

LA GRIPPE RAVAGES

THE TROUBLE SWEEPING OVER CANADA IS AN EPIDEMIC

Weakened and Broken Constitutions Left Behind—How to Regain New Health and Strength

La grippe is one of the most dangerous diseases that annually sweeps over Canada. It starts with a sneeze—a slight cold—and ends with a complication of troubles. It lays the strong man on his back; it tortures him with fevers and chills, with headaches and back-aches. Its victims are left low-spirited and depressed, and an easy prey to bronchitis, pneumonia, rheumatism, and often that most dreaded of all diseases—consumption. You can avoid la grippe entirely by keeping the blood rich and red by the occasional use of Dr. Williams' Pink Pills. The trouble takes as its victims those whose blood is in a poor condition, and its after-effects are more dangerous and more lasting than the trouble itself. For the after-effects of la grippe there is absolutely no other medicine can equal Dr. Williams' Pink Pills. Every dose helps to make rich, red blood that drives disease from the system, and makes weak, despondent men and women bright, cheerful and strong. If you have suffered in any way from the epidemic of la grippe that has been sweeping over Canada, give this great health-restoring medicine a trial, and it will not disappoint you. Here is proof of the wonderful power of Dr. Williams' Pink Pills over the after-effects of this disease. Mr. P. E. Paulin, collector of customs at Caraquez, N. B., says: "A few winters ago I had a severe attack of la grippe, which completely broke me down. I had to take to my bed for several weeks, and although during that time I employed a doctor I did not seem to recover from the trouble. I was left terribly weak, did not sleep well, had night sweats and little or no appetite. I was really a physical wreck. On a former occasion I had used Dr. Williams' Pink Pills for general debility with such great success that I decided to try them again. I sent for a half dozen boxes and began to take the Pills at once. When taking the second box I began to feel quite a change in my condition. I was able to walk about the house and my appetite was improving. From that on I gained strength every day and before the six boxes were done I was able to return to the office and attend to my work. I have since enjoyed the best of health, and think Dr. Williams' Pink Pills the best medicine for trouble of this kind."

Dr. Williams' Pink Pills not only promptly cure the serious after-effects of la grippe, but they make well and strong all persons suffering from any form of debility or general weakness. These Pills have no laxative or purgative action; their mission is to make new, rich, red blood, and thus fortify and strengthen every organ and every part of the body. Dr. Williams' Pink Pills are sold by all medicine dealers, or sent by mail at 50 cents a box or six boxes for \$2.50 by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

UNCLE HIRAM TO NEPHEW.

He Warns Him Not to Mistake Vanity for Rugged Self-Belief.

"Stevy, my boy," said Uncle Hiram to his hopeful young nephew, "there's a terrible difference between vanity and self-belief. 'I've known plenty of men who were fairly saturated, soaking with vanity, but who didn't have real courage enough to scare away a cat. They thought they were the handsomest men alive; but there were plenty of homely men that they'd let walk right over them. They had no end of vanity, but no real self-belief. 'As a matter of fact, Stephen, I think you are about as homely a young chap as I know; but it doesn't follow from that that you're rugged. And as far as that goes I never yet knew a homely man but what thought he was handsome; and that thought does a man no harm unless he lets his vanity satisfy him so that he's content to rest on that without further effort. 'Our vanity is a soothing balm for many wounds; it helps us much to bear life's buffetings. When somebody treats us rudely we say to ourselves we know what he is and we know what we are, and hump! and so on; and under such exasperation our vanity is very soothing to us, and that's all right. 'And there are millions and millions of people, Stevey, who never get anywhere in the world because they haven't got it in 'em, but who still are vain; people who never get a chance, and who wouldn't try if

they did get one, because they are too timid, but who still are filled with vanity, vanity that is to them a blessing, for it is all they have or ever will have; and these may be, you understand, good, hard working people, good people; the only solace they have is their own harmless vanity. But it is a great solace; it makes life easier for them and it makes them hopeful, cheerful.

"Sometimes when I think of it I think our vanity is our greatest blessing, and I am not sure now but what it is so. Good thing to remember, Stephen, that all men, all men, are vain. Every man, whatever his lot in life high or low, is vain and easily wounded. Never wound anybody, Stephen.

