WORDS OF HOPE.

TO ALL WHO SUFFER FROM A RUN DOWN SYSTEM.

Mrs. Harriet A. Farr, Fenwick, Ont., Tells How She Obtained a Cure After Suffering

for Two Years. Thousands throughout this country suffer seriously from general debility-the result of impoverished blood and shattered nerves. To all such the story of Mrs. Harriet Farr, widow of the late Rev. Richard Farr, Fenwick, Ont., a lady well known throughout the Niagara district, will point the means of renewed ly: health. Mrs. Farr says :- "For a couple of years prior to 1899 I was a great sufferer from a run down continual exhaustion. Doctors' counts the tremulous green leaves of the 'hapless ladye' of that tale." Pink Pills, and from the very first the same soft little wavy locks stray- "there are times when I can almost will be of great benefit."

down, Dr. Williams' Pink Pills will night." promptly restore your health by re- She pauses, and Dugdale says at any point,"

CONTAGION SPREADS. The Way to Avoid the Transmis-

sion of Diseases.

In these days we have most of us sits very prettily upon her. learned the lesson that contagion matter of a specific microbe or germ. quires she, anxiously. By specific is meant that each discannot catch the disease except by

phoid fever or cholera the microbe half hour." has to be taken into the system in At this moment, Parkins, entering pany for you. food. An outbreak of typhoid fever by a note.

Consumption and whooping-cough, ations, and it is to be hoped that in Dugdale's nose. the near future we shall put this "Very," replies he, who would ra- little surprise on Gretchen's face, he knowledge to better use than we do ther have inhaled the breath of the recovers himself. much more stringent rules. General gift. and all must take the risks. This page.

body, especially by saliva. The poi- all. to clothes and toys and books, and remarks Dugdale. these things should always be destroyed if they have come in con-kins?" tact with the sick, and sick rooms should be fumigated and made scien-

Notwithstanding all our precau-charming flowers.' tions there will always be disease germs, but the most virulent germ proper soil, and there is no armor short smile. With all his determin- duller and more dull daily."

BABY'S BIRTHRIGHT

Is Health and Happiness .- How Mothers Can Keep Their Little Ones Well.

Health is the birthright of all liter's greatest aid in guarding children's health is Baby's Own Tabletsa medicine which can be given with perfect safety to the youngest baby. Among the many mothers who have proved the value of this medicine is stomach. Several doctors prescribed for her, but nothing seemed to benefit her in the least till I began giving her Baby's Own Tablets, and then in a short time my little one

was fully restored to health. I would not be without the Tablets in the house, and would advise all mothers to use them when their children are ailing."

Baby's Own Tablets are used in thousands of homes in Canada and always with beneficial results. They contain absolutely no opiate or other harmful drug; are mild, but sure in their action and pleasant to ple morocco. Opening it, he discloses "When?" take. The very best medicine for all troubles of the stomach and bowels, gold richly inlaid, and with the word him in the library he gave it to me curing colic, indigestion, constipa-They give relief in teething troubles, small band of "marguerites" lies like her arm, - "my name is written on dispel worms, promote healthful a delicate framing. sleep and cure all the minor ailments paid, by writing direct to The Dr. How did you manage that?" Ont., or Schenectady, N.Y.

RAZOR GRINDING FALLING OFF. field, England, at the decrease in the "Very easily," replies he, smiling never again go to a ball or enjoy number of razor grinders, which has at her evident, almost childish de life as other men can." heretofore been an important craft light. "Do you recollect how once, "It is." Mrs. Tremaine has grown in Sheffield. It is estimated that when you went to the Scarlett's pic- absent, and is now examining the fully 25 per cent. of the old journey- nic, you told me you had thought of bracelet. men have either died or dropped out me amidst all your amusement? "What did he say to you when givof the business, so that only 300 Think of me again, if only once, to- ing it?" grinders are left. The interesting night, and I shall have more to be "Nothing,-except that he was glad feature is that young men appear thankful for to-morrow than you it pleased me, and that." averse to apprentice themselves at have to-night." the trade, so that, with the further "That is too simple a request," the diamonds very fine. He must natural inroads on the ranks, the says Gretchen, softly, her eyes low- have ordered it for you." razor-grinding business may use an ered. "Had I never seen this beau- "Of course; he said so." acute stage, particularly as no ma- tiful bracelet I should have thought "It is a very handsome present, chinery has yet been devised to su- of you all the same, -not once, but and a very expensive one. Are you

herrings; a Norwegian 500.

