

SHAKY NERVES.

uffers from Nervous Troubles Are in a State of Continuous Torture—Suggestions as to How the Trouble Can be Overcome.

When your nerves are shaky your self-control is shattered—your will power is broken. Sudden sounds startle you; your temper is irritable; your hands tremble; there is weakness in your knees; your skin is pale and parched; you are restless at night and tired when you wake. All comes from nervous exhaustion, perhaps due to overwork and worry, late hours, hot days, and want of sleep. Dr. Williams' Pink Pills is the only cure. They make new, rich blood. They brace up jangled nerves and strengthen tired backs. They give health and energy to dull, weary, despondent men and women. Strong proof is offered in the case of Mrs. Wm. Westcott of Benford, Ont., who says: "For a long time my health was in a bad state. I was subject to headaches, dizziness and nervous exhaustion. My appetite was poor, and I was so badly run down I could not stand the least exertion. I tried several medicines and consulted different doctors, but they did not help me any. One day my neighbors brought me a box of Dr. Williams' Pink Pills, and before the second box was finished the turning point for the better had been reached, and by the time I had used a half dozen boxes the surprise of my friends and neighbors I was again enjoying good health, and have since been strong and well. I do not know anything to equal Dr. Williams' Pink Pills when the system is run down. What the pills have done for others they will do for you, if you will give them a fair trial. Sold by all medicine dealers, or sent by mail for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

WEAPON FOR THE ANALYST.

Immense Strides Recently Made in Science.

The epoch-making discoveries in science described are being rapidly developed. Investigations by M. Curie, the French physicist, Sir William Thomson, Prof. Rutherford, and other eminent scientists, have carried them into an entirely unknown region in physics and chemistry, where all analogies fail and all accepted theories of the nature of matter offer no assistance. There was no time to be lost, and Mrs. Wylie insisted upon an immediate departure for town. They caught the train, and reached London at half-past seven. A long, weary drive in a rattling cab brought them to Suffolk Mansions, a grand old mansion near the Strand. She kissed her sister silently, and then followed the two ladies into the drawing-room. There was a table set for tea, and the hostess, a single lady with a pink shade had a wonderful effect in adding comfort to the appearance of the room. Alice lifted her veil and looked round as if expecting to find someone there. Mrs. Wylie, near the fire, and Brenda, who was closing the door, were waiting for her. "I think," she said woefully, "that Theo might have been here."

Mrs. Wylie was hungry, perhaps she was also slightly irritated. "Why?" she asked nervously. Mrs. Huston unbentoned her gloves speculatively, and after a short pause, replied: "Oh, I know! I thought he would come, that was all."

Mrs. Wylie made no pretence of concealing her impatient snarl of the shoulders. "You are in your old room," she said in a voice devoid of sympathy. "If I had not done so, I would have had dinner sent. It will warm us up."

Brenda conducted her sister to the bedroom assigned to her. They were alone for a moment. Her attitude was distinctly sympathetic in its bearing. Women have a silent way of telling us their hearts are not so far from us as we think. Mrs. Wylie's sister, however, was silent, and her hovering, volunteered here and there a quick and deft assistance.

"I wonder," she said to the beautiful woman at length, with that touch of helplessness in her tone which would have been better reserved for another, "why I feel like a whipped child. I do not see that I am to blame because Alfred chose to be careless. Of course it was an accident."

Brenda did not answer at once. Indeed, they were leaving the room when she said in a reassuring tone: "Undoubtedly it was an accident."

"I was not mistaking the tone of the contrary," Brenda knew then, and her sister's love for her husband, if it had ever existed, was dead at the time of his sudden and untimely end.

Alfred Trist's room, in Jersey street, was very like himself. There was an indefinite feeling of readiness about it, as if at a moment's notice it could be locked up and turned into a bedroom or a meeting house. There were no curiosities lying about, no mementos, no souvenirs of battle-field. Looking round the room, or at the door, Brenda felt a conviction that in ten minutes the dweller therein could remove all trace of himself and his belongings. It was not a room, but a room that was ready to receive a new tenant.

Instead, therefore, of adorning his apartment with flowers and ornaments in anticipation of Mrs. Wylie's visit, he had committed the error of looking round to see that nothing was lying about without visible and obvious excuse. The task of making it ready was not a light one. Before going out to dine at a small club he had dressed so that he might be ready for the widow's visit. There had been a long and serious consultation with the landlady about tea at eight-thirty; and this had been royally prepared, regardless of expense in the luxurious matter of cream from the dairy round the corner.

There was a gravity almost amounting to solemnity in the war-courtesy of the landlady as he sat awaiting his gracious visitor. "I am afraid," he reflected, with characteristic calmness, "that the good lady is not pleased with me."

This far he had not intended to go, and he was not at all surprised to find himself in a room with a view of removing her bonnet before his shaving glass, and whether she would prefer keeping her out-door apparel with her. As

In Peace and War Or, The End of It All

CHAPTER XXI.

