were firm; they stayed away throughout the Sabbath; and when they appeargreeted with

VIOLENT LANGUAGE

and told to go about their business. They walked away somewhat downcast at losing their situations, but soon after leaving the castle they don, who stopped his carriage, and after hearing all about the affair er was summoned into the Royal presence, and on being asked as to what had become of the two play-

A pretty story of Her Majesty's of the former,

pier near the lighthouse at Queens-GENEROUS KINDNESS FROM EARLY town, where the people were most thickly congregated, and who were

cheering enthusiastically, the Queen Her Treatment of Tenants and Servants suddenly left the two ladies-in-waiting with whom she was conversing, ran with agility along the deck, and climbed the paddle box to join Prince Albert, who did not notice her until she was nearly at his side. Taking his arm, she waved her right hand to the people on the piers. She also ordered the royal standard to be lowered in courtesy to the

CHEERING THOUSANDS

shore. Lord Clarendon said; There was not an individual in Dublin who did not take as a personal compliment to himself the Queen's having gone upon the paddlebox and ordered the royal standard to be lowered three times."

An interesting anecdote is told of the Queen in connection with her approaching marriage. It is said that the Archbishop of Canterbury waited upon Her Majesty and inquired if it were her wish that any alteration should be made in that portion of the service appointed in the Liturgy for the solemnization of matrimony which included the promise of "obedience" -a curious promise for the Sovereign of Great Britain to make to her subject Prince Albert, who had just taken the oath to her as his liege lady. The Queen is reported to have replied that "It was her wish to be married in all respects like any other woman according to the revered usages of the Church of England, and that, though not as a Queen, as a woman she was ready to promise all things contained in that portion of the Lit-

singular coincidence that Queen Victoria passed away on the 81st anniversary of the death of her father the Duke of Kent, which event occurred just six days before the death of his father, George III., in 1820. It was on the 20th of January, 1896, that Prince Henry of Battenberg passed away, and it was also in January that the Duke of Clarence, the direct heir to the throne in the second generation, came to his untimely

Another fact which has not been known is the intimate friendship between the Queen and King Leopold of Belgium. His father was her chief adviser when she ascended the throne, and helped to bring about the marriage with the Prince Consort. The present King of Belgium for many years had corresponded weekly with the Queen, and his letters to her have been continued year after year. The ers when he came to England to attend the final services at Windsor.

THE ADJUSTMENT OF LIGHTS AND SHADOWS.

Plenty of people imagine that has tried every prescription, patent when they have built a large house medicine and home remedy that has with all modern improvements and been suggested to him or advertised, have had one firm decorate it and an- but all to no purpose. Mr .Haight when the Queen was in residence to they will have a "home ready to walk able doses which he has forced down into." This is a mistake. One canetc., and as each five went only once not walk into a ready-made home any more than into a ready-made friendship; both must be built up bit by bit until the result is felt to be almost a part of one's self-in other words. both must be properly lighted and shaded after a long study of the elethem up. It should be a source of at the suggestion of his friends he extreme satisfaction to the sex feminine to view the fact that while men may build houses, to make homes is and gained steadily as the treatment the inherited and beautiful prerogative of women. Perhaps it may appear a bit paradoxical to say that the home atmosphere comes quite as much from the furniture and arrangement thereof as from the house itself-that is, that the woman who is gifted with the home-making power and able to take her furniture with her, will shed her own personality over every house she inhabits; whereis a woman without that power have a handsome house, which yet falls short of a home. With much discretion and a little money even a very simple house may be made beautiful. This discretion, it goes without saying, must be displayed not only in choice which the buyer makes, but in her arrangement of the various articles of furniture and dec-

oration as well. The beauty and charm of an apartment as well as of a picture, a character, or a conversation depends primarily upon the proper adjustment of light and shade. A room like a picture in which there is nothing but deep shadows and high lights, with no intermediate tones, no delicious and soothing grays, is grotesque and unpleasant in the extreme. home of heavy shadows unrelieved is 9.30 the first clerk arrived. about as cheerful as a mortuary chapel. On the other hand, should avoid general distribution of bright light, which, though it renders a home cheerful, at the same time lessens the air of repose so soothing to tired nerves.

wearisome than monotony of color. Instead of selecting everything to match, the woman of taste buys so as just not to match, but to harmonize. All sorts of subtle shades and tints she seeks in wall-papers and fabrics, and arranges darkly mysterious cosy corners and half-lighted nooks in the same room in which is a bright south window by day, and by night a bright hearth fire to throw its flickerings. lights and weird shadows. The nice adjustment of light and

shade which goes to make up genuinely artistic and apartment can best be secured in room in which there is plenty of unoccupied space. The woman possesses real treasures especially particular in advantage. In such a room let there be neither so much uniformity of color and design as to weary the eye, nor so much variety and eccentricity as to irritate; as a result of these pentine is a mere cough remedy. It case is it more successful than in re- ing commands that the discharged an exquisitely furnished room adapt is far more. It thoroughly cures the storing and reinvigorating a system players should at once be restored to ed for daily use. In other words the hungry, and seldom had a square cold as well, and seems to take the wasted by la grippe. Whether weak- their places, adding with emphasis; controlling idea of those who seek to meal. aches and pains out of the bones. No ened by overwork, worry or disease. "I will have no more persecution in make their houses charming should Little Tommy, who is tired of hear-

## QUALITY ALWAYS WINS-the reason why

Lead Packets 25, 30, 40, 50 and 600.

