

THE FIRST STEP

No one doubts that all physical life, animal and vegetable, is nourished and supported by food—which must be digested and assimilated. It follows, then, that the very first step backward in health is taken immediately when you fail, for the first time, to digest your food. If people would only bear that fact in mind and at once take a simple, helpful, curative remedy such as Mother Seigel's Syrup, they would never suffer the miseries, the weakness, the permanent ill-health, which indigestion brings upon its victims. The first stages of indigestion are just as easily recognised as the last—the windy pressure and distress, perhaps pains in the stomach; the coated tongue; and bad taste in the mouth and the loss of appetite.

Look for example at the case of Mr. R. C. Welsh, Postmaster at Glenlea, Provencher County, Manitoba. In a letter of July 15th, '09, he writes:—"About 18 years ago I contracted a disease which my doctors failed to diagnose and from which even in hospital, I found no relief. Everything I ate seemed to hurt me. I had pains in my back for days at a time and a rattling noise in my stomach. When I got a little better my stomach was so sore I could scarcely move about.

"One day I read one of Mother Seigel's Almanacs and feeling convinced by the cures I read of there I started using that medicine. A single bottle made me feel

a great deal better and after I had used up 3 bottles I could eat anything. I am now as hale and hearty as a twelve-year-old."

If Mr. Welsh had taken Mother Seigel's Syrup as his first step, instead of a last step toward a cure he would have been saved much distress and some expense.

Mother Seigel's Syrup is made from the extracts of certain roots, barks and leaves which exert a remarkable curative and tonic effect on the stomach, liver and bowels, and has no equal as a digestive tonic and stomachic remedy. Take it daily after meals.

From the bustling old city of St. John's, P.Q., Mr. Aubin Dube, dated January 26, 1909, says:

"For over two years I suffered with indigestion and I have found Mother Seigel's Syrup to be the best medicine for this complaint. I have had experience in taking other medicines, but your preparation seems to be a conqueror of stomach troubles.

"My case was as follows:—Acute pains after eating, severe constipation, occasional headaches, and sometimes bloating in the stomach. Rheumatism in the legs bothered me at times and quite often I would become dizzy.

"I began to notice an improvement in my condition very soon after taking the first bottle of Mother Seigel's Syrup, and after two months' treatment with your excellent preparation I was cured. Now and again I turn to Mother Seigel's Syrup when I feel out of sorts, and it always sets me right."



**WHEN YOU FEEL
LIMP and LISTLESS**

are worried and upset by trifles, can't think, can't sleep or enjoy your food; when society bores you and work is irksome, you need the root and herb extract—Mother Seigel's Syrup—to cleanse and give tone to your liver, assist digestion, brace up your nerves and invigorate your system. As a digestive tonic and stomachic remedy it has no equal. When indigestion and biliousness are wringing the life out of you, Mother Seigel's Syrup will set you right. It makes food nourish you—builds health on good digestion. This is the testimony of thousands upon thousands who have tried it. Profit by their experience.

**MOTHER
SEIGEL'S
SYRUP**

"About 18 years ago, I became very ill. Everything I ate seemed to hurt me. I had pains in my back; my stomach was out of order and windy, and became very sore. At last I tried Mother Seigel's Syrup, and one bottle made me feel better. Three bottles cured me and I am now hale and hearty."—R. C. Welsh, P.M., Glenlea, Manitoba. 7.7.09.

Sold everywhere. A. J. WHITE & Co., Ltd., Montreal.

L'Envoi.

Little Johnnie had a cracker
Filled choke full of dynamite,
Big and red and full of danger
It looked good to Johnnie's sight.
Johnnie lit the fuse with pleasure,
Held the cracker in his hand—
Where is Johnnie? Ask the echoes
Bearing fragments o'er the land.

The Verdict.

In a little village in Louisiana one negro was on trial for stealing from another. The jury was made up entirely of negroes.

When the evidence was all in, and the prosecuting attorney had submitted the case without argument—the accused had no counsel—the judge ordered the jury, which could not agree in the box, to retire to an adjoining room and find a verdict.

The jury retired. An hour passed and still no verdict. At last the judge could stand it no longer and went in person to see what was delaying the verdict. He found each of the jurymen crawling around on the floor, peering under tables and also into corners. The court was amazed. He suspected that the whole jury had gone crazy.

"Here!" he thundered. "What are you doing?"
The foreman arose, and making humble obeisance, answered:
"Yo' Honoh, 'tain't no use; we jes' kaint find no vuddict in dis yer room. Fact is, yo' Honoh, I doan b'lieb dere's a vuddict in yer nohow."—Washington Post.

