Severe Headaches, Heart Palpitation Nervousness and Extreme Feebleness Made Her Life Miserable-Her Doctor Told Her She Could Not

Doctors have given the Greek nam anaemia, meaning "bloodlessness," to a disease which is much more pre valent among young women than is generally believed. In its early stages the disease is not marked by any decided symptoms, and often makes considerable advance before it's presence is noticed. A feeling of fatigue after slight exercise, breathlessness and pallor of the face are the first noticeable signs. Unless there is prompt and effective treatment the disease then makes rapid progress, and the victim presents every appearance of going into a decline or consumption. The only successful method of treating anaemia is to build up the blood, and the best medicine in the world for this purpose is Dr. Williams' Pink Pills for Pale People.

Miss Adeline Dumas is one of the thousands of young ladies who can test: fly to the efficacy of Dr. Williams' testify to the efficacy of Dr. Williams' Pink Pills in cases of anaemia. Miss Dumas resides with her parents on a firm near Liniere, Beauce Co., Que. To a reporter who called upon her for the purpose of getting the particulars of her illness and cure, Miss Dumas said: "Since I was about sixteen years of age I have been alling more or less, but for a long time, except for periodical headaches, the trouble did not seem serious. About two years ago my case began to astwo years ago my case began to assume an alarming nature. The headaches came with greater frequency, I became very pale, and the slightest exertion would leave me breathless. I tried several medicines, but instead I tried several medicines, but instead of finding benefit' I was steadily growing worse, until at last I was unable to do any household work, and had to sit in a chair almost the entire day. I had now become extremely nervous, and the least noise would set my heart wildly palpitating. I had neither desire nor relish for food, and the doctor who attended me finally said the trouble was incurable, and that he could do nothing more for me. I did not despair, however, but tried other medicines, but still without relief, and then I began to feel that death only would release me from my suffering. At this time a friend brought me a newspaper in which was the story of the cure of a girl whose symptoms resembled mine, through the week I by Willised Distribute the week I by Willised Distribute the week I be will not a list of the cure of a girl whose symptoms resembled mine. rirl whose symptoms resembled mine, through the use of Dr. Williams' Pink Fills, and urged me to try them. I sent for a box, but they did not seem to help me, and I was afraid they would prove like other medicines, not suited to my case. My parents insisted that I should continue their use and my father got two boxes more. Before these were all used I had no longer any doubt that they were helping me, and I procured another half dozen boxes. They completely restored my health, and I am able its me about and do make with able to go about and do work with an ease I have not enjoyed for years before. I think Dr. Williams' Pink Pills are a great blessing to the sick, and I always urge my friends who are not well to take them, and I will be glad if this statement is the be glad if this statement is the means of bringing new courage and health to some other sufferer."

### Armored Glass.

A recent German invention is ar mored glass, or glass cast with wire gauze inclosed in their substance, so as to increase the resistance to pres-sure, shock, and the effects of heat. Tests of the new material have been made at the Chemnitz Technical In-Museum, which show that the armored glass is much stronger, and where the ordinary glass broke under sudden amplications of pressure at the stronger. en applications of pressure strengthened material only cracked, and the cracks caused by changes of temperature did not allow either damp or flame to pass.

Thin, pale and nervous men and vomen are everywhere learning the creat benefit to be derived from the e of Miller's Compound Iron Pills.

### Effect of a Sudden Check.

"Speaking of large babies," remarked Mr. Meeker, an matedly, as the conversation became general, "I knew a couple of twins once, named Herkinal, that weighed—" At that instant he caught the stony glare of Mrs. Meeker's eye, threned in his direction.
"—Four pounds!"
And he said it without pausing the 20th part of a second.

Immediate Relief For Cold in the

Head. Miss Helen R. Brown, of Annan, writes a I have used Catarrhozone and have found it entirely satisfactory. It gives immediate relief to cold in the head and I have found it a complete cure fee Catarrh. Catarrhozone is a new method of treatment that is guaranteed to cure Catarrh. Bronchitis, breather than and Colds. You simply breather the medicated air; it does the rest. A very safe, pleasant and effective treatment. Sold by all druggists. Trial outfit sent for 10c in stamps by C. POLSON & CO., Kingston, Ont., Proprietors.

