WORDS OF HOPE.

TO ALL WHO SUFFER FROM A RUN DOWN SYSTEM.

Mrs. Harriet A. Farr, Fenwick, Ont., Tells How She Obtained a Cure After Suffering for Two Years.

Thousands throughout this country suffer seriously from general debility—the result of impoverished blood and shattered nerves. To all such the story of Mrs. Harriet Farr, widow of the late Rev. Richard Farr, Fenwick, Ont., a lady well known throughout the Niagara district, will point the means of renewed health. Mrs. Farr says :—"For a couple of years prior to 1899 I was a great sufferer from a run down system. My digestion was bad ; I had little or no appetite and was in a very poor state ; I suffered from heart palpitation and a feeling of continual exhaustion. Doctors' treatment failed to benefit me and I gradually grew worse until I was finally unable to do the least work. I then began using Dr. Williams' Pink Pills, and from the very first I noted an improvement in my condition. The severity of my trouble gradually lessened and by the time I had taken eight boxes I was again enjoying the best of health despite my sixty years. I believe that Dr. Williams' Pink Pills saved my life and would strongly urge all sufferers to give them a trial, believing they will be of great benefit."

When your blood is poor and watery, when your nerves are unstrung, when you suffer from headaches and dizziness, when you are pale, languid and completely run down, Dr. Williams' Pink Pills will promptly restore your health by renewing and enriching the blood. They are a prompt and certain cure for all troubles having their origin in a poor and watery condition of the blood. But only the genuine cure and these bear the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Solk by all dealers in medicine or sent post paid at 50 cents a box or six boxes for $2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

HOW CONTAGION SPREADS.

The Way to Avoid the Transmission of Diseases.

In these days we have most of us learned the lesson that contagion — that is to say the "catching" quality of a disease—is in every case a matter of a specific microbe or germ. By specific is meant that each disease has its own microbe, and one cannot catch the disease except by receiving in one way or another that particular germ.

These germs have their own manners and customs, means of travel and prescribed length of life, and it is by the study of these details that we learn how to avoid the transmission of contagious illnesses. We know, for instance, that to get typhoid fever or cholera the microbe has to be taken into the system in the form of impure food or water, and so every year one or more precautions are taken to have the water supplies of our big cities free from contamination, and stricter attention is given to the purity of our food. An outbreak of typhoid fever is no longer considered, in the old sense, a "visitation of Providence," but is recognized as a shame and a reflection on local conditions, wherever it occurs.

Consumption and whooping-cough, we know, are passed from one person to another by means of the expectorations, and it is to be hoped that in the near future we shall put this knowledge to better use than we do at present, and protect ourselves by much more stringent rules. General expectoration is a public offense and menace, and should be made a penal matter. The danger with expectorated matter is that it dries and then is scattered by the wind so that one and all must take the risks. This outrage should be so handled by all in authority that in the near future the present condition of our cars and streets will seem like an evil nightmare.

Scarlet fever and diphtheria are caught by any emanations from the body, especially by saliva. The poison can cling for months and years to clothes and toys and books, and these things should always be destroyed if they have come in contact with the sick, and sick rooms should be fumigated and made scientifically clean before they are again occupied.

Notwithstanding all our precautions there will always be disease germs, but the most virulent germ can do no harm unless it finds its proper soil, and there is no armor to compare with the resistant power of perfect health.—Youth's Companion.

BABY'S BIRTHRIGHT

Is Health and Happiness.—How Mothers Can Keep Their Little Ones Well.

Health is the birthright of all little ones. It is a mother's duty to see that her baby enjoys it. Mother's greatest aid in guarding children's health is Baby's Own Tablets—a medicine which can be given with perfect safety to the youngest baby. Among the many mothers who have proved the value of this medicine is Mrs. J. W. Booth, Bar River, Ont. She says :—"My baby suffered greatly from sore mouth and bad stomach. Several doctors prescribed for her, but nothing seemed to benefit her in the least till I began giving her Baby's Own Tablets, and then in a short time my little one was fully restored to health. I would not be without the Tablets in the house, and would advise all mothers to use them when their children are ailing."

Baby's Own Tablets are used in thousands of homes in Canada and always with beneficial results. They contain absolutely no opiate or other harmful drug ; are mild, but sure in their action and pleasant to take. The very best medicine for all troubles of the stomach and bowels, curing colic, indigestion, constipation diarrhoea and simple fever. They give relief in teething troubles, dispel worms, promote healthful sleep and cure all the minor ailments of children. Price 25 cents a box at all druggists, or sent by mail post paid, by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont., or Schenectady, N.Y.

RAZOR GRINDING FALLING OFF.

