## Hot Weather ${ }^{2} 90$ HEADACHES ${ }^{4}$ Y

Tablets, powders, drugs, of any kind will NOT cure they never reach the CAUSE of the headache. What causes headaches? Poisoned
blood, always. If the bowels are constipatedIf the kidneys are weakIf the millions of pores of the skin are

cure headaches because they cure the
cause of headaches. They do not drug
the nerves. They go to the root of the trouble, invigorate and the root of the
tivengthen the
liver and increase the fow of tile int liver and increase the flow of bile into
the bowels, which cure constipation. Act
directly on the kidneys, heal all kiddirectly on the kidneys, heal anl kid-
ney irritation. Act on the skin, stimu-
nate and opent the pores. With bowels, kidneys and skin all healthy and working in harmony, the
blood is kept pure and rich and there an be no headaches. FRUIT-A-TIVES are pure fruit juices
-combined by a secret process with $50 c$ a box or 6 boxes for $\$ 2.50$ on receipt of price if your druggist does
not handle them frut-a-tives limited - ottawa.


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## Men's Shirts

is one of the most carefully selected lines of merchandise
in this store. At no other store in this store. At no other store
can you see such a generous can you see such a generous
variety, and nowhere else are
such remarkable shirt values such remarkable
given for the money. English, American, and Canadian shirts in starched and
negligee styles, prices $\$ 1.00, \$ 1.50$ negligee shes, prices $\$ 1.00$, $\$ 1.50$
and $\$ 2.00$. Shirts of like quality to these are sold for considerable

White \& Manahan
$\underbrace{500}$ Malis st


 need not investigate far before finding
the natura! results of such anomalous
association.
Observation teaches the sad lesson that faith declines as mixed marriages
increase. Catholic parents do not inincrease. Catholic parents do not inreserve their opposition till attach-
ments are formed, till promises are exchanged and till the young people grow
so far enamoured of cich other as to be practically convinced that the evils
which naturally attend mixed marriages will not obtain in their altogether exceptional case. And so the
die is cast. It is true to say of such alliances
that the die is cast. They are prehrow and await your possible chatce of winning. Men while t
are ten to one against you.
 women of the same faith which are far
rom being cast in pleasant places Admitted. But why should depth beant places, added to depth? Why should extrane ous and grievous causee for heart
burning and discontent be deliberately invorning and discontent be deliberately
If it is dangerous to toy with a revolver, the hazard is heightened
when you play with two -ospecially if the second is loaded and cocked.-Th Catholic Transcript.

## A bad bruise


the best cure is a prompt application
of Nerviline which instantly stops the pain, provents swelling, removes al blackness and discoloration. Nerviline is antiseptic-prevents blood poisoning.
No liniment so strong, so penetrating No liniment so strong, so penetrating, of switt to destroy pain.' You miss a lot
of comftrt by not using Polson's Nerviline. For nearly fifty years it has been the standard family iniment of Canada.
A BIT OF CATHOLIC POLAND
IN NEW ENGLAND.

Professor Edward A. Steiner, of Iowa College, has been making in New England what he calls "a social quest." He
has been going in and out and up and down among the foreign-born people of
New England States, studying their New England States, studying the
mode of life, their habit of thought, but particularly their religious condition The professor was guided by a New
England minister whom he calls Brother Timothy in one of his excursion
(among the Poles) and he ells in the (among the Poles), and he tells in the
"Congregationalist" of June 16 th of his experience. He says:
 settlement which is growing by leap and bounds in the most sightly portion
and at the edge of the town; we studied faces and phases of social and religious undertaker, to the baker and the "can-dlestick-maker," we went into the churches together, and I shall neve
forget that Catholic church, built by some 800 day laborers at a cost of
$\$ 150,000$ and free from debt. It is built of white stone with towering steeples, constant fingers of scorn to
many a Protestant church illy supported many a Protestant church illy supported
and depending upon the
 andedness of all who seriously sub
seribe to such absurdities are but
natural to those who look There is nothing that inflicts such a
irreparable shock upon the seusitive he full realization that what is deare Then est by those who are neares cepts his father as his hero. A worl
crom either parent has the force of

ever way he goes, he turns his back
upon father or mother. His filial piety

temple reared by the toil of their own
hands, these peasants who but lately fawned upon the nobles who worshipe by their side-these peas:ants who are
now themselves nobles, owners under
 warbles in a strange tongue, too often
unfeelingly, and where Timothy talks for fifteen minutes and is closely watch
ed lest he exceed his time, albeit preaches with the fervor of St Paul,"
The contrast was certainly striking, and we do not which the that the impres not soon forget. It is typical of what is
no taking place all over New Englan holding the flood of Catholic imm grants of so many varying nationalities,
are putting forth their strength to wean are putting forth their strength to wean
them away from the ancient faith and win them over to the decaying sects of
the new country. Here and there the new country. Here and there
puzzled and perplexed by new condi puzzled and perplexed by new condi-
tions, led away by this temptation and that, the Catholic foreigner is throwing away his religious birthright, but the the burden of life in the new country in the right way, even as those Poles of
whom Professor Steiner writes, wh whom Professor steiner writes, who
have built out of their, seanty earnings church which is an inspiration to the houses of the native New Englanderting Catholic Union and Times
 HEART MERYEEPPILLS FOR WEAK PEOPLE

Then pilla nerves or watory blood, such as Palpita-
tion, Skip Beats, Throbbtug Smothering
Dis.


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