

BAD DREAMS CURED

A Winnipeg Man Tells of a Simple Remedy That Cured.

ESCAPE FROM INDIGESTION

"Though I am an active hard working man, somehow I fell into a condition of poor digestion and disordered stomach," writes Mr. E. P. Whimney. "In the morning I had a very unpleasant taste in the mouth. My tongue was whitish and nothing tasted good. An hour or so after eating I experienced pain in my right side, gas formed in the stomach and caused great distress. Even in warm weather my hands felt clammy, and still worse my system felt clammy, regular, brooding and despondency would now and then get hold of me and completely unman me. When unfit for work I tried Dr. Hamilton's Pills. In my case their wonderful curative power was like magic. So mildly did they work upon my system I at first thought they wouldn't benefit. But a few doses proved how much they helped the stomach, how quickly they braced up digestion. Food tasted natural, my appetite improved, my face looked clear and bright, and day by day as I gained in health, so I gained in spirits. To-day I am as sound, healthy, vigorous and well as any man could be. Dr. Hamilton's Pills did it all."

Beware of the dealer that may try to sell you an inferior pill to Dr. Hamilton's, which are sure to help and cure. Sold in yellow boxes, 25c per box. All dealers, or The Catarrhose Co., Kingston, Ont.

A READY RECKONER.

There are no cul-de-sacs for Irish wit. A "jarvey" drove Mr. Phil May, the wonderful English artist in black and white, new dead, round Dublin on his first visit to that city, and in showing him the sights stopped in front of the Bank of Ireland.

"On the roof of the building are six decorative figures, and Mr. May inquired of the man who represented."

"Begorra, sorr, they're th' twelve apostles."

"But," said Mr. May, "there are only six."

"Sure, I know that, returned the jarvey. 'th' other was are lurchin' wid th' Lord Liffintan.'" Youth's Companion.

A GOOD SHAD

of sugar costs but little more than a poor grade. In

St. Lawrence Sugar

you get the best that money can buy. Its recognized economy—its delightful flavor, and crystal purity makes it a favorite wherever it is used.

Order St. Lawrence Sugar and note the decided superiority there is between it and the ordinary refined sugar. St. LAWRENCE SUGAR REFINING CO., LIMITED, MONTREAL.

LODGE NIGHT.

"Going out this evening, dear?" asked Mrs. Kerlessa of her husband, when she saw him getting into his rain coat in the front hall after dinner.

"Yes."

"Where are you going to-night, love?"

"Lodge."

"Don't you go to your lodge oftener than you used to, hubby?"

"None. Why?"

"Oh, nothing, only I get so lonely night after night sitting here all alone. I don't mind it so much while the children are awake and around the house, but they have to go to bed at 8 every night now since they've started to school, and after they get to sleep the house gets so quiet the ticking of the clock frightens me with its noise. I was thinking, as I sat alone here last night, how different it was in the dear dead days of our courtship, when you were my lover instead of my husband. Remember how unhappy you were if you could not be with me every evening. I don't blame you for having changed. No man runs after a street car after he has caught it. Still, honey, I would like to go out with you once in a while in the evening.—Buffalo Express.

Minard's Liniment for sale everywhere.

SLEEP.

It is essential. We simply must sleep. Youngsters sleep very easily. Older folk must resort to tricks. The thing is to sleep well and all night.

Pine or hop pillows help many sleepward.

Some who never stir wonder they cannot sleep.

Naturally one must exercise and eat regularly to sleep well.

Many find that eating a little before retiring is a great help.

Others go in for a sponge bath and more or less massage.

If we live properly we need offer Morpheus no inducements, barring accidents.

A FAT CURE.

"Don't you find good-chopping rather hard, old chap?"

"It wouldn't be so bad if my servant didn't sit down close to me with a cigar in his mouth and grin like a house on fire."—Fliegende Blätter.

Minard's Liniment Cures Dandruff.

Had No Desire to "Hog" Things.

Her Father. "So my daughter has consented to become your wife. Have you fixed the day of the wedding?"

Suitor—"I will leave that to my fiancée."

H. F.—"Will you have a church or a private wedding?"

S.—"What have you to live on?"

S.—"I will leave that entirely to you, sir."—Boston Transcript.

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