Considerable concern is felt in Sheffield, England, at the decrease in the number of razor grinders, which has heretofore been an important craft in Sheffield. It is estimated that fully 25 per cent. of the old journeymen have either died or dropped out of the business, so that only 300 grinders are left. The interesting feature is that young men appear averse to apprentice themselves at the trade, so that, with the further natural inroads on the ranks, the razor-grinding business may use an acute stage, particularly as no machinery has yet been devised to supersede hand labor for this operation.

A British barrel contains 1,000 herrings; a Norwegian 500.

A Scourge of Doubt.

OR.....

THE ERROR OF LADY BLUNDEN.

CHAPTER VIII.

"I have come," says Gretchen, shyly.

It is the night of the Potter's ball, and very nearly ten o'clock. Gretchen, coming into the full glare of the library lamps, looks like some white vision fresh from fairy-land, in her robe of snowy tulle undefiled by color of any description, unless one counts the tremulous green leaves of the water-lilies that lie — as though just freshly thrown — upon her gown. Her hair (wise child that she proves herself) is quite unchanged, the same soft little wavy locks straying across her forehead that usually rest there. Her eyes, dark violet, and true and tender as that sweetest of flowers, glance down at Dugdale from under the long lashes that sweep the white cheek beneath. As a rule, no roses warm her face; tonight she is peculiarly pale,— pallid as her gown, fair as a fragile snowdrop.

"I dressed myself very quickly," she says, rather nervously, feeling as though she has laid herself open to the charge of vanity. "I have just three minutes to — to bid you good-night."

She pauses, and Dugdale says nothing. Perhaps something in the situation strikes her as comical, because presently she raises her eyes, and meeting his — and being cheered by the unmistakable admiration in them — she gives way to laughter.

"Won't you speak?" she says. "The truth is, I haven't come down so much to bid you good-night as to show you my new dress, and to hear you say you think I look very nice in it. And—and you haven't said it!"

"There are times when mere words seem poor. Come nearer, Gretchen. I can hardly see you there."

She comes slowly up to him, and, standing so, furls and unfurls her fan with a certain bashfulness that sits very prettily upon her.

"It is a very charming dress, is it not? It is mamma's present to me. Don't you think it suits me?" inquires she, anxiously.

"You are lovelier even than I thought you," returns he, simply.

"You have taken a weight off my mind. Your silence seemed to me so ominous that I dreaded a disparaging remark. I am very glad you admire me," says Gretchen, in a relieved tone, taking an exhaustive survey of her own perfect image in an opposite mirror, "because — to confess a secret— I have been admiring myself immensely for the last half hour."

At this moment, Parkins, entering with the admirably noiseless step that so becomes him, and on which he prides himself so highly, presents to Gretchen a very exquisite bouquet of choicest white flowers, arranged in a silver holder, and accompanied by a note.

"With Captain Scarlett's compliments," says Parkins, deferentially yet confidentially; after which he retires to the door way and there awaits further orders.

"What lovely flowers, and how sweet!" exclaims Gretchen. "Are they not?" — holding them under Dugdale's nose.

"Very," replies he, who would rather have inhaled the breath of the "deadly nightshade" than Scarlett's gift.

"So thoughtful of Tom," goes on Gretchen, in a pleased tone. "I wonder wonder what he says?" Opening the letter, she reads aloud little scraps of it as her eyes scan the page.

"So sorry he can't be at the Potters' to-night, as he has sprained his foot. Oh, poor, poor fellow! His love to me, and many happy returns of the day; and—and—yes" — an eloquent hesitation— "he hopes I will like the flowers; and—and that's all."

"There seems a good deal of it," remarks Dugdale.

"Who brought these flowers, Parkins?"

"Captain Scarlett's man, miss."

"My kind regards to Captain Scarlett, Parkins, and I am sorry he is laid up, and so pleased with his charming flowers."

"Yes, miss."

"'Little Tom Scarlett' seems most attentive," says Dugdale, with a short smile. With all his determination to appear unconcerned, his voice betrays him. He has been fighting with melancholy all the evening, and now it has gained the victory. Scarlett's flowers have proved "the last straw."

"What is it, Kenneth?" asks Gretchen, quickly putting the white blossoms on a distant table. "You are wishing for something, are you not?"

"Yes; that I might rise from this hateful couch, and put on my evening clothes, and go with you to this ball, and dance with you all the night That is all," — with a bitter laugh. "A small wish, is it not?"

"I too have a wish," says Gretchen, infinite compassion in her clear eyes and a brightness that may be tears. "I wish that instead of going to this ball to-night, I could stay at home with you and help to kill those dreary thoughts that at times distress you."

