MOTHERHOOD

Night Sweats

Afternoon Chills and Fever, Loss of Flesh and Strength, Weak Voice, Difficult Breathing, Fickle Appetite

Drives out the Tuberculosis Germs From your system, and produces Flesh and Strength, two essentials for a

For sale at all drug stores. Dr. T. A. Slocum, Limited, 179 King St. West, Toronto.

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When you're short on things you

You can win, you know you can, Better luck will come your way, Just make up your mind to stay; Every dog will have his day;

"HELP YE ONE ANOTHER." Now the Sparrows of Winnipeg Live Up to the Divine Command.

The divine command, "Help ye one another," seems to be followed a great deal more unbesitatingly by a certain community of sparrows that hang out in the C.N.R. depot, Winnipeg, than it is by the majority of humans, says a despatch from that city.

nang out in the C.N.R. depot, Winnipeg, than it is by the majority of humans, says a despatch from that city.

Last fall the powers that be on the C. N. R. concluded that the little brown chirpers had become so important in point of numbers and had so entirely misconceived the real aim and object of the huge cangpy which covers the four tracks that strenuous measures must be taken to be rid of them.

They were gathered by thousands up among the darkened beams and joints of the roof and the sounds of their daily converse were as the fareff murmurings of a mighty host.

One day orders came from headquarters, and employes with gunst took up positions at the west end of the station and opened fire. Till noon the boom of the slaughter sounded, the police rushed valiantly to the scene, and went back again; passersby held their ears and small boys collected more thickly than the birds. When it was all over only a few brown chirpers remained, and a wire netting was affixed beneath the beams from gable to gable, sautting off entrances and exit. This solved the problem—for a time. But as the days passed it was noticed that the few sparrows held prisoners above the netting, instead of pining away and starving, grew fat, flourished, and increased. This was a poser.

Recently, a watch was set and an investigation made, with the result that a few days ago the observers ascertained the fact that the birds on the inside were being fed by their friends outside. Regadarly, day after, day, the little fellows enjoying freedom procure food, and flying to one of the many small apertures in the roofing, deposit it within reach of their friends.

The C.N.R. officials will have to call a meeting to devise other plans.

or the many deposit it within reach of their friends.

The C.N.R. officials will have to call a meeting to devise other plans.

Perrings is the Scatch Style.

The Minister of Marine and Fisheries has definitely decided to try the experiment of curing Canadian herrings according to the Scottish plan, the object being to ascertain whether Canadian herrings packed in the Scotch style will be able to compete with the Norwegian, Dutch and Scotch herrings, which at the present time are in chief demand in the markets of the world, and command prices more than double those which Canadian herrings will bring at present.

Prof. Prince, Commissioner of Fisheries, who recommended the test to the Minister, is sanguine that great benefit will result. The experiments will be placed in the hands of John Cowie, of Lossiemouth, Scotland. He will bring out six skilled herring curers from Scotland—men who are also skilled in coopering. They will be assisted by six Highland women of great experience in cleaning fish. Canso, N. S., has been selected for the test, which will last about three months, commencing the 1st of May. Eight or ten fishermen resident on the Nova Scotla coast have been chosen to assist in the experiments with the idea of learning Scottish methods. ent. Prof. Prince, Commissioner of Fish-

Probably one of the most interesting features of the trial will be the use of the Scottish drift net, which is very little known in Canadian waters. A tug will be employed fitted with the necessary gear, and under Mr. Cowie's direction the various herring grounds within 50 or 100 miles of Canso will be fished and sample catches taken. The method to be adopted will enable the fish to be cured and packed when they are fresh, this being one of the great secrets of the excellence of the Scottish product.

The Breken Mette.

The Broken Meste.

An almost forgotten story was told recently by Thos. McGillicuddy, in his lecture on "Homely People," when the speaker called attention to the fact that there were few, if any native-born wife-beaters in Canada—that these worthles were invariably imported from the older European countries. He then went on to say:

About fifteen years ago a man was hauled before Police Magistrate Dunison, charged with beating his wife. The colonel asked the fellow if he admitted the charge, when the nan replied:

"Well, it was this way, yer Worship, I comes home tired, and as 'ungry as a 'awk, and found that supper wasn't ready. We 'ad some 'ot words, the missis and me and I lost my temper, and I ups and 'its her."

"You acknowledge, then, that you struck her?" queried the magistrate.

"Yes, sir, I 'it 'er first: but I gets the wast of it. Why, she knocked me down with a chair, yer Worship, and then she takes down the motto from the wall, sir, and she smaushes it all over my 'ead and cuts me awfully with the glaws. That's why I'm all plawstered up, yer Worship."

