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The first when she is just budding from girlhood into the full bloom of womanhood.

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The third and the one most liable to leave heart and nerve troubles is during "change of life."

In all three periods Milburn's Heart and Nerve Pills will prove of wonderful value to tide over the time. Mrs. James King, Cornwall, Ont., writes: "I was troubled very much with heart trouble—the cause being to a great extent due to 'change of life.' I have been taking your Heart and Nerve Pills for some time, and mean to continue doing so, as I can truthfully say they are the best remedy I have ever used for building up the system. You are at liberty to use this statement for the benefit of other sufferers."

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MARVELLOUS PARCEL Postage Free

10 Dinner and 6 Half-Parcel Tea Cloths \$3.10

2 White Damask Table Cloths, 2 1/2 yds. by 2 yds. rich pattern, hemmed.

2 White Damask Table Cloths, special make, in cotton, having the effect of Linen Damask, 60 ins. long, 54 ins. wide, hemmed.

2 Half Bleached Table Cloths, hard wearing.

2 Irish Cambric Tea Cloths, Hand Embroidered and Drawn Thread.

2 Tray Covers Embroidered and Drawn Thread. Marvellous value. Try one. Reliable Wearing.

Price List may be obtained at the office of this Paper. SAML. PEACH & SONS, The Looms, Box 68 NOTTINGHAM, Eng. (Est. 1857).

TEMPERANCE TALK.

The Dangers of Drug Using.

The constant increase in the use of opium and its derivatives has created a general interest in the subject, and many are investigating it who have never felt the touch of its blighting influence.

There are various causes which lead to the use of drugs, and while pain and sleeplessness are among the chief causes of such addictions, the wear and tear on modern life, acting on individuals who are eager to accomplish more than their strength will permit, unquestionably leads many to resort to the false stimulus of drugs.

No one intentionally creates a craving for drugs. But the average person learns their potency for good without learning of their possibilities for evil, and begins their use with no knowledge of the consequences that are sure to follow.

Few persons are brave enough to submit to physical suffering when they know of some way to stop it. Few will endure the discomforts of sleeplessness if there is any way to induce sleep. But those who are in need of help for such ills should be wary of the remedies they use. The so-called simple remedies often contain a deceptive drug that gives temporary relief, but leads to lasting injury.

While it is unfortunately true that physicians are responsible through careless prescriptions for many of these sufferers, it is often the case that a prescription which would have been harmless as well as useful if taken only as directed, is filled again and again, until some drug which enters into its composition becomes a necessity.

Most drug users begin their addictions as a relief from suffering, and often they do not even know what they are taking until the habit is formed. Pain is the master tyrant in this world, and men and women of sterling principle, who would have resented the suggestion that it was possible for them to become the victims of an addiction have come out of the tortures of a prolonged and painful illness to find that they have become slaves of some insidious drug, and that they cannot exist without it.

Drug using has none of the social features of drinking, which owes much of its popularity to that cause. It is a practice which usually is concealed as long as concealment is possible. Many a drug victim receives the sympathy of friends for some malady that perhaps has no existence, save as a convenient excuse for the ravages of morphine or opium.

Sometimes the secret is guarded from one's family until the changed condition and general failure tells the sad story, and after that it becomes a question whether it shall be shielded from the outside world or admitted as the cause of peculiarities that might otherwise be censured.

But whether an addiction is admitted or concealed its effects are the same. Sooner or later there comes the same condition of agony, the same pitiable helplessness.

Opium a Poison.

Opium, in whatever form it may be used, is a poison. And while small doses will alleviate suffering, its continued use causes such a change in the system as produces an increased power of resistance to the effects of the poison, and, as resistance increases, the dose must be increased to produce the desired effect. If this process is continued there is scarcely any limit to the quantity of the poisonous drug that can be taken without causing death.

When the poison is taken into the system in this manner, a change takes place in the nerves and tissues of the body, which is made necessary by the presence of the poison in the system. In addition to the tolerance that has

been built up the organs adapt themselves to the constant presence of the poison, and, having become adapted to its presence, what was once an abnormal condition becomes the normal condition, and the deprivation from the usual supply causes pain and suffering.

The sufferings of the drunkard who cannot get his accustomed supply of whiskey are said to be mild compared with the torture of the drug habitue when deprived of his drug.

There is a marked similarity between the disease of drunkenness and the diseased condition caused by drugs.

