## A Run Down System

SHOWS THAT THE BLOOD AND NERVES NEED TONING UP.

This Condition Causes More Genuine Suffering Than One Can Imagine—How a Well Known Exeter Lady Obtained a Cure

fer almost continuously from head-ackes; are unable to obtain restful sleep and the least exertion greatly fatigues them. What is needed to

The state of the s

THE PARTY OF THE P

## Maida's

By the Author of..... " A Gipsy's Daughter." " Another Plan's Wife," " A Heart's Bittermess." Btc., Btc.

After She Had Begun to Regard Her Condition as Hopeless.

Synopsis of Preceding the child of Sir Richard Hartleigh, meets her half-sister Constance on a stage-coach in America. The stage is attacked and Constance is wounded. Maida leaves her for dead and goes to impersonate her in ply, and yet there are thousands throughout this country who are suffering from this condition. Their blood is poor and watery; they suffer almost continuously from head-aches; are unable to obtain restrict. 

FRAGRANT

for the TEETH and BREATH New Size SOZOBONT LIQUID . . . 25e New Patent Box SOZOBONT POWDER . . 25e Large Liquid and POWDER . . .

At the Stores or by Mail, postpaid, for the Price. A Dentist's Opinion: "As an antiseptic and hygienic mouthwash, and for the care and preservation of the teeth and gums, I cordially recommend Sozodont. I consider it the ideal dentifrice for children's use." [Name of writer upon application.]

HALL & RUCKEL, MONTREAL

distinct impression, and when dry and firm you can remove the leaf, leaving a perfect impress of itself. Ten cents' worth of the plaster will

TO CLEAN BROADCLOTH.

A bottle of ammonia, a small

much work.

down firmly and evenly with a soft, damp rag, wipe off all the plaster that cozes out, and set your lamp CEYLON TRA IS UNIVERSALLY ACKNOWLEDGED TO BE THE BEST. where it will not be disturbed until which will generally be in less than an hour.

Nail holes in plaster can be quick-IS SELECTED FROM THE PUREST BLENDS. 25, 30, 40, 50 and 50 Control w mended with this, and should be done before re-whitewashing or re-papering the walls.

Plaster of paris eggs answer for

Plaster of paris eggs answer for nest eggs.

A pretty use to put the plaster to is to make paper weights of it by putting it either in a round or square paper box, and while soft press down into the plaster either a leaf, or spray of leaves or a flower, anything with large veins to make a distinct impression. and when dry IN MERRY OLD ENGLAND. tion and of road improvement was the first attack on the substratum. Then came the Metropolitan railway, cutting a great gash atong the way, cutting a great gash atong the such and hill on which St. Paul's stands. Other railway tunnels and sewers have fairly riduled the south of the hill. The farthest away is only 500 feet from the

Record of Occurrences That Will Interest the Sons of England.

Lady Henry Somerset claims to cure female inebriates by employing them as gardeners.

No one can be gazetted to the Life or Horse Guards unless he is on the Prince of Wales' list.

The celebrated clock erected at Dover Castle in 1860 is still in action at South Kensington Museum.

Lord Rosebery succeeds by the death of his mother, the Duchess of Cleveland, to a considerable fortune.

Regent's Park, with 472½ acres, is the biggest of London parks. St. James' Park, with 98 acres, is the smallest.



