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HINTS FOR GIRLS.

How to Preserve Health and Good Color.

Pale, Sallow, or Anaemic Girls Restored to the Bright Freshness of Youth by Natural Means—Good Health Within the Reach of All.

From The Sun, Orangeville, Ont.

Miss Maggie Browlee, of Orangeville, is a young lady well known to the residents of the town and greatly esteemed by all her acquaintances. Like thousands of other young girls throughout Canada, Miss Browlee fell a victim to anaemia or watery blood, and for a time, as she says herself, feared she would never again enjoy robust health. Experiences like Miss Browlee's cannot fail to be of benefit to other pale and anaemic girls, and for this reason she kindly consented to give a statement to the Sun for publication. "My illness," said Miss Browlee, "came on very gradually, and at first it merely seemed as though it was a feeling of depression and tiredness. I kept getting worse, however, and finally had to give up a good position. I was at times troubled with a throbbing, racking headache; my appetite gave out; the least exertion tired me, and my heart would beat painfully. My limbs seemed to feel like weights, and at other times there was a sinking sensation which I can scarcely describe. I was treated by a good doctor and took a number of remedies, but without any improvement in my condition, and I began to fear that I was doomed to be an invalid. One day a friend who called to see me spoke very highly of Dr. Williams' Pink Pills, and what she said interested my mother so much that she bought a few boxes. I began taking them, and in the course of a few weeks there was no room to doubt that they were helping me. I continued taking the pills for a couple of months or more, when I felt as well and strong as ever I had been. It is about a year since I gave up taking the pills, and I have not since felt the need of any medicine. I think Dr. Williams' Pink Pills a grand medicine, and should be taken by all pale and feeble girls."

Dr. Williams' Pink Pills make rich, red blood with every dose taken, thus restoring the bloom of health, and the brightness and freshness of youth to pale and sallow cheeks. Through their action on the blood they cure such diseases as anaemia, nervousness, headache, rheumatism, dyspepsia, St. Vitus' dance, heart troubles, diseases of the kidneys, etc. These pills also cure the ailments that make the lives of so many women a constant misery. Sold in boxes, the wrapper around which bears the full name—Dr. Williams' Pink Pills for Pale People. Can be procured from druggists, or will be sent by mail, post paid, at 50c. a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

James McCash's house near Winnipeg was burned while Mr and Mrs McCash were out in the barn. Two children were in the house, and the elder, aged 4, ran out and shut the door, cutting off her little sister's escape.

The Old Plan With Its Difficulty and Expense a Thing of the Past.

Diamond Dye Mat and Rug Patterns Are Popular in all Homes.

The expense of buying suitable material and of stamping outlines of a pattern for a mat or rug is a thing of the past, now that the Diamond Dye Mat and Rug Patterns can be procured at such low prices. Another advantage in using the Diamond Dye Mat and Rug Patterns is that the pattern or design is brought out in lovely and harmonized colors, ready for working. One or more of these elegant patterns should be in every home. When worked up, they look as rich as expensive imported goods, and they wear much longer. Upon receipt of a Postal Card with your address. The Wells & Richardson Co., Limited, 200 Mountain St., Montreal, P. Q., will send you free of cost all the newest designs.

The Viceroy of India telegraphs that the famine outlook is very serious. No rain has fallen, and the plague of rats in Gujerat, Rajpootana and central India is assisting in the destruction of the crops.

DOAN'S KIDNEY PILLS cure backache, sideache, scanty, cloudy, thick and highly colored urine, diabetes, dropsy and all troubles arising from a weak condition of the kidneys.

NEW X RAY MACHINE.

Installed at Royal Victoria Hospital, Montreal—Best on the Continent.

The Royal Victoria Hospital, Montreal, is now in the possession of the best X-ray apparatus on the continent, placed in a special set of rooms devoted to the elec-

trical department and fitted with all that can facilitate its operations.

An 18-inch induction coil has been installed, operated by a switch board, and a separate brake, which gives a 100-volts direct current. The mercury brake, which makes and breaks-off the contact, consists of a mercury cup with one wire permanently fixed, while the other moves up and down by means of a small motor. The switch-board is also fitted so that electrolytic brakes can be used and controlled upon it, and equipped with a set of terminals on either side so that two induction coils could, if necessary, be operated by it. A 600-volt current is required.

The patient lies on a canvas couch, under which is a sliding frame bearing the ray tubes, which are the automatic regulating tubes of Moller for Cox. In order to locate the depths of the injury two photographs are usually taken a slight distance apart and used like stereoscopic views.

