

This and That

A QUAKER'S ADVICE.

An old Quaker was once visited by a gar-

rious neighbor who complained that he had

the worst servants in the world, and every-

body seemed to conspire to make him miser-

able.

"My dear friend," said the Quaker, "let me

advise you to oil yourself a little."

"What do you mean?" said the irritated

old gentleman.

"Well," said the Quaker, "I had a door in

my house some time ago that was always

creaking on its hinges, and I found that

everybody avoided it, and although it was

the nearest way to most of the rooms yet

they went round some other way. So I just

got some oil, and after a few applications it

opened and shut without a creak, a jar,

and now everybody just goes to that door

and uses the old passage. Just oil yourself

a little with the oil of kindness. Occasion-

ally praise your servants for some thing they

do well. Encourage your children more

than you scold them, and you will be sur-

prised to find that a little sunshine will wear

out a lot of fog, and a little molasses is bet-

ter than much vinegar."—Presbyterian.

A KIND WORD FOR THE DRIVER.

A benovolent-looking minister was walk-

ing down the principal street of an Irish

town one day, when he saw a driver whip-

ping a jibbing horse.

"Stop that, you brute," he exclaimed, "or

I'll have you locked up! Why don't you

try kindness on the animal? Don't you sup-

pose a horse can be reached by a kind word,

the same as a human being?"

"I b'lieve ye're right, sor," replied the driver,

a quick-witted Irishman, who with all his

faults and temper, was not bad at heart.

"An' if a horse has feelin's, sor, don't ye

s'pose his driver has, too? Thry a kind

word on th' driver, if ye please."

The stern face of the minister relaxed into

a smile, and in the better understanding that

followed the horse started off at a trot.—Ex.

FAIR PLAY.

During the reform riots in Hyde Park,

London, in 1868, the mob, on a well-remem-

bered night, began tearing down the fences

of Hyde Park for fires and barricades. Col.

Thomas Wentworth Higginson tells in the

Atlantic Monthly of an English officer who

was dining with a friend, all unconscious of

the impending danger. Presently he received

a summons from the War Department,

telling him that his regiment was ordered

out to deal with the mob.

He hastened back to his own house, but

when he called for his horse he found that

EASY CHANGE

When Coffee Is Doing Harm.

A lady writes from the land of cotton of

the results of a four years' use of the food

beverage—hot Postum Coffee:

"Ever since I can remember we had used

coffee three times a day. It had a more or

less injurious effect upon us all, and I my-

self suffered almost death from indigestion

and nervousness caused by it. I know it

was that, because when I would leave it off

for a few days I would feel better. But it

was hard to give it up, even though I real-

ized how harmful it was to me.

"At last I found a perfectly easy way to

make the change. Four years ago I aban-

doned the coffee habit and began to drink

Postum, and I also influenced the rest of the

family to do the same. Even the children

are allowed to drink it freely as they do

his servant had received permission to go out

for the evening, and had the key of the stable

in his pocket. The officer hastily donned

his uniform, and then had to proceed on foot

to the Guard's-Armory, which lay on the

other side of the Hyde Park. Walking hastily

in that direction, he came out unexpectedly

at the very head quarters of the mob,

where they were already piling up the

fences.

His uniform was recognized, and angry

shouts arose. It must have seemed that the

Lord had delivered their worst enemy into

their hands

There was but one thing to be done. He

made his way straight toward the centre of

action, and called to a man who was mount-

ed on the pile, and was evidently the leader

of the tumult:

"I say, my good man, my regiment has

been called out by her Majesty's orders.

Will you give me a hand over this pile?"

The man hesitated a minute, and then said

with decision, "Boys, the gentleman is right.

He is doing his duty, and we have no quar-

rel with him. Lend a hand and help him

over."

This was promptly done with entire re-

spect, and the officer in his brilliant uniform

went hastily on his way amid three cheers

from the mob. Then the mob returned to

its work, to complete it if possible before he

whom they had aided should come back at

the head of his regiment, and perhaps order

them to be shot down!—Ex.

WANTED TO GO UNDER.

A curate, new to a small seaside town, in

visiting a number of cottages found many

complaints of hard times, and one poor wo-

man in particular was very voluble on the

subject.

The reverend gentleman kindly predicted

better times in store. "And tell your hus-

band," he said, "that he must be very thank-

ful to be able to keep his head above water."

"That's just where you're wrong, sir," was

the reply. "My good man has kept his head

above water too long already, worse luck!"