"Don't say that, if you don't mean it," says Dugdale, rather unsteadily. As he speaks he puts out his hand almost unconsciously and takes hers in a close warm clasp.

"I do mean it," replies she, quietly,—so quietly that his agitation ceases, and his grasp on her hand grows lighter, though not less full of warmth.

"I sent for this for your birthday," he says, presently, drawing from beneath his head a case of purple morocco. Opening it, he discloses to view a bracelet,—a band of dead gold richly inlaid, and with the word "Gretchen" formed in diamonds upon one side. All round the name a small band of "marguerites" lies like a delicate framing.

"For me!" says Gretchen, blushing hotly. "Oh, how lovely! How exquisite! And my own name, too! How did you manage that?"

"I ordered it for you some time ago. I am so glad you like it."

"It was too kind,—far too kind. How shall I thank you?" murmurs she, the blush deepening by fine degrees upon her pretty cheeks.

"Very easily," replies he, smiling at her evident, almost childish delight. "Do you recollect how once, when you went to the Scarlett's picnic, you told me you had thought of me amidst all your amusement? Think of me again, if only once, to-night, and I shall have more to be thankful for to-morrow than you have to-night."

"That is too simple a request," says Gretchen, softly, her eyes lowered. "Had I never seen this beautiful bracelet I should have thought of you all the same,—not once, but many times, to-night."

Silence follows this speech. On Gretchen a sense of melancholy has fallen too, curving the corners of her lips. Crossing the room, her soft white skirts trailing behind her, she draws back the heavy velvet curtains of the window and looks out upon the night.

"You remind me," says Dugdale, "of some picture, some story—a legend of the Rhine, I think it is,—as you stand there clad in moonbeams. Come nearer to me, or I shall fear to see you melt away altogether, as did the 'hapless ladye' of that tale."

"There are times," says Gretchen, not noticing his last remark, but coming quickly forward into the fuller, warmer light of the lamps, — "there are times when I can almost read your heart. To-night it seems bare to me. At least I know you are vainly longing for something. What is it, Kenneth?"

"Death," replies he, quietly. "Why do I live? Surely extinction is preferable to the existence I drag on from day to day."

"Don't speak like that, Ken: it saddens me," murmurs she, tremulously. And then, with some timidity, "Extinction is not for us. There is always a heaven."

"For such as you, perhaps. Heaven was made for angels; for myself" — recklessly — "I see no hope at any point."

His tone compels her, although reluctantly, to turn her eyes to his; and, seeing something in his face strange yet in part familiar, — as it were, the waking confirmation of a dream,—she says, hurriedly.—

"Can I do anything for you, Kenneth?"

"Nothing. Not you, of all people. There is no help for me, anywhere. I wish with all my heart I were quietly dead."

"Oh, Kenneth, not that! Do not wish that!" entreats she, hastily, a touch of terror in her tone. Great tears gather and dim the luster of her eyes. She draws her breath sharply, and lays one hand with a pathetic gesture on her bosom, as though to still the sob that seeks to rise.

"What can I say to comfort you?" she asks, sorrowfully.

"Forgive me," returns he, stricken with remorse as he notes the effect of his want of self-control. "I am a brute to distress you so, and on this night of all others, when you should know none but happy thoughts. Why, I have hardly wished you happiness and joy, have I? But I do, Gretchen, from my heart. You believe that, do you not?"

"I do, indeed; but I am glad you have said it," replies she, honestly.

"Now go, child; do not keep your mother waiting. I am not fit company for you."

"I cannot leave you in this mood," says Gretchen, earnestly. "I know you well enough to understand how you will spend the rest of the evening brooding over——"

"I will not," interrupts he, eagerly. "I promise you so much, if it will please you. I shall think only of the good that remains to me. I shall think of you,—your friendship. Now leave me, while I am in my better mood."

Raising her hand, he kisses it impulsively; but, having done it, his brow contracts, and he colors faintly. Seeing, however, no anger and little surprise on Gretchen's face, he recovers himself.

"Go, Gretchen; go, darling," he whispers, in a low tone.

The tears so long delayed fall slowly one by one down Gretchen's cheeks as she mechanically mounts the stairs again to her mother's room. At the door she pauses, and, brushing them away, resolutely throws up her head, as though determined to suppress all other signs of emotion.

Mrs. Tremaine is still struggling languidly with a few more last finishing-touches she considers necessary to the perfecting of her appearance.

"We shall be a little late, mamma, shall we not?" asks Gretchen, sitting where the light does not immediately fall on her.