A Temperance Centennial.

It is proposed to celebrate the organization of the first temperance society by a World Temperance Centennial Congress at Saratoga Springs, New York, June 14th to 30th next.

April 30, 1808, there was organized at Moreau, Saratoga County, N. Y., by Dr. Billy James Clark, assisted by Rev. L. Armstrong, Gardner Storr and James Mott, the first temperance society in history. This organization is still in existence, and holds at least one meeting annually, for the election of officers and the transaction of business necessary to its perpetuation.

For the World's Congress a convention hall seating five thousand people has been secured. All nations of the world will be invited to send national representatives and delegates will be invited from churches, medical associations, historical societies and all temperance organizations.

In the preparation of the program the history of the century of temperance reform has been divided into twenty year periods. The growth of temperance sentiment, organization and legislation during each of these periods will be dealt with exhaustively.

Saratoga Springs is said to be a village of hotels and not an expensive place in which to spend a vacation. It is said twenty thousand people could easily be lodged within five minutes' walk of the great convention hall.

Liquor as a Medicine.

Druggist Miller, of Indianapolis, Ind., who owns one of the best drug stores in that city, at the corner of 24th street and College avenue, filled 3,800 prescriptions last year. His customers are the well-to-do class, who employ the most skilled physicians. In the whole lot of 3,800 prescriptions written last year there were just four that called for liquor. In poorer parts of the city, where lower-priced physicians are called, the proportion of prescriptions that call for liquor is much larger. No comment is necessary. The facts are eloquent in themselves.

War Against Alcohol Spreading.

Archbishop Ireland has given us this interesting statement: "During my travels through Europe recently I have discovered that the war against alcohol is spreading over every country on that continent. There is not a single country in Europe today that does not have its annual conference of anti-alcoholic workers, and this conference is made up of the best and leading thinkers of every country."

Pleasant as syrup; nothing equals it as a worm medicine; the name is Mother Graves' Worm Exterminator. The greatest worm destroyer of the age.

EAT ORANGES

IF YOU WANT TO KEEP WELL

Careful tests have proved beyond question that orange juice has clearly defined medicinal virtues. Those who suffer with indigestion—are compelled "to diet"—find that after eating oranges regularly for breakfast there is no distress, no palpitation.

Where there was a tendency towards constipation, the eating of oranges regulated the bowels.

In skin troubles, those who began the morning meal with an orange were noticeably improved.

There is, however, a quicker way to get better results. This is to take one or two "Fruit-a-tives" tablets at bedtime in addition to the juice of an orange before breakfast the next morning. "Fruit-a-tives" are the juices of oranges, apples, figs and prunes, in which the medicinal action is many times intensified by the special way of combining them. Valuable tonics are then added.

Take the juice of an orange before breakfast—take "Fruit-a-tives" at night—and you will quickly be rid of Indigestion, Stomach Troubles, Constipation and Billousness. "Fruit-a-tives" are sold by all dealers at 50c a box—6 for \$2.50. Sent on receipt of price by "Fruit-a-tives," Limited, Ottawa.

Burdock BLOOD BITTERS

CURES

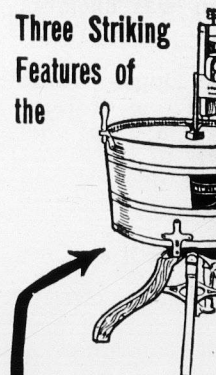
Dyspepsia, Boils, Pimples, Headaches, Constipation, Loss of Appetite, Salt Rheum, Erysipelas, Scrofula, and all troubles arising from the Stomach, Liver, Bowels or Blood.

Mrs. A. Lethbridge, of Ballyduff, Ont., writes: "I believe I would have been in my grave long ago had it not been for Burdock Blood Bitters. I was run down to such an extent that I could scarcely move about the house. I was subject to severe headaches, backaches and dizziness; my appetite was gone and I was unable to do my housework. After using two bottles of B. B. B. I found my health fully restored. I warmly recommend it to all tired and worn out women."

Burdock BLOOD BITTERS

Burdock BLOOD BITTERS

Three Striking Features of the



"New Century" Washing Machine

Ball Bearings insure easy running. Strong Spiral Springs reverse the motion, and really do half the work.

Wringer Stand is strong and rigid—and so attached that it is always in the right position.

Price \$9.50—delivered at any railway station in Ontario or Quebec.

Write for free booklet.

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