To Nursing Mothers !
A leading Ottawa Doctor writes : deficient, or the accretion of milk scanty

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 gives most gratifying reaulta." It also improves the qualityIt is largely prescribed To Assist Digestion,
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ToAct as a Food for Consumptives, In Nervous Exhaustion, and as a Valuable Tonic.

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People are directed to the wondelful virtues of
JO.ILE for affording great relief and possible JO.IIE for affording great relief and possible cure. This oil, found oozing from magnetic rocks io Texas, is, by nature, highly charged whth Mag. oetism and Electricity, and is very penetrating. remedies, and will speedtly bring about recovery in many cases-benefit is experienced fron first reatment. Oil 75 c . per can, mailed to any ad.
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 TO Bald heads. Tro mill mallon appli- hair nad remoro wal! Ilteohelm Med Dispensary. 123 East Third Street,
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## 5 KING E. <br> 5 SI YONGE.


hot meals also at SI KING E. \& $28 \frac{1}{2}$ COLBORNE.

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2 New Steel Passenger Steamers The Cratert Prfoction ye metuinct in Soat Conativilion Dururious zquincent. Artistic Insuriug tic hishhes degrre of
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## MISCELEANEODS.

Of all the "cuts that man can give there is nono to equal that of kindness.

You will be great before men in proportion as you are lowly bofore God and supple in His hand.

Tho body must be well nourished now to provent sicknoss. If your appotito is poor tako Hood's Sarsaparilla.

The liquor-dralers scatter broad-cast pictures of beautifnl women with alluring cyes, holding aloft glasses of whiskey or beer. If grinning okeletons or sneering devils were substituted for the women the pictures would be more trothful.

The New Hebrow Jiblo and the new English translation of it are well under way and will bo published in 1897. The editor-in-chief of this notable work is Prof. Haupt, of the oriental department of the Jobns Hopkins University.

Beauty, truth, and goodness, are not obsolete; they spring eternal in the breast of man.

And that Eternal Spirit whose triple face thoy are, moulds from them for ever, for his mortal child, images to romind him of the Infinite and Fair.Emersom.

The brewers of New York City claim that they are losing $\$ 150,000$ a Sundey through the enforcement of the Sunday liquor laws. A marked increase in the savings banks deposits, as noted by the newspapers, shows where some of that money is going.

HOOD'S IS WONDERFUL
No less than wonderfol are the cures accompliahed by Hood's Sarsaparilla, evon after other preparations and physicians' prescriptions bave failed. The resson, how ever, is simple. When the blood is enriehed and purified, disease disappears and good health returns, and Hood's Sarsaparilla is the one true blood-purifier.

Food's Pills are prompt and eff ciant and do not purge, pain or gripe. 25 c .

The late Lady Barton was credited with saying that a man frequently had many characters-one for his wife, anoth er for his family, and a third for his men friende, a fourth for boon companions, and another for the public-but that "the wife, if they aro bappy and love each other, gets the pearl out of the various opster shells."

A Minister of the Gospel is Pleased to Tell of the Wonderful Curative Powers of South American Kidney Cure.

Rev. James Murdock, of St. John, N. B.I have used South American Kidney Cure with marked succese. It will do all the manufacturers
claim for it. I felt much benefited after taking claim for it. I felt much benefitted after takine
the remedy but a couple of days. I have laken in the remedy hut a couple of days. I have laken in \$100 worth of good from each bollle."

Above all, bo content with simple pleasures. Abide by simple joys, try to feel the power that is in familiar things, the charm of the wigside flower, the gleam of heaven, the ripple of the stream. These, becauso thoy are simple, you will find to be lasting.
DOCTORS AND FLY BLISTERS FAIL But One Dose of South American Rheumatic Cure Reliepes and Half a Bottle Cures.
Robert E. Gibson. Pembruke's well-known merchant :- il contracted theumatism io very misery each year since. I have repentedly applied fls blisters with but litile success. Doctors whom I consulted, likewise lailed to relieve. It was induced to tre Soutb American Rheumatic Cure, bs
Mr. W. F. C. Bethel, of the Uickson Drus Mr. W. F. C. Bethel, of the Vickson Drag
Company. The first dose gave iostant relief, and Company. The firs
hall 2 botlle cured."
As a cure for rheumatism this renedy is
certainly pericess.
Thero is poetry and there is beanty in real sympatby ; but there is moro-there is action. Tho noblest and most powerful form of sympathy is not meroly tho responaive tear, the echoed sigh, the ausrering look; it is the ambodiment of the sentiment in actaal help.