"Oh, no, dear. We shall be there quite long enough—too long — even as it is. A little of the society of such people as the Potters goes a great way. But for your father — who really has a perfect talent for taking up the most extraordinary people — I should not dream of showing there at all. Where are my gloves? Positively, Tymon grows duller and more dull daily."

"Are these they?"

"Yes, dear. So clever of you to find them, and so like Tymon to put them where no one could possibly see them." (They are lying on the table exactly under her nose.) "Did I hear you go down stairs a few minutes since, Gretchen?"

"Yes, dear."

"How quickly you dressed! You know I always said Cole was a treasure; so unlike Tymon: Tymon positively can't hurry, and is never quite sure whether her head is on her shoulders or lying about somewhere. My dear child, that dress suits you deliciously. I have seldom seen you look so charming. And it isn't affectionate prejudice on my part; no, really; it is the whole arrangement that is in such admirable form. My own choosing, too. So glad it is a success, dear. I was always famous for my unerring taste. Has your father seen you? and Kenneth?"

"Not papa yet; but I went to the library to — to show Kenneth your pretty present."

"And he was pleased with it?"

"I think so; yes, I am sure of it. At least he said so." She hesitates over this speech, and blushes rather provokingly.

"Well, of course he would, you know," says Mrs. Tremaine.

"He"—nervously — "he gave me this bracelet, mamma; is it not lovely?"

"When?"

"Just now. When I went to see him in the library he gave it to me as a birthday present. Is it not charming? See," — slipping it off her arm, — "my name is written on it."

"It is beautiful," says Mrs. Tremaine, in a curious tone. She is looking, not at the bracelet, but at her daughter's eyes. "You have been crying," she says, quietly, without removing her gaze.

"Yes,—a little," — blushing crimson now. "I could not help it. He looked so sad, so lonely, so regretful. It does seem hard that he can never again go to a ball or enjoy life as other men can."

"It is." Mrs. Tremaine has grown absent, and is now examining the bracelet.

"What did he say to you when giving it?"

"Nothing,—except that he was glad it pleased me, and that."

"The name is perfectly done, and the diamonds very fine. He must have ordered it for you."

"Of course; he said so."

"It is a very handsome present, and a very expensive one. Are you quite sure, Gretchen,"—again raising her eyes to her daughter's,—"quite sure you wish to accept it?"

There is a world of meaning in her tone.

"Wish!" says Gretchen, puzzled. "But of course I could not refuse. He seemed so glad to give it; and he has so few pleasures. I felt it would pain him to return it, and — he has so much pain."

"Take care you do not increase it," says Mrs. Tremaine, still in the same curious tone. "Mental pain, child, is worse than bodily."

"What do you mean, mamma?" asks Gretchen, shrinking a little. The flush fades from her cheek, leaving a deadly pallor to replace it. Her eyes grow larger. Instinctively she lays one hand upon the arm of the chair near her.

"Perhaps nothing. But thoughtlessness causes more trouble and pain than people know of. Are you ready, dear? Is Kitty coming?"

"I shall see," says Gretchen, in a stifled tone, hurrying gladly from the room.

She sighs profoundly, smooths away the lines from her forehead with careful fingers, and, gathering up her fan and scent-bottle, sweeps from the room to her carriage.

Dugdale, hearing the door close upon them, and the servants returning again along the hall, moves his head to take up his neglected book, determined to be faithful to his promise to Gretchen not to let morbid thoughts get possession of him. As he does so, his eyes fall upon an object lying on one of the distant tables,—an object full of interest to him. It is Scarlett's bouquet that lies there, withering and forgotten!

(To be Continued.)

THE TIME TO CUT HAY.

Mr. F. W. Hodson Gives Some Valuable Hints on the Question.

The aim of our farmers in growing forage crops is to produce from a given area as large a quantity as possible of the digestible nutrients in a palatable form. The time at which a forage crop is harvested may affect the crop in three ways, viz :—in the quantity of material harvested, in the composition of the crop, and in the palatability of the fidder. As a general rule it has been found that the greatest amount of dry matter is secured where forage crops are allowed to fully mature and ripen. The only exception is in the case of clovers and other legumes, where the leaves rattle off and are lost, either before or during the process of curing.

It does not follow that when a plant increases in yield of dry matter that its nutritive value has proportionately increased. It is quite possible that changes in texture and composition of dry substance may offset the greater yield. The dry matter of mature grass contains a larger proportion of crude fibre than the immature. The plant hardens in texture and loses, in both palatability and digestibility. It is therefore, usually advisable to begin cutting hay early, and where there is a large crop to be gathered work should begin early in order that it shall be completed before the grass seeds are ripe enough to shell from the heads of the late cut grass. Chemical analysis has shown that plants are richer in protein in the earlier stages of growth than when fully grown or nearly mature. The chief difficulty with which our feeders have to contend, is the lack of protein in the rations made up of our common feeding stuffs, and they should recognize the fact that by cutting early they can get two crops of highly nitrogenous fodder, where they can only get one by late cutting.