Scourge of Doubt.

THE ERROR OF LADY BLUNDEN.

CHAPTER VIII.

It is the night of the Potter's ball, the night.

I noted an improvement in my con- ing across her forehead that usually read your heart. To-night it seems to take up his neglected book, dedition. The severity of my trouble rest there. Her eyes, dark violet, bare to me. At least I know you termined to be faithful to his promgradually lessened and by the time and true and tender as that sweet- are vainly longing for something. I had taken eight boxes I was again est of flowers, glance down at Dug-enjoying the best of health despite dale from under the long lashes that "Death," replies he, quietly. "Why and would strongly urge all sufferers night she is peculiarly pale, - pallid from day to day."

When your blood is poor and "I dressed myself very quickly," lously. And then, with some tim-watery, when your nerves are un- she says, rather nervously, feeling as idity, "Extinction is not for us. strung, when you suffer from head- though she has laid herself open to There is always a heaven." aches and dizziness, when you are the charge of vanity. "I have just "For such as you, perhaps. Hea-

newing and enriching the blood. nothing. Perhaps something in the His tone compels her, although re-They are a prompt and certain cure situation strikes her as comical, be- luctantly, to turn her eyes to his; for all troubles having their origin cause presently she raises her eyes, and, seeing something in his face forage crops is to produce from a Included in the list are also all pressed air. The ladder is attached in the list are also all pressed air. in a poor and watery condition of and meeting his - and being cheered strange yet in part familiar, - as it the blood. But only the genuine by the unmistakable admiration in were, the waking confirmation of cure and these bear the full name, them - she gives way to laughter. "Dr. Williams' Pink Pills for Pale "Won't you speak?" she says. "Can I do anything for you, Ken- a forage crop is harvested may af- instead of sugar; and unfortunately in a burning building that it is de-People," on the wrapper around ev- "The truth is, I haven't come down neth?" ery box. Solk by all dealers in so much to bid you good-night as to "Nothing. Not you, of all medicine or sent post paid at 50 show you my new dress, and to hear ple. There is no help for me, cents a box or six boxes for \$2.50. you say you think I look very nice where. I wish with all my heart I in the palatability of the fidder. As the means of any but the wealthy. clamber down, as the ladder can be by addressing the Dr. Williams' Medi- in it. And-and you haven't said were quietly dead."

I can hardly see you there.'

"It is a very charming dress, is it rise. ity of a disease-is in every case a Don't you think it suits me?" in-

receiving in one way or another that mind. Your silence seemed to me so this night of all others, when you ominous that I dreaded a disparag- should know none but happy These germs have their own man- ing remark. I am very glad you thoughts. Why, I have hardly wishners and customs, means of travel admire me," says Gretchen, in a re- ed you happiness and joy, have I? texture and loses, in both palatabili- when such a meal is likely to be unand prescribed length of life, and it lieved tone, taking an exhaustive But I do, Gretchen, from my heart. ty and digestibility. It is therefore, savory, toast and tea or milk or if is by the study of these details that survey of her own perfect image in You believe that, do you not?" we learn how to avoid the transmis- an opposite mirror, "because - to "I do, indeed; but I am glad you sion of contagious illnesses. We confess a secret- I have been admir- have said it," replies she, honestly. know, for instance, that to get ty- ing myself immensely for the last "Now go, child; do not keep your gin early in order that it shall be

the form of impure food or water, with the admirably noiseless step "I cannot leave you in this mood." and so every year one or more pre- that so becomes him, and on which says Gretchen, earnestly. "I know cautions are taken to have the wa- he prides himself so highly, presents you well enough to understand how ter supplies of our big cities free to Gretchen a very exquisite bouquet you will spend the rest of the evenfrom contamination, and stricter at- of choicest white flowers, arranged ing brooding overtention is given to the purity of our in a silver holder, and accompanied "I will not," interrupts he, eager-

sense, a "visitation of Providence," ments," says Parkins, deferentially of the good that remains to me. I but is recognized as a shame and a yet confidentially; after which he reshall think of you,—your friendship. because the last I was obliged to the ages of 20 and 55. In Iroland reflection on local conditions, where tires to the door way and there Now leave me, while I am in my trogenous fodder, where they can woman finds that her complexion is call in a physician.

