

TO PREVENT A NERVOUS BREAKDOWN

Take Dr. Williams' Pink Pills When the First Symptoms are Noticed and Save Yourself Much Suffering

Are you troubled with pallor, loss of spirits, waves of heat passing over the body, shortness of breath after slight exertion, a peculiar skipping of the heart beat, poor digestion, cold hands or feet, or a feeling of weight and fullness? Do not make the mistake of thinking that these are diseases in themselves and be satisfied with relief for the time being.

This is the way that the nerves give warning that they are breaking down. It means that the blood has become impure and thin and cannot carry enough nourishment to the nerves to keep them healthy and able to do their work.

There is only one way to prevent the final breakdown of the nerves and the more serious diseases which follow. The blood must be made rich, red and pure, and Dr. Williams' Pink Pills is the only medicine that can do this promptly and effectively. Every dose of this medicine helps make new blood and strengthens the weak of worn-out nerves.

Mrs. David J. Tapley, Fredericton, N. B., was cured by Dr. Williams' Pink Pills after suffering from nervous breakdown, which resulted in partial paralysis of the face. She says: "The trouble came on quite gradually, and at the outset did not pay much attention to it. Then it grew more serious, and there was a general breakdown of the nerves, which was followed by partial paralysis of the face, one side being completely drawn out of shape. I was under a doctor's care for a couple of months, and one treatment after another was tried without benefit. By this time I was confined to my room, and the doctor told me he could not cure me. Almost in despair I was persuaded to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run-down nervous system naturally is slow. Slowly but surely this medicine did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous. Dr. Williams' Pink Pills did for me what the best medical treatment failed to do—they brought me back good health."

It is the blood building, nerve restoring power in Dr. Williams' Pink Pills that enable them to cure such troubles as anemia, rheumatism, the after-effects of influenza, indigestion, neuritis, St. Vitus dance, partial paralysis and the secret ailments of girlhood and womanhood. Sold by all medicine dealers or by mail at \$2.00 a box or six boxes for \$10.00 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE PLOUGHING SEASON

OBSERVANCE OF THE OPENING IN DIFFERENT REGIONS.

The Romans regarded the Seasons With Reverence—Certain Days to Plough in India.

The first farmers deemed it necessary to propitiate certain powers before they ploughed and planted and to this end instituted elaborate agricultural festivals and ceremonies. The formal inauguration of the ploughing season is a very ancient and still is observed in some parts of the world.

Among the Romans, by the institution of various religious festivals connected with agriculture, the seasons came to be regarded with a sort of sacred reverence. Before the plough was put to the temple of the goddess of earth, Tellus, one of whose priests performed certain propitiatory rites. Yergil in his "Georgics" advises the Roman husbandman to observe the signs as heaven according to the crop he desires to produce. The time to plough for fax, barley and the sacred poppy was when "Balticus has equalized the hours of day and sleep and halves the world exactly between light and shade." When Taurus ushers in the year with his gilded horns and Sirius, sits facing the threatening bull at midday for the wheat and spelt the Pleiads should hide themselves from your eyes with the dawn. Many have begun before Maria sets, but the desired crop has baffled them with empty ears. But first of all the poet admonishes the farmer to "honor the gods and offer sacrifices to Ceres."

CEREMONIES OF INDIA.

In India there are certain days when it is unlawful to plough. Mother Earth is supposed to sleep six days in every month, and on such days she refuses to be disturbed in her slumber.

In northwest India the cultivator employs a pundit to select an auspicious

time for the commencement of ploughing. Great secrecy is observed. In some places the time selected is in the night, in others daybreak is the customary time.

The Pundit goes to a field, taking a brass drinking vessel and a branch of the sacred mango tree, which is efficacious in frightening away evil spirits that may haunt the field. Prithivi, the broad world, and Sesha Naga, the great snake which supports the world, are supposed to be propitiated and reconciled by this ceremony. The pundit satisfies himself as to the direction in which the great snake is lying, for it occasionally moves about a little to ease itself of the great burden of the broad world which it carries. The pundit then marks off an imaginary line, five (a lucky number) fathoms of earth are thrown up and water is sprinkled in the trench five times with the sacred mango bush, to insure productivity. Caution must be exercised lest the charm be broken and prospective fortune imperilled. The farmer must remain secluded during the following day, no salt must be eaten, no money, grain or fire given away.

Among the Karmas, before ploughing, the farmer makes a burnt offering of butter and molasses in his own field and again at

THE VILLAGE SHRINE.