CUTTING THE FIRST CROP

even before the heads are fully grown will tend to cause a vigorous new growth and in this way a good crop of rowan is secured.

The two crops are more valuable, especially for feeding dairy cows, than one mature crop on account of the increased proportion of protein. The early cut hay seems more palatable to stock, and weight for weight, more satisfactory. On the other hand by late cutting we secure a considerable larger quantity of carbo-hydrates, which are valuable for feeding, and of crude fibre which is of low feeding value.

For the dairy cows and sheep, grass should be cut early, since these animals do not relish hay that is woody and lacking in aroma, as is the case with late cut hay. For horses and fattening cattle later cutting is allowable, as these animals subsist mostly on concentrated food, and hay serves more for "filling," as horsemen say. In tests made by Professors Sanborn and Henry in fattening steers with early and late cut hay, it was found that late cut hay gave the best results. If cutting is delayed too long the stems of the grass become tough and stringy and the seeds scatter from the heads. Such hay has little aroma and lacks palatability if not nutrients. Though an indefinite quantity, the aroma of grass has real value in rendering hay more palatable. When the sun dissipates the dew from the dying grass in the meadow, we detect the escaping aroma, because the dew in rising, carries some of it into the air. This is one reason why hay should not remain scattered over the field at night. Green colored, sweet smelling hay is really the best, and prudent farmers will not overlook such seemingly small points as preserving the aroma and preventing bleaching.

F. W. HODSON,
Live Stock Commissioner.

TWO NEW INVENTIONS.

Rocket for Life Savers — Vest Said to be Bullet Proof.

Capt. Andre, a Chicago life-saving official, has recently made an improvement in the method of throwing life lines to wrecked or disabled ships. If the wreck happen at night a steel rocket is used which leaves a trail of light behind it and thus enables the life-savers to locate the vessel in distress, and also shows those on the ship where the life line has been cast. The captain has devised a combination of colored lights which will burn for almost a minute in a continuous trail of light.

Under the old method shot after shot is often fired from the shore without reaching the ship, and without giving any knowledge to the crew that an attempt is being made to save them. With this rocket line there can be no doubt as to the whereabouts of the life-saving men or the location of the distressed ship.

In the daylight Capt. Andre has devised a whistle to be used instead of the fire line at night. In the case of fogs, probably the whistle, attached to the projectile, will be of considerable service to the wrecked ship.

A young Pole, Jan Szczepanik, has invented what he says is a bullet-proof vest which is made entirely of silk and so thin and light that it may be worn in place of the regular garment. He hit upon the idea by experimenting with raw silk until he succeeded in weaving a thread of extraordinary strength and toughness.

It is from this that he makes the undervests which resist the passage of a bullet or sword. He is willing at any time to make tests of his invention, and those which he has undergone have shown that bullets would only leave a gray spot where they struck and then rebound.

The population of England's twelve largest towns is 7,500,000.

One cent wise
One dollar foolish
To use any but the best

SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Bar 207

"TRY BEEF AND SPINACH."

HOW FAT PEOPLE MAY REDUCE THEIR WEIGHT.

Diet that Has Taken Thirty Pounds Avoirdupois Off a Person in Six Weeks.

This is the season of the year when the person who is anxious to lose flesh may do it with a minimum of self-denial and sacrifice. Some privations are necessary, but in the spring markets there are substitutes for forbidden foods that are not to be found at other times of the year, especially in the winter.

Every system of reducing flesh forbids its disciples to eat certain things. These are forbidden as rigidly as poison would be to a person who had no suicidal plans and was trying to keep in good health. Comprehensively stated the forbidden articles are starches and sugar. In vegetables these cover peas, potatoes, beets, carrots, squash and lima beans.

Included in the list are also all kinds of bread, pastry and confections, and sweets of any kind unless they happen to be made of saccharine instead of sugar; and unfortunately the preserves and similar articles prepared with saccharine are so expensive as to be practically beyond the means of any but the wealthy.

If a person of great fortitude and capable of self-denial in a high degree, should be desirous of getting thin in a very short time, there is one method of diet by which he or she could do it without the least possible doubt. It is summed up by the physician who always prescribes it as "Beefsteak and Spinach."