we know, are passed from one person sweet!" exclaims Gretchen. "Are pulsively; but, having done it, his to another by means of the expector- they not?" - holding them under brow contracts, and he colors faint-

at present, and protect ourselves by "deadly nightshade" than Scarlett's "Go, Gretchen; go, darling," he expectoration is a public offense and "So thoughtful of Tom," goes on The tears so long delayed fall slowmenace, and should be made a penal Gretchen, in a pleased tone. "I ly one by one down Gretchen's cheeks

matter. The danger with expector- wonder wonder what he says?" Open- as she mechanically mounts the ated matter is that it dries and then ing the letter, she reads aloud little stairs again to her mother's room. is scattered by the wind so that one scraps of it as her eyes scan the At the door she pauses, and, brushoutrage should be so handled by all "So sorry he can't be at the Pot- her head, as though determined to in authority that in the near future ters' to-night, as he has sprained his suppress all other signs of emotiom.

streets will seem like an evil night- love to me, and many happy returns languidly with a few more last fin-Scarlet fever and diphtheria are quent hesitation- "he hopes I will to the perfecting of her appearance. caught by any emanations from the like the flowers; and-and that's "We shall be a little late, mamma,

son can cling for months and years "There seems a good deal of it," "Who brought these flowers, Par-

"Captain Scarlett's man, miss." tifically clean before they are again lett, Parkins, and I am sorry he is great way. But for your father - fattening steers with early and late

to compare with the resistant power ation to appear unconcerned, his "Are these they?"

chen, quickly putting the white blos- utes since, Gretchen?" soms on a distant table. "You are "Yes, dear."

Mrs. J. W. Booth, Bar River, Ont. to this ball to-night, I could stay at own choosing, too. So glad it is a Rocket for Life Savers - Vest oyster plant. Some persons think She says :- "My baby suffered great- home with you and help to kill those success, dear. I was always famous

tress vou." it," says Dugdale, rather unsteadily. library to - to show Kenneth your As he speaks he puts out his hand pretty present." almost unconsciously and takes hers "And he was pleased with it?" in a close warm clasp.

ceases, and his grasp on her hand provokingly. grows lighter, though not less full of "Well, of course he would, you

from beneath his head a case of pur- ly?' to view a bracelet,-a band of dead "Just now. When I went to see diarrhoea and simple fever. on one side. All round the name a charming? See," - slipping it off

of children. Price 25 cents a box at ing hotly. "Oh, how !svely! How maine, in a curious tone. She is all druggists, or sent by mail post exquisite! And my own name, too! looking, not at the bracelet, but at Williams' Medicine Co., Brockville, "I ordered it for you some time crying," she says, quietly, without

ago. I am so glad you like it." Considerable concern is felt in Shef- grees upon her pretty cheeks.

persede hand labor for this opera- many times, to-night." liped sossing the room, her soft tone.

white skirts trailing behind her, she near her. "I have come," says Gretchen, shy- draws back the heavy velvet curtains

and very nearly ten o'clock. Gret- "You remind me," says Dugdale, ready, dear? Is Kitty coming?" chen, coming into the full glare of "of some picture, some story-a legsystem. My digestion was bad; I the library lamps, looks like some end of the Rhine, I think it is,—as stifled tone, hurrying gladly from the had little or no appetite and was white vision fresh from fairy-land, in you stand there clad in moonbeams. room. in a very poor state; I suffered from her robe of snowy tulle undefiled by Come nearer to me, or I shall fear to heart palpitation and a feeling of color of any description, unless one see you melt away altogether, as did

treatment failed to benefit me and I the water-lilies that lie - as though "There are times," says Gretchen, gradually grew worse until I was just freshly thrown - upon her not noticing his last remark, but finally unable to do the least work. gown. Her hair (wise child that she coming quickly forward into the fullthen began using Dr. Williams' proves herself) is quite unchanged, er, warmer light of the lamps, -

my sixty years. I believe that Dr. sweep the white cheek beneath. As do I live? Surely extinction is pref-Williams' Pink Pills saved my life a rule, no roses warm her face; to- erable to the existence I drag on bles,—an object full of interest to to give them a trial, believing they as her gown, fair as a fragile snow- "Don't speak like that, Ken: it saddens me," murmurs she, tremu-

pgle, languid and completely run three minutes to - to bid you good- ven was made for angels; for my- Mr. F. W. Hodson Gives Some self" - recklessly - "I see no hope

dream,-she says, hurriedly,-

"There are times when mere words wish that!" entreats she, hastily, a is secured where forage crops are al- gree, should be desirous of getting seem poor. Come nearer, Gretchen, touch of terror in her tone. Great lowed to fully mature and ripen, thin in a very short time, there is tears gather and dim the luster of The only exception is in the case of one method of diet by which he or She comes slowly up to him, and, her eyes. She draws her breath clovers and other legumes, where the she could do it without the least standing so, furls and unfurls her sharply, and lays one hand with a leaves rattle off and are lost, either possible doubt. It is summed up by THEY PROVE THE PERMANfan with a certain bashfulness that pathetic gesture on her bosom, as before or during the process of curthe physician who always prescribes though to still the sob that seeks to ing.

