

Get the Most Out of Your Food

You don't and can't if your stomach is weak. A weak stomach does not digest all that is ordinarily taken into it. It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are uneasiness after eating, fits of nervous headache, and disagreeable belching.

"I have been troubled with dyspepsia for years, and tried every remedy I heard of, but never got anything that gave me relief, until I took Hood's Sarsaparilla. I cannot praise this medicine too highly for the good it has done me. I always take it in the spring and fall and would not be without it." W. A. NUGENT, Belleville, Ont.

Hood's Sarsaparilla
Strengthens and tones the stomach and the whole digestive system.

W. C. T. U. Convention.

Mrs. Leonora B. Lake Addresses a Large Meeting in the Town Hall Granby, P. Q.

The Shefford County Convention of the Woman's Christian Temperance Union commenced on Wednesday morning in the Methodist Church and was continued in the same place in the afternoon. A public meeting was held in the Town Hall in the evening when a large audience gathered to listen to an address by Mrs. Leonora B. Lake, of St. Louis, Mo., whose fame as a speaker had preceded her. In the course of an address lasting more than one hour she asked why at the dawn of this twentieth century while so much progress had been made in every field so little had been accomplished along the line of temperance and expressed her belief that the reason was to be found in the fact that men had got further away from God—so much material development had made them thoughtless. The principle she advocated was not temperance but total abstinence and for this they must band themselves together and work. She was a Roman Catholic but what would they think of her if she said she did not go to church. What then must they think of a man who said he believed in their cause but did not stand with them. It was their duty to abstain from liquor as an act of reparation and an act of self-denial. They should combat the idea of hospitality in the home which must find evidence at the neck of a bottle and help each other to live right and not drag each other down. The moderate drinker might never injure himself but it was his duty to his fellow men to abstain because of the example to others who might be injured by it. If they obeyed the injunction to "Love thy neighbour as thyself" there would be no license, neither would there be any license if it were not for the money that was made in the traffic. Total abstinence in the home life was the only safeguard against the dangers which crept in. A man would be considered crazy who put bad material into the building of a house and they had a right to expect that the same care should be exercised in character building. The evil effects of alcohol did not die with the drunkard. Every child had the right to demand that it be well born and well reared. But the drunkard transmitted to posterity his weakness and his vices. Some ridiculed the idea of inheriting an appetite for liquor, saying it would be just as reasonable to talk about inheriting an appetite for pork and cabbage, but what the drunkard's child really did inherit was a weakened will power and a perverted moral nature. They should purify the atmosphere by putting drinking places out of the way. She had been brought there that evening because she was a Roman Catholic to show the people of this province the union which existed between the Roman Catholics and Protestants in the cause of temperance. Would that there were more of this spirit of union instead of glowering at each other from different corners while the devil got in his work with them both. She was proud to say she had enjoyed for eleven years the personal friendship of the late Frances Willard, than whom a finer woman never lived. She (the speaker) wore on her breast a crucifix, which was the emblem of her faith. It was attached to a ribbon of white, which stood for purity and consecrated service in the Master's name. In this cause they worked hand in hand and she saw no reason why they should not work together while they worshipped in their own churches. The W. C. T. U. were moving heaven and earth in the cause of temperance and they should be supported. She had only contempt for the fellow who straddled the fence and waited to see which was the stronger side before they cast their vote. They should put themselves on the side of a clean municipality and protect the homes and be voices for the voiceless ones weeping their lives away as their hopes and ambitions had been blasted by the curse of drink. She was proud of the great work being done in the United States by the Roman Catholic Church. They had a total abstinence society with a membership of 122,000—men, women, girls and boys, they took care of them all. In conclusion she asked their aid and assistance

in the work of the W. C. T. U. and that they should try to make the world better for having lived in it, so that in the end they might be greeted with the words "Well done, thou good and faithful servant. Enter ye in to the Kingdom prepared for you."

The Rev. W. S. Pritchard moved a vote of thanks to Mrs. Lake for her address. It was a hopeful sign of the times to see Roman Catholic and Protestant standing on the same platform. They were sometimes told by Americans that the people of this province were not united, but the war in South Africa gave the lie to such a statement, since French and English had stood shoulder to shoulder and fought with equal bravery for the cause of the Empire. He thought the time was not far distant when the French Canadians would join the Protestants of this province in combatting the evils of intemperance.