THE EFFECTS OF THIS DIET

are so wonderful that it is worth while to describe it, even though it is a little too rigid for the average man or woman to undertake. Practically, the only food to be taken for the month or more that one continues this diet, is the meat and the vegetable mentioned. For breakfast, when such a meal is likely to be unsavory, toast and tea or milk or if the patient is not suffering from indigestion—coffee may also be taken. Saccharine must in any case be substituted for sugar. At the other meals only beefsteak, spinach, butter and toast are allowed.

This diet must be adhered to strictly for at least one month. Then the wonderful effects will have begun to show themselves, and how great the effect will be afterward depends on the length of time the diet is continued.

Just now "spinach and beefsteak" form the motto of more men and women than ever before. If a young woman finds that her complexion is blotchy, she may go to a noted skin specialist, but the chances are ten to one that he will say to her the mysterious words, "beefsteak and spinach." If a man or woman is too stout, according to his own or somebody else's idea, and he or she goes to the doctor, he will probably say the same thing—"beefsteak and spinach." It is not only a diet that is adapted to the weakest stomach, but it is wonderful also in its power of reducing flesh.

There have been cases in which a rigid adherence to this diet with a certain amount of exercise has taken thirty pounds within six weeks off a person who tried it. The effect on digestion is in itself wonderful. The French say "spinach sweeps the stomach." With rather underdone beefsteak it forms a combination which has results in all cases. That diet is becoming practically the only prescription which the skin doctors prescribe for women who have blotchy complexions as the

RESULT OF INDIGESTION.

With this diet there are of course other features of living to be observed. There should be for instance, no eating of any kind between meals. Nor should water be taken with meals. No liquid unless it be a glass of red wine for persons with whom that agrees, should be attempted if the diet is to have its full effect. But between meals, in the course of the twenty-four hours, at least two quarts of water should be drunk. If more can be taken the diet is going to have so much better effect.

Of course there is no need of any such severe dieting merely to reduce flesh. That may be done without trouble if the person who is at this work will give up a few articles of diet. And when the markets are as good as they are at present, there is little trouble in finding substitutes for what is given up.

The list of vegetables that one may eat with impunity includes, for instance, string beans, asparagus, spinach, all kinds of salads, corn and oyster plant. Some persons think that beets may be eaten so long as they are eaten with vinegar. But there is no reason why anybody should starve or even lack enough food on a diet like this. There is no prohibition on fruits, and rhubarb unless it be cooked with too much sugar, may also be taken with impunity. If boiled without sugar it may readily be sweetened afterward with saccharine. This ample diet of vegetables is supplemented by practical freedom of choice in the matter of meats. There is none forbidden unless it be taken stuffed or covered with bread.

The amount of exercise taken during dieting time is of course highly important. The more exercise, the greater will be the effect of the cure. To persons who are not prepared to go into exercising on a very extensive scale walking is a great aid to reducing their weight. The weather now is especially adapted to exercise to reduce flesh, as fat persons readily get into a perspiration. If it is possible to take violent exercise the results will be much better.

The person most ignorant of the means of reducing flesh does not have to be told that he must shun cocktails as he would the plague, that all alcohol is more or less fattening and that whiskey and soda are fatal to leanness. Eschew these and the treatment will have the same good effects upon all who try it.

Of 2,555 London fires, 500 owed their beginning to lamps, 219 to gas, 163 to candles, 105 to children.

PAGE METAL GATES are so low in price no one can afford to use wooden ones. Light, and yet strong enough to support a heavy man on the end while he swings around the circle without causing them to sag. They are neat in appearance, will last a lifetime. Will not sag nor get rickety. They are supplied with latches which allow them to be opened either way and are self acting. The only good metal gate that is low enough in price for General farm purposes. We also make Farm and Ornamental Fence, Poultry Netting, Nails and Staples. The Page Wire Fence Co., Limited, Walkerville, Ont. 1

THE AWAKENING.

The meanest man on earth has just been found. His mind had been wandering with fever for three weeks, and when he came back to his senses and opened his eyes he saw a fair face under a white cap bending over his pillow:

"Who—who are you?" he gasped.

"I'm the trained nurse."

"The trained nurse! Oh, good gracious! And how much am I paying you?"

She told him, and he turned his head, groaning in the soreness of his affliction. A few moments later, though, his face lit up with a flash of hope. "But I'm back in my right mind now, ain't I?"

"Why, yes; I think you are."

"All right, then," with fierce exultation. "I give you notice to leave to-night!"

SALADA

Ceylon Tea is the finest Tea the world produces, and is sold only in lead packets.
Black, Mixed and Green.
Japan tea drinkers try "Salada" Green tea.

TELESCOPIC FIRE LADDERS.