Tips for Advertisers. To do business right-treat people

right. The right use of right ideas—explains the whole secret of success.

Make a constant study of man and
methods to avoid frictions with your time to change your ad. is not when it is paying you, but when it

To be strong you must have good appetite, good digestion, and good assimilation. Miller's Compound Iron Pills bring all these.

In Society. He—Don't you know that flatterers are the worst kind of enemies?

She—Well, and doesn't the Bible say to love your enemies?—Detroit Free Press.

Minard's Liniment relieves Neuralgia

# THE GOOD

WAS SAVED. The Government Will Give One Million Dollars

HELP THE FARMERS.

Premier Ross made the important announcement Jesterday afternoon to a good roads deputation that the Government were prepared to grant \$100,000 a year for a period of ten years towards improving the roads of Ontario, provided a satisfactory system were found. The gentlemen to whom this statement was made comprised the committee appointed for the purpose of interviewing the Government at the recent county convention called by York County Council. There were present Messrs. C. E. Lundy, Chairman; W. H. Pugsley and John A. Ramsden, Secretary, from the County of York; M. H. Buchanan, Ingersoll; J. F. Beam, Black Creek; H. D. Moyer. Campden; Jas. Graham, Lindsay, and M. Richardson, Flesherton. The delegates informed the Government that they wanted legislation favoring county systems of main roads touching the principal parts of each county, and towards which a grant should be given by the Government. to a good roads deputation that the principal parts of each county, and towards which a grant should be given by the Government. Premier Ross asked the members of the deputation a number of pertinent questions. One of the great difficulties he feared was jealousy on the part of the townships, who might not be satisfied with the apportionment of the roads. The delegation agreed with this, but thought a vote by all the people of the county would settle matter, even though the Township Councils be not satisfied. Premier Ross suggested that the statute labor due on the lands fronting the main roads

on the lands fronting the main roads could be devoted to improving the back roads.

Finally the Premier announced that the Province was prepared to grant a million dollars for improving the roads, distributing it over a period of ten years, provided an equitable system could be devised. The Province could afford to do it, and they thought that by so doing they could make it much better for the farmer. He could get to market much proceedings and get to market much more easily and quickly, and the comforts of rural life would be greatly increased. Large grants had been made to the railways, but the railways were of little use to but the railways were of little use to the farmer if he could not get to the station. The Government were work-ing on the bill, and would be glad to receive any suggestions. The deputa-tion left well satisfied with the result of their visit.

Miller's Worm Powders the medicine

Perquisite of the Sailors. It has been estimated that any crack steamer leaving New York takes with it bouquets worth from \$5.000 to \$15,000. In a few hours the passengers begin to feel queer and send the flowers out of their rooms. Then they are collected by the stewards, carefully sorted over and put into the belonger and return the stewards.

and put into the icehouse, and when the vessel reaches her English port they are sold and the profits divid-ed among the men. De Tanque-Not drinking so hard as you did, eh? Overleaf-No; I confine myself to a monocle a day now.

Dec. 30, 1899. To Cash for Premiums....

Dec. 30, 1899. By Payments for Death Claims, Pro-

By Mortgages, etc...

North

American Life

Solid

Continent

Dec. 30, 1899.

HON. G. W. ALLAN.

SECRETARY:

L GOLDMAN, A.I.A.

THE CHIEF MAN OF FRANCE. President Loubet Still Longs for a

Mrs. Crawford contributes to Good Words an interesting article on the President of the French Republic. She fancies she discerns in M. Loubst traits of Horace as he appeared in

traits of Horace as he appeared in his Sabine farm:

"The disposition of the President, like that of the most finished of the Latin poets, is sunny. He is moral without being cansorious; attentive to business, yet of an easy-going philosophy, which has keen insight into essentials. He is a kindly neighbor, was always a firiend of liberty, and, liking to live out his own life according to his natural bent, would gladly extend the freedom he prizes to others. What sufficed his frugal ancestors would suffice him, even now. He was thrown out of their groove by paternal will, and has throughout his career in the bottom of his heart reverted to it. Luxury to M. Loubet is a dull, heavy load.

