

NERVOUSNESS

Or dependency caused by weak healthy nerves, are responsible for more sickness and suffering than any other disease. If you have a secret drain from early abuse, later excesses of exposure, you cannot expect healthy nerves while your vitality is being wasted. Do not seek out a miserable existence on account of your failure, you are not safe until cured—nature never excuses—no matter how young, old or innocent one may be.

KIDNEYS AND BLADDER.

Have you pain in the back, a dull feeling in the region of the kidneys? At times your water comes freely, a large quantity light in color, while at other times you do not make it quite so freely. It is dark in color, you make a small quantity, or you have more deposits or brick dust colored sediment; give your condition immediate attention or more serious complications will set in. My treatment guaranteed a positive cure for such conditions, and remember you

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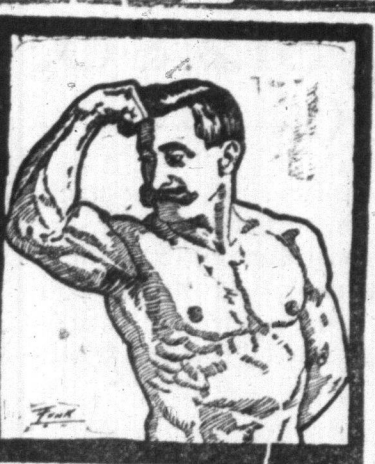
You need pay nothing until you are convinced that a thorough and complete cure has been established. Surely this is fair, as you run no chances. CONSULTATION FREE. If you cannot call, write for blank for home treatment. Perfect system of home treatment sent for those who cannot call. BOOK FREE. Medicines for Canadian patients shipped from Windsor—All duty and transportation charges prepaid—Everything confidential—No notices on envelopes or packages—Nothing sent C. O. D.

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NOTICE

Mr. Hugh McDonald's Book Accounts are being collected by Mr. Armstrong, of London, who will have the books here for a few days only. He says expenses will be added if not settled within the time.

Mindard's Liniment for Rheumatism.

FACTS CONCERNING SLEEP.

Even a Midday Nap Is Better Than the Noon Meal.

The scholar and professional man, like the anxious housewife, is apt to carry his cares to bed, and insomnia becomes a curse. Men and women who are busied in getting and gaining, the merchant, the banker, all alike, fail to secure that self control which can manage the mind as well asleep as awake.

Normal sleep should be purely a physiological repose similar to the rest of animals, who go to sleep with the darkness and awake with the light. Some one has said that sleep is like hunger and thirst, representing a diminution of energy throughout the entire body. I hardly think this can be true, but in my judgment sleep rather suggests the diminution of the energy of the brain, and he is a wise man who takes the hint when brain fog sets in of an evening and goes comfortably and properly to bed.

Of course it goes without saying that night is not the only time for sleep. Men and women who are busy could steal just a few minutes before or after the noonday luncheon to catch a little nap, and, indeed, I am nearly sure that the noonday nap is worth far more than the noonday meal, for the digestive processes are surely hindered during the periods of mental activity, and it is the exceptional person in this busy world of ours who is not called upon to use all his brain and brawn to make a living. It has been my habit to advise mothers to steal a while away from every "cumberous care" and, even if sleep fails to be wooed, to take about twenty minutes every day in absolute peace and quietness, diverting the mind from all anxieties and relaxing all the muscles. A habit of this kind is easily acquired, and we might have fewer neurotic women, whose nerves make life hideous to their families, if a word like this, spoken from considerable experience, were heeded.—Palmira.

THE PIANO TUNER.

Why He Left in a Hurry After Finishing His Job.

A lady stepped into a piano warehouse recently to engage a tuner, but before doing so insisted upon the strongest assurance that the tuner was responsible. She was so determined that the manager became curious to know the reason for her disbelief in the reliability of tuners. She gave her experience with the last tuner she had, and this is the story as she told it:

He had finished tuning the piano when he looked up and said: "Your instrument was in awful condition. You ought to have sent for me sooner."

"It was tuned only three months ago."

"Then the man who did it certainly didn't know his business."

"No?"

"No, ma'am. He had better be doing street cleaning than tuning pianos. Why, my dear madam, a delicate instrument like a piano needs finer, equally delicate to handle it, combined with an ear of unerring accuracy. The individual who attempted to tune this instrument last evidently possessed neither of these. In fact, I am free to say he did it more harm than good."

"Indeed?"

"Indeed he did. May I ask you what was your abuse of your instrument?"

"It was yours."

"Madam, you are wrong. I never tuned a piano in this house before."