"So I have no objection to your being vain, Stephen. You may think you are handsome if you want to or you may admire your own clothes or your neckties; you may think you're the finest fellow on earth; but don't mistake your vanity for self-belief. Above all things you want really to believe in yourself, and this belief must not be a mere fancy. It must be a true, rugged, 100 per cent. plus belief, something very different from vanity; it must be a real belief that inspires you to do things and that sustains and fortifies you; that invigorates and constantly strengthens you in whatever you undertake. 'And you must do things. You can't be content to sit down and admire yourself. You must butt into things and buck 'em, and if you're thrown on one side advance on the other, growing bigger and stronger all the time with the exercise of your strength grown invincible; finally in your blood, tissue and bone belief in yourself. 'That's what you want, Stevey, whole hearted, thorough, complete, 100 per cent. plus belief in yourself; with that you'll get on in the world and have a little time left over to indulge in harmless vanity."

CONFESED AFTER 40 YEARS.

Ex-Clown, Dying, Told of Killing Circus Girl.

A remarkable deathbed confession has been made at Budapest by an old man named Schmidt, who died in a hospital there the other day. Schmidt, who had been a circus clown, related that forty years ago he took an engagement with a travelling circus. There he made the acquaintance of a tight-rope dancer, and the two soon became engaged to be married. One day the girl informed him that she did not love him and that she intended to marry someone else. Schmidt pleaded with her in vain, and then his love turned to hatred. He cut the tight-rope, and when the dancer began her performance that evening the rope broke almost immediately. The girl fell from a great height and was instantly killed. At the time no one realized that her death had been deliberately planned, and Schmidt's secret was not divulged until he lay dying in the hospital. The police have found that a woman was killed during a circus performance forty years ago, exactly as the ex-clown described.

DR. WILLIAMS' PINK PILLS FOR ALL BABIES.

Every mother of young children should keep a box of Baby's Own Tablets in the house. No other medicine has relieved so many little ones of the ailments that afflict them as have Baby's Own Tablets—no other medicine can be given baby with that absolute sureness of safety as can these Tablets. The mother has the guarantee of a Government analyst that they do not contain a particle of those harmful drugs that make those so-called "soothing" stuffs so dangerous to the life of the little one. The Tablets never fail to be of benefit. Concerning them Mrs. Jno. A. Albert, Caraquez, N. B., writes:—"I am happy to state that I have used Baby's Own Tablets for constipation for my two children with great satisfaction." The Tablets are sold by medicine dealers or at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A tasty way of using left-over boiled rice is to put a piece of butter in the frying pan and adding the rice when the butter sizzles. Fry until brown.

After a Cold Drive don't fail to take a teaspoonful of Pink Pills mixed with a glass of hot water and sugar. It surely prevents chills. Avoid substitutes, there is but one "Pink Pills"—Perry Davis—do, and Joe.

To iron clothes easily, damp the clothes and fold them neatly. Then roll tightly and lay aside for several hours. After this the clothes can be quickly ironed.

Warts on the hands is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove the blemishes without pain.

How a man does swell up when his opinion turns out better than yours!

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TOOK THE ADVICE OF HER FRIENDS

AND DODD'S KIDNEY PILLS MADE MRS. PAINEHAUD WELL.

She inherited ill-health from her parents, and for seven years was a sufferer from Kidney and Heart Trouble.

Whitworth, Temiscouata Co., Que., Feb. 20 (Special).—That she took the advice of her friends and used Dodd's Kidney Pills is the reason Mrs. Julien Paineaud of this place gives for the perfect health that shows in her every movement. "I inherited ill-health from my parents," Mrs. Paineaud says in an interview. "For seven years my Heart and Kidneys bothered me. I was always tired and nervous. I could not sleep. My eyes had dark circles round them, and were puffed and swollen. 'I could hardly do my housework when I was advised to try Dodd's Kidney Pills. One box relieved me of pain, and six boxes made me perfectly well.' Every woman who is feeling fagged, tired and worn out, should use Dodd's Kidney Pills. They cure the Kidneys, and every woman's health depends on her Kidneys. Healthy Kidneys mean pure blood, and pure blood carries new life to run down organs which supply the body with energy. 'If you're a suffering woman ask your friends. They'll tell you out of their own experience to use Dodd's Kidney Pills.