When Mrs. Wylie returned to the breakfast room, she found that breakfast was preparing to write. A blank telegram-form lay on the blotting-paper in readiness.

"We must telegraph to Alice," she said briskly, as she dipped a quill pen into the ink. "What shall I say?"

"Firmly notified the quill pen, and remembered that the girl never used anything but steel."

"Do not be in a hurry," she urged. "Let me see what you think. What is best to be done."

"Of course, I am ready to do all I can. For some moments she appeared to be thinking, then she spoke: "The best way out of it is for me to go down to Cheltenham and bring her back. There is a train about eleven o'clock, Alice herself went by it. We can be back by tonight—about dinner time. I should think, or a little later."

Before Mrs. Wylie telegraphed to Trist, the message being kept from Brenda's knowledge. She addressed it to his rooms in Jersey street, without hesitation, and wrote the following words: "I am going to Cheltenham. Keep away from Brenda. Expect me in Jersey street eight o'clock to-morrow."

"I think," she reflected, as her plump white hand pressed the blotting paper, "that the time has really come when I must do something. These young people are verging on a terrible middle. Unless Theo has some set plan of his own all along. I sometimes think there must be a motive somewhere."

As the good lady was descending the stairs at half-past ten on her pastime, a messenger, a comely missionary came toiling up. He carried a letter in his hand, and Mrs. Wylie, perceiving it, stopped him and asked for a full account of the accident, written at her near at hand by Theodore Trist.

By three o'clock that afternoon Alice Huston learnt her husband's fall and all accompanying circumstances of matter offer no assistance. There was no time to be lost, and Mrs. Wylie insisted upon an immediate departure for town. They caught the train, and reached London at half-past seven. A long, weary drive in a rattling cab brought them to Suffolk Mansions, a grand old mansion near the Strand. She kissed her sister silently, and then followed the two ladies into the drawing-room. There was a table set for tea, and the hostess, a single lady with a pink shade had a wonderful effect in adding comfort to the appearance of the room. Alice lifted her veil and looked round as if expecting to find someone there. Mrs. Wylie, near the fire, and Brenda, who was closing the door, were waiting for her. "I think," she said woefully, "that Theo might have been here."

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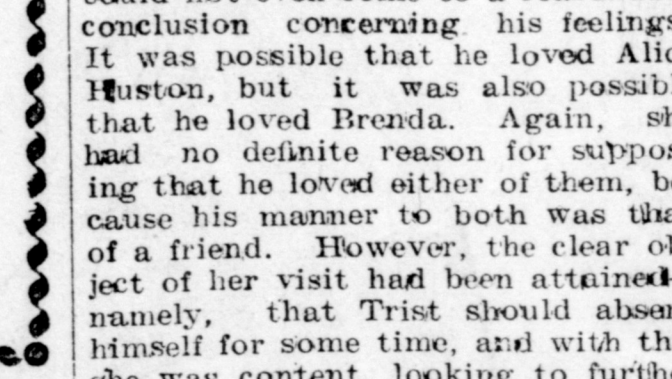
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she recognized in him a match in the matter of social diplomacy. His motives were a puzzle to her; she could not even come to a reasonable conclusion concerning his feelings. It was possible that he loved Alice Huston, and it was also possible that he loved Brenda. Again, she had no definite reason for supposing that he loved either of them, because his manner to both was that of a friend. However, the clear object of her visit had been attained—namely, that Trist should absent himself for some time, and with his eyes contentedly looking to further enlightenment in the future. (To Be Continued.)

What shrank your woollens? Why did holes wear so soon? You used common soap.



SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Brand.

About the ... House

GOOD THINGS TO EAT.

USEFUL HINTS.

Faded Cashmere may be restored by sponging with equal parts of alcohol and ammonia diluted with water.

When Making Pastry, cream the lard, butter, or dripping before mixing it with the flour and it will blend more readily. Less handling will be required, and consequently the pastry will be lighter.

To Cleanse a Hair Mattress.—Remove the hair from the bedding, pick it well, and then plunge into a lath screen, rinse it and then lay it in the sun to dry. Wash the ticking and replace the hair, taking care that it is thoroughly dry and nicely picked.

To Boil Spiced Beef.—Plunge the meat into scalding boiling water to cover it. This hardens the outside and keeps in the juices. After the water (boiled by the meat) comes to the boil again, let it remain boiling for three minutes, then skim carefully. Then place the pot in a cooler place until the contents simmer very gently.

Imitation Frosted Glass.—This is a cheap method of imitating frosted glass, and answers very well in a dry place, but steam will make it look like a pane of glass. After the glass is dry, rub it with a rag. When you require the same appearance, and the atmosphere is damp and steamy, moisten a brush with turpentine and oil and paint the panes of glass thinly over with it.

How's This!

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Remedy.

F. J. CHENEY & Co., Toledo, O. We have undertaken, for 25 years, and believe him perfectly honorable in all his transactions, and are enabled to carry out any obligations made by their name.