In another room is installed a very fine Wimshurst influenza machine for the direct application of static electricity. It gives a 20-inch spark, and will be run by an electric motor. The patient is seated as a rule on an insulated stool, and the other pole of the apparatus is applied to whatever part is to be treated. Another apparatus is also being tried for the treatment of tuberculosis by an intermittent current of high frequency. The parts affected are stroked with the pole, while the pole is in contact with the body it is not painful, but the longer the spark given the more violent is the pricking sensation.

Putting food into a diseased stomach is like putting money into a pocket with holes. The money is lost. All its value goes for nothing. When the stomach is diseased, with the allied organs of digestion and nutrition, the food which is put into it is largely lost. The nutriment is not extracted from it. The body is weak and the blood impoverished.

The pocket can be mended. The stomach can be cured. That sterling medicine for the stomach and blood, Doctor Pierce's Golden Medical Discovery, acts with peculiar promptness and power on the organs of digestion and nutrition. It is a positive cure for almost all disorders of these organs, and cures also such diseases of the heart, blood, liver and other organs, as have their cause in a weak or diseased condition of the stomach.

In the recent discussion with regard to a redistribution bill for Great Britain the statement was made that the smallest constituency, Newry, Ireland, has 1,848 electors, and the largest, South Essex, England, has 32,556. It looks as if the Irish had gerrymandered the English constituencies.

THE CARE OF BABIES.

A Great Responsibility Rests on All Mothers—Baby Should Always be Bright and Cheerful.

Babies that are well, sleep well, eat well, act well and play well. A child that is not lively, rosy-cheeked and playful, needs immediate attention or the results may be serious. Prudent mothers should always keep ready at hand a safe yet effective medicine to administer to their little ones as emergency arises. Such a medicine is Baby's Own Tablets. These Tablets do not act as the so-called "soothing" medicines do. They do not have a deadening or stupefying effect, but on the contrary go right to the seat of the trouble and by removing it cure the child and prevent a recurrence of the difficulty. All mothers who have used this medicine praise it and always keep it in the house. Mrs G. Baines, Six Mile Lake, Ont., says—"The Baby's Own Tablets which I ordered came just in time. My baby was very ill with indigestion and bowel trouble, but I am happy to say the Tablets relieved him after a few doses and he is now doing splendidly, with just a Tablet now and then when a little restless I am the mother of eight children and I must say I have never had a medicine I thought as much of as Baby's Own Tablets, and I have tried all the old remedies. I think mother should always to keep them in the house in case of emergency."

These tablets cure all the minor ailments of children, such as constipation, sour stomach, colic, diarrhoea, indigestion, and simple fever. They break up colds, prevent croup, and allay the irritation accompanying the cutting of teeth. They are for children of all ages, and dissolved in water can be given with absolute safety to the youngest infant. Sold by all druggists at 25 cents a box or sent post paid on receipt of price, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

When you feel weak, run down, nervous or unable to work or think as you ought, take Milburn's Heart and Nerve Pills. They'll build up your health and give you strength and energy.

PILLAR OF FIRE PROTECTS TRAIN

Novel Device to Prevent the Possibility of Railway Collisions.

Chicago, Feb. 13.—A practical demonstration of the utility of a new departure which, it is claimed by railway officials, will effectively prove the solution in a large degree of the railway collision problem, was made last night on the Chicago, Milwaukee and St. Paul Railroad near here.

The device consists of an exceedingly powerful headlight, which not only perfectly illuminates the track with an intensely brilliant shaft of light for a distance of a mile, but also embraces the striking and novel feature of a beam of light of almost equal brilliancy penetrating over seven hundred feet above, which can be clearly seen ten miles distant. It is thereby possible for approaching trains to absolutely locate each other by this vertical shaft of light, though miles apart, and it is this feature which railroad officials claim will eliminate the possibility of collision. This vertical beam will, in hilly country especially, where curves in the track are numerous, so positively fix the location of trains that nothing but carelessness on the part of engineers will permit a collision.

A POWERFUL HEADLIGHT.

The apparatus consists of powerful electric arc headlight, a dynamo and steam motor, all of which occupy the space on the locomotive usually devoted to the headlight. The dynamo, which generates the current for this veritable searchlight, occupies a space less than fifteen inches wide directly behind the headlight, and is operated by a motor driven by steam impact on a turbine wheel. The current is six thousand candle-power, which can be reduced to any degree of brilliancy at the will of the engineer.