"And what was the motto?" aste

ship."

"And what was the motto?" asted the police magistrate.

"It was 'God Bless Our 'Oms,' ye worship,"—Teronto Star.

Cenuine

Carter's Little Liver Pills

Breutspood See Pac-Simile Wrapper Below.



Dig in

FOR THE COMPLEXIE Price Perely Vegetable.

GURE PICK HEADACHE.

THE HASTINGS COACH.

THE HASTINGS COACH.

Shostly Legand Attached to the House of the Eart of Leaden.

Mr. T. P. O'Connor tells the following in his Mainly About People: To many prominent Scottish families there is, as is well known, attached some ghostly legend or other, generally taking the form of weird music or a similar manifestation, which is believed to forewarn death of some member of the house. Of such a nature is the famous "Hasting coach" which is said to be heard (although not seen) driving to the door, when the death is imminent of any member of the ancient family of which the Earl of Loudon and Lord Grey de Ruthyn are now the heads. Lady Victoria Kirwan, mother of the lady who has for some years past devoted herself the further the material and moral

are now the heads. Lady Victoria Kirwan, mother of the lady who has for some years past devoted herself to further the material and moral welfare of the working shon girls of the West End, had good reason, she used to tell her intimate friends, for believing in the truth of this legend. Her brother was the fourth and last Marquis of Hastings, who died in 1868, in his twenty-seventh year, after a career on the turf alike brief, brilliant and disastrous.

Lady Victoria's story was that she was dining in her brother's company (I think in his own house) in the autumn of 1868, soon after the Newmarket October meeting, when Lord Hastings was seen on a race course for the last time. In the middle of dinner she heard the grinding of carriage wheels on the gravel outside, and immediately afterwards aloud ring at the door boil. The servants apparently heard nothing, but the young Marquis instantly rose from the table) and said he would go himself and see who had arrived. A few moments later he returned to the dining-room with a white face and a strange smile, and, looking around on the assembled company, offered to wager a large sum that there would be a funeral from the house within a month. Three weeks later he himself was lying dead in an upper chamber. The ghostly warning had come to no one in the room except his sister and himself—for it is heard only by those of the Hastings blood.

Heaven sends us misfortune as a moral tonic,

The man who is afraid of his own hadow stands in his own light. Levity of behavior is the bane of all that is good and virtuous.

TOOK A SEVERE COLD.

It Settled In The Kidneys.

Pain In The Back The Result

Catching cold and having it settle in the back is often the cause of Backache— the primary cause of kidney trouble. When the back aches it is a warning that the kidneys are liable to become affected.

Heed the warning; check the Back-sche, and dispose of any chance of further

trouble.

If you don't, serious complications are very apt to arise. Mrs. E. Williams, Hamilton, Ont., caught cold, and it settled in her kidneys. She used

DOAN'S KIDNEY PILLS, DOAN'S KIDNEY PILLS, and is thankful for the immediate relief they gave her. She writes us as follows:

"It is with pleasure that I add my testimony in favor of Doan's Kidney Pills. Some time ago I took a severe cold, which settled in my kidneys. The soreness and pain in the small of my back bothered me greatly. After suffering for some months, and finding numerous remedies fail, I procured a box of Doan's Kidney Pills, and received immediate relief from my sufferings.

at all dealers, or will be sent direct by
mail on receipt of price—

50 cents per box, or 8 for \$1.25.

THE DOAN KIDNEY PILL CO. TORONTO, ONT.

THE CZAR OF RUSSIA

Danger—Beset by Cruel Enemies on All Sides.

Does anybody in this country ever try to realize to himself the environment in which the Czar has to do his work? There isn't a step he takes, on even the grounds of his own palaces, where he may not expect to see rising before him the hideous spectre of sudden and painful death by an explosion through the solid ground. There is no a man around or beside him who may not be a member of one of the societies that have sworn'to kill him. There is not a minister or official who may not be a member of that other and even more formidable conspiracy which is even closer to him—the conspiracy of the bureaucrats who feel that their power is trembling in the balance, and who would rather murder a Czar than submit to one who dethroned them from power, wealth, pillage—all the other fine things of lifew hich they and theirs now envy.