Passenger—Any danger on this trip, cap? Captain—Well, there is a private balloon above us, and a submarine under us, and we're carrying twenty tons of dynamite. Outside of that there's no cause for nervousness.

A bottle of Bickle's Anti-Consumptive Syrup, taken according to directions, will subdue a cough in a short time. This assertion can be verified by hundreds who have tried it and are pleased to bear testimony to its merits, so that all may know what a splendid medicine it is. It costs you only 25 cents to join the ranks of the many who have been benefited by its use.

Bill—"What's the matter with your hands?" Jill—"Writer's cramp." Bill—"How'd you get that?" Jill—"I started in to make a list of the resolutions I have broken already this year."

TRY MURINE EYE REMEDY for Red, Weak, Watery, Watery Eyes and Granulated Eyelids. Murine Does Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail. Murine Eye Remedy Co., Chicago.

The number of bright children we meet is surprisingly large, considering the quality of the parents we know.

The Oil of Power.—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

The Tiger—What's the matter with the giraffe? He doesn't look well. The Lion—No, he says he feels sick all over. The Tiger—Has a sore throat, I suppose.

Minard's Liniment Cures Croup in Cows.

When cleaning a frying-pan do not scrape it with a knife, for afterwards the pan will be more liable to "catch." Boil out the pan with hot soda-water, and if necessary, scour with fine sand.

Mrs. Winslow's Soothing Syrup Has been used for over SIXTY-FIVE YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEething, with PERFECT SUCCESS. It soothes the CHILD, SOOTHES the GUMS, KILLS ALL PAIN; CURES WIND COLIC, and is the best remedy for DIARRHOEA, sold by Druggists in every part of the world. Be sure and ask for Mrs. Winslow's Soothing Syrup, and take no other kind. Treasury's extra a bottle, Guaranteed under the Food and Drug Act, "Pure and Safe." Retail 25c. Wholesale 100c.

AN OLD AND WELL TRIED REMEDY.

To bake potatoes quickly, boil them in salted water for ten minutes, then put them in the oven. The boiling water will heat them through and they will cook in a short time.

Minard's Liniment Cures Colds, etc.

If half a bottle of olives has been used, and you wish to keep the rest, add a pinch of salt to the brine, pour a teaspoonful of olive oil into the liquid and replace the cork.

A safe and sure medicine for a child troubled with worms is Mother Graves' Worm Exterminator.

BLACK SNOW IN THE ALPS.

Covered a Swiss Valley and Hills to the Depth of Six Inches.

A curious phenomenon was observed recently in the lower Emment Valley above the Lake of Brienz, Switzerland, writes a correspondent of the Pall Mall Gazette.

Last week the inhabitants woke up to find that it had been snowing both in the valley and on the slopes of the surrounding hills. About six inches of new snow was lying, and as far as the eye could see it was not white, but of a grayish black color, as if a thick coating of dust and soot had accumulated upon it.

It was much blacker than snow which has been lying a week in a city exposed to all the smuts of the surrounding chimneys, whereas, of course, in the Emment Valley there was nothing to soil it.

The only explanation which any one can offer of the phenomenon of black snow is that it may be due to volcanic ash brought by winds across the sea and the mountains of Etna, which has lately been in eruption.

Red snow of course is a fairly common phenomenon in the Andes and was remarked by Darwin. So far no other part of the Alps except the Emment Valley seems to have had the unpleasant experience of a fall of black snow. The snow, moreover, is getting darker and thicker here.

The inhabitants of the valley are herdsmen, who in their chalets make the famous Emmenthal cheese, while those who live on the shores of the Lake of Brienz are chiefly engaged in wood carving.

Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs. 25 cents.

Cook (leaving)—"I should like to ask you for a written character." "Why, what am I to write, you idle, good-for-nothing girl! You surely don't expect me to say you gave satisfaction?" Cook—"You need do nothing of the kind. Just say that I stayed with you three months; that will be the best character you could give me."

A Mild Pill for Delicate Women.—The most delicate woman can undergo a course of Parmelee's Vegetable Pills without fear of unpleasant consequences. Their action, while wholly effective, is mild and agreeable. No violent purgatives follow their use, as thousands of women who have used them can testify. They are, therefore, strongly recommended to women who are mere prone to disorders of the digestive organs than men.

"Doesn't it make you sad," exclaimed the member of the Audubon Society, "to see women wearing on their hats the feathers of the poor little birds?" "It isn't feathers that make me sad," replied the married man. "It's the bills."