M. Loubet does not complain of his lot, but "he has the sense of disappointment which a crossed vocation gives." He wanted to be a farmer, but his father made him a lawyer. Yet we are told:

"The President longs for rural life

gives." He wanter to be a larmer, but his father made him a lawyer. Yet we are told:

"The President longs for rural life—not life as in a chateau, but in a yeoman's homestead. At an agricultural show last spring he fell in with some Daaphine farmers, and was the same old 'Monsieur Em'le' whom they had known at Montelimar. 'I suppose,' said one of them, 'you are now fixed for life in Parls?' Not if I live more than seven years, should I remain President so long. I do not intend to stand again. What I long for and mean to do is, when I quit Elysee, to go to end my life at Marsanne, which is on rising ground backed by forest, and fifteen miles east from Montelimar, is where M. Loubet was born.

All M. Lewbett's friends and raight.

All M. Loubet's friends and neigh-bors rejoiced at his election to the Presidency. The only member of his inner circle who did not was his mo-

inner circle who did not was his mother. She failed to see how his being President would conduce to his happiness. The President is still as docide as a child in obeying his mother, for whom he has a great affection.

"One of his first thoughts on being named President was to send her a photograph, enlarged to life size, and in a handsome gilt frame, to be hung up in her parlor. When he was President of the Senate she was busy baking the week's bread as he unexpectedly dropped in from Paris. She asked him to watch the oven while she was arranging to add something to the family dinner. M. Loubet obediently put on her wide bue apron and sat patiently attending to the loaves until relieved."

Miller's Compound Iron Pills, only 25 cents for 50 doses.

Nothing in It.

An Irish judge shook his head as An Irish judge shook his head as Mr. Curran was elaborating one of his points to a jury. "I see," said Mr. Curran. "I see the gentle motion of his lordship's head. Common observers might imagine that implied a difference of opinion, but they would be mistaken. It is merely accidental. Believe me, gentlemen, if you remain here many days you will your selves perceive that when his lordship shakes his head there's nothing in it!"

148,656,81

893,522.39

\$3,870,974.03

3,041,059.35

ANNUAL STATEMENT OF THE

North American Life

ASSURANCE COMPANY.

Head Office: 112-118 King Street West,

TORONTO,

For the year ended December 30th, 1899.

RECEIPTS.

DISBURSEMENTS.

Balance Net Ledger Assets.....

Debentures (market value \$#08,935.65)..... 

Cash in Banks and on hand.....

Premiums Outstanding, etc. (less cost of collection)
Interest and Rents, due and accrued.

46 Market value of Debentures and Stocks over cost.

LIABILITIES.

The financial position of the Company is unexcelled-its percentage net surplus to liabilities exceeds that of any other Home Company.

PRESIDENT:

JOHN L. BLAIKIE.

VICE-PRESIDENTS:

DIRECTORS:

MANAGING DIRECTOR:

WM. McCABE, LL.B., F.I.A., F.S.S.

The Report containing the proceedings of the Annual Meeting, held on January 30th, last, showing marked proofs of the great progress and solid prosperity of the Company, will be sent to the policy-holders. Pamphlets explanatory of the attractive investment plans of the Company, and a copy of the annual report, showing its unexcelled financial position, will be furnished on application to the Head Office or any of the Company's agencies.

HON. SENATOR GOWAN, Q.C., LL.D., C.M.G.
L. W. SMITH, ESQ., Q.C., D.C.L.
D. McCRAE, ESQ., Guelph.
HON. SIR WM. R. MEREDITH, Chief Justice of Ontario.

HON. SIR FRANK SMITH, K.C.M.G.

JOHN N. LAKE, ESQ. E. GURNEY, ESQ. J. KERR OSBORNE, ESQ.