One of the things I read with poignant interest within the last few days in the papers was a description of a scene—I don't know that it ever took place—between the Czar and the Grand Dukes. With tears in his eyes, despair in his face, the Czar besought his uncles and cousins—those who are nearest and dearest to him—to avow the truth with regard to the accident the other day, when the waters of the Nevy were being blessed; and when, as we know, the windows of the Winter Palace were smashed by the bullets from one of the cannon. The poor Czar wanted to know the real truth; abové all, he wanted to know whether even the officers of his household were among his enemies, and whether he had to watch them lest they should be carrying behind their well-braided and

the officers of his household were among his enemies, and whether he had to watch them lest they should be car-rying behind their well-braided and brilliant uniforms and obsequious airs, the bomb to blow up, the dagger to wound.

wound.

It is said that at this very moment the Czar constantly finds in the pockets of his coat, nay, even under his pillow, letters threatening assassination. Of course it is said by Liberals that these letters are placed there by the police, and just with a view to frightening him into further reaction. That may or may not be; whether it be a fact or not, the Czar cannot well tell; it is sufficient for him that thus, in his very bedroom—the room in which he has to try and get his sleep—there stands the ghastly spectre of assassination.

stands the ghastly spectre of assassination.

To ask for coolness of head, for steadiness of nerve, for tenacity of purpose, in such an environment, is to ask that the Czar should be one of those giants of men—a Caesar, a Cromwell, a Napoleon—who are thrown up just once or so in a century in the history of mankind. And the poor little Czar is not a Caesar or a Cromwell of a Napoleon. He is simply a small, low-sized, delicate little man, with soft blue eyes, and a ragged tow-colored beard, and a small, weak mouth; it is almost as pitiful as seeing a child face to face with the open jaws of a tiger, as to see this delicate weaking face to face with revolution.—T. P. O'Comhor.

SUFFERED FOR THE PEOPLE.

Mme. Breshkovsky, Russian Patriot Who Was a Siberian Exile.

sia to America in the interest of the Russian revolutionary movement, make a story of adventure and hard-ship rarely equaled even in the pages of fiction. She belongs to a noble fam-ily and was cradled in luxury. Be-



MME. CATHERINE BRESHKOVSKY.

MME. CATHERINE BRESHROVEEN
coming interested in improving the
condition of the peasant class when a
young woman, she taught in schools established for their education, but she
soon saw that they needed bread even
more than education, and possessed so
little land that it was impossible for
them to make a living.

She dreamed of going to America or
Africa in search of gold mines, hoping thus to obtain wealth with which
to aid them. But her family opposed
this. She then engaged in work for
the relief and education of the peasanity, and she and others who labored
with her fall under suspicion of the
Government. Mme. Breshkovsky and
2,000 others were arrested. About 1,000
of these were imprisoned. Some 300
of these were imprisoned. Some 300
of these were detained for trial, and of these
(100 died because of the ill-treatment
they received while in prison awaiting
determination of their fate. Mme.
Breshkovsky was sentenced to work in
the gold mines of Siberia, a coincidence
full of irony in view of the fact that
it had been her dream to become rich
through gold mines in order to help
the peasants. Before her sentence she
was kept for a long time in the "black
hole," a pit, damp and without light.
On the journey of 5,000 miles to the
prison to which she was committed in
Siberia she experienced many horrors.

Mine. Breshkovsky seeks to arouse
the interest of the American people in
the condition of the poorer classes in
Russia, and to secure aid in creating
sentiment outside of Russia against the
Governmental abuses which exist under the rule of bureaucracy.

Strengthening the Nerves.
Self control or nerve force is the

Strengthening the Nerves.

Self control or nerve force is the great lesson of health, and therefore of life itself. To understand how to relax is to understand how to strengthen nerves. Hearty laughter is a source of relaxation, as are also all high thoughts, as those of hope, beauty, trust and love Relaxation is found in diversion. An eccasional outing or holiday is necessary—Health Culture

Danger-Beset by Cruel Enemies on All Sides.

The experiences of Mme. Catherine Breshkovsky, who has come from Rus-sia to America in the interest of the

Lord George Hamilton's Career.

Lord George Hamilton, who has announced his intention to retire from Parliamentary life at the next general election, has sat continuously in the House of Commons for 36 years, says M. A. P., and he has held office for 21 years. When he first entered Parlia-House of Commons for 36 years, says M. A. P., and he has held office for 21 years. When he first entered Parliament as a very young man. Lord George was a junior ensign in the Guards. He has had a long and notable innings since, having held the post of First Lord of the Admiralty and Secretary of State for india for longer periods than any statesman during the last century. It is easy to understand that he has felt the wear and tear of Parliamentary work, but no doubt his retirement has been hastened by his resignation from Mr. Balfour's Cabinet. The effect of being out of office has in Lord George Hamilton's case been stimulating. His speeches have been prepared with greater care, and he has delivered them with such vigor and sincerity that friends and foes have been surprised. He has had to face hostile audiences whenever he has addressed his constituents, and this has, seemingly, braced him to spirited efforts, for he has displayed unsuspected powers of gentle irony, playful humor, forceful utterance, and clever marshalling of facts.

