

Tricked by Dyspepsia

The Doctor Couldn't Tell Where The Trouble Lay.

"For the past seven years I have been a victim of dyspepsia and chronic constipation and have consulted the most noted specialists to be found on diseases of this character. None, however, seemed to locate the difficulty or give relief. In addition to this medical treatment, I have resorted to the use of many remedies and have given them faithful trial, but all to no purpose.

Upon the recommendation of a close friend, I purchased a 50c. package of Stuart's Dyspepsia Tablets and in less than five days noticed that I was receiving more benefit than from any remedy I had used before. I continued to use the tablets after each meal for one month and by that time my stomach was in a healthy condition, capable of digesting anything which my increasing appetite demanded.

I have not experienced any return of my former trouble, though three months have elapsed since taking your remedy."

We wish that you could see with your own eyes the countless other bona-fide signed letters from grateful men and women all over the land who had suffered years of agony with dyspepsia, tried every known remedy and consulted eminent specialists without result, until they gave Stuart's Dyspepsia Tablets a trial. Like the doctor above, they couldn't locate the seat of the trouble.

Dyspepsia is a disease which has long baffled physicians. So difficult of location is the disease that cure seems next to miraculous. There is only one way to treat dyspepsia—to supply the elements which nature has ordained to perform this function and to cause them to enter the digestive organs, supplying the fluids which they lack. Stuart's Dyspepsia Tablets alone fill these requirements, as is shown by the fact that 40,000 physicians in the United States and Canada unite in recommending them to their patients for stomach disorders.

We do not claim or expect Stuart's Dyspepsia Tablets to cure anything but disordered conditions of the stomach and other digestive organs, but this they never fail to do. They work upon the inner lining of the stomach and intestines, stimulate the gastric glands and aid in the secretion of juices necessary to digestion.

Stuart's Dyspepsia Tablets are for sale by all druggists at 50 cents a box. One box will frequently effect a perfect cure. If in doubt and wish more adequate proof, send us your name and address and we will gladly mail you a sample package free. F. A. Stuart Co., 61 Stuart Bldg., Marshall, Mich.

\$5.00 Brooch



Does it strike you as "almost too good to be true"? It is only one instance of the price-attractiveness of Diamond Hall's stock—backed by its half-century reputation for quality.

This Brooch (Catalogue No. 31683) consists of a 1 1/4 inch crescent of solid 14k. gold, supporting a lily-of-valley spray set with 16 pearls.

It is sent post free in dainty satin lined case.

We send upon request free of charge our large illustrated catalogue.

Ryrie Bros Limited
Toronto, Ont.

10 POST CARDS

Fascinating LOVER'S SCENES and cleverest Comies, 20c; high-ly colored, no duplicates. B. C. CROWN ART CO. Pittsburgh, Pa.

Hints for the Housewife.

The Woman at the Bottom.

A woman's at the bottom, true,
Of much of wrong a man can do;
The motive, oft, of sin and crime,
Of wasted talents, squandered time.

The halter 'round ambition's neck,
On virtue, honor, fame, the check;
The lure to vice, dishonor, shame—
To degradations past reclaim.

A woman's at the bottom, too,
Of most the good a man can do;
Incentive, she of noble deeds,
Embodiment of all his needs.

She strengthens him where he is weak.
She bids him name and honor seek:
Ambition spurs and points the way
To sun-kissed heights of fame for aye.

Or be his lot a lowly one,
With talents few and little done,
She fills his narrow life with cheer,
And still, through failure, holds him dear.

And so while one may lead to vice
Another shows him paradise;
And if the one who drags him down
Must, for it, bear the world's dark frown:

Then should not she, whose life inspires
The heart of man with pure desires
And noble aims, receive her due
Of loyal praise and homage true?

Things Worth Knowing.

If hooks for bathroom, kitchen and pantry are dipped in enamel paint there will be no trouble from iron rust.

Machine oil stains can be removed if, before washing, the spot is rubbed with a cloth wet with ammonia.

A shabby black bedstead will look greatly improved if rubbed with a cloth dipped in paraffin. This will both clean and freshen it.

To prevent bright pans from being blackened by smoke, rub with fat before putting them on the fire. Wash with hot water and soda.

Bronze ornaments may be cleaned by dipping in boiling water, then rubbing with a piece of flannel dipped in soapsuds, and dried with a soft cloth and chamois leather.

Try rubbing a mirror with a ball of soft paper slightly dampened with alcohol, then with a duster on which a little whiting has been sprinkled, and finally polish with clean paper or a wash-leather. This treatment will make the glass beautifully bright.

If one uses a wet chamois skin for dusting furniture, a furniture polish will not be needed. Take a soft chamois skin from ten to sixteen inches square, wet in warm water—do not use hot—wring out as dry as possible. Use same as duster. It will remove dust and finger marks, and leave furniture bright.

To Keep Oilcloth Bright and Glossy.—Never use soap in the water when cleaning oilcloth. It fades the colors and breaks up the paint. Ammonia also is to be avoided, because it gives the cloth a dull, dead look. If a brush is used, it should be a soft one, but it is better not to use any, except in cases where the oilcloth has been long neglected or poorly washed for some time previously. Take a clean flannel cloth and apply clean water, which is finally to be removed by soaking it up into the washing cloth again after it has been wrung out. The oilcloth is then wiped dry with another piece of clean flannel or coarse crash. After the oilcloth has become thoroughly dry apply to it some warm linseed oil. Only a very little is to be used, and slightly rubbed into the cloth, giving it a handsome gloss. The linseed oil will do more harm than good unless used sparingly. Skim milk is used in place of oil, and will give the oilcloth a beautiful gloss.