MEDICAL DIRECTOR:

J. THORBURN, M.D., Edin.

" Death Losses awaiting proofs, etc..

ASSETS.

To Cash Income on Investments.....

The Clay Potter Who Escape Being Crippled for Life by Almost a Miracle.

A.N. Wideman, of Dantroon, Ont., In-terviewed in Toronto — The Most Hopeless Case of Rheumatism on Record—A Living Monument to the Power of Dodd's Kidney Pills.

Toronto, Feb. 26.—The wonderful scape of A. N. Wideman, which found escape of A. N. Wideman, which found its way into the newspapers a few weeks ago, is still a subject of interest here. He will be remembered as the man who was so frightfully crippled with Rheumatism, being twisted and contorted out of shape.

He was fairly snatched from a miserable death by Dodd's Kidney Pills, and he has been one of the greatest upholders of Dodd's Kidney Pills in Canada ever since.

Mr. Wideman still has to use a stick when he walks, as the disease has left

when he walks, as the disease has left him with one leg shorter than the

With this exception, and with the defect due to the breaking of his teeth from taking mercury medicines, Mr. Wideman is as well as ever he was

in his life. in his life,
"I never heard of anything like the
way Dodd's Kidney Pills worked in my
case," said he, "They drove the Rheumatism clean out of my system. You
know work was slack in the earthenwork works, and I took a chance to work in the harvest field. I got soaked several times with rain, and that brought on the worst attack of Rheumatism I giver heard of. I was in bed five months We have some trained out matism I ever heard of. I was in bed five months. My legs were twisted out of shape, the toes pointing inwards. Well, nothing the doctor could do did me the least good. My teeth broke off from the mercury he gave me, that was all."

"How did you come to take Dodd's Kidney Pills." Mr. Wideman was neared.

"A neighbor of mine. Mrs. Boyer, got me to try them. I did so to please her, but continued their use because they were curing me."
"And you ascribe your present health and strength to Dodd's Kidney

"I certainly do. If it hadn't been for Dodd's Kidney Pills I (would be in my grave at this minute," said Mr. Wideman, emphatically.

The Muff of the Period.

This ceason witnesses a great improvement in the matter of muffs. The old-fashioned bag affairs were trimmed with lace and violets and even perfuned, a decided departure from the canons of good taste. They were of a small size, and warmed the fingers perfunctorily; the wrists were never covered unless by gloves or long sleeves. This foolish and misplaced finery has given place to a new and fashionable muff of generous proportions. Both muff of generous proportions. Both hands, toth wrists, and part of the forearm can be covered by the plump cylinder, softly lined with sath, and buoyant outside with fluffy, long-haired fur. These muffs even look larger than they are, on account of the frequent choice of lynx, bear and fox fris, instead of the smooth, close sur-face of a short-haired fur. The muff of the perior has an eighteenth cen-tury look to it. Such are held in the tury look to it. Such are held in the fair hands of the sitters of Sir Joshus

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive years known to the medical Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doand assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address, F. J. CHENEY & CO.,

Sold by Druggists. 75c. Hall's Family Pills are the best.

General Methuen's Wound. 534,263.82 A private of the Guards Brigade relates the following story of Gen. Methuen: "Our general, Lord Methuen, was wounded at Modder River. I was one of the four who helped to dress his wound and carried him off the field. He got a bullet wound in the thigh. He was very game, and wanted to walk. He said: 'Cannot I walk?' The battle lasted fourteen hours, and at last Lord Methuen drove back after him wound. As he was cheered he exclaimed: 'Til take that river tognight or die.' He took it, and then gave the command over to Major-A private of the Guards Brigade re \$3,336,710.21 559,998,62 164,821.42 28,705.96 \$3,336,710.21 137,298.24 35,074.75 then gave the command over to Major-Gen. Colville."