VALUE OF VEGETABLES. Parsley is cooling and purifying. Asparagus is very cooling and easily

Turnip tops are invaluable when young and tender. Celery is delicious cooked, and good that portion may be.

digested.

for rheumatic and gouty people. Tomatoes are health-giving and purifying, either eaten raw or cooked. do it. Spinach is particularly good for rheumatism and gout, and also in kidney diseases.

are slightly narcotic, and lull and calm the mind.

sugar it contains. and colds, but do not agree with all.

stomachic and cooling. purifying vegetable.

Cabbage, cauliflower, Brussels sprouts and broccoli, are cooling, nutritive, laxative and purifying to the plood, and also act as a tonic, but should not be eaten too freely by delicate persons. Potatoes, parsnips, carrots, turnips and artichokes are highly nutritious,

out not so digestible as some vegetables. Potatoes are the most nourishing and are fattening for nervous cayenne, horse-radish and mustard should be used sparingly.

are valuable stomachies. Radishes are the same, but are indigestible, and should not be eaten by delicate peo-

VERY SICK MAN MADE VERY WELL IN A VERY SHORT TIME.

SENSATION.

The Case of D. Haight is an Interesting Story of How a Despairing Invalid Finally Gained Health and Strength Through the Use of Dodd's Kidney Pills. Little Rapids, Algoma, Ont., Feb. 11.

-(Special) .- Most of the inhabitants of this district are constantly exposed to inclement weather and extremes of heat and cold, with a result that very many bad cases of chronic kidney disease, lame back and rheumatism are to be found among our people. Mr. D. Haight is one of our most respected residents who has been a terrible martyr to the dread torture of chronic kidney disease. For four years he has suffered. He

wards the castle every week day other furnish it regardless of expense, enumerates at least a dozen disagreehis throat in the hope of securing some relief, but all in vain. Some of these would help him for a time, but very CALVERT'S soon the pain would return with renewed vigor to torture him. At last some one suggested that king of kidney remedies, Dodd's Kidney Pills. He had tried so many mediments which go, respectively, to make cines that he had very little faith, but J. C. Calvert & Co., Manchester, England bought and used a box. He commenced to improve from the first dose

> continued, till finally every vestige and symptom of his old enemy had This is over a year ago and Mr. Haight has had no return or sign of the old His has been regarded by the people here as one of the most remarkable cures that has ever been effected in years ago my kidneys were in a bad state; I tried old medicines and new medicines of all kinds, prescriptions and homemade cures. Some of them relieved me for a little while, but I was soon as bad as ever igain and a second trial of the same thing proved its worthlessness. 'At last I was recommended to get Dodd's Kidney Pills and they cured me and I

have stayed cured."

KING IS AN EARLY RISER. King Victor Emmanuel of Italy in early riser. One morning recent ly at eight o'clock he arrived unexpectedly at the office of administration of the royal household, which is situated opposite the palace. found one servant dusting and sweep-The king lighted a cigarette and walked up and down, waiting. At king asked at what hour the employes were expected to be at the office; "At eight o'clock, your majesty," replied the embarrassed official, "And now it is 9.30," remarked the king, taking up his hat and leaving the premises. Since then all the clerks Monotony of tone is even more and officials make their appearance promptly at eight o'clock.

> KNOX AT THE DOOR. Puns made on persons' names be

ong, perhaps, to the poorest class of wit; still, sometimes they are amusing, and the following story, told by Mr. Justin McCarthy, is worthy of a place in the very sparkling paper which he has contributed to the Gael on "Good Things That I Have Heard." It concerns Mr. Vesey Knox, who was at one time member for Derry. Mr McCarthy relates that one day in the House of Commons, he wanted to find Mr. Vesey Knox. He went out to the central lobby, and met Mr. Thomas be Sexton, and he went eagerly up to him and asked: 'Where can I find in order to show her possessions to Knox? There he is at the door, replied Sexton. Knox would naturally be at the door!

> TOMMY'S VIEW Mr. Selfmade-Remember, children, when I was a boy I often went to bed

realize the latter one is conscious only how much better off you are since

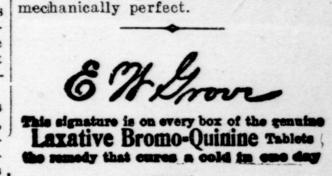
you've known us.

RESOLUTIONS FOR GIRLS. Resolve to dress sensibly, and stick to that resolution as long as you can! If you are earning money, or receiva

portion of it no matter how small Resolve to do whatever you consent to do at all, as well as anybody can

ing an allowance, resolve to save a

Resolve to be a good, sound, reliable easy-working cog, in the social of business machinery, of which you are Lettuces are very wholesome. They a part. In the household, in school, in office work, anywhere and everywhere, this resolution will apply. Beetroot is very cooling, and highly Don't say to yourself: "What differnutritious, owing to the amount of ence does it make if I am fifteen minutes late?" but, "What difference Onions are good for chest ailments would it make if everybody were a quarter of an hour behindhand?" Watercresses are excellent tonic, That swollen cog that has to be removed, may still be of use as a paper-Green neute shoots, if gathered in | weight, if anybody wants it, but its spring and cooked as spinach form a days of active efficiency are ended most delicate and wholesome blood- All great work depends on organized co-operation, systematized, regulated,



Do not use promiscuous lotions, nor acids, nor electricity, except under expert direction. Electricity often leaves black spots, impossible to remove, and the others sometimes cause

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