The Chinese begin ploughing on the first day of their solar year. Anciently the rites which were celebrated by the Chinese at ploughing time were elaborate but rationalistic sovereigns eliminated the superstitious religious rites after another until nothing was left except the imperial act of homage to heaven and earth and agriculture in the ceremonial ploughing.

The Siamese observe a rite called Ruckan about the middle of May, which is preliminary to the ploughing season, and is not proper for any one to plough until the ceremony is over. The court astrologers determine the time for it. On the day fixed by them the Minister of Agriculture, who is always a prince or nobleman of high rank, goes with a procession to a piece of ground some distance from the capital. Where the festivities are to take place a new plough to which a pair of buffaloes are yoked is in readiness, decorated with flowers and leaves.

The minister guides the plough over the field closely watched by spectators, who are especially interested in the length and folds of the silk of his lower garments, because the prosperity of the season and its characteristics, wet or dry, are to be predicted from these as he follows the plough. If the robes rise above his knees there will be abundant rains, if it falls below the ankles there will be a drought. If the folds reach midway between knee and ankle the season will be prosperous.

After a proper number of furrows have been turned old women scatter grain of different kinds in them and the bulls are released from the yoke and allowed to feed upon the seeds. The grain which the animals eat most freely will be scarce next harvest and that which they refuse to take

WILL BE ABUNDANT.

The Germans anciently had a before ploughing ceremonial. Seeds were cut from the four corners of the field. Upon these were laid oil, honey and honey, milk, branches of every kind of tree except oak and beech and of all name known as herbs save burrs. The whole were sprinkled then with holy water. The four turfs were then carried to the church and placed green side toward the altar. Four masses were said over them and they were returned to their places before sunset. Then spells were spoken and unknown seed, bought of beggars, placed on the plough. The first furrow was ploughed with a "Hail Earth, Mother of Men, &c." From that time every kind of large loaf was kneaded with milk and baked and laid under the first furrow.

The following curious custom is recorded by J. Owen Dorsey in his monograph on the sociology of the Omaha Indians:

"In the spring when the grass comes up there is a council or trial assembly held in which a feast is given by the head of the Hanga gens. After they decide that planting time has come and at command of the Hanga man, a crier is sent through the villages. He wears a robe with hair outside and cries as he goes. They do, indeed, say that you dig the ground! Hail! He carries a sacred corn, which has been shelled and to each household he gives two or three grains, which are mixed with the seed corn of the household."

After this it is lawful for the people to dig up the soil and plant their crops.

CHILD'S SEVERE BURNS.

Healed by Zam-Buk.

The little girl of Mrs. Lewis Best of Curtis P. O., recently fell against the stove and burned her forehead very badly. Mrs. Best says: "The burn was about the size of a fifty cent piece and was near the bone. She was a little girl, eye swell, but almost shut, and then she got cold in it. It began to run matter very badly, and I could not stop it, although I bathed it good every night and morning. At last I sent for some Zam-Buk which soon stopped the matter and very quickly healed the wound. I have never seen a burn heal so quickly, and I am sure Zam-Buk has no equal for curing cuts, or burns."

Every home needs Zam-Buk! All diseases of the skin quickly yield to it. All drug stores and stores 50 cents a box.

PRECAUTIONARY.

The sexton of a negro church was closing the windows one windy Sunday morning during service when he was beckoned to the side of a young negroess, the widow of a certain Thomas.

"Why is you shettin' does winders, Mr. Jones?" she demanded, in a hoarse whisper. "De air in dis church is suffocatin' now!"

"It's de minister's orders," replied the sexton, obstinately. "It's a cold day, Mr. Thomas, an' we ain't goin' to take no chance o' losin' any o' de lambs o' dis fold, while dere's a big dobt overhangin' dis church."

BENEATH THE COLD LACE

PRESIDENTS OF THE REPUBLIC OF HAITI.

African Savagery and Fetishism Still Hold Sway in the Black Republic.

When I landed at Port-au-Prince, on the first of several visits to Haiti and Santo Domingo, I was met on the wharf by a man, whose personage in a cocked hat, gold laced coat, and scarlet breeches, writes Claude Blake in the London Mail. He was only a customs officer, but he looked like the commander-in-chief at least. Alas! his gold lace, his enormous black feet were innocent of boots, and he was pathetically eager for a tip.

He was typical of the tinsel squalor of the Black Republic—that mockery of civilization where African savagery and fetishism are veneered over by a little French polish and plenty of gold lace.

WHOLESALE MURDERER.