One of the heaviest passenger engines on the Chicago, Milwaukee and St. Paul experimentally equipped with this headlight drew a special train a number of miles out of Chicago last night, and a practical demonstration of the working apparatus was given, under the supervision of Charles W. Adams, formerly assistant general passenger agent of the Pennsylvania system.

OUR MOTTO:

"Accuracy, Care and Attention."

Our continued success in business is the best proof that we enjoy the unbounded confidence of the public. We dispense drugs with the greatest possible accuracy, care and attention. Our stock of Toilet preparations is always up-to-date, and our Perfumes the finest and cheapest.

ALL RANKS AND CONDITIONS

of our people are now using Paine's Celery Compound, the great health restorer. No other medicine in the world has such a record of cures to its credit. It makes new, fresh blood, corrects digestion, gives energy to body, nerves and brain. If you feel unwell, give Paine's Celery Compound a trial. J. M. Wiley, Druggist, Fredericton, N. B.

Rev. Foster McAmmond, of Perth, Ont., who, it will be remembered, was implicated in a certain way in the Syracuse affair some months ago with Rev. Mr. Sanderson, of Almonte, has resigned as pastor of the Asbury Methodist Church, Perth, and intends retiring from the ministry. At a meeting of the official board of the church an invitation was extended to Mr. McAmmond to continue as pastor of the church, but he said that after giving the matter considerable thought he had decided to discontinue as pastor of the church and retire from the ministry. Mr. McAmmond and Mrs. McAmmond have endured much mental suffering since the unfortunate incident, and the gossip of wagging tongues, and letters asking for explanations have not bettered the situation.

MALT BREAKFAST FOOD.

The Only Cereal Product That Can Keep People Well and Strong.

The ordinary grain foods such as wheat hominy, corn and oatmeal put up in fancy packages to attract the attention of the public are not true health foods. They are used by many who are not aware of their depressing influence on the digestive organs. The great objection to such foods is the presence of so much insoluble starch, which hampers digestion and causes many serious derangements of the stomach.

Malt Breakfast Food is the only grain

food free from starchy ingredients. In its manufacture, the starch of the wheat is converted into maltose and dextrine by the use of pure, health-giving malt. The weakest stomach retains and relishes Malt Breakfast Food. It tones and strengthens the digestive organs and quickly builds up flesh and muscle. Malt Breakfast Food is now recommended by hundreds of physicians as a perfect health food that keeps people well and strong. Your Grocer sells and recommends it.

HARVEY STATION.

(Special Correspondence to the Herald.)

Feb. 14.—The Swan lumber concern of Tweedside, are operating on quite a large scale on the big Oromocto Lake. They have some fine lumber lands on the southern shores of the lake and have now hauled in a considerable quantity of pine and spruce logs for the use of the mill they are to erect at Tweedside, in the spring.

Thomas Robison has a number of teams engaged hauling tan bark from the vicinity of Pisgahagen to Tracey Station.

James Maratty of St. Stephen, shipped a car of beef cattle last evening. The cattle were bought from the farmers here and surrounding districts. Mr Maratty has done a large trade in cattle and poultry here this season.

John Lockhart of Magundy, who was badly used up by exposure and frost bites from lying out all night near Prince William Statton, is much better and in a fair way of recovering.

Ten Years of Blessed Work and Glorious Victories.

PAINE'S CELERY COMPOUND

Has Brought Health and New Life to the Sick and Diseased in Every Part of the Civilized World.

For the last ten years the work of Paine's Celery Compound has been a blessed and cheering one to men and women of every rank in society. In no one case has the great medicine failed to benefit, and where it has been used promptly, it has in every case brought a cure.

The blessed results that spring from the use of Paine's Celery Compound are not confined to this Canada of ours. The great life-giving medicine has been sent to every quarter of the civilized world, and has cured the sick, restored the weak and depressed to health and strength, and caused tens of thousands to live who failed to find health in worthless prescriptions, sarsaparillas, nervines and pills. Paine's Celery Compound has cured when all remedies failed.

It is to this best of all medicines, Paine's Celery Compound, that we would direct the attention to every man and woman suffering from weakness, general debility, rheumatism, neuralgia, heart trouble, dyspepsia, anemia, blood diseases, liver complaint and kidney trouble. Thousands of grateful letters have poured in testifying to wonderful and permanent cures.

It is foolish and criminal to delay the use of such a disease banisher when others have so clearly demonstrated its value; when many of your friends and neighbors have been made well by its use. The health-giving virtues are so eminently great that the ablest physicians are prescribing Paine's Celery Compound daily for the sick.