Miller's Grip Powders cure. \$3,565,477.36

Perils of Civilization Anxious Caller (at police station)—
Captain, I am nearly distracted! My
husband hasn't been seen since 7
o'clock last evening, and I'm afraid
something terrible has happened to him!
Police Captain—Do you live in an

apartment house, madam?
Anxious Caller—Yes, sir.
Police Captain—Search the basement, madam. He may have gone down there to look for something and

New insurance issued during 1809. \$4,929,140.00 (Exceeding the best previous year by nearly one million). Insurance in force at end of 1899 (net). 23,045,403.00 Miller's Compound Iron Pills will-build you up. That nervousness and sleeplessness will disappear, the color will return to those pale cheeks, and good spirits and energy will be yours.

> Wireless Telegraphy in Warfare. Apropos to the use of the Marconi system of wireless telegraphy in the war in South Africa, it is in-teresting to note that it has been proved the cannonading does not in-terfere with the transmission of ages. The apparatus has been ted successfully and messages while the largest guns in the British navy were being fired.

Minard's Liniment cures Dandruff.

Those yarns about Methuen should received with caution. There are anty of other explanations to be regested for his course than insan-There's the censor, tea. SUCCESSFUL DINNERS.

Genfel Guests, Good Cooking an

No hostess can hope to be successful in her entertaining until she understands the requirements of a good dinner. A successful dinner is dependent upon the excellence of its cuisine; but there are other essentials which conduce to the "happiness" of a guest almost as much, and which to some persons are even more important. Many persons regard their social obligations as so many debts to be "worked off," and with that idea in view commit the unpardonable error of "lumping everyone together," and giving one, two or three (as the case may call for) big dinners in the ocurse of a season, dinners and servants being provided by a caterer, and the guests bid en masse and placed without regard to their individual tastes or natural selection. Such a dinner is a burlesque, a travesty, on the ideal function, which if it is not in or natural selection. Such a dinner is a burlesque, a travesty, on the ideal function, which, if it is not impossible to attain to, should at least co almed and striven for. It is also in direct opposition to true hospital-

in direct opposition to true hospitality.

A writer on social ethics gives it as a rule that ten is the extreme number to be allowed at a table for friends, although for a dinner composed of a mixed assemblage given for a special purpose, such as the entertainment of a distinguished foreigner or some other lion of note, a larger number is permissible. At the usual social function known as a dinner, where people are presumably of the same set, and know each other more or less intimately, the number, more or less intimately, the number he declares, should never exceed hal

he declares, should never exceed han a score.

Another essential point, according to this authority, is that there should be no crowding at the table; everyone should have ample elbow room. The temperature of the room should also be carefully considered. An open the property of the room is generally obfire in a dining room is generally objectionable because some guests must borhood. The heat, therefore should be equally distributed, and should not exceed 60 degrees Fahrenheit because the statement of the sta fore the guests are assembled. The food, lights and people will soon increase it, and an over-heated dining room is unbounded.

The selection of guests is a matter that must be decided by the hostess, and it must be remembered that it is upon this that the success of the linner very largely depends.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. druggists refund the money if it fails to 25c. E. W. Grove's signature is on each be Are You a Taxpayer?

If you pay your rent; yes.
If you pay your meat bills; yes.
If you pay for the clothes you wear;

yes.

If you pay for the clothes your family wears; yes.

If you pay your coal bills; yes.

If you pay your tobacco bills; yes.

If you pay for what you drink; yes.

If you pay your laundry bills; yes.

If you pay your railroad fare; yes.

If you pay your freight bills; yes.

If you pay your street car fare;

yes.

yes. Yes, my dear sir, you are a tax-payer. If you are not a taxpayer you are the most consummate and suc-cessful dead-beat on earth. There is hardly a moment of an honest man's life but pays taxes in one way or an-other. It is only the rich man who have no tax, because he is in a posipays no tax, because he is in a posi-tion to make others pay it for him. If you are a poor man you are a tax-payer.—Living Issues.

Minard's Liniment for sale every-

Care of the Hair.

It is a very bad plan to wet the hair when dressing it daily. It should be thoroughly washed occasion-ally, and should be dried by warm ally, and should be dried by warm air, but should never be sopped with water so that it is dark and clammy and so allowed to remain until the warmth of the head is allowed to dry it. The comb should be used as little as possible, as it drags and breaks the hair, and a fine comb is always to be avoided. A stiff brush with long bristles will clear the hair as well as a comb without doing it injury, and the friction stimulates the scalp and removes dust.

