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FANCY AND STAPLE CONFECTIONERY

If You Appreciate a GOOD CICAR Give Us a Call.

ED. PEARCE,

SOUTH END BAKER

THE MORNING TONIC.

The Appeal of the Cold Water Bath

Grows With Habit.

The habit once formed, the dip and splash in a t-b of cold water every morning gives a stimulus to the beginning of the day that makes life well worth living. I's lack on the contrary, leaves one feeling like a molluse, but as it is not a difficult luxury to procure, and as the milder cold sponge bath in some measure takes its place should a large enough tub be out of reach, that dull feeling need not be risked.

Of course there are some forbidden the cold dip by doctor's orders. But it is to those who have not yet experienced its joys and who have no physical disability that these hints are given. The ideal time to "get the habit" is in summer time/or in early September before a chill is in the air. Then it will carry itself on into cooler weather imperceptibly.

Use good sense about it. Jumping from a warm bed into a waiting tub of icy water, and the resultant glow, is a thing to be read about in tales where the hero is a big, muscular athlete. In actual life the hero does no such thing. If he has had good physical training he precedes the plunge by standing up and taking many good deep breaths, filling the lungs full to start circulation, holding the breath for a moment, then exhaling steadily. Then he goes through some stirring exercises, which may be simple enough to suit any constitution, taking deep breaths all the while, and adding a half dozen for good measure between each set of movements.

Then, when in a fine glow, he drops into the tub of cold water and splashes for a minute or two, springs out, dries himself with a rough towel, and goes through a series of rubbing exercises, in the course of which every part of his body gets a good, stimulating friction with his palms. Then to dress—and he goes forth feeling fit to conquer a man's share of the earth.

But the masculine part of the community has no mortgage on that splendid sensation of vitality and energy. Any girl who goes at it with good sense can share in its joys, especially if she has a warm bathroom at command. If freshly drawn cold water be

An Arrow at a Venture. The minister had just finished a little opening talk to the children, preparatory to the morning service, when Mrs. Berkeley suddenly realized, with all the agony of a careful housewife, that she had forgotten to turn the gas off from the oven in which the gas off from the oven in which she had left a nicely-cooked joint, all ready for the final re-heating. Visions of a ruined dinner and a smoky kitchen roused her to immediate effort, and borrowing a pencil from the young man in front she scribbled a note

a note.

Just then her husband, an usher of the church massed her new. With

HORSE'S LEG SWELLED

Animal Was Too Sore and Lame to Work-Quickly Cured by "Nerviline."

"I have had a long experience in treating horses, and I can safely say that I know of no liniment for strains, sprains, and swelling that is so useful around the stable as Nervilline."

Thus writes Mr. Joshua E. Murchison, from his home, Crofts Hill P. O. I had a fine young mare that wrenched her right fore leg, and from the shoulder down she was stiff, sore, and swollen. I applied Nerviline, and it worked like a charm; in fact, that mare was in

charm; in fact, that mare was in shape to work a day after I used Nerviline.

"We have used Nerviline on our farm for twenty-five years and never found it wanting. For man or beast it is a wonderful liniment."

We have received nearly five thousand letters, recommending Nerviline as a general household liniment, as an all-round cure for aches and pains. One million bottles used each year. Try it yourself. Large bottles of Nerviline 50c; trial size, 25c. All dealers, or The Catarrhozone Company, Kingston, Ont.

NERVILINE

a murmured 'Hurry!' she Mrust the note into his hand, and he, with an understanding nod, turned, passed up the aisle, and handed the note to the

minister.

Mrs. Berkeley saw the act in speechless horror, and shuddered as she saw
the minister smilingly open the note
and began to read. But her expression of dismay was fully equalled by
the look of amazement and wrath on
the good man's face as he read the
words:

"Go home and turn off the gas!"

Mr. Bacon, the proprietor of the "provision stores" at Mudville-on-the-Ooze, is a man of by no means brilliant intellect, and the majority of his correspondence is rather a puzzle to him.

him.

But one morning he received a letter which had quite an alarming effect on him, so that, after he had torn six handfuls of hair out of his head in his endeavors to understand it, his wife snatched it from him and read it herself.

This is how it ran:—
"Dear sur,—Will you let my little boy Billy 'ave six loaves and a pund of cheaze on trust, as me 'usband is

of cheaze on trust, as me 'usband is out of wurk, and will yer rap the cheaze in a bit of the situations wantthe abelian solution the situations want-ed advertisements of a newspaper, and tie the bread in a lump of your but-ter muslin, 'cos if the werst comes to the werst and the old man don't find a job 'e'll 'ave to borror your pair of steps and a pail and go out winder cleanin'?'

The Last Straw.

He was renting a small house which the landlerd had refused to repair. One day the owner came to see him. "Jones," he said, "I shall have to raise your rent."
"What for?" asked Jones, anxious-ly. "Have taxes gone up?"

ly. "Have taxes gone up?"
"No," the landlord answered; "but I see you've painted the house and put in a new range and bath-room. That, of course, makes it worth more rent."