A German invention in fire ladders has recently been tried with success at Pittsburg, Pennsylvania. It consists of a telescopic ladder, capable of being extended to a length of 85 feet, and worked by means of compressed air. The ladder is attached to a heavy truck carrying an air-tank. The ladder can be directed at a particular window, or other place in a burning building that it is desirable to reach. A fireman lashed to the end of the ladder is shot up with it, and rescued persons need not clamber down, as the ladder can be quickly lowered with them on it.

TWO LETTERS.

THEY PROVE THE PERMANENCY OF CURES BY DODDS KIDNEY PILLS.

Over Six Years Have Gone by, and This Cure Still Stands —Only One of Many Such Cases.

St. Mary's Ferry, N. B., May 19.—(Special)—Mr. Thomas Harrison of this place has addressed two significant letters to The Dodds Medicine Co., Toronto.

The First One.

St. Mary's Ferry, Dec. 18, 1895.

Gentlemen:

I feel it my duty to you and to the public at largo to tell what Dodd's Kidney Pills have done for me.

About one year ago I began to suffer with severe pains over the region of my kidneys, followed by a very lethargic feeling.

When I lay down it was torture to get up again.

This state continued for some time, and all the while I was still getting weaker and losing flesh rapidly.

My appetite was very much impaired, and at last I was obliged to call in a physician.

He gave my sufferings a very learned name, and doctored me for some time, but I got no better.

I called in several other physicians, but it was all no use; my sufferings got worse all the time until I began to despair of life.

A friend advised me to use Dodd's Kidney Pills. I was very skeptical but was prevailed on to commence a treatment; the first box made me feel some better.

I passed a stone that had formed in the bladder.

I continued the use of Dodd's Kidney Pills until I had used three boxes, and now believe that I have a radical and complete cure, as it is six months since I used any of the Pills, and have had no symptoms or return of the malady.

I know that my cure is due to Dodd's Kidney Pills, as I used no other medicine after commencing their use.

Yours truly,
THOMAS HARRISON.

The Second One.

St. Mary's Ferry, N.B., Mar. 24, 1902.

Gentlemen:

What I said in 1895 I can at this moment most emphatically substantiate.

I have never had the slightest symptom of a return of my old trouble.

Yours truly,
THOMAS HARRISON.

Dr. Smiley (who has been presented with a fountain pen by his Sunday School class): "Thank you, my dear young ladies; I am sure I shall be able to write a great deal better sermons now." Feminine Chorus: "Oh, I am sure you will."

She: "And will you always love me? All the livelong day?" He: "Ye—es, I think so. You'll give me a chance to stop for meals, I suppose?"

Minard's Liniment Relieves Neuralgia.

2,000,000 shot and shell, weighing 20,000 tons, is the average annual output of British arsenals.

Minard's Liniment Cures Dandruff.

A farmer's man took the village doctor a note the other day, and with some difficulty Medicus spelt out: "Please send me a bottle of fizzic." "Hallon," exclaimed the doctor, "f-i-z-z-i-c doesn't spell physic." "Don't it?" answered the rustic; "what do it spell then?" The doctor gave it up.

Beware of Ointments for Catarrh that contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists, price 75c per bottle.
Hall's Family Pills are the best.

"You are the hardest man to wake I ever met," said the kind-hearted citizen, who had allowed the tramp to sleep in his kitchen. "Here I have been poking you in the ribs for an hour." "Never paid no attention to it," admitted the lodger. "Yer see, I am used to sleepin' in a cattle truck, an' I thought yer hand was a cow's horn."

If you drink Japan tea try a packet of Blue Ribbon Ceylon Green which is fast displacing it.

Put up Black Mixed & Ceylon Green

Non-Sulphurous. Odorless. Every Stick—A Match. Every Match—A Lighter

Every body ask for..... **E. B. Eddy's "Headlight" Parlour Matches**

The finest matches in the world, made from soft corky pine, and especially suitable for domestic use—put up in neat sliding boxes, assorted colors each box containing about 500 matches—three boxes in a package. .....

For Sale by All First Class Dealers.

LEMONS---Special Offer.

Providing we have your order at once, naming quantity required each month, we will guarantee to supply you with good sound Lemons of good quality, during the month of May $3.00 per box, during June $3.25 per box, during July $3.50 per box no matter how much price advances. Ship them as you want them, one or more boxes at a time. This offer only open for few days.

The Dawson Commission Co., Limited, Toronto.

THIS PAINT

has stood the test of years and stood it just as a paint should stand that has proved itself the best of all the paints. It is

Ramsay's Paint

and no other, for no other has such a record for durability, economy, beauty, elasticity, easy to work, beautiful in tone, and at the proper price for the best paint.

Drop us a card and ask for BOOKLET "K" FREE. showing how some homes are painted.