"Probably not, but you tuned that instrument nevertheless, or made a botch of it in attempting to do so. It belongs to Mrs. Jones, who sent it here while she is out of town. She told me you always had tuned it and to send for you when?"

But the unhappy man fled with such haste as to make his coat tails a good substitute for a card table.

Difficulties of Our Language.

A Frenchman came to England to learn English, and the following sentence was given him:

"The rough cough and hiccup plough me through." The teacher told him the first word was pronounced ruff. He thereupon said this: "The ruff cough and hiccup plough me through."

"No, no, the second word is pronounced koff."

"Then," said the Frenchman, "it must be the ruff koff and hiccup plough me through."

The third, fourth and fifth words were explained with the same result, which the reader may repeat for himself.

Too Much.

Mrs. Marryat—Mamma is talking of closing her house and coming to live with us. Do you think you could support both of us?

Mr. Marryat—My dear, I can support you very nicely now, but I'm afraid your mother would be insupportable.

Added Attraction.

"No, indeed," said the crafty agent to the bride and bridegroom. "Our company does not prohibit kissing on the platforms, and, besides, I would call your attention to the fact that we have more and longer tunnels than any other railway in the world."

No Comparison.

"That New York girl was awful mad when I asked her if she was from Boston."

"I'll bet she wasn't half so mad as the Boston girl whom I asked if she was from New York."

Forest covers 85 per cent of Russia's total area, or, in all, 444,500,000 acres. In other words, there are four acres of forest to every inhabitant of Russia.

Some Tips About Lips.

In choosing a wife, let her be a woman whose lips do not droop at the corners. This is the advice of Sheikh Abdullah, the Persian sage.

If a woman's lips droop her husband's life will be a perpetual mourning time. Nor yet should they curve too much upward, for that denotes frivolity.

Beware of the under lip that rolls outward for that woman has no great conscience. Select for a wife one whose lips are straight, not thin, for then she is a shrew, but with just a fullness necessary to perfect symmetry.

A mouth with the upper lip curved, lower lip straight, full and well defined, and a depression beneath, shows a high artistic sense, a love of ease and beauty, a fine moral nature, and a certain coldness of temperament.

The mouth of sagacity is large and always well closed. The line of the lip is firmly defined and a certain tightness about the jaws, when in repose, is noticeable.

If a mouth is long and thin, with the lines between the lips clear cut and firm, the woman is selfish, morbid and dominating. It is the mouth that desires to rule everything, and its owner will ride to an end no matter over how many bodies.

The short upper lip, with a depression under the nose and the inclination upward at the corners, is the merry mouth. Here are fun and laughter, and the man who marries the owner will find a wife with happy traits. She will be appreciative of everything done for her; quick to smile, and sympathetic to pain, but never tragic. She will have an artistic bent, and if the line of her lower lip is graceful, her tastes are daintily refined. She may be a trifle hoydenish, but never coarse.

Unusually red lips denote cruelty and rapacity. Cleopatra had such lips.

Lips that are firm and a trifle grim are never afraid to tell the truth. Lips that are freight and finely cut and whose in repose not unlike the lips of a statue, so perfect in their outline, belong to a cold nature.

A Versatile Tree.

There are by careful computation about 300,000,000 coconut palms in the world in full bearing, and certainly no other tree yields so many different products or is put to so many separate uses. Its wood is used for buildings and for boats as well as for ornamental furniture. The leaves are the sole source of tens of thousands of buildings and of useful food for cattle. The natives also make good brooms with the ribs of the leaves, while the ashes contain so much potash as to be useful in soap-making.

From the trunk of the coconut palm oil, barrel tubs and water pipes are easily produced, and the roots give a red dye. The fibres make mats and even paper. The kernel of the nut is the main food of several millions of human beings, whose most nourishing drink is the milk. Cooled and evaporated, the leaves become of the coconut oil, the yield of the confectioner. From it yields coconut oil—one of the most important of commercial oils—used in cooking, for soap-making and for wax. Rosin and even in salt water. Wax and rosin are yielded by the same tree, and by tapping the delicate bud of a growing palm a delicate white oil is obtained. The shell of the nut is not without its uses. It is employed everywhere in the tropics for cups and dippers.

Canada Is In This Universal Language.

Esperanto is the hopeful name of a new universal language. The structure of Esperanto is simple and its roots few. There are only seventeen grammatical rules, which for reading purposes may be ignored. The time in which it can be acquired may be reckoned in hours. Invented by a Russian physician, one Zamenhof, in 1887, it has of late made vast strides and its adherents, to be found mainly, but not exclusively, in Latin countries, France, Spain, Portugal, etc., have been estimated at 80,000. It is patronized by the Touring Club de France, and betwixt its professors, of whatever kindred or nation, there is no more of the "barbarous" "freemasonry" of the propagation of the language is carried on in five reviews: The Esperantiste (France), The Lingvo Internacia (Hungary), The Linguo (Canada), The Hondronian (Bulgaria) and The Esperanto (Spain).