For generations past the Haytian Presidents have "waded through bloodshed to a throne," and ruled by the sword. Christophe, who made himself "Emperor" and created an aristocracy of negro dukes and marquises was a master of incredible depravity. He murdered men, not singly, but literally by thousands. Nissage-Saget was fond of clearing the streets of Port-au-Prince with grape-shot. President Ulysse Heureaux, a negro dock-laborer from Jamaica, who made himself ruler of Santo Domingo, certainly was at dinner one evening in 1897 that he had shot his own brother.

"He was plotting against me," he explained. "I asked him to dinner and gave him of the best dishes. Then, after we had finished the coffee and liqueurs, a file of soldiers came in to lead him off to execution. He tried to draw a revolver, but I was too quick for him and shot him first."

HE IS IGNORANT AND BRUTAL.

I was in Haiti during the chaos of revolutions out of which the present president, Nord Alexis, emerged into supreme power. He is an ignorant, brutal, senseless negro with absolutely no qualifications for his position except a dubious courage, which has made him popular with the army. On the day he proclaimed himself president he shot four political opponents in cold blood.

The sanctity of the foreign legations was tested most remarkably at the fall of Simon Sam, who was president before Alexis. He got to the French Legation in the nick of time. The mob was in the house for his blood, and for days, believing, rightly or wrongly, that he had looted the treasury and got the money with him. Yet they dared not profane the legation, and the French Charge d'Affaires escorted him to a French steamer in peace.

The handful of whites who run businesses or plantations in the Black Republic have suffered terribly in recent years. They have been encouraged to plunder and maltreatment. But they have hung on to their investments in the hope that the United States will assume control over the country, as it did a few years ago over the finances of Santo Domingo. President Roosevelt has threatened this in no uncertain language several times.

BABY'S TEETHING TIME

IS A TROUBLOUS TIME

When baby is teething the whole household is upset. The tender little gums are inflamed and swollen, the poor little child suffers and often cries day and night, wearing the mother out and keeping the house for his blood.

The Tablets are used there is no such worry. The Tablets allay the inflammation, soothe the irritation and bring the teeth through painlessly. Mrs. S. Williams, St. Joseph, Ont., says: "My first baby, when he was cutting his teeth, the doctor could do nothing for her. I got a box of Baby's Own Tablets and they did her so much good that I cannot say enough in their favor. You may be sure that I always keep the Tablets in the house now." Sold by all medicine dealers or by mail at 25c. per box from The Dr. Williams' Medicine Co., Brockville, Ont.

WHY?

"Why do they call it leap year, anyhow?" "Because the men are kept on the jump dodging the dear old girls, I guess."

After a self-made man finishes the job he closes the factory.

After a girl baby gets too big to play with her toes she begins to flirt.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVES' signature is on each box. 25c.

"Waiter, these are very small oysters." "Yes, sir." "And they don't appear to be fresh, either." "Then it's lucky they're small, ain't it, sir?"

Holloway's Corn Cure is the medicine to remove all kinds of corns and warts, and only costs the small sum of twenty-five cents.

FATHER'S DODGE.

A father was lecturing his young hopeful upon the evils of staying out late at night and getting up late in the morning. "You will never amount to anything," he continued, "unless you turn over a new leaf. Remember that the early bird catches the worm." How about the worm, father?" inquired the young man. "Wasn't he rather foolish to get up so early?" "My son," said the father, solemnly, "that worm hadn't been to bed all night; he was on his way home."

The Pember Store

A SPECIAL SALE DURING ALTERATIONS.

18 INCH Natural Wavy Switches in brown shades only \$3.15 Please send Cash with order. SEND FOR CATALOGUE.

The Pember Store 127-129 YONGE STREET, TORONTO, - ONT

NEXT.

A sentimental poet writes: "How can I meet my darling?" After some deliberation over the question we have come to the conclusion that he can meet her by approaching her from an opposite direction.

Signals of Danger.—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant taste in the mouth? Does your head ache and have you dizziness? If so, your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness to medicine must suffer, but under the circumstances the best man would procure a box of Parnelee's Vegetable Pills and speedily get himself in health, and strive to keep so.

ABOUT ANONYMOUS LETTERS.

About the meanest thing on earth is the person who writes anonymous letters, unless it be the person who receives and pays any attention to them.

WHAT CAUSES HEADACHE.

From October to May, colds are the most frequent cause of headache. LAXATIVE BROMO QUININE removes cause. E. W. GROVES on box 25c.