A. RAMSAY & SON, Estab. 1842
MONTREAL Paint Makers

A horse can pull three tons on level steel rails for every ton he can pull on an ordinary high-road.

BOSTON EXCURSION VIA WEST SHORE.

The event of the season will be the cheap excursion from Buffalo or Suspension Bridge to Boston and return by regular trains of the West Shore Railroad. Tickets only ten dollars ($10.00), good going May 23rd, and valid for return until and including June 2nd. See West Shore Agents for tickets and further information, or address H. Parry, General Agent, 377 Main Street, Buffalo, N. Y.

432 out of every 1,000 English people are able-bodied and between the ages of 20 and 55. In Ireland the number is 408.

TO CURE A COLD IN ONE DAY.
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Palms never live more than 250 years. Ivy has been known to live 450, chestnut 860, oak 1,600, and yew 2,880 years.

Lever's V-Z (Wise Head) Disinfectant Soap Powder is better than other soap powders, as it also acts as a disinfectant.

Glasgow has spent £7,600,000 on her docks ; Liverpool, £18,200,000.

For Over Sixty Years

Mrs. Winslow's Soothing Syrup has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, allays pain, cures wind colic, regulates the stomach and bowels, and is the best remedy for Diarrhœa. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

74 per cent of the British army are between 18 and 30 years old.

Minard's Liniment Cures Burns, etc.

LETTING HIM HAVE IT.

Crossing a field one day a man was pursued by an angry bull. He made for the fence but soon discovered that the bull was overtaking him. He then began to run round a haystack in the field, and the bull pursued him, but in making the short circles round the stack, he was the faster, and instead of the bull catching him, he caught the bull and grabbed him by the tail, with a firm grip and a controlling one. He began to kick the bull, and the bull bellowed with agony and dashed across the field, with the man hanging to his tail, and kicking him at every jump, and as they flew along, he yelled at the bull: "Bother you! who began this fight?"

C. C. RICHARDS & CO.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for every day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN.
Schr. "Storke," St. Andre, Kamouraska.

Mr. Henpeck proposes that the marriage service should be altered so that it will read: "Who dare take this woman?" And the bridegroom shall answer: "I dare."

ANOTHER CALIFORNIA EXCURSION.

The Wabash Railroad Company is again in the field with another cheap excursion to Los Angeles and San Francisco; the round trip will be less than the one-way first-class fare tickets. On sale May 26th to June 7th, 1902. Good to return any time within 60 days. Choice of routes going and returning west of Chicago or St. Louis. All tickets should read via Detroit, and over the Wabash, the short and true route from Canada to California. Full particulars of this wonderful trip from any agent or J. A. Richardson, District Passenger Agent, corner King and Yonge streets, Toronto.

GRIM SIGN OF PROSPERITY.

The Kansas papers are boasting that within the present year more than $25,000 worth of monuments have been erected in the local cemetery, owing to the good times, which have enabled people to pay more than the usual attention to the resting places of their dead. There is something novel in the thought that the material condition of a town may be discovered by a glance across its graveyard.

Mother: "No wonder you catch cold. Every night you kick all the bed clothes off. Why do you do it?" Little Boy: "I don't know, mamma. You'll have to ask me when I's asleep."

Stops the Cough and works off the Cold.
Laxative Bromo-Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 25 cents.

London has 690 acres of docks ; Liverpool, 560 acres.

Minard's Liniment for sale everywhere

The record farm rent in Great Britain is £35 an acre, paid for a sewage-farm near Edinburgh. Five crops of grass are sometimes cut in a year.

W P C. 1129

THE MOST POPULAR DENTIFRICE.

CALVERT'S CARBOLIC TOOTH POWDER.

Preserves the teeth. Sweetens the breath. Strengthens the gums.

CLEANING LADIES' WALKING OR OUTING SUITS

Can be done perfectly by our French Process. Try it.
BRITISH AMERICAN DYEING CO.
MONTREAL, TORONTO, OTTAWA & QUEBEC

RELIABLE AGENTS WANTED

We want at once trustworthy men and women in every locality, local or traveling, to introduce a new discovery and keep our show cards and advertising matter tacked up in conspicuous places throughout the town and country. Steady employment year round, commission or salary, $69.00 per Month and Expenses, not to exceed $2.50 per day.
Write for particulars. Postoffice box 337,
INTERNATIONAL MEDICINE CO., LONDON, ONT

WOOD & PHOTO. ENGRAVING
J. L. JONES ENG. Co
168 BAY STREET.—TORONTO

PUL-MO IS THE ONLY ABSOLUTE CURE for Consumption and all throat and lung troub