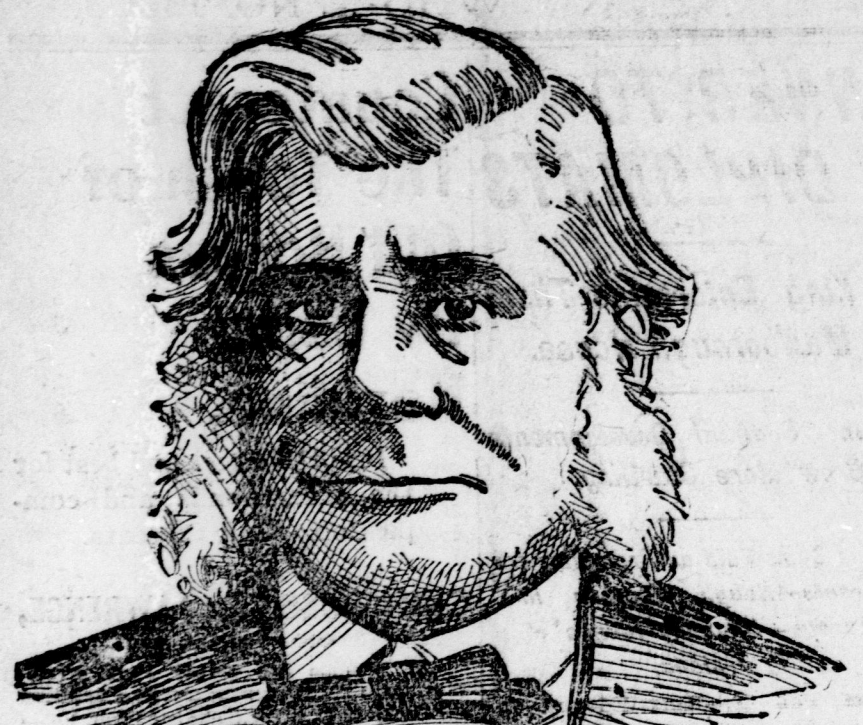


A Law unto Himself.

Every Man Must be That, to Retain His Health and Digestion.



THE GREAT HUXLEY.

There are thousands of people in this world who eat no meat from one year's end to another, and certain savage tribes in Africa and Polynesia are almost exclusively meat eaters; but while there are thousands of these there are millions who live upon a mixed diet of meat, vegetables and grains, and if numbers is a criterion, it would seem that a mixed diet is best for the human family.

The fact that you will find many vegetarians who appear healthy and vigorous and meat eaters equally so, and any number of robust specimens who eat both meat and vegetables and anything else that comes their way all goes to show that the old saw is the true one, that every man must be a law to himself as to what he shall eat and drink.

To repair the waste of tissue in brain workers, as well as to replace the muscles and sinews of the laborer, can only be done through the process of digestion.

Every nerve, muscle, sinew, every drop of blood is extracted from the food we eat and digest.

In these days of haste and worry, and artificial habits of life, scarcely one person in a thousand can lay claim to a perfect digestion; dyspepsia is a national affliction, and Stuart's Dyspepsia Tablets are the national blessing.

Most cases of poor digestion are caused by failure of the stomach to secrete sufficient gastric juice, or too little Hydrochloric acid, and lack of pepsin, and all of these important essentials to perfect digestion are found in Stuart's Dyspepsia Tablets in convenient palatable form.

The greatest English scientist, Huxley, said the best start in life is a sound stomach. Weak stomachs fail to digest food properly, because they lack the proper quantity of digestive acids (gastric and hydrochloric), and pepsin, and the most sensible remedy in all cases of indigestion, is to take after each meal one or two of Stuart's Dyspepsia Tablets, because they supply in a pleasant, harmless form all the elements that weak stomachs lack.

One or two of these tablets taken after meals insure perfect digestion and assimilation of the food.

Cathartic pills and laxative medicines have no effect whatever in digesting food, and to call such remedies a cure for dyspepsia is far fetched and absurd.

Stuart's Dyspepsia Tablets contain pepsin free from animal matter, dextrin, and other digestives, and not only digest all wholesome food, but tend to increase the flow of gastric juices, and by giving the weak stomach a much needed rest bring about a healthy condition of the digestive organs and a normal appetite.

Nervous, thin-blooded, run-down people should bear in mind, that drugs

and stimulants cannot furnish good blood, strong muscles and steady nerves; these come only from whole some food, thoroughly digested. A 50-cent box of Stuart's Tablets taken after meals for a few weeks will do more real good than drugs, stimulants and dieting combined.