she asks, sorrowfully.

mother waiting. I am not fit com-

ly. "I promise you so much, if it is no longer considered, in the old "With Captain Scarlett's compli-will please you. I shall think only

> better mood." "What lovely flowers, and how Raising her hand, he kisses it im-

whispers, in a low tone. ing them away, resolutely throws up

the present condition of our cars and foot. Oh, poor, poor fellow! His Mrs. Tremaine is still struggling of the day; and-and-yes" - an elo- ishing-touches she considers necessary

ly fall on her. as it is. A little of the society of horsemen say. In tests made by "My kind regards to Captain Scar- such people as the Potters goes a Professors Sanborn and Henry in laid up, and so pleased with his who really has a perfect talent for cut hay, it was found that late cut other features of living to be observtaking up the most extraordinary hay gave the best results. If cutting ed. There should be for instance, Gentlemen: people - I should not dream of is delayed too long the stems of the no eating of any kind between meals. "Little Tom Scarlett' seems most showing there at all. Where are my grass become tough and stringy and Nor should water be taken with moment most emphatically substancan do no harm unless it finds its attentive," says Dugdale, with a gloves? Positively, Tymon grows the seeds scatter from the heads. Meals. No liquid unless it be a tiate.

of perfect health.—Youth's Compan- voice betrays him. He has been "Yes, dear. So clever of you to an indefinite quantity, the aroma of tempted if the diet is to have its full ble. fighting with melancholy all the even find them, and so like Tymon to put grass has real value in rendering effect. But between meals, in the ing, and now it has gained the vic- them where no one could possibly see hay more palatable. When the sun course of the twenty-four hours, at tory. Scarlett's flowers have prov- them." (They are lying on the table dissipates the dew from the dying least two quarts of water should be exactly under her nose.) "Did I grass in the meadow, we detect the drunk. If more can be taken the "What is it, Kenneth?" asks Gret- hear you go down stairs a few min- escaping aroma, because the dew in diet is going to have so much better cd with a fountain pen by his Sun- ing him, he caught the bull and

hateful couch, and put on my even- sure; so unlike Tymon: Tymon posi- sweet smelling hay is really the best. trouble if the person who is at this "Oh, I am sure you will." ing clothes, and go with you to this tively can't hurry, and is never quite and prudent farmers will not over- work will give up a few articles of tle ones. It is a mother's duty to ball, and dance with you all the sure whether her head is on her look such seemingly small points as diet. And when the markets are as night. That is all," - with a bit-shoulders or lying about somewhere. preserving the aroma and preventing good as they are at present, there is me? All the livelong day?" He: he yelled at the bull: "Bother you! ter laugh. "A small wish, is it My dear child, that dress suits you bleaching. deliciously. I have seldom seen you "I too have a wish," says Gret-look so charming. And it isn't afchen, infinite compassion in her clear fectionate prejudice on my part; no, eyes and a brightness that may be really; it is the whole arrangement tears. "I wish that instead of going that is in such admirable form. My dreary thoughts that at times dis- for my unerring taste. Has your father seen you? and Kenneth?" "Don't say that, if you don't mean | "Not papa yet; but I went to the

> "I think so; yes, I am sure of it. "I do mean it," replies she, quiet- At least he said so." She hesitates ly,-so quietly that his agitation over this speech, and blushes rather

know," says Mrs. Tremaine. "I sent for this for your birth- "He"-nervously - "he gave me day," he says, presently, drawing this bracelet, mamma; is it not love-

"Gretchen" formed in diamonds up- as a birthday present. Is it not

"For me!" says Gretchen, blush- "It is beautiful," says Mrs. Treher daughter's eyes. "You have been"

removing her gaze. "It was too kind,-far too kind. "Yes,-a little," - blushing crim-How shall I thank you?" rurmurs son now. "I could not help it. He she, the blush deepening by fine de- looked so sad, so lonely, so regretful. It does seem hard that he can

"The name is perfectly done, and

thinery has yet been devised to subersede hand labor for this operation.