The curate looked surprised, until the

good lady explained, "You see, sir, my hus-

band, he's a diver."—Ex.

THREE SONGS AT A TIME.

Two miners had listened patiently to

several items on the programme of a concert

in the church schoolroom in aid of the re-

novation fund. At last one of them could

stand it no longer.

"Come on, Bill!" said he. "Let's go out

for a blow!"

At that moment three ladies came on the

platform together to sing a trio.

"Hold on a bit, Jim!" said the second

miner intelligently. "They're hurrying up;

they're putting on the songs three at a time.

We'll get something worth hearing present-

ly!"—Ex.

NOT EXACTLY A FUNERAL.

Among the many stories told in connection

with funerals the following deserves to be

mentioned:

A gentleman at Scottish railway station

noted a large mourning-party. Approach-

ing one of the mourners he quietly inquired

if it was a funeral.

"We canna' exactly ca' it a funeral," was

the cautious reply, "for the corpse had mis-

sed the train!"—Ex.

An Englishman was asking for inform-

ation about the state of education in an

Irish county.

"Can they all read and write?"

"Troth they can, every mother's son of

them.

'Have you no ignoramus among you?

'Niver a one.'

'Do you know the meaning of the word

ignoramus?'

'I do.'

'What is it?'

A shtrannagur like yerself.'

Health of Canadian Women

A Subject Much Discussed at Women's Clubs—The Future of a Country Depends on the Health of Its Women.



At a large State Assembly of Mothers a prominent New York doctor told the 500 women present that healthy Canadian women were so rare as to be almost extinct.

This seems to be a sweeping statement of the condition of Canadian women. Yet how many do you know who are perfectly well and do not have some trouble arising from a derangement of the female organism which manifests itself in headaches, back-

aches, nervousness, that bearing-down feeling, painful or irregular menstruation, leucorrhoea, displacement of the uterus, ovarian trouble, indigestion or sleeplessness? There is a tried and true remedy for all these ailments. Lydia E. Pinkham's Vegetable Compound has restored more Canadian women to health than all other remedies in the world. It regulates, strengthens and cures diseases of the female organism as nothing else can. For thirty years it has been curing the worst forms of female complaints.

Such testimony as the following should be convincing.

Mrs. Anna McKay of 326 Spadina Avenue, Toronto, Ont., writes: Dear Mrs. Pinkham:—

"Being a mother of five children, I had had experience with the general troubles of my sex. I was lacerated when one of my children was born, and from that hour I date all of my afflictions. I found that within a few months my health was impaired. I had female weakness and serious inflammation and frequent flooding. I became weak and dizzy, but kept on my feet, dragging through my work without life or pleasure. A neighbor who had been helped by taking Lydia E. Pinkham's Vegetable Compound insisted that I take at least one bottle. I did so and felt

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

so much better that I kept on the treatment and it made me a strong and well woman. The few dollars I spent for the medicine cannot begin to pay what it was worth to me."

Miss Helena McKinnon of Sand Bay, Ont., writes: Dear Mrs. Pinkham:—

"I consider Lydia E. Pinkham's Vegetable Compound the best medicine in the world for a woman sick and weak from exhaustion, irregularities and overwork. I have found from personal experience that it is all and more than it is recommended to be. I only wish that every sick woman would try it, for it cured me of suppressed menstruation and irregularity, and has cured many of my friends of the same difficulty, in fact all who have used it have nothing but good to say of its efficacy. Please accept a grateful woman's thanks for all it has accomplished in my case."

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember three is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound.

A light heart, a cheerful countenance, and all the charms of grace and beauty are dependent upon proper action of the bodily organs. You cannot look well unless you feel well.

Mrs. Pinkham invites all sick women to write her for advice. Her advice and medicine have restored thousands to health. Address, Lynn, Mass.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

Advertisement for Surprise Soap. Includes text: 'Hang on to a pure hard soap. Always use Surprise if you wish to retain the natural colors in your clothes. Surprise has peculiar qualities of washing clothes, without injury and with perfect cleanliness. Remember the name Surprise means a pure hard Soap.' Includes an illustration of a woman hanging laundry.

Advertisement for SNOW & CO., Limited. Includes text: 'Fire Insurance effected on Dwellings, Furniture, Stocks and other insurable property. WHITE & CALKIN, General Agents. Office phone 699. Home 1066. 8 King Street. HALIFAX, N. S.' Includes a small logo for SNOW & CO.