Tho Quoen has already greatly bono. fitted by hor stay at Nice. She rises at eight o'clock, and urealfasta in her garden. Afterwards entering her dunkuy-chair, sho passes along to tho grounds of Princsss Beatrico's ;Villa, where the morning is epent under a tent. During one of her afternoon drives whon passing through a crowd of native people, the Queen was received with cries of "Vive la Reine!"
VIEWS OF A ROMAN CATHOLIC

## PRIEST.

Rev. R C. Lihmann, of St. Mary's R.C. Church, Hamilton, Ont., Tells of the Good Services of Dr Agnew's Catarrhal Powder.
It is not the case that coid in the head, or catarrhal difficulty, is unknown in the summer season. Many are suffering to day. and in some Dases the disease takes the shape of Hay Fever. remedy in all such cases. Readers of this pape emedy in all such cases, Readers of this paper
know of the many prominent clergymen of all denuminations, who have felt it their duty to recommend this remedy. Added to the recom. mendation of the Rev. Father Ilinchey, of Hamilton, come. that of the Rev. R. C. Lihmann, of t. Mary's R. C. Cluuch, of the same cily. Ever devoted to the interests of his parishioners, this aithful priest leels that he is doong them a kindiness in telling how this remedy benefitted him in the case of catarrhal toouble. It never tails to

0
Of 955,000 low castrs in the Bombay Presidency, only 6,000 can read. A school has been opened for children of this lass in a cowshed, and into this a Cbristian master went, occupying one-half the space, the other half being partitioned off by cocoanut leavea for cows and buffaloes.

## NEAR TO DEATH'S DOOR.

This was the Condition of the Young
Son of Mr. John English, of Lakefleld, Ont.
Extremoly Nervous, Debllitated. Soemingly
Without Vitality or Vigor, the Highest
Medlcal Skill was Dnable to Battle With Eis Disease.
Whatever may be the cause, it is unfortunatity voo true that latge numbers of children are allicted with nervous troubler. These in many cases
assumie ageravated conditions and develop often assume aggravated conditions and develop often into what is really a feature of paralysis.
Robert B. English, the young son of Mr. John Robert B. English, the young son of Mr. John
English, who conducts a large cooperage busincss in Lakefield, Ont., became the victime of what seemed Jike chronic nervousness. The child was haked with severe twitchings accompanied by hits ystem. Naturaliy the best medical skill was Grought into riquisition but no relief was secured. South American Nervine was used, and with the result that atter six botlles had beed taken the hoy was zestored to perfect health and is to-day one of the most robust and healtay children in his sec. of London, Ont., The case of Minnic Sterens, of the Stevens Mianufacturiog Co., is a somewit, similar case. Twelve botles of medicioe cured a serere case of paralysis there.
The great secrel of Nervine is that it cures at he nerve centres, and for this reason is a panacea, ureubles, cerin and lasting, in $1 / l$ cases of nervous ache, and like difficullies indigestion, sick head. removes these troubles, and besides byilds ip removes these troubles, and besides, builds up the stern. for it is one of the grealest fiesh-prcducers

## FITS or EPILEPSY CURED

To the Editor
I have a positiveRemedy for Fits, Epilepsy or Falling Sickness. By its timely use thousands of hopeless cases have been cured.

So proof-positive am I of its power, that I will send a Sample Bottle Free, with a valuable Treatise on this disease, to any of your readers who are afflicted, if they will send me their Express and Post Office Address.
H. G. ROOT

186 Adelaide St. W.
$\underset{\substack{\text { ximan } \\ \text { nert }}}{ }$ Toronto, Canada.