A British barrel contains 1,000

A British barrel contains 3,000

A British barrel contains 4,000

A British barrel contains 5,000

A British barrel contains

"Wish!" says Gretchen, puzzled. But of course I could not refuse. One cent wise He seemed so glad to give it; and he has so few pleasures. I felt it One dollar foolish would pain him to return it, and he has so much pain."

"Take care you do not increase

it," says Mrs. Tremaine, still in the same curious tone. "Mental pain, child, is worse than bodily." "What do you mean, mamma?" asks Gretchen, shrinking a little. The flush fades from her cheek, leaving a deadly pallor to replace it. Her eyes instinctively she lays one hand upon the arm of the chair

> "Perhaps nothing. But thoughtof the window and looks out upon lessness causes more trouble and pain than people know of. Are you than people know of the you than you dear? Is Kitty coming?" "I shall see," says Gretchen, in a

> > She sighs profoundly, smooths away the lines from her forehead with careful fingers, and, gathering Diet that Has Taken Thirty up her fan and scent-bottle, sweeps from the room to her carriage. Dugdale, hearing the door close up-

on them, and the servants returning again along the hall, moves his head ise to Gretchen not to let morbid thoughts get possession of him. As he does so, his eyes fall upon an obhim. It is Scarlett's bouquet that lies there, withering and forgotten! (To be Continued.)

THE TIME TO CUT HAY.

Valuable Hints on the Question. The aim of our farmers in growing beans.

peo- the quantity of material harvested, prepared with saccharine are so ex- to the end of the ladder is shot up any- in the composition of the crop, and pensive as to be practically beyond with it, and rescued persons need not a general rule it has been found that If a person of great fortitude and quickly lowered with them on it. 'Oh, Kenneth, not that! Do not the greatest amount of dry matter capable of self-denial in a high de

It does not follow that when a that is to say the "catching" qual- not? It is mamma's present to me. "What can I say to comfort you?" plant increases in yield of dry matter that its nutritive value has pro- are so wonderful that it is worth "Forgive me," returns he, stricken portionately increased. It is quite while to describe it, even though it "You are lovelier even than I with remorse as he notes the effect possible that changes in texture and is a little too rigid for the average ease has its own microbe, and one thought you," returns he, simply. of his want of self-control. "I am composition of dry substance may man or woman to undertake. Prac-"You have taken a weight off my a brute to distress you so, and on offset the greater yield. The dry tically, the only food to be taken for matter of mature grass contains a the month or more that one conlarger proportion of crude fibre that tinues this diet, is the meat and the the immature. The plant hardens in vegetable mentioned. For breakfast, usually advisable to begin cutting the patient is not suffering from inhay early, and where there is a large digestion-coffee may also be taken. Gentlemen: completed before the grass seeds are ripe enough to shell from the heads of the late cut grass. Chemical analysis has shown that plants are

richer in protein in the earlier stages of growth than when fully grown or nearly mature. The chief difficulty to show themselves, and how great mearly mature. The chief difficulty the effect will be afterward depends get up again tend, is the lack of protein in the rations made up of our common tinued. feeding stuffs, and they should rec- Just now "spinach and beefsteak" weaker and losing flesh rapidly.

only get one by late cutting. CUTTING THE FIRST CROP even before the heads are fully ly. Seeing, however, no anger and grown will tend to cause a vigorous new growth and in this way a good crop of rowan is secured.

The two crops are more valuable, especially for feeding dairy cows, than one mature crop on account of the increased proportion of protein. The early cut hay seems more palatable to stock, and weight for weight, more satisfactory. On the other hand by late cutting we secure a considerable larger quantity of carbo-hydrates, which are valuable for feeding, and of crude fibre thirty pounds within six weeks off a boxes, and now believe that I have which is of low feeding value.

For the dairy cows and sheep,

animals do not relish hay that is stomach." With rather underdone return of the malady. woody and lacking in aroma, as is beefsteak it forms a combination I know that my cure is due to shall we not?" asks Gretchen, sitting the case with late cut hay. For which has results in all cases. That Dodd's Kidney Pills, as I used no where the light does not immediate horses and fattening cattle later diet is becoming practically the only other medicine after commencing cutting is allowable, as these animals prescription which the skin doctors their use. "Oh, no, dear. We shall be there subsist mostly on concentrated food, prescribe for women who have quite long enough-too long - even and hay serves more for "filling," as blotchy complexions as the Such hay has little aroma and lacks glass of red wine for persons with I have never had the slightest palatability if not nutrients. Though whom that agrees, should be at-symptom of a return of my old trou-that the bull was overtaking him.

rising, carries some of it into the effect. "Yes; that I might rise from this know I always said Cole was a treather field at night. Green colored, flesh. That may be done without sermons now." Feminine Chorus: bellowed with agony and dashed.