Discontent.

Most men spend one-third of their lives trying to make the world different, another third in learning to live in it as it is and the remainder in explaining how much better it used to be.

Not Enough Time.

Young Lady—Guard, will I have time to say good-bye to my friends? Guard—Afraid not, miss. The train leaves in two hours and a half.

PURIFIED HIS BLOOD

Dr. Morse's Indian Root Pills

When the sewers of the body—bowels, kidneys and skin ducts—get clogged up, the blood quickly becomes impure and frequently sores break out over the body. The way to heal them, as Mr. Richard Wilson, who lives near London, Ont., found, is to purify the blood. He

"For some time I had been in a low depressed condition. My appetite left me and I soon began to suffer from indime and I soon began to suffer from indigestion. Quite a number of small sores and blotches formed all over my skin. I tried medicine for the blood and used many kinds of ointments, but without satisfactory results. What was wanted was a thorough cleansing of the blood, and I looked about in vain for some medicine that would accomplish this.

At last Dr. Morse's Indian Root Pills were brought to my notice and they are

At last Dr. Morse's Indian Root Pills were brought to my notice, and they are one of the most wonderful medicines I have ever known. My blood was purified in a very short time, sores healed up, my Indigestion vanished. They always have a place in my home and are looked upon as the family remedy."

Dr. Morse's Indian Root Pills cleanse the system thoroughly.

is the World Drying Up?

the system thoroughly. Sold by all dealers at 25c a box.

Whether the globe on which we dwell is gradually drying up or not is a question that has been much debated. Recent discoveries in central Asia have been regarded by some as favoring an affirmative answer, but others have replied that the observed phenomena are simply periodic changes. Dr. Walser of Zurich champions the affirmative view on the ground that a great number of European lakes have certainly disappeared within the last 250 years. The canton of Zurich, for example, had 149 lakes a quarter of a century ago and only 76 to-day. He believes that a similar tendency to disappearance has affected the lakes of Germany and Russia.

Located.

Lawyer—And you say your neighbor's dogs are vicious and dangerous?
Do you mean to say that you live in a state of perturbation?
Witness—No, sir; I live in the suburbs.

Irrigating by Wells. Queensland and New South Wales, Australia, are giving much attention to Government irrigation, principally by means of artesian wells.

A luxury loses its charm when we reach the point where we can afford it. Holloway's Corn Cure destroys all kinds of corns and warts, root and branch. Who, then, would endure them with such a cheap and effectual remedy within reach?

The Human Heart

The heart is a wonderful double pump, through the action of which the blood stream is kept sweeping round and round through the body at the rate of seven miles an hour. "Remember this, that our bodies will not stand the strain of over-work without good, pure blood any more than the engine can run smoothly without oil." After many years of study in the active practice of medicine, Dr. R. V. Pierce found that when the stomach was out of order, the blood impure and there were symptoms of general breakdown, a tonic made of the glyceric extract of certain roots was the best corrective. This he called



Dr. Pierce's Golden Medical Discovery

Being made without alcohol, this "Medical Discovery" helps the stomach to assimilate the food, thereby curing dyspepsia. It is especially adapted to diseases attended with excessive tissue waste, notably in convalescence from various fevers, for thin-blooded people and those who are always "catching cold." Dr. Pierce's Common Sense Medical Adviser is sent on receipt of 50 one-cent stamps for the French cloth-bound book of 1008 pages. Address Dr. R. V. Pierce, No. 663 Main Street, Buffalo, N. Y.



It is up to You

To protect your family from the ravages of disease and infection; and the rigors of winter; to make your home the abode of Health and Happiness.

Statistics tell us that there were over 250,000 deaths in North America last year from Fever and Pneumonia; over 90 per cent. of hese cases were traceable to out door closets, and all were the result of insanitary conditions.

Are you going to allow this terrible death

Why not Insure Health by Installing A "Parkyte" Sanitary Chemical Closet

Absolutely Sanitary and Odorless; carries the endorsement of Physician^S and Health Officials, and our own Iron-clad guarantee. Requires no expensive water system; no plumbing; no sewage. Can be installed in any parof your home at the cost of a few minutes of your spare time; lasts a lifetime, and

Costs Less Than a Cent a Day

"Parkyte" Chemical has been proven by Bacteriological test to be the most powerful Disinfectant, Deodorant, and Germicide, known to Science.

The 'Parkyte" Sanitary Chemical Closet is sold by J. McKERCHER, Watford, Ontario.

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We never were in a better position to supply the wants of Our Customers and are offering an Attractive Line of Goods at Exceptionally Favorable Prices. A few are mentioned. Special line of

Easels Sideboards Secretaries

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Sewing Machines and Gramophone Records

Comfort, Elegance, Durability, and Value are features that our goods are noted for.

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