Henry Kirkpatrick, of Lawrence, Mass., says: "Men and women whose occupation precludes an active outdoor life should make it a daily practice to use Stuart's Dyspepsia Tablets after meals. I have done so myself, and I know positively that I owe my present health and vigor to their daily use."

"From the time I was 22, when I graduated from school with a broken health from overwork, until I was 34, I scarcely knew what it was to be free from stomach weakness. I had no appetite whatever for breakfast, and very little for any other meal."

"I had acidity and heartburn nearly every day, and sometimes was alarmed by irregularity and pain of the bowels. After I began using Stuart's Dyspepsia Tablets, and I can eat my meals with relish and satisfaction which I had not known since I was a growing boy."

Mrs. James Barton, of Toronto, Canada, writes: "For eighteen months I suffered from what I supposed was bladder and kidney trouble, and took medicine from different doctors without any sign of cure. I felt so ill at last I was hardly able to do my work."

"I thought I would try a box of Stuart's Dyspepsia Tablets, and see if they would make me feel better, never had had acid dyspepsia, but after only three or four tablets had been taken all the acid trouble disappeared, and I had a good appetite."

The doctors had been treating me for kidney and bladder trouble, and one of them treated me for rheumatism. "My digestion is fine, my complexion clear, and I am able to do my work, and low spirits are unknown to me."

"I am so thankful for finding a cure so good and so pleasant to take as Stuart's Dyspepsia Tablets. I am surprised at the change they have made in me."

Mr. Thomas Seale, Mayfield, Cal., says: "Have used and recommended Stuart's Tablets because there is nothing like them to keep the stomach right."

Mr. E. H. Davis, of Hampton, Va., says: "I doctored five years for dyspepsia, but in the last months I got more benefit from Stuart's Dyspepsia Tablets than in five years of the doctors' treatment."

"My Dyspepsia Tablets is probably the safest, most popular and successful digestive on the market, and sold by druggists everywhere in the United States, Canada and Great Britain."

wedged in the ice and had to be relieved by the Promiss, which is considered the best of the ice coming down from the St. Clair has caused heavy windows eight and nine feet thick in many places. The Promiss, however, got through with but little trouble.

The field is heaviest on this side of the river.

THE ROBERTA SAFE.
Vancouver, B.C., Feb. 10.—Advices from Nanaimo, received on Saturday, state that the United States steamer Roberta, which arrived at Union Bay, and reported that she had left the Esquimaux on the west coast, which the Esquimaux had been told that she had left the British survey ship, which had gone out to look for the Condon.

STEAMSHIP ARRIVALS.
Feb. 7. Reported at: From
Rhynland.....Liverpool.....Philadelphia
Columbia.....Gibraltar.....New York
Pennina.....Antwerp.....Philadelphia
Lucania.....New York.....Liverpool
Breslau.....New York.....Liverpool
Cymric.....New York.....Liverpool
Vanderland.....Antwerp.....New York

page.....Have.....New York
Umbria.....Queenstown.....New York
Lake Ontario.....Halifax.....Liverpool
Manchester.....Halifax.....Manchester

JOTTINGS FROM NEAR-BY PLACES

DORCHESTER STATION

Dorchester Station, Feb. 8.—Mrs. Annie Hunter, second daughter of Thos. Hunter, and Mr. Walter Spence, of Mossley, were united in marriage by Rev. J. Veale, at the residence of the bride's parents on Wednesday, Feb. 5.

The funeral of the late Mr. J. R. L. Waugh, of Ohio, took place from the home of his daughter, Mrs. P. Lawson, Niles, to Union Cemetery, Feb. 6. The funeral was conducted by Belmont and Niles' Sons.

Mr. Robert Murray, of Five Points, Wis., is visiting friends in this village.

Mr. George Wiley shipped a carload of hogs from here on Thursday. The price paid was \$5 75 per cwt, live weight.

The annual meeting of the patrons of Dorchester cheese factory was held on Friday afternoon in the factory. Everything proved satisfactory, and the patrons seemed well pleased.

A LADY WRITER "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried it have the same experience.

LOSS OF ALLAN LINER GRECIAN

Dashed on the Rock of Nova Scotia's Coast.

Went Out of Her Course in a Heavy Snowstorm—All the Passengers Saved—Three Steamers Sunk in the Thames.

Halifax, N. S., Feb. 9.—Four and a half miles from this city, on the western side of the entrance to Halifax harbor, the big Allan-Furness liner Greician lies a hopeless wreck.

The steamer sailed from Liverpool on Jan. 25, bound to this port, via St. Johns, Nfld., and left the latter port on Thursday evening. She was off this harbor at 2:30 this morning, took a pilot on board, and was coming in, when a thick snow storm came on suddenly, and the ship was driven on the rocks, passed over and struck a second time, and remained.