Fairville, Sept. 30, 1903. Minard's Liniment Co., Limited.

Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a superior article, and we use it as a sure relief for sore throat and chest. When I tell you that I would not be without it if the price was one dollar a bottle, I mean it.

Yours truly, CHAS. F. TILTON.

Two festive ones were ambling homeward at an early hour, after being out all night. "Don't your wife miss you on these occasions?" asked one. "Not often," replied the other; "she throws pretty straight."

"A Little Bird, You Know," will become a great danger if it is allowed to reach down the throat to the lungs. Nip the peril in the bud with Allen's Lung Balsam, a sure remedy containing no opiates.

He—"I say, Dolly, may I take your photograph? You look so pretty that I feel I could eat it!" She—"Oh, I see; that's why you want me on a plate, eh?"

TO CURE A COUGH IN ONE DAY Take LAXATIVE BRONCHITIS Tablets. Druggists refund money if it fails to cure. R. W. GIBBY'S signature is on each box. See.

Tommy (after a long, lingering survey of his uncle, who lost an arm and a leg while fighting for his country)—"Is that why you're on half-pay, uncle?"

CURED HER KIDNEYS. Mrs. John Pettigrew, of Central Economy, N.S., was practically helpless from Rheumatism. She could not stoop, and her limbs ached so that it was torture for her to be up and around the house.

As Mrs. Pettigrew put it, "I was all crippled up. I saw Gin Pills advertised and sent for some, and after taking only two boxes, am a different woman. Gin Pills are the only things that helped me, and I cannot say too much for them."

If you have that dreadful pain in the back—If you are tortured with Rheumatism get Gin Pills at once.

Write National Drug & Chemical Co. (Dept. W.L.), Toronto, for free sample. Regular size at dealers, 50c a box, 6 for \$2.50.

CHILDREN'S SCALP SORES ARE HEALED BY ZAM-BUK.

Some children are particularly liable to scalp sores, etc., and often these break out with annoying frequency. Such a case was that of the daughter of Mrs. Albert Gaeke, of 486 Amherst St., Montreal. Mrs. Gaeke says: "My little three year old daughter suffered frequently from scalp disease, and as we would, we could not rid the little one of this. We tried everything we could think of, but failed to effect a cure, until we were advised to try Zam-Buk. This ointment seemed entirely different to anything we had ever tried before and from first applying it there was a marked improvement. The sores became less inflamed and less irritable. After a few days, they ceased to trouble the child; and in less than a fortnight from first commencing with Zam-Buk, they were completely healed. In view of these facts I feel it my duty to let mothers know how beneficial Zam-Buk is."

There is no doubt that for scalp sores, ringworm, ulcers, abscesses, cold cracks, chapped hands, frost bite and similar sores, Zam-Buk is absolutely without equal. It is just as good for piles, varicose sores, poisoned wounds, cuts, burns and scalds. Rubbed well in over the affected part, it cures rheumatism, etc., etc., and rubbed into the chest it relieves the tightness and feeling of weight due to contracting a bad cold. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, for price. Try Zam-Buk soap too.

EXPENSIVE. "Yes," said the portly passenger with the noisy tie, proudly, "this watch cost me a hundred and fifty dollars."

"Weren't the police able to get your money back?" asked the meek little man in the seat just across the aisle.

The Pill That Brings Relief.—When, after one has partaken of a meal he is oppressed by feelings of fullness and pains in the stomach he suffers from dyspepsia, which will persist if it be not dealt with. Parmelee's Vegetable Pills are the very best medicine that can be taken to bring relief. These pills are specially compounded to deal with dyspepsia, and their sterling qualities in this respect can be vouched for by legions of users.

He—You are the only woman I ever loved. She—Do you expect me to believe that? He—I do. I swear it is true. She—Then I believe you. Any man who would expect a woman to believe that cannot have been much in the company of women.

Yearning Down Sigmata does not delay uterine. Opiates—"medicines" may check coughing, but the cold stays. Do not trifle; when you begin to cough take Allen's Lung Balsam, free from opiates, full of healing power.

Harker—"I say, old man, what is the safest way to make a dash for the North Pole?" Barker—"Why, take a map and find the North Pole; then make a dash with a lead pencil."