It is not generally known that cedar-down quilts may be washed with very satisfactory results. In the case of a large one it is pretty hard work, and unless a wringer is available, and

there is a good drying accommodation, it should scarcely be attempted. But, given these conveniences, the operation is not really a very difficult one, and the labor entailed is certainly amply repaid. It will be wise to look the quilt over to see if there are any holes, and, if there are such, to mend them carefully before beginning to wash. Then shake the quilt well (out of doors if possible) to get rid of all superfluous dust. Then prepare a tub of warm water, sufficiently large in which to wash the quilt comfortably, add to it enough melted soap to produce a good lather, and also sufficient liquid ammonia to make the water smell slightly. Plunge the quilt into this, and wash it in the same way as you would flannels. Squeeze and pound it well in the water, working it up and down, and going over every part. Take a second and even a third soapy water, repeating the process until the quilt seems quite clean. Then rinse in an abundant supply of warm water until quite clear of soap. Pass the quilt through the wringing machine; it will require to be folded evenly and manipulated to a certain degree, whilst possibly the tension of the wringer may need to be loosened to its fullest extent; but it is quite impossible to wring such a thing by hand. Then shake the quilt thoroughly, and if this can be done by two people, and out of doors, it will be more satisfactory. The drying must be particularly attended to, the quilt being shaken and rubbed from time to time to prevent the feathers forming into clots. Outside drying is, of course, the best, in a good wind and out of the sun; the blowing about will help to keep the feathers soft. Even then the quilt should be turned once or twice upon the line and rubbed with the hands. It is, however, quite possible to dry it in the house, only more attention will be required, and the shaking and rubbing will have to be repeated oftener. When finished, the quilt should feel quite soft and equal to new.

The Care of Lamps.

People who are using lamps should know the right way to manage them. A smoky, oily, strong-smelling lamp is a nuisance, while a well-cared-for lamp is a joy and a comfort.

To begin with, every lamp owner should know that a new wick ought to be soaked or boiled in vinegar. This having been done, there will be neither smoke nor smell, while a much brighter light will be given.

Wicks are the main things to be considered in connection with lamps. Unless a wick is well cared for a satisfactory light cannot be had.

In the first place, those who have the care of lamps should never cut the wicks; rub the charred portions off every day with a soft rag. If the wick becomes too short to carry up the kerosene do not throw it away, but fasten a piece of cotton cloth to the end below and it will prove a good feeder. Wicks should not be allowed to grow too short, however, for then they clog the burners.

No better treatment for burners can be suggested when they have become gummy and prevent the wicks from moving freely, than to boil them in strong soap suds for a while. In this way they may be kept clean, and a clean burner always works well.

When lamps become very dirty a teaspoonful of soda to a quart of hot soap suds will cleanse them thoroughly, but the washing should be done quickly, lest the soda injure the outside metal, bronze or decorated china. And the drying is as important as the washing, for if a lamp is to be perfectly safe it must be thoroughly dry.

Indigestion

AND

LIVER & KIDNEY DISORDERS

All yield to Mother Seigel's Syrup. It is a vegetable preparation made from selected roots, barks and leaves. When your stomach fails to digest food properly all the functions of your system are out of order. The blood becomes impure and the poisons and acids generated affect your stomach, heart, kidneys and liver. But all of these troubles

ARE CURED BY

MOTHER SEIGEL'S SYRUP

IT CURED

Mr. George Sharp of 448 Banning St., Winnipeg, Manitoba, who writes:—"My wife and self use a great deal of Mother Seigel's Syrup for indigestion and we consider the Mother Seigel's Remedies to be the very best in the market."

It will Cure You.

Price 60c. per bottle. Sold everywhere.

IF WOMEN ONLY KNEW

Thousands of women suffer untold miseries every day with aching backs that really have no business to ache. A woman's back wasn't made to ache. Under ordinary conditions it ought to be strong and ready to help her bear the burdens of life.

It is hard to do housework with an aching back. Hours of misery at leisure or at work. If women only knew the cause. Backache comes from sick kidneys, and what a lot of trouble sick kidneys cause in the world.

But they can't help it. If more work is put on them than they can stand it's not to be wondered that they get out of order. Backache is simply their cry for help.

DOAN'S KIDNEY PILLS

will help you. They're helping sick, over-worked kidneys—all over the world—making them strong, healthy and vigorous. Mrs. P. Ryan, Douglas, Ont., writes: "For over five months I was troubled with lame back and was unable to move without help. I tried all kinds of plasters and liniments but they were no use. At last I heard tell of Doan's Kidney Pills and after I had used three-quarters of the box my back was as strong and well as ever."

Price 50 cents per box or three boxes for \$1.25, all dealers or The Doan Kidney Pill Co., Toronto, Ont.

MEN WANTED RELIABLE men in every locality throughout United States and Canada to advertise our goods, taking up show cards on trees, fences, bridges, and all conspicuous places; distributing small advertising matter. Commission or salary \$20 a month and expenses \$3.50 a day. Steady employment to good reliable men. We lay out your work for you. No experience needed. Write for particulars. SALUS MEDICINAL CO., London, Ontario, Canada.