There was not much sea on at the time, but a heavy undertow, and this soon ground her keel in. The water poured through the hold. When daylight broke it was found that the ship was lying on her side, and the water was pouring in from the shore, between Holyrood and Martin's Rock.

RESCUE OF THE PASSENGERS.
When the steamer struck the weather was so thick that it was impossible to see land, although the sea could be heard breaking a short distance off. Life-saving crews from Herring Cove and Devil's Island responded to the signals of distress, and the ship was towed to the shore, and remained by the ship in case of emergency. The captain in the meantime ordered the crew to lower the boats, and have everything ready to leave the ship.

Over 100 tons of the cargo have been removed.

The captain hopes to get the steamer off the rocks at high water in the morning. Capt. James Harris, who commanded the Greician, brought Lord Dufferin's yacht to the rescue.

THREE STEAMERS SUNK.
London, Feb. 8.—There was a remarkable series of collisions in the Thames today. The collision, which took place, while entering the Regent's Canal basin, was run down by the French steamer Cordillera from River La Platte with a cargo of frozen meat. The Poplar swung off and struck the British steamer Cordillera on her bow, and the latter sank, with a cargo for Morocco. All really thinking I was dead.

Three vessels sank. The crew and passengers were rescued by tug boats, but the Poplar, in attempting to beach herself, sank two river tugs before going down herself.

A ROUGH VOYAGE.

London, Feb. 8.—The passengers of the St. Paul, which has arrived at the wharf, have had a very rough voyage, and an unusually rough experience with wind, waves and fog.

The steamer left London at 10:30 on Thursday morning, and it took nearly 24 hours from that time to make the voyage to the coast.

The vessel passed Sandy Hook.

THE DEATH RECORD

Judge Lister Expired Suddenly Sunday Morning—Formerly a Prominent Politician and Leading Lawyer of Sarina.

Toronto, Feb. 9.—Mr. Justice Lister, of the court of appeal, died at his residence, 14 Walmer road, at 2 o'clock this morning, of heart failure, following upon indigestion. The judge was at Osgoode Hall from 11 to 5:30 on Saturday. After dinner he went to bed feeling rather unwell. At 11 o'clock he became so much worse that Dr. Temple was called in, and prescribed for the patient.

After 2 o'clock Dr. Temple and McPhedran were again hastily summoned, but when they arrived, shortly after 3 o'clock, the judge was dead. The members of the family present were: Mrs. Lister, Miss Bessie, Miss Frances, and Mr. Blake Lister.

His family moved to Sarina while he was quite young, and Mr. Lister's education was obtained chiefly there and in the office of being called to the bar in 1885, and was called to the bar ten years later.

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WESTERN ONTARIO

Live Items Cuffed for Busy People's Information.

Lent begins on Wednesday, Feb. 12. Dutton's Episcopians will celebrate subscription lists for a new \$10,000 church. The Yarmouth board of health has warned the people of that township to be vaccinated.

St. Thomas Orangemen will celebrate the Battle of the Boyne at Tilsonburg on July 12 next.

E. R. L. Gould, Ph.D., a nephew of Mrs. Thomas Evans, of St. Mary's, has been appointed city chamberlain of New York City, at a salary of \$5,000 per year.

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M. R. and J. M. Hughes, of St. Thomas, formerly of Aylmer, have bought the late E. J. Day's farm, at Fairview, near Yarmouth Heights, and will take possession in March.

Miss Frances T. Sharp, who has been connected with the Toronto general hospital for the past six years, has been appointed superintendent of the Woodstock general hospital.

R. J. Young, of Glenora, has received the appointment of assistant secretary of the Manufacturers' Association of Canada, and secretary of the Toronto Manufacturers' Association.

McClure, of St. Thomas, a nephew of Mrs. Thomas Evans, of St. Mary's, has been appointed city chamberlain of New York City, at a salary of \$5,000 per year.

At the Windsor police, on instruction from the warden of Kingston penitentiary, arrested Paul Walker, a former inmate of the penitentiary, and released him.

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THE WEATHER TODAY—Fair, and moderately cold.

Other Lots That We Have Had of Goods Like These Have Sold Out Within a Few Days.

.. SALE OF ..

TENERIFFE LINENS.

So called because the drawn work is done by experts of the Island of Tenerife, one of the Canary group. The Linens are Irish, with beautiful drawn lace work. This lot we will sell at very special prices. Do not miss securing some of them. A few days' selling will clear the lot, so come early. Centerpieces will sell from 85c to \$2; Tray Cloths at \$1 to \$2.50; Tea Cloths at \$2 to \$4.90 pair; Sideboard and Bureau-Scarves at \$1.75 to \$3.50 each. You will be surprised at the beauty and elegance of these offerings.