F. W. HODSON. Live Stock Commissioner. ---

TWO NEW INVENTIONS.

Said to be Bullet Proof.

official, has recently made an improvement in the method of throw- should starve or even lack enough ing life lines to wrecked or disabled food on a diet like this. There is no ships. If the wreck happen at night

a steel rocket is used which leaves a sugar, may also be taken with imables the life-savers to locate the vessel in distress, and also shows with saccharine. This ample diet of those on the ship where the life line vegetables is supplemented by practihas been cast. The captain has de- cal freedom of choice in the matter vised a combination of colored lights which will burn for almost a minute unless it be taken stuffed or covered in a continuous trail of light.

Under the old method shot after. shot is often fired from the shore ing dieting time is of course highly without reaching the ship, and without giving any knowledge to the crew that an attempt is being made To persons who are not prepared to as mercury will surely destroy the sense of to save them. With this rocket line go into exercising on a very extensive smell and completely derange the whole system again in the field with another cheap when entering it through the mucous surface. there can be no doubt as to the scale walking is a great aid to re- when entering it through the mucous surfaces.

devised a whistle to be used instead of the fire line at night. In the case results will be much better. of fogs, probably the whistle, attached to the projectile, will be of

A young Pole, Jan Szczepanik, has invented what he says is a bulletproof vest which is made entirely of may be worn in place of the regular! garment. He hit upon the idea by experimenting with raw silk until he succeeded in weaving a thread of extraordinary strength and toughness. It is from this that he makes the gas, 163 to candles, 105 to child- truck, an' I thought yer hand was that within the present year more undervests which resist the passage of a bullet or sword. He is willing at any time to make tests of his invention, and those which he has un-

largest towns is 7,500,000.

To use any but the best

REDUCES you?' EXPENSE

Ask for the Octagon Bar

HOW FAT PEOPLE MAY RE-DUCE THEIR WEIGHT. Pounds Avoirdupois Off a Per-

son in Six Weeks.

This is the season of the year when the person who is anxious to los flesh may do it with a minimum self-denial and sacrifice. Some privations are necessary, but in for forbidden foods that are not to be found at other times of the year, packets. especially in the winter.

Every system of reducing flesh forbids its disciples to eat certain lapan tea drinkers try "Salada" Green tea. things. These are forbidden as rigidly as poison would be to a person who had no suicidal plans and was trying to keep in good health. Com-

it as "Beefsteak and Spinach."

Saccharine must in any case be sub- I feel it my duty to you and to the meals only beefsteak, spinach, butter Kidney Pills have done for me. and toast are allowed.

strictly for at least one month. Then gion of my kidneys, followed by a the wonderful effects will have begun very lethargic feeling.

blotchy, she may go to a noted skin He gave my sufferings a very learnspecialist, but the chances are ten ed name, and doctored me for some to one that he will say to her the time, but I got no better. body else's idea, and he or she goes to despair of life. it is wonderful also in its power of some better.

reducing flesh. There have been cases in which a in the bladder. person who tried it. The effect on a radical and complete cure, as it is digestion is in itself wonderful. The six months since I used any of the grass should be cut early, since these French say "spinach sweeps the Pills, and have had no symptoms or

RESULT OF INDIGESTION.

With this diet there are of course

for what is given up.

The list of vegetables that one may suppose?" eat with impunity includes, for instance, string beans, asparagus. spinach, all kinds of salads, corn and Minard's Liniment Relieves Neuralgia, that beets may be eaten so long as they are eaten with vinegar. But 20,000 tons, is the average annual Capt. Andre, a Chicago life-saving there is no reason why anybody output of British arsenals. prohibition on fruits, and rhubarb Minard's Liniment Cures Vandrutt unless it be cooked with too much punity. If boiled without sugar it of meats. There is none forbidden

with bread. The amount of exercise taken durgreater will be the effect of the cure. whereabouts of the life-saving men ducing their weight. The weather ly get into a perspiration. If it is possible to take violent exercise the

The person most ignorant of the means of reducing flesh does not considerable service to the wrecked have to be told that he must shun cocktails as he would the plague. that all alcohol is more or less fattening and that whiskey and soda good effects upon all who try it.