A Lyric.

Clarissa, when you passed me by, With your lip and haughty eye, My fault I did detect.

Your anger, like a poisoned dart, Struck death into my guilty heart, I vowed to sin no more.

Clarissa, when you did forgive And bid my fainting heart to live Nor killed me with disdain, So soft your eyes, so sweet your lip, Where like a bee I hung to sip, I fain would sin again.

—Dora Sigerson.

Walks Well and Talks Well.

Speaking of the King, a United States American, Gen. Corbin, says: "We had breakfast with him at Buckingham Palace. He was very concerned over the President's leg being sore so long, and he said to me: 'Do you think he'd mind if I sent him my doctor? He is the best in the world.' He meant Trevelyan. The King impresses you as a man in the full vigor of manhood. He walks well and talks well."

Britain's "Gothic Fringe."

It is not generally realized what an immense number of Britons born and bred at home have never succeeded in mastering the national language. In Wales there are no fewer than 508,036 people who cannot speak English. Welsh being their only language, in Scotland there are 43,738 persons who can speak nothing but Gaelic; and in Ireland there are 32,121 who can express themselves only in the Irish tongue.



Mrs. Tupman, a prominent lady of Richmond, Va., a great sufferer with woman's troubles, tells of her cure by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—For some years I suffered with backache, severe bearing-down pains, leucorrhoea, and falling of the womb. I tried many remedies, but nothing gave any positive relief.

"I commenced taking Lydia E. Pinkham's Vegetable Compound in June, 1901. When I had taken the first half bottle, I felt a vast improvement, and have now taken ten bottles with the result that I feel like a new woman. When I commenced taking the Vegetable Compound I felt all worn out, and was fast approaching complete nervous collapse. I weighed only 98 pounds. Now I weigh 104 pounds and am improving every day. I gladly testify to the benefits received."

Mrs. R. C. TUPMAN, 423 West 30th St., Richmond, Va.

When a medicine has been successful in more than a million cases, it is just to yourself to say, without trying it, "I do not believe it would help me."

Surely you cannot wish to remain weak and sick and discouraged, exhausted with each day's work. You have some derangement of the feminine organism, and Lydia E. Pinkham's Vegetable Compound will help you just as surely as it has others.

Mrs. W. H. Pelham, Jr., 108 E. Baker St., Richmond, Va., says:

"DEAR MRS. PINKHAM:—I must say that I do not believe there is any female medicine to compare with Lydia E. Pinkham's Vegetable Compound, and I return to you my heartfelt thanks for what your medicine has done for me. Before taking the Vegetable Compound I was so badly off that I thought I could not live much longer. The little work I had to do was a burden to me. I suffered with irregular menstruation and leucorrhoea, which caused an irritation of the parts. I looked like one who had consumption, but I do not look like that now, and I owe it all to your wonderful medicine.

"I took only six bottles, but it has made me feel like a new person. I thank God that there is such a female helper as you."

Be it, therefore, believed by all women who are ill that Lydia E. Pinkham's Vegetable Compound is the medicine they should take. It has stood the test of time, and it has hundreds of thousands of cures to its credit. Women should consider it unwise to use any other medicine.

Mrs. Pinkham, whose address is Lynn, Mass., will answer cheerfully and without cost all letters addressed to her by sick women. Perhaps she has just the knowledge that will help your case—try her to-day—it costs nothing.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

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Of which \$30,000 Has Been Created 5 Per Cent.

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By letters patent the Company is authorized to manufacture and sell, Binder Twine, Rope and Cord and other articles of Twine and Cordage.

Capacity of plant—3 tons (6000 lbs.) per day.

Estimated net profits from 1 cent to 3 cents per lb.

Six months run of 25 days each would thus give \$9,000 at 1c, \$18,000 at 2c, and \$27,000 at 3c, or 10-1-2, 2-1-2, and 3-1-2 respectively on \$35,000.

The "Farmer's World" in its issue of December 4th 1900, says:

The "Farmer's Binder Twine Co." of Brantford, has declared a dividend of 90 per cent on the present season's business. Since its organization it has paid five 10 per cent, one 60 per cent, one 100 per cent, and the present 90 per cent dividends, an average of 37 1-2 per cent per year.

The unsold common and preferred stock is now offered for subscription, to provide working capital.

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