

Kidney Trouble Cured.

A WELL KNOWN HOTEL-KEEPER RELATED HIS EXPERIENCE.

He suffered greatly from Kidney Trouble and Indigestion—He Doctored for a Long Time Without Getting Any Relief. From the Standard, Cornwall.

The march of the world's progress is forced, protracted and continuous, the competition for supremacy is keen. The man of business must keep rank if he would secure any considerable measure of success. The watchfulness, vigilance and thought involved in modern superintendence produces a severe strain on the physical and mental powers of modern business men, and exposes them to the attacks of certain diseases. Considering that much depends on health in this struggle, it behoves those who would be victorious, to guard against the first approach of disease. Neglect of early adjustment of digestive and kidney disorders is often fraught with dire results, added to this is the unpardonable trifling with health by experimenting with all manner of worthless concoctions. It is simply invaluable to make the acquaintance of a safe and effective remedy such as Dr. Williams' Pink Pills. James Macpherson, hotel keeper in the village of Lancaster, Glengary county, has done business for a number of years in Lancaster, and having successfully entered for the patronage of the travelling public therefore is famous known not only as house but also abroad. In conversation with a newspaper reporter he enumerated some of his ailments and how he was cured. About two years ago he said, "my whole digestive apparatus seemed to become disordered. Some days I could move around, and then again I would be obliged to go to bed. I tried several things but with indifferent success. Occasionally I felt relieved, but in a day or two the old symptoms would return with a more depressing effect. This kind of thing went on until I became troubled with my kidneys, which was a very annoying addition to my suffering. I was restless with a sensation of sickness at the stomach, with intermittent pain in the small of my back. I was miserable enough when I consulted the doctor who probably did me some good, because I felt relieved. The doctor's medicine taken and his directions obeyed, but I did not improve. I had heard of the fame of Dr. Williams' Pink Pills. My wife and I then urged me to try them. I am glad I did so for after trying one box I felt better, and I continued taking the pills until I was completely cured. This summer I had an attack of the same complaints and I found Dr. Williams' Pink Pills as effective as before. I had this advantage, my knowledge and belief in the pills saved me from costly and unnecessary visiting such as I had undergone previously. I may further add that both myself and my wife have derived much benefit from the use of Dr. Williams' Pink Pills, and I can cordially recommend them to those who are suffering similarly."

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Tell the Cook.

To add a teaspoonful of sugar to every pint of milk when the milk is to be thickened with cornmeal.

That oatmeal is much improved if sugar is put in it while it is cooking instead of being put on it at the table.

To keep a brick on the back of the stove and set the food on it that is to be kept warm.

If there are no potatoes to use for making bread, to take a pint of clabbered milk, heat it hot and strain the whey into the flour, and then proceed to mix the dough in the usual manner.

Let the heat way to keep bread from being lumpy is to stir up the meal with enough cold water to merely wet it, and then stir it into the kettle of boiling water.

Never to cut potatoes for baking; but for steaming or boiling to draw the edge of a sharp knife half-way round lengthwise, so that they will crack open nicely.

To tie a piece of stale bread in a white muslin cloth and drop it into the kettle with the boiling cabbage, to help absorb the offensive odor.

To make graham bread the same as white bread, and then steam it three hours, instead of baking it one.

That when baking powder is used for biscuits the shortening should be stirred in after all the ingredients are added including the flour, and they will be much lighter and more flaky.

Honest Convictions.

The surest and safest recommendation to the good-will of people whose friendship and confidence are worth having is a straightforward and steadfast loyalty to faith and principle. Even the most uncompromising bigot, if not absolutely a fool, is capable of appreciating the merit and value of such fidelity to honest conviction, and is compelled to respect the motives and admire the courage of the man whose course is so directed. Nothing is ever permanently lost by unswerving allegiance to honor and right but ultimate failure is inevitable where strict adherence to these standards is rashly sacrificed through motives of expediency. These simple but substantial truths which every young man who hopes to succeed must build firmly and squarely into the foundation upon which his character and future are destined to rest.

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About 1,000 fishing boats engaged around the British coast are named Mary,

THE WHITE RIBBON.
"For God and Home and Native Land."

Conducted by the Ladies of the W. O. T. U.