A pompous manufacturer of machinery was showing a stranger over his factory. "Fine piece of work, isn't it?" he said, when they were looking at a very ingenious machine. "Yes," said the visitor. "But you cannot hold a candle to the goods we are turning out here." "Indeed!" said the chagrined manufacturer, "and what is your line?" "Gunpowder," was the reply.

ITCH. Mange Frairie Scratches and every form of contagious itch on human or animal cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

"Billy Green's nothing but a coward." "Is he?" "Yes, I called him a coward right to his face, I did, and he didn't say a word." "Then he is a coward." "You bet he is. An' the next time I call him a coward I'll say it right out loud, so's he can hear it."

It Pays a Stilling Hand on Pain.—For pains in the joints and limbs and for rheumatic pains, neuralgia and lumbago, Dr. Thomas' Electric Oil is without a peer. Well rubbed in, the skin absorbs it and it quickly and permanently relieves the affected part. Its value lies in its magic property of removing pain from the body, and for that good quality it is prized.

They were returning from the spelling bee. "Mr. Spoonamore," she said, "why did you miss that easy word?" "You spelled 'honored' with a 'u.'" "I know it," he answered. "The feeling came over me all at once that I just couldn't get along without 'u,' Miss Daisy. With which old, old story he won her."

It is astonishing to find how far a few gallons of Ramsay's Paints will go to make a house look fresh and sunny. Everybody should see the fine color cards with suggestions for painting and the stock carried by your dealer. Write A. Ramsay & Son Co., Montreal, for lack of Souvenir Picture Post Cards of Homes.

Prospective Employer—"Your parents left you something when they died, did they not?" Boy—"Oh, yes, sir." Employer—"And what did they leave you, my boy?" Boy—"An orphan, sir."

A SKIN THAT BURNS with eczema, and is covered with eruptions that discharge a thin fluid, may be made smooth and healthy with Weaver's Cream. But this external remedy should be used in conjunction with Weaver's Syrup.

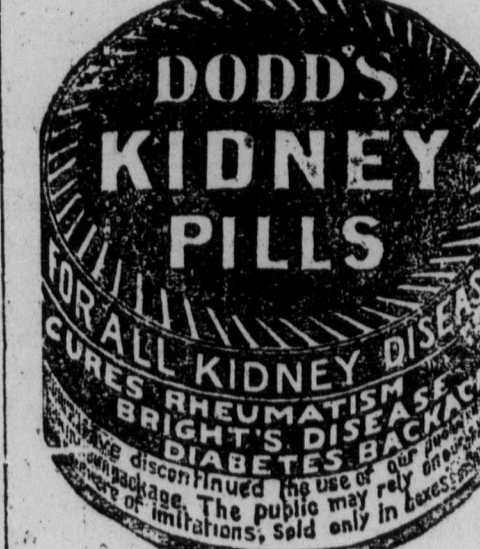
Lady Visitor—"That new girl of yours seems very nice and quiet." Mistress of the House—"Yes, she's very quiet. She doesn't even disturb the dust when she's cleaning the room."

There is nothing equal to Mother Graves' Worm Exterminator for destroying worms. No article of its kind has given such satisfaction.

THEY REALLY BELIEVE IT.

Some people cling to the old-fashioned idea that a man must be a genius if he goes about with uncombed hair.

Washington is practically the only capital city in the world which has no slums. Berlin has none of the squalid areas which disgrace London.



ISSUE NO. 19-63.

WANTED

Our readers to note that the celebrated French remedy, PANGO, which has been and is sold under a guarantee—that in cases where the outward application, as directed, fails to relieve pain, moneys paid will be refunded—still stands. In no case, notwithstanding the large and increasing sale, has a refund been asked for. Recommended for neuralgia, headache, rheumatism, gout, catarrhal colds, stiff joints, etc. Ask your druggist for a sample and do not accept a substitute. You will be pleased with it. Price 25 and 50 cents.

The Pango Company, Toronto

or wholesale

Lyman, Knox & Clark, Limited, Toronto.

Lyman Bros. & Co., Montreal, Toronto.

PETERBOROUGH CANOE CO. Ltd.,

If you want a Canoe, Skiff or Launch for the Summer write us. We build them all, and can supply a Launch complete or hull only, and you can install your own motor. When you buy a Canoe, Skiff or Launch that is built by the Peterborough Canoe Co. Ltd., you get the stamp of a factory in Canada.

The Peterborough Canoe Co. Ltd.

TRAINING HIM.

Ascum—I saw you punishing your boy to-day. What was it all about? Popple—I caught him in a lie. Ascum—Oh well, you can't expect a boy to tell the truth all the time. Popple—No, but when he doesn't tell the truth I want him to be brought enough not to be caught at it.