The Evils of Constipation.

This dangerous condition causes sick headache, adominal pains, piles, and in severe cases insanity and apoplexy. The most agreeable and satisfactory remedy is Ferrozone, which makes the bowels so well ordered that natural and unassisted action is established. It is mild and certain in action and never causes distress or inconvenience, and may be taken as long as required. Pains in the stomach and intestines, piles, biliousness and headache disappear at once when Ferrozone is used. Recommended and sold by Druggists, price 50c. By mail from N. C. Poleon & Co., Kingston, Ont. Sold by R. O'Leary.

NO PILLS LIKE DR. HAMILTON'S.

ADVANCES OF GERMANY REJECTED.

LONDON, July 23.—The Times in an editorial on Anglo-German relations rejects the advances of German publicists for a more friendly attitude towards England. An appeal, it appears, has been lately published in Berlin, for a better understanding between the two nations, among the signers of which is Professor Mommsen, the historian and Count Von Bechem, who was under secretary of state for Prince Bismarck, had also been urging the German press not to meddle so much and so irritatingly with the affairs of foreign nations. Taking these deliverances as a text, the Times says it is a pity the Germans have deferred their protests until England emerged from her troubles during which fair treatment would have been particularly acceptable. The campaign of falsehood and calumny waged against England in Germany while the British army was in the field will not be lightly forgotten. It revealed to the people of England the real feelings of large and influential classes in Germany. It is a discovery which will necessarily influence the relations of the two peoples for a long time to come especially in view of the relations which notoriously exist between the German administration and the German press.

SCORES OF USES.

While Dr. Chase's Ointment is best known on account of its wonderful control over eczema, salt rheum and piles, it is found to be in almost daily demand in many homes as a cure for chilblains, chafing, pimples, sunburn, burns, scalds, and each and every form of itching, irritated or inflamed skin. It is invaluable in every home and as a soothing and healing application knows no equal.

GREAT GATHERING OF PILGRIMS AT STE. ANNE DE BEAUPRE.

QUEBEC, July 25.—A large number of pilgrimages are arriving in the city from all over the country to attend the celebration of Ste. Anne's at the shrine of Ste. Anne de Beaupre to-morrow. It is expected that at least 5,000 pilgrims will be present and many miracles are usually reported on this day. Already about 3,000 pilgrims are here. As usual the large statue of the saint will be crowned for the occasion and the church will be magnificently illuminated. A miracle is just reported from the shrine. A young girl from Kingston who was crippled in both legs is said to have thrown down her crutches and walked out of the church amidst great excitement.

BACKACHE, swelling of feet and ankles, puffing under eyes, frequent thirst, scanty, cloudy, highly colored urine and all urinary troubles lead to Bright's disease, dropsy, diabetes etc. Doan's Kidney Pills are a sure cure.

The Fourth of July casualty record in the United States this year shows 31 killed, 2,649 injured and \$250,155 damage by fire, all through the use of powder.

Relieve those Inflamed Eyes!
Pond's Extract
Reduced one-half with pure soft water, applied frequently with dropper or eye cup, the congestion will be removed and the pain and inflammation instantly relieved.
CAUTION!—Avoid dangerous, irritating Witch Hazel preparations represented to be "the same as" Pond's Extract which easily sour and generally contain "wood alcohol," a deadly poison.

THE EGYPTIAN LOTUS.

It Grows Perfectly When Planted in Rich Mud.