The Chicago Fire could have been prevented with one pail of water, but the water was not handy. Keep a bottle of Hamlin's Wizard Oil handy and prevent the fiery pains of inflammation.

Bridget—Please, mum, will ye lind me yer watch for ter bile ther eggs? Mistress—Why, Bridget, you have a clock in the kitchen, haven't you? "Yes, mum; but the clock is slow, mum."

FILES CURED IN 6 TO 14 DAYS. Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

"Shall we advertise for a man with experience?" "Well, I don't know. The last man had so much experience that we couldn't teach him anything."

Minard's Liniment Cures Diphtheria.

SYMPATHETIC. "There goes a man I'm sorry for."

"What's the trouble?" "That fur overcoat is the only garment he owns, and he's lost twenty pounds since this warm spell began."

SLOW ENOUGH. Old Bill Titcomb had taken a sack of grain to an old-fashioned mill to have it ground into meal. He watched the ponderous wheels revolving slowly while a tiny stream of meal trickled feebly out. Finally his patience became exhausted. "Do yer know," he said, "I cud eat that meal faster than yer mill can grind it!"

"Yes!" remarked the miller, "but how long could you keep on eating it, Mr. Titcomb?"

"Wal," replied Old Bill, conclusively, "I reckon I cud keep on at that rate till I starved."

Your time will come—but it won't wait if you are not ready.

TAKE A DOSE OF PISO'S

THE BEST MEDICINE FOR COUGHS & COLDS

AGENTS WANTED. MANY AGENTS WANTED. Weekly salary paid.—Alfred Tyler, London, Ontario.

WANTED. MEN AND WOMEN WANTED to represent us Locally. Two dollars per day salary and commission. No experience necessary. Write J. L. NICHOLS CO., Limited, Toronto.

LARRY THE BARBER TRADE—NEW system—constant practice—careful instruction—a few weeks' complete course—tools free. Graduates earn twelve to eighteen dollars weekly. Write for catalogue, Melar Barber College, 221 Queen East, Toronto.

FARMS FOR SALE. NORTHWEST FARM LANDS.—Half a million acres in most fertile districts. Special Specimen section in April. Write now. Stewart & Mathews Co., Ltd., Call, Ont. Agents wanted throughout Ontario.

ARE YOU GOING WEST?—We know something about the opportunities for home-making in the Canadian West. We can supply you with information regarding the best of all present opportunities for taking up farm lands in the most fertile undeveloped sections of the Canadian North-West. Our information is absolutely reliable, and it is free. The Homestead Realty Company, Dominion Exchange Bldg., Toronto.

CANCER, Tumors, Lupus, etc. Internal and external, cured without pain by our home treatment. Write us before the late. Dr. Hoffman Medical Co., Limited, Collingwood, Ont.

The Heart of a Piano is the Action. Insist on the "OTTO HIGEL" Piano Action

A GREAT DEMAND FOR PAPER STOCK

WATER PAPER OF ALL GRADES. Also Rag, Iron, Metals, Hobbes, Etc. E. PULLAN, Adelaide and Maud Sts., Toronto, Ont. Phone for particulars. Main 2823.

ELECTRIC MOTORS FOR POWER

ELECTRIC DYNAMOS FOR LIGHTING

BEST MACHINES, MOST ECONOMICAL IN OPERATION.

CANADIAN ELECTRICAL & MOTOR CO. LIMITED

99-101 Queen St. E., Toronto.

IODINOL \$1 a box 6 for 25

The most highly efficient application for the reduction of Swellings, Goitre, Thick Neck, Glandular Enlargements. Its Positive.

PILEs

of all kinds, in any and all stages, quickly relieved and positively cured. Cure your suffering and live quietly. "Common Sense" for Piles will do it. \$1 a box, \$5 for 6 boxes. Mailed on receipt of price.

LYLE MEDICINE TORONTO

718 WEST QUEEN STREET

Barn Roofing

Fire, Lightning Rust and Storm Proof Durable and Ornamental

Let us know the size of any roof you are thinking of covering and we will make you an interesting offer.

Metallic Roofing Co.

Limited MANUFACTURERS TORONTO AND WINNIPEG

Young Man—So Miss Ethel is your oldest sister. Who comes after her? Small Brother—Nobody, ain't come yet; but pa says the first fellow that comes can have her.

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