OFFICERS.
President—Mrs Tufts.
Vice-Presidents—Mrs Hale, Mrs R. Reid, Mrs A. Johnson.
Recording Secretary—Miss Bishop.
Cor. Secretary—Miss Minnie Fitch.
Treasurer—Miss Annie S. Fitch.
Auditor—Mrs Rose.SUPERINTENDENT.
Evangelistic Work—Mrs DoWitt.
Press Work & Literature—Mrs McBlois.
Flower Mission—Mrs Woodward.
Social Party—Mrs B. Bishop.
Societal Givings—Mrs Kempton.
Nursery—Mrs Vaughn.
Health and Heraldry—Mrs Trotter.
Mother's Meetings—Mrs Hamson.
The Girls' Friendly Society—Mrs Davison.

...Next meeting in Temperance Hall, Thursday, Oct. 14th, at 3.30 p.m. The meetings are always open to any who wish to become members. Visiting members of other W. O. T. U. Unions are cordially welcomed.

Dominion Woman's Christian Temperance Union Official Call.

DEAR WHITE RIBBON SISTERS:

The Tenth Annual Convention of the Dominion Woman's Christian Temperance Union will be held (D. V.) in the city of Toronto, October 21, 22 and 23.

The Annual Convention is composed of the Executive Committee, and the Provincial Corresponding and Recording Secretaries and Treasurer, one delegate at large from each auxiliary province, and one delegate for every hundred paying members of Auxiliary Provincial Unions.

All regular members of Convention will be billeted, and Mrs Bacon, 189 Dunn Ave., in charge of the Hospitality Committee will be obliged if the lists of delegates can be sent to her early.

This Convention promises to be the most important and interesting in our history, giving us at the same time the privilege and pleasure of welcoming the World's Union to our beloved Dominion. Already the Convention Committee have been notified of a large number of visitors who expect to attend, and are arranging for their comfort. By writing to Miss Creighton, 19 Metcalfe street, will be recommended to suitable boarding houses.

We would remind you of our late beloved President, Miss E. M. Williams, to be given to the province showing the largest per cent. of gain during the year she won by Prince Edward Island last year.

The other, the gift last year, was given by Prince Edward Island last year.

The Convention will be opened by the Honorable Mr. Hale, the Provincial Agent, to encourage the work among the children, is preparing another Banner to be given to the province showing the organization and importance of our membership this year, and knowing that no department of work is more important than that among the children, we trust the contest will be keen along these special lines.

Not the least important of events in connection with these two great Conventions will be the Purity Conference which is being arranged for by Dr. Mary Wood-Allen, of Ann Arbor, Mich., at the earnest request of Miss Willard and Mrs Josephine Butler, World's Superintendent of this department. The Conference will form part of the Dominion Convention, occupying Wednesday evening, October 20, and continuing the following Wednesday, October 21, all day.

Thursday evening we have the privilege of addressing from Miss Willard and Lady Howard Sonnen.

Convention meets in the Pavilion, Horticultural Gardens.

Concession meeting at 9 a.m. daily, under the leadership of Miss Gordon, Evangelical Superintendent.

Full executives will meet Tuesday, 19, at 3 p.m., at W. O. T. U. Headquarters, 55 Elm street.

Anything intended for the Plan of Work or Resolutions Committees should be sent to Mrs Thorne or Dr. Yeoman, respectively conveners of these committees.

The G. P. H. and G. T. U. will concede

free return to delegates and visitors

(male and female) providing 300 or more holding Standard Railway Convention Certificates be in attendance, and will receive these certificates until Nov. 9. If less than 300, a one-third return fare will be required. These rates are only good until the 1st of November.

Persons ordering direct from the N.Y.C.R. will grant free return (irrespective of number attending) to all holding Standard Certificates, and will however up to and including Nov. 9.

Now, dear sisters, we plead for a large

representation from the various Provinces, even if it can only be accomplished at a great sacrifice. Surely God has put this work into our hands; let us ask him for a personal realization of this fact, and then let us go forward with a spirit that commends to the Convention is something more than a mere pleasure trip—it is a coming apart to be with Him for a time—a school where together we may learn of His and His plans for the furthering of the work which He is letting us do with Him. Workers together! blessed working. Above all let us spend much time with Him; listening to what He shall say unto us and come to Convention praying much, believing more receiving much. Praying that all may be "full of power by the Spirit of the Lord."

We are yours in loving service,

ANNIE O. ROTHERMUND, Pres.

EMMA R. AYERSON, Cor. Sec.

Dominion W. O. T. U.

The mayor of Charleston, W. Va., has each day built all the saloon-keepers arrested, and all saloons without license, and fined them until the combined fine amount to thirty thousand dollars, of which have been paid. The saloon-keepers have in each case appealed to the circuit court, which by the time court convened about four thousand dollars, and, if they lose their cases, some of them will be financially wrecked.—*The Wine and Spirit News.*

Minards Liniment the best Hair Restorer.

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