Egyptian lotus roots may be obtained from any florist. The seed will readily germinate if a hole is filed or drilled through the hard shell that moisture may penetrate the kernel, otherwise they will lie dormant almost indefinitely. It is perfectly hardy and comes to perfection when planted in shallow water with rich mud and full exposure to the sun—simply naturalized in the same environments that suit our native water lily. Artificial ponds or cement basins are often made for the accommodation of this and other water lilies. Such tanks should be two or three feet deep and of any size and outline desired. Twelve by twenty feet is a nice size for the amateur. It is best to plant the lilies in boxes, say three feet square and one foot deep, filled with good rich soil and sunk in the tank. The lotus submits gracefully to cultivation in tubs. Ordinary half barrels will do for tubs. Fill them two-thirds full of rich garden soil, in which plant the roots (I prefer roots to seed); then fill tubs full of water and set in a warm, sunny place. In winter remove the tubs with their contents to a cellar. A beautiful aquatic garden may be had by arranging several tubs of lotus and nymphaea into a mound or circle and filling the spaces between them with ferns, arrowheads and other moisture loving plants.

How Tropical Fruits Are Protected.
It may have struck you that most tropical fruits have thick or hard or nauseous rinds, which need to be torn off before the monkeys or birds for whose use they are intended can get at them and eat them. Our northern strawberries, raspberries, currants and whortleberries, developed with a single eye to the pretty robins and finches of temperate climes, can be popped into the mouth whole and eaten as they stand. They are meant for small birds to devour and to disperse the tiny undigested, nutlike seeds in return for the bribe of the soft pulp that surrounds them. But it is quite otherwise with oranges, shaddockes, bananas, plantains, mangoes and pineapples. Those great tropical fruits can only be eaten properly after stripping off the hard and often acrid rind that guards and preserves them.

They lay themselves out for dispersion by monkeys, toucans and other relatively large and powerful fruit eaters, and the rind is put there as a barrier against small thieves who would rob the sweet pulp, but be absolutely incapable of carrying away and dispersing the large and richly stored seeds it covers.—Cornhill Magazine.

Dr. Johnson's Marvellous Memory.
Dr. Johnson, the Ursa Major of English literature, had a prodigious memory and at one period of his life employed it in reporting parliamentary debates. Once Dr. Hawkesworth read to him a poem which he intended to publish and asked his opinion of it. "Why, sir," said Johnson, "I cannot well determine on a first hearing. Read it again." Hawkesworth complied. The next morning, the subject of the poem being resumed, Johnson said he had but one objection to it, that he doubted its originality, and to prove his statement repeated the whole poem, with the exception of a few lines, which so alarmed Hawkesworth that he declared he would never again read anything of his composing to Johnson, who, he said, had a memory which would convict any author of plagiarism.

Anxious English Mothers.
In England it is a weighty matter when there are several daughters in the family and no man in sight to marry them except the curate. The romantic reserve with which we Americans approach the subject of settling our spinster relatives is about on a par in their eyes with the way Mrs. Trollope says we used to put pantalettes on the piano legs.

Over there they neither put pantalettes on the piano legs nor pantalettes on their feverish ambition to marry the dear girls well, if possible, but any way to marry them.

The Rubber Plant in 1735.
The first accurate information regarding the wonderful rubber plant was furnished by La Condamine, a French scientist who was sent in 1735 by the government of France to measure an arc of the meridian near Quito. This brought him to the heart of the rubber growing country, and much valuable information was thus obtained.

Advantages of Matrimony.

Friend—Did you lose anything in the Bustall bank?
Depositor—Not a cent.
"Well, well! If you knew the thing was going up, why didn't you say so?"
"I didn't know. I had to go off on business, so I left my wife some blank checks. She went shopping."

Opportunity Passes By.
"He is looking out for an opportunity," explained the young man.
"From what I have seen of him," replied the man of business, "I would infer that he expected it to pass the club window."

Illusion and Delusion.

She—After all, what is the difference between illusion and delusion?
He—Illusion is the lovely fancies we have about ourselves, and delusion is the foolish fancies other people have about themselves

We should manage our fortune like our constitution—enjoy it when good, have patience when bad and never apply violent remedies but in cases of necessity.



THAT'S THE SPOT!

Right in the small of the back. Do you ever get a pain there? If so, do you know what it means? It is a Backache.

A sure sign of Kidney Trouble. Don't neglect it. Stop it in time. If you don't, serious Kidney Troubles are sure to follow.

DOAN'S KIDNEY PILLS

cure Backache, Lame Back, Diabetes, Dropsy and all Kidney and Bladder Troubles.

Price 50c. a box or 5 for \$1.25, all dealers.
DOAN KIDNEY PILL CO., Toronto, Ont.