HALL'S CATARRH REMEDY, Wholesale Druggists, Toledo, O. W. A. LINDSEY, Retail Druggist, 110 N. Broadway, New York, N. Y. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. It cures Catarrh of the Bladder, Prostate, and Uterus. Sold by all druggists. Hall's Family Pills are the best.

TOO HIGH TO REACH.

The family were discussing the high prices of provisions generally, and the small boy butted into the conversation.

"Jan has gone up, too," he remarked. "Ma keeps it on the top shelf now."

The boy suddenly dawned on his youthful perceptions that he had injured his case by talking too much.

Minard's Liniment Relieves Neuralgia

The world produces about 250 million tons of grain yearly.

DENVER AND COLORADO.

On June 30th and July 10th inclusive, the Washburn will sail round trip to Denver, Colorado Springs or Pueblo, Colo., at the lowest ever made from Canada, all tickets good to return until August 31st, 1903.

For full particulars address any of the following agents: J. A. Richardson, District Passenger Agent, Northeast corner of King and Yonge streets, Toronto.

"What is your objection to him, papa?" "Why, the fellow can't make enough money to support you." "But neither can you."

The Great Prairie Investment Company, Limited, advertisement appears in this issue. The investment is an unusually attractive one. The company have purchased over a hundred and fifty acres in Winnipeg at a low figure and are laying it out in lots. The advance in value since the purchase has been sufficient to make the investment safe and at the rate Winnipeg is growing large profits should certainly accrue. It should be worth while for anyone having some surplus funds for investment to obtain the prospectus of the company and look into the matter.—Dom. Mch. Monthly.

"They tell me Edith Pickley is actually engaged again." "Again?" She seems to have the secret of eternal youth."

ENGLISH SPAVIN LINIMENT

Removes all hard spots or calloused lumps and blemishes from horse, blood spavin, kidney spavin, ring bone, swelling of the eye, and all other ailments of the horse. Price 25c per bottle. Sold by all druggists.

There are nearly 80,000 Welsh residents in Liverpool, where it is proposed to found a Celtic club at the University College.

BINDER TALK.

Some of the important features of the Massey-Harris Binder are: FOLDING DIVIDERS.—No bolts or nuts to unscrew. No iron spring on the outside. Dividers and unhook the inside one to fold them. A youngster can do it easily and properly. The Dividers are very light in their working position and remain at whatever angle they are folded over the conveyor canvas.

FLOATING ELEVATORS.—They are a great improvement on the old stick or choke in the Massey-Harris elevator, no matter how much it is bunched.

ADJUSTABLE KNOTTER.—Capable of adjustment to take up wear.

REEL.—Suited for handling crops under all conditions of weather or land. It will pick up tangled straw, and lay it straight on the table. It also handles long or short grain with splendid success.

ROLLER BEARINGS throughout.—They lighten the draft and make the work easy for the horses. The bearings know when they are hitched to a Massey-Harris—it runs so easily.

SUMMER HYGIENE.

Summer brings with it the opportunity for a radical change in habits, and for the formation of some that need not be dropped when summer ends, but may be carried on, perhaps in modified form, the year round.

Especial stress is laid upon the advantage of the open windows, by means of which the summer may be practically be passed in the open air. The fresh air is the first and greatest of the hygienic opportunities offered by summer, but there are others that should not be overlooked. Of these clothing is a very important item.

Proper clothing for hot weather not only adds immensely to comfort for the time being, but may also be made to act as a permanent health-giver. Light-weight, porous garments, often washed, are good in themselves without regard to temperature. Most people would be better off if they were strong and hardy enough to trust to them all the time. The thin woolen coat, the wide-meshed linen fabrics and flimsy muslins all give the air free access

Jim Dumps was father of a lass Who, by her brightness, led her class.

The teacher asked Miss Dumps the question: "How can you best assist digestion?" "By eating 'Force,'" When told to him, This story tickled "Sunny Jim."

Force

The Ready-to-Serve Cereal

The A-B-C of good health.

My little boy was very sick and would not take any nourishment. I got a box of 'Force' and fed him on it, and am pleased to say he is thriving. I will put him on side any boy of his age, as he is healthy. All fed him on it is 'Force.' "Mrs. J. LINDSEY KEENE."

Force is a cereal food, and is made from the finest quality of wheat. It is easy to digest, and is a most nourishing and strengthening food. It is a most valuable food for the sick, the weak, and the young. It is a most valuable food for the old, the infirm, and the invalid. It is a most valuable food for the laboring man, the soldier, and the sailor. It is a most valuable food for the student, the artist, and the writer. It is a most valuable food for the man of business, the statesman, and the warrior. It is a most valuable food for the man of letters, the philosopher, and the poet. It is a most valuable food for the man of science, the inventor, and the discoverer. It is a most valuable food for the man of action, the hero, and the martyr. It is a most valuable food for the man of faith, the saint, and the saint.

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