Minard's Liniment is the only Liniment asked for at my store and the only one we keep for sale.

All the people use it.

Harlin Fulton. Pleasant Bay, C. B.

Putting a Good Face on It. "Well, how are things looking this morning?" asked the insurance reporter. "Cheerful," answered the optimistic

fire insurance agent. "We've given away nearly 2,000 more blotters to-day than we did the corresponding day last year."

Milier's Worm Powders cure all ailments of children like magic.

Hon. Jas. Sutherland will be acting Minister of the Interior during the absence of Mr. Sifton in Europe. **ISSUE NO 10. 1900.** 

# Strong Bones

In speaking about Scott's Emulsion for children, you should not forget that it contains *lime* and soda, just what the child must have to form strong bones and good teeth. It's this forming time you want to look after.

Growing bodies must have an easily digested fat. Just think how much of it there is in milk, as cream.

## Scott's Emulsion

is even more easily digested than cream. It's surprising how chil-dren thrive when given it. Don't keep the children living on

the edge of sickness all the time.

Make them strong and rugged,
plump and hearty. Scott's Emulsion of Cod-liver Oil and the Hypophosphites of Lime and Soda will do

At all druggists; soc. and \$1.00.

The Explanation. Giles-Statistics show that fewer en fill drunkards' graves than former years.
Miles—What's the cause — world

growing better?
"No; I guess cremation has something to do with it." Minard's Liniment cures Burns, etc.

The Government has extended the time for private sale of binder twine at Kingston Penitentiary to March 20th.

## GRAND TRUNK BAILWAY

Colonial Excursions TO THE

Canadian North West

Will leave Toronto, via North Bay at 2 p.m. and 9 p.m. each Tuesday during March and April if sufficient business offers.

Colonist Sleeping Cars for passengers with ordinary baggage, will be attached to train eaving Toronto at 2 p.m., and will run through to Winnipeg.

to Winnipeg.

Colonist Sleeping Cars for rassengers travelling on same train as their live stock will be attached to train leaving Toronto at 9 p.m. and will run through to Winnipeg. Berths will be FREE in these cars, and can be secured by passengers on application to Grand

Tickets, rates, and all information from agents of Grand Trunk railway system. M. C. DICKSON, District Passenger Agent

GAN RHEUMATISM BE GURED? You can't tell without tryi -- EBY'S DAISY OIL --

The New Chemical Compound, wonderfully effective in curing Rheumatism, Neuralgia, Sciatica, Pain in the Back and Sides, Lumbage, Sore Throat, Diphtheria, Frost Bites, Toothache, Bruisca, Kidney and Bladder Diseases. Sold by all druggists at 25 cents, or from M. F. EBY, Chemist, Port Elgin, Ont



A GENTS WANTED FOR OUR TWO NEW (four books, "The Library of South Africa" (four books in one); and "Dwight L. Moody, The Man and His Mission"; the books are well written and up-to-date, and are not a rehash of old matter; the prices are low, and the terms extra liberal; agents can make money if they take hold at once and sell our books. Pro-Briggs, Methodist Book Room, Toronto.

Sausage Casines-New important English Sheep and American Hog Casings reliable goods at right prices.
PARK, RLACKWELL & CO., TORONSO

Mrs, Winslow's Soothing Syrup should always be used for Children Teething. It soother the child, softens the guns, cures wind colle and as the best remedy for Diarrhees. Twenty five cents a bottle.

PITS PERMANENTLY CURED BY DR. Kline's Great Nerve Restorer. No fits or nervousness after first day's use. Send to 931 Arch street, Phila delphia, Pa., for treatise and free \$2 trial bottle For sale by J. A. Harte, 1780 Notro Dame street Montreal, Que.

THE BLACK WATCH,

and feared by all foes. Deservedly so. Watch this space. What appears in it is as true as THE BLACK WATCH.

Dearly loved by all Britons