Real Source of Profit.

A son of Italy was so unfortunate as to face the judge in the police night court in New York not long ago.

"What do you do, Tony?" the judge asked, in a kindly tone, not being hurried, as it happened, and perhaps touched by the liquid softness of Tony's dark eyes.

"Maka de music wid de fina street piano—oh, very fina music!" Tony said, with a bright smile.

"How much do you make in a week?"

There was a flash of white teeth.
"Maka da much money—fifteenener, maybe twenty dol'."

"What? Get twenty dollars for playing a street piano?" the astonished judge demanded.

"No, notta for play," the music master admitted; "maybe getta two dol' for play—getta rest for shut up noise an' get off block!"

Papa is Cautious Now.

Little Johnnie: "Mother, tell me how papa got to know you."

Mother: "One day I fell into the water, and he jumped in and fetched me out."

Little Johnnie: "H'm! that's funny; he won't let me learn to swim."

Only for Gents.

On reaching the bottom of a steep incline, the driver of a large omnibus turned round and addressed the passengers who were a number of councilors as follows:—"From this point the road is only accessible to mules and donkeys, so I must ask the gentlemen to proceed on foot!"

Unbriable.

It was a sorry-looking nag for a Liverpool cabman to drive; nevertheless, the would-be passenger was in a hurry, and seeing no other vehicle handy he said—

"I'll give you an extra half-crown to get me to Lime street in five minutes."

"Well, sir," was cabby's deliberate reply, "you might corrupt me, but you can't bribe this 'ere hoss."

His Only Valentine.

Sibyl, Blanche, and Caroline, Peggy, Polly, Sue, I'd like to buy a valentine for every one of you. A dainty bunch of violets, some violets, to say, "My love is true." Alas! 'tis wintry time o' year, when everything is chill, and though the pretty girls are dear, the flowers are dearer still. That's why I send one valentine, when all is said and done, and if one girl alone is mine, that's why there's only one!

A Safe Bet.

A man was sitting in a restaurant eating oysters. In came an Irishman and said: "O'll bet a dime that Oi can eat oysters faster than yez can open thim."

"Done!" said the shell cracker. At the end of an hour the man had opened seventy-five oysters, but the Irishman had only been able to eat sixty-five.

Getting up with difficulty, the Irishman said: "Yez win," laid down a dime and walked out.

In Other Words.

"I received your majesty's message," said the new missionary. "Did I understand you would do me the honor to call upon me and dine tomorrow?"

"Almost correct," replied the cannibal chief; "I said I would call and dine upon you tomorrow."

Had Her Own.

"Can you be trusted with a secret?" he asked.

The woman drew herself up proudly. "You have known me for ten years, haven't you?" she replied.

"Yes."

"Do you know how old I am?"

He Knew.

"Do you know the value of an oath?" asked a judge of an old darky who was to be the next witness.

"Yes, sah, I does. One of dese yeah lawyers done gib me foah dollahs to swear to suffin. Dat's de value of an oath. Foah dollahs, sah!"

And then there was consternation in the court room.

A Lullaby.

"You are accused of trying to rob a pedestrian at two o'clock this morning," said a magistrate to a prisoner.

"What have you to say?"

"I am not guilty, your worship, I can prove a lullaby."

"You mean an alibi."

"Well, call it what you like; but my wife was witness that I was nursing the baby at two o'clock this morning!"

Understood.

A servant girl was going through the usual cross-examination on the first morning after her engagement.

Said her mistress, "And did your last mistress assist you with the cooking, Maggie?"

"Well, aye, in a way she did," admitted Maggie.

"How did she do it, now?" asked her mistress.

"By stopping out of the kitchen, marm," Maggie replied, and her mistress gracefully retired.

World a Wheelbarrow.

"If I don't believe the world's a wheelbarrow," said a jolly inebriate, as he rolled along, "and I'm the wheel revolving on its haxis."

"Now I'm in the mud," continued he, as he fell into the gutter; "and now I'm on dry land," as he fetched up on the kerbstone.

His concluding remark, as his boots followed his head down an open cellarway was—"Now the wheel is broke and the vehicle is upset."

No Late Trains.

A new railway was being made, and the right-of-way crossing a small farm the official paid a visit to the owner, an old lady.

"Madam," said the surveyor, "we understand that you own this farm, and it is my duty to inform you that our new railway will run through your barn."

"Oh, will it," said the old lady. "Well, let me tell you that the last train will have to be no later than nine o'clock, because you'll not catch me sitting up after that to open the doors for it or anything else!"

Mother Graves' Worm Exterminator will drive worms from the system without injury to the child, because its action, while fully effective, is mild.