The Most Popular Pill.—The pill is the most popular of all forms of medicine, and of pills the most popular are Parnelee's Vegetable Pills, because they do what it is asserted they can do, and are not put forward on any fictitious claims to excellence. They are compact and portable, they are easily taken, they do not nauseate nor gripe, and they give relief in the most stubborn cases.

HELPI

A girl seldom has occasion to cry for help when a young man kisses her—probably because he is unable to help himself.

PILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of Piles, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

TEMPTING FATE.

"Dost hear that?" asked the fair maid. There was a sound of a heavy step. "Tis father. Fly, sweetheart, fly!" "You mean die," corrected the lover. "As you like," said the maid, "but this is no time for entomological distinctions."

SEWING MACHINE BARGAINS. real ones at Slinger stores. Buy here and deal with the manufacturers. The Slinger Company is permanent and responsible. Its representatives are always at hand to care for Slinger, and Wheeler & Wilson machines. Look for the Red S. Any lady having used any make of sewing machine for 8 years or more write Slinger Sewing Machine Co., Manning Chambers, Toronto, for beautiful set of ten souvenir views of Ontario. Free for asking.

He—"Did you hear me singing under your window last night? I hope your father didn't hear it?" She—"Yes, he did; but you needn't worry, he thought it was the cats!"

DO NOT ALLOW yourself to become alarmed because you have lost your appetite and are losing flesh, but commence taking "Ferrovit" (the best tonic). It will build you up quickly.

Life Insurance Examiner—"Of what did your father die, Pat?" Pat—"I don't know, doctor; but I'm sure it was nothing serious."

Very many persons die annually from cholera, and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. J. D. Kellogg's Dysentery Cordial, the medicine that never fails to effect a cure. Those who have used it say it acts promptly, and thoroughly subdues the pain and disease.

DUEL WITH WAX BULLETS.

The World's Noted Expert Shots to Meet in London.

Arrangements are being made in London, England, by a number of the world's deadliest revolver shots for giving a public exhibition of the "sport" of dueling on July 13 and 14 next, in connection with the Olympic games in London.

Walter Winans, the champion revolver shot of the world, whose sidebars and tables at Surrenden Park, his Kentucky seat, great beneath the trophies he has won as marksman, is at the head of this novel departure in public entertainments.

He has secured the enthusiastic cooperation of many of his fellow-members of the Pistol Club, which, as he said recently, comprises all the great revolver shots and all the duellists. "The public duels will be fought exactly in every detail as though they were private affairs of honor, only that the bullets will be of wax, which will explode as soon as they touch their object. All the conventional ceremony connected with dueling will be carried

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Can be done perfectly by our French Process. Try it. BRITISH AMERICAN DYING CO. MONTREAL, TORONTO, OTTAWA & QUEBEC

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to hear from owner having A GOOD FARM

for sale. Not particular about location. Please give price and description, and reason for selling. State when possession can be had. Will deal with owner only. L. Darbyshire, Box 984, Rochester, N. Y.

FREE BOOK

"HOW THE BANK WAS SAVED"

Tells how a young man saved the bank by a wise investment. Every stock buyer and investor should read this book. Not for sale. Sent free on request. Your name on a postal will bring it. Write to-day R. W. BAILEY 351 Railway Exchange Bldg., Denver, Colo.

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through. There will be seconds, the paces will be solemnly measured, the duellists will take their stand back to back, and on the word being given, will wheel around and fire—that is to say, they must fire before three seconds are counted.

"There will be just enough risk in these duels to make them exciting, though not really dangerous," said Mr. Winans. "A little too heavy a charge of powder might cause the bullet to penetrate slightly, and no doubt most of the duellists will protect their persons. I do not think I shall wear any protection myself, however, as I do not want to make too large a target."

"I have been practising hard during the last few days, and to-day got twelve consecutive shots home from the regulation distance, all within a space of a few inches. "If we are successful in fixing up these duels I shall shoot on behalf of the United States."

"Some crack Belgian and French shots will take part, and I do not doubt we shall be able to secure representatives of one or two other countries."

Shiloh's Cure

Cures Coughs and Colds QUICKLY

Use Shiloh's Cure for the worst cold, the sharpest cough—try it on a guarantee. A box of your money back if it doesn't actually CURE quicker than anything you ever tried. Safe to take, nothing to it to hurt even a baby. 34 years of success command Shiloh's Cure. 25c., 50c., \$1. 214