How To Gaing The Happiness Of Children

Motherhood is woman's highest sphere in life. It is the fruition of her dearest hopes and

most holy desires. Yet thousands of noble

organism as to make child bearing possible, easy, and safe.

become a mother should read these letters:

give you valuable information.

women, through the derangement of the female generative organs

brought on by female weakness and disease, are unable to produce

Ninety-nine times out of every one hundred Lydia E. Pinkham's

Vegetable Compound will so restore and strengthen the female

Lydia E.Pinkham's Vegetable Compound

with its record of thousands of cures, is the remedy for women. Thousands of women are happy mothers of beautiful children to-day because in time of need they took Lydia E. Pinkham's Vegetable Compound. No matter what your female weakness or disease, it will afford you speedy relief and cure. Every woman who desires to

Dear Mrs. Pinkham:—I had been married seven years and had no children, owing to a female weakness and womb trouble, which caused me severe suffering each month. A lady advised me to try Lydia E. Pinkham's Vegetable Compound, and I did so, and now I have no more pains and am perfectly well, besides having a fine baby boy.

MRS. ROSA F. KAREL, Ravenna, Neb.

Dear Mrs. Pinkham:—Before my baby was born I was in very poor health, and life did not seem worth living. As soon as I began to take Lydia E. Pinkham's Vegetable Compound I began to get better; in fact, I feel that this medicine really saved my life and the life of my child, for it not only helped me during child-birth, but made me well and strong after the child came, I wish every expectant mother would take Lydia E. Pinkham's Vegetable Compound.

Mrs. M. Krener, Hebron, Yarmouth, N. S.

is sterile, let her write to Mrs. Pinkham at Lynn, Mass., whose advice

is given free to all would-be and expectant mothers. Her letter will

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

Actual sterility in woman is very rare. If any woman thinks she

Britain's Army Estimates.

London, March 14.—The army estimates for 1905-06, issued yesterday afternoon, total \$149,085,000, an increase of \$4,915,000 over the last estimates. The increase is due to the provision of \$6,065,000 for the re-armament of the artillery. Otherwise there would have been a decrease. The estimates provide for a total force, home and collonial and exclusive of India, of 221,300 men. The expenditure for the North American and West Indian stations is estimated at \$3,125,810.

Railway Commission Meets.
Ottawa, March 14.—The Railway
Commissioners left yesterday morning
for London, St. Thomas, Niagara and
Torrato, where meetings will be held.

A Beautifier.

Miss Planely—Reggie says I grow prettier every time he sees me. Miss You ought to have him call oftener.-Cleveland Leader.

Vanity keeps persons in favor with themselves who are out of favor with all others.—Shakespeare.

A dull razor is full of the old nick.

Only a Material View.

Only a Material View.

Advocates of wage earning for married women often take a wholly material view of the case, leaving out the chief purpose and the saving element of marriage, social happiness. Unless the husband and wife are requally successful, there is cause for dissatisfaction, and if they are equally successful the result is often rivalry and jealousy. The wife's most profitable efforts should be in encouraging and sustaining the husband amid the trials of his career. The average wage earner's life is devoid of sunshine unless somebody makes it a business to put it there. That somebody should be the toiler's other self. If both are toilers there's a poor show for sunshine.

Early Bird Arrivals.

Early Bird Arrivals.

Cold, as is February, it is the beginning of various life interests of spring and summer. Among the birds to arrive, beginning at the middle of the month, are the woodcock, purple grackle, rusty blackbird, red-winged Llackbird, phoebe and several others. The list varies in different places, Many four-footed animals resume activity at this season, and even some reptiles crawl out on warmest days.—St. Nichplas.

Minard's Liniment Cures Burns, etc

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not one penny need be paid until you are cured.

CURE MERVOUS DEBILITY, VARICOCELE, STRICTURE, EARLY DECAY AND WASTE OF POWER, BLOOD AND SKIN DISEASES, AND ALL CHRONIC TROUBLES X RAY EXAMINATION, ADVICE , CONSULTATION, FREE

DR. GOLDBERG, 208 Woodward Avenue,