URGING THE BOERS TO STAY IN SOUTH AFRICA.

LONDON, July 24.—In South Africa the Boer leaders are doing everything in their power to discourage the burghers from accepting the tempting offers for emigrants received from various parts of North and South America. In a recent speech at Capetown Judge Hertzog, ex-official of the extinct Orange Free State declared that all the prominent leaders in the war had determined to remain in South Africa, and that they were anxious that their associates should join them in rehabilitating the fortunes of their native lands.

A Red Hot Season.

During the hot season the blood gets over heated, the drain on the system is severe and the appetite is often lost. Burdock Blood Bitters purifies and invigorates the blood, tones up the system and restores the lost appetite.

BABY WAS DEAD AND THE MOTHER WAS DRUNK.

THIS WAS WHAT A TORONTO CONSTABLE SAW—THE MOTHER WAS ARRESTED.

TORONTO, July 23.—A dead child in a baby carriage, and its mother drunk on the floor was the discovery made by P. C. Chapman, of the morality department, when he visited the Feeney house at No. 54 Sydenham street about noon yesterday. The husband has been in jail for the past week.

The child, whose name was Catherine, was about six months old. About 4 o'clock yesterday morning the woman rushed wildly out of the house and informed the neighbors of the death.

Dr. Wallace, of Queen and George streets, was called in about a week ago, and found the child to be suffering from cholera infantum. It is said he was not called in a second time, and that no doctor saw the child since his visit. The woman whose name is Mary Feeney, was taken into custody, and is held on a charge of drunkenness, but it is possible that a more serious charge may be made. A question to be decided is whether the death was caused or hastened by neglect.

Mrs. Feeney, at No. 1 Police Station last night, said Dr. Wallace was at her house last night. Dr. Wallace being out of town last night this could not be verified or denied.

A post mortem examination will be made this afternoon.

About a year ago, when Mrs. Feeney was serving a term for drunkenness, her baby died at the jail, the result, it was alleged of neglect.

Another woman, in a drunken condition, was with Mrs. Feeney at the latter's house yesterday, but she left hurriedly at the constable's appearance.

It is reported that the wheat crop in Manitoba this year will yield between 70,000,000 and 100,000,000 bushels.

RICH BLOOD Strong Nerves

When the blood gets thin and watery, as it usually does at this time of year, the nerves are first to suffer; they are starved and exhausted. Headache, dizzy spells, indigestion, weak action of the heart, languid, depressing feelings, weakness and functional derangements of the bodily organs are the result.

You can feel Dr. Chase's Nerve Food doing you good day by day, as it strikes at the root of trouble and creates new, rich blood. You can prove that it builds up new tissues and adds flesh if you weigh yourself each week while using it.

Mr. J. McFaul, carpenter, 314 Manning Avenue, Toronto, states:—"I have used Dr. Chase's Nerve Food for acute indigestion, nervousness and inability to sleep, and now, after a thorough test, I am pleased to say that my nervous system has been built up, and I rest and sleep well. I can speak very highly of this preparation, knowing it to possess curative properties which I have failed to find in other remedies." 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

Dr. Chase's Nerve Food

J. & T. Jardine,

DIRECT IMPORTERS OF BRITISH AND FOREIGN GOODS,
—AND—
WHOLESALE AND RETAIL DEALERS
—IN—

FLOUR CORNMEAL, OATMEAL, COFFEE

TEA, SUGAR, TOBACCO,

COARSE SALT, in bulk and bags, DAIRYSALT,

Molasses, Biscuits, Cheese,

PORK AND BEEF,

AMS, OATS, BRAN AND SHORTS.

HARDWARE, CROCKERWARE, GLASSWARE,

BOOTS AND SHOES

DRY GOODS.

Ready-Made Clothing, Scotch Horse Collars,

IRON, CHAIN, ANCHORS, ROP,

NAILS OF EVERY DESCRIPTION LINE.

English House Coal.

Blacksmith's Coal

HINGLES, DEALS, BEARDS AND SCANTLING,

PITCH-PINE, HARDWOOD, LATHS, etc.

Rexton, Kent County, N. B.

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