PAGE METAL GATES are so low in price

THE AWAKENING.

The meanest man on earth has just found. His mind had been wandering with fever for three weeks, and when he came back to his senses and opened his eyes he saw a fair face under a white cap bending over his pillow:

"Who-who are you?" he gasped. "I'm the trained nurse." "The trained nurse! Oh, good gracious! And how much am I paying

She told him, and he turned his head, groaning in the soreness of his affliction. A few moments later, though, his face lit up with a flash of hope. "But I'm back in my right mind now, ain't I?" "Why, yes; I think you are."

"All right, then," with fierce ex ultation. "I give you notice

leave to-night!"

Ceylon Tea Is the finest Tea the world produces, spring markets there are substitutes and is sold only in lead

Black, Mixed and Green.

TELESCOPIC FIRE LADDERS. A German invention in fire ladders prehensively stated the forbidden ar- has recently been tried with success ticles are starches and sugar. In veg- at Pittsburg, Pennsylvania. It conetables these cover peas, potatoes, sists of a telescopic ladder, capable feet, and worked by means of comgiven area as large a quantity as kinds of bread, pastry and confecto a heavy truck carrying an aira possible of the digestible nutrients in tions, and sweets of any kind unless tank. The ladder can be directed at a palatable form. The time at which they happen to be made of saccharine a particular window, or other place fect the crop in three ways, viz :- in the preserves and similar articles sirable to reach. A fireman lashed

ENCY OF CURES BY DODDS KIDNEY PILLS.

Over Six Years Have Gone by, and This Cure Still Stands -Only One of Many Such St. Mary's Ferry, N. B., May 19

(Special)-Mr. Thomas Harrison of this place has addressed two significant letters to The Dodds Medicine The First One. St. Mary's Ferry, Dec. 18, 1895

stituted for sugar. At the other public at large to tell what Dodd's About one year ago I began to Railroad. Tickets only ten dollars This diet must be adhered to suffer with severe pains over the re (\$10.00), good going May 23rd, and

on the length of time the diet is con- This state continued for some time, and all the while I was still getting ognize the fact that by cutting early form the motto of more men and wo- My appetite was very much im-

> mysterious words, "beefsteak and I called in several other physicians, spinach." If a man or woman is too but it was all no use; my sufferings stout, according to his own or some got worse all the time until I began

the same thing-"beefsteak and spin- Kidney Pills. I was very skeptical 450, chesnut 860, oak 1,600, and ach." It is not only a diet that is but was prevailed on to commence a yew 2,880 years. adapted to the weakest stomach, but treatment; the first box made me feel I passed a stone that had formed rigid adherence to this diet with a I continued the use of Dodd's Kidcertain amount of exercise has taken ney Pills until I had used three

THOMAS HARRISON. The Second One. St. Mary's Ferry, N.B., Mar. 24,

What I said in 1895 I can at this

Yours truly. THOMAS HARRISON.

Dr. Smiley (who has been present- faster, and instead of the bull catchday School class): "Thank you, my grabbed him by the tail, with a firm air. This is one reason why hay Of course there is no need of any dear young ladies; I am sure I shall grip and a controlling one. He bewishing for something, are you not?" "How quickly you dressed! You should not remain scattered over such severe dieting merely to reduce be able to write a great deal better gan to kick the bull, and the bull

> little trouble in finding substitutes "Ye-es, I think so. You'll give who began this fight?" me a chance to stop for meals, I

2,000,000 shot and shell, weighing

A farmer's man took the village may readily be sweetened afterward doctor a note the other day, and with some difficulty Medicus spelt out: "Please send me a bottle of fizzic." "Halloa," exclaimed the doctor, "f-i-z-z-i-c doesn't spell physic." "Don't it?" answered the rustic; "what do it spell then?" The doctor gave it up.

important. The more exercise, the Beware of Ointments for Catarrh

ledo, O., contains no mercury, and is taken internally, acting directly upon the blood and ucous surfaces of the system. In buying Hall's Catarrh Care be sure you get the genu | routes going and returning west ine. It is taken internally, and made in Toledo Ohio, by F. J. Cheney & Co. Testimonials

Sold by Druggists, price 75c per bottle.

a cow's horn."