A Line of 25c Muslins to go at 15c a Yard.

Here's a bargain indeed in Fur Coats. The coldest weather of the season is here, and at regular prices the demand for snug jackets should be sufficient to clear them out. But we have no time to lose, and at these prices neither have you.

1 only, Lady's Black Astrachan Fur Coat, was \$45 00, reduced to \$32 00
1 only, Lady's Black Astrachan Fur Coat, was \$32 00, reduced to \$25 00
1 only, Lady's Black Astrachan Fur Coat, was \$37 50, reduced to \$28 00
1 only, Lady's Electric Seal Coat, was \$42 50, reduced to \$31 00

Order Your Spring Tailor-Made Garments Now.

This is the best time to leave your orders for Tailor-Made Suits, Coats, Skirts or Capes for the spring season. The latest fashions are here, and already a quantity of new suitings and skirt and cape cloths have arrived. At the present time we are prepared to turn out tailor-made garments on very short notice, but later it will be necessary to have your orders weeks ahead. Book them now.

W. B. Erect Form Corsets Are Graceful.

These desirable Corsets are made to fit American women; are made to fit different figures; are made with the view of giving grace and comfort to the wearer. They are sold only by us in London.

Style 973.—Is a new make just received to sell at \$1.25; colors—white, black and gray; 11 inch 5 hook clasps; gored bust and hips; bias cut; medium waist; suitable for sizes from 18 to 26. Splendid value at \$1.25

Style 974.—Is a new make to sell at \$2, in white and gray of fine imported cotton, black of imported satin; gored bust and hips; correct model; lace and draw ribbon trim, with bow of baby ribbon in front. Great value at \$2.00

SMALLMAN & INGRAM,

149, 151 and 153 DUNDAS STREET.

vent the use of all slot machines," said the inspector. "It is the duty of the police to use, and I shall prosecute anyone who insists on letting them be operated on his premises."

Councilor W. W. Day has sold his farm facing on the seventh line, East Nissouri, to Mark Bent, of Thompsonford, for \$3,000. The farm is 50 acres. The buildings are good and the soil is in a good state of cultivation. Mr. Day has bought the farm from Harry O. Bell, son of Mr. Thomas Bell, of Wingham. The marriage settlement was performed by Rev. J. R. G. Gunter, rector of St. Paul's church.

License Inspector Pacad on Friday served every hotel-keeper, and tobacco dealer in Windsor, with a notice to show cause why a written order to no longer allow the operation of slot machines on their premises, and the same notice has been sent through the mails to all hotel-keepers throughout the county of Kent.

There is scarcely a limit to the sufferings which women endure when their nervous systems become run down and give way beneath the strain of a life of worry and anxiety.

There are few cases out of ten are the result of a low state of vitality, and of nervous debility. Dr. Chase's Nerve Food cures women of their ill-effects, irregularities and weakness by thoroughly restoring the vigor of the nervous system.

Every woman will read with interest the following letter from a lady who has been cured of a serious illness by Dr. Chase's Nerve Food.

Mrs. Benjamin Hatfield, Hilliard, Ohio, writes: "For three years I was a sufferer from extreme nervousness and female weakness, and found it necessary to undergo a very painful operation. I was pale and weak, had no appetite, and would sometimes faint two or three times a day. For seven weeks I was under the doctor's care, but he seemed unable to help me. Despairing of recovery I took the advice of a friend, and bought a box of Dr. Chase's Nerve Food. It has performed a complete and thorough cure in my case, and I am healthier and fleshier than I have been for years."

The testimonials I see are not through elaborate advertising, but are genuine as a remedy for bodily pains and ailments of the respiratory organs. It has carried the fame with it wherever it has gone, and it is prized at the apothecaries as well as at home. Dose small; effect sure.

PICKING THE NOSE is a common symptom of worms. Mothers who suspect their child is troubled with worms should administer Dr. Low's Worm Syrup. It is pleasant, safe and effectual.

All Plump and Rosy.
If all the plump and rosy children in the world could be collected together into one place it would be surprising to find how many of them owe their strength and health to Scott's Emulsion.

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ABSOLUTE SECURITY.
Genuine
Carter's Little Liver Pills.
Must Bear Signature of
Dr. Carter
See Fac-Simile Wrapper Below.
Very small and as easy to take as sugar.
CARTER'S LITTLE LIVER PILLS.
FOR HEADACHE.
FOR DIZZINESS.
FOR BILIOUSNESS.
FOR TORPID LIVER.
FOR CONST