If you are weak physically, in the grasp of disease, or simply feeling out-of-sorts, irritable, sleepless or despondent, try one bottle of Paine's Celery Compound, and note well the magical effects.

Between six and eight o'clock Wednesday night four battery men, in cells in "A" battery, Kingston, for deserting, broke out and escaped. It is quite likely they made for the United States, going over on the ice. The authorities sent out parties to seek the escaped men, but so far they have been unsuccessful.

When The Baby Cries at Night

there is a cause for it. Perhaps it is gas on the stomach, may be cramps or diarrhoea. Don't lose sleep, anticipate such contingencies by always keeping handy a bottle of Polson's Nerviline. Just a few drops in water given inwardly, then rub the little one's stomach with a small quantity of Nerviline, and perfect rest is assured for the night, for mother and baby. You may not need Nerviline often, but when you do need it you need it badly. Get a 25c bottle today.

CAME IN STEERAGE.

But Goes Back to Ireland in First Cabin With \$90,000 in His Possession.

New York, Feb. 13.—Nearly deported in December last for his penniless condition, after he had arrived in the steerage of the Conarder Etruria, Thomas Molher, of County Dublin, Ireland, will sail back to his native land in a short time enjoying all the luxuries of the first cabin, and with \$90,000 in his possession.

More than sixty-five years old, he came to see his brother Patrick, ninety years old, whom he knew to be passing away in Sullivan, Me., and although, because of his detention at Ellis Island, he hardly reached his brother's bedside before it was too late, he was not forgotten. By the terms of the latter's will he was made a comparatively wealthy man. He purposes to return to Ireland and enjoy the competence in his declining years.

Thomas received a letter in October last from his aged brother, begging him to come and see him before he died. He had become well-to-do by dealings in the rock ribbed lands about Sullivan, Me, and was interested in several profitable quarries. It was hard work for Thomas to raise the money necessary for the journey, and when he at last reached the immigration station at Ellis Island his purse was empty.

He was about to be deported when Peter Groden who represents the Irish immigrant society at Ellis Island, enquired into the case. Patrick sent the necessary funds and Thomas went to greet his brother.

Mr. Gordon received a letter from a nephew of the brothers yesterday stating that the elder had died and left Thomas \$90,000. Thomas will reach New York some time in March, and wishes the best accommodations obtained for the return trip.

For cuts, wounds, rheumatism, stiff joints, burns, scalds, bites of insects, croup, coughs, colds, Haggard's Yellow Oil will be found an excellent remedy.

The 20,000th finished engine will be turned out of the Baldwin Locomotive Works on the 70th anniversary of the foundation of the works, which will be celebrated shortly.

Speaker's Sore Throat.

Public speakers and singers know how useless and sickening are cough mixtures, sprays, lozenges, &c., for irritable or sore throat, and state that the most satisfactory remedy is Catarrhzone, the advantage of which is that it acts quickly and is convenient to use in public places. Catarrhzone relieves congestion, allays inflammation, and is a protection to the membrane. As a safeguard against colds and Catarrh it has no equal. Rev Mr McKay, Goderich, says "Catarrhzone is an excellent remedy for throat irritation." Physicians, ministers and singers recommend Catarrhzone, druggists sell it for \$1. Small size 25c. By mail from Polson & Co., Kingston, Ont.

The London Chronicle quotes a naval officer as saying that during the war of 1812 the British Admiralty sent out to Kingston, where some British ships were then stationed, a large number of water casks, in the belief that Lake Ontario was a salt-water lake.

She's as White as a Ghost.

As pale as a lily. A matter of pride? Certainly not. Strength! Color! Endurance! That's what every woman wants. Good digestion, perfect assimilation. Bonyancy and vim is the right of every woman. She need not lack this if she will only use Ferrozone. It makes blood, gives appetite, gives strength to the nerves, color to the cheek, and brightness to the eyes. A box of Ferrozone tablets is at once transmittable into health, beauty and strength. There is power in Ferrozone. Try it and see if it is not so. Sold only by C. A. Burchill, price 50c.

There are now 64 patients in Montreal smallpox hospital. Since May 1st 289 patients have been treated, only 5 per cent dying. Not one of the 289 had been vaccinated.

Many Women are Not Attractive because of repulsive looking Warts on the hands. The can be painlessly removed in one day by Putnam's Corn and Wart Extractor. Putnam's is the best Corn and Wart cure made. Try it.

Better a dinner of herbs

With a cup of UNION BLEND TEA Than a stalled Ox with any other brand That ever crossed the sea.