"You are the hardest man to wake are fatal to leanness. Eschew these I ever met," said the kind-hearted silk and so thin and light that it and the treatment will have the same citizen, who had allowed the tramp to sleep in his kitchen. "Here I have been poking you in the ribs for an hour." "Never paid no attention Of 2,555 London fires, 500 owed to it," admitted the lodger. "Yer their beginning to lamps, 219 to see, I am used to sleepin' in a cattle

body ask. E. B. Eddy Sulphurous. "Headlight Every Stick-Parlour A Match

PAINT

Every Match-

A Lighter

The finest matches in the world, made from Soft corky pine, and boxes, assorted colors each box containing about 500 matchesthree boxes in a package.

For Sale by All First Class

LEMONS...Special Offer.

Providing we have your order at once, naming quantity required each month, we will guarantee to supply you with good sound Lemons of good quality, during the month of May \$3.00 per box, during June \$3.25 per box, during July \$3.50 per box no matter how much price advances. Ship them as you want them, one or more boxes at a time. This offer only open for few days.

The Dawson Commission Co., Limited, Toronto.

Matches

has stood the test of years and stood it just as a paint should stand that has proved itself the best of all the paints. It is

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and no other, for no other has

such a record for durability, economy, beauty, elasticity, easy to

work, beautiful in tone, and at the proper price for the best paint. Drop us a card and ask for BOOKLET "K" FREE.

A. RAMSAY & SON, Estab. 1842

showing how some homes are

level steel rails for every ton he cold. Every night you kick all the can pull on an ordinary high-road. | bed clothes off. Why do you do it?" Little Boy: "I don't know, mam-BOSTON EXCURSION VIA WEST ma. You'll have to ask me when I's asleep.' The event of the season will be the

pension Bridge to Boston and return Laxative Bromo-Quinine Tablets cure a cold by regular trains of the West Shore in one day. No Cure. No Pay. Price 25 cents. London has 690 acres of docks valid for return until and including

or address H. Parry, General Agent, 377 Main Street, Buffalo, N. Y. The record farm-rent in Great 432 out of every 1,000 English sewage-farm near Edinburgh. Five

the ages of 20 and 55. In Ireland a year. the number is 408. TO CURE A COLD IN ONE DAY.

SHORE.

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature 'e on each box. 200. Palms never live more than 250 to the doctor, he will probably say A friend advised me to use Dodd's years. Lvy has been known to live

> as a disinfectant. other soap powders, as it also acts ant Soap Powder is detter than Lever's Y-Z (Wise Head) Disinfect-

Glasgow has spent £7,600,000 on her docks; Liverpool, £18,200,000. For Over Sixty Years MRS. WINSLOW'S SOOTHING SYRUP has been used b

millions of mothers for their children while teething. Itsoothes the child, softens the gums, allays pain, cures wind colic, regulates the stomach and howels, and is the best remedy for Diarrhea. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrue." 74 per cent of the British army

are between 18 and 30 years old.

LETTING HIM HAVE IT. Crossing a field one day a man was pursued by an angry bull. He made He then began to run round a haystack in the field, and the bull pursued him, but in making the short circles round the stack, he was the across the field, with the man hang- THE PUL-MO CO., TORONTO, ONT. ing to his tail, and kicking him at

C. C. RICHARDS & CO. Gentlemen,-I have used MIN-ARD'S LINIMENT on my vessel and in my family for years, and for every day ills and accidents of life I consider it has no equal. I would not start on a voyage Large and Fast Steamships. Superior accommodation for all classes of passengers. Saloons and Staterooms are amidships. Special attention has been given to the Second Saloon and Third-Class accommodation. For without it, if it cost a dollar a

CAPT. F. R. DESJARDIN.

Schr. "Storke," St. Andre, Ka-

Mr. Henpeck proposes that the marriage service should be altered s that it will read: "Who dare take this woman?" And the bridegroom shall answer: "I dare."

ANOTHER CALIFORNIA EXCURwhereabouts of the life-saving men ducing their weight. The weather or the location of the distressed ship.

In the daylight Capt. Andre has ly get into a perspiration. If it is 7th, 1902. Good to return any time within 60 days. Choice Chicago or St. Louis. All tickets should read via Detroit, and over the Wabash, the short and true route from Canada to California. Full particulars of this wonderful trip from any agent or J. A. Richardson, District Passenger Agent, corner King and Yonge streets, To-

> GRIM SIGN OF PROSPERITY The Kansas papers are boasting than \$25,000 worth of monuments ... have been erected in the local cemetery, owing to the good times, which have enabled people to pay more than the usual attention to the resting places of their dead. There is something novel in the thought that may be discovered by a glance across tokonto street, Toronto its graveyard.

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Britain is £35 an acre, paid for a

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