

HE KNEW HOW.

All was quiet in the invalid's room until a step was heard coming up the stairs. Then a faint voice called:

"Alfred, is it you?" "No," answered another member of the family, looking in and approaching the bed. "But what is it you are wanting? Cannot I do it?" "I only wanted to be lifted and think I'll wait a few minutes for Alfred to come. He knows just how."

Alfred was only a boy, a merry, healthy young fellow, full of his studies and outdoor pursuits, wanted on the cricket field with his young friends; but he was no stranger in that sick room. He had thought it worth while to learn "just how" to minister to the sufferer, and his strong, young arms were the chosen ones to lift the grandmother's wasted, pain-racked form many times daily. Was not that tender little service the very crown of manliness? It was Bayard Taylor who wrote:

"The bravest are the tenderest."

THE LIMIT.

A Scotch minister instructed his clerk, who sat among the congregation during service, to give a low whistle if anything in his sermon appeared to be exaggerated. On hearing the minister say, "In those days there were snakes fifty feet

THE ROOT OF THE MATTER.

He Cured Himself of Serious Stomach Troubles, by Getting Down to First Principles.

A man of large affairs in one of our prominent eastern cities by too close attention to business, too little exercise and too many club dinners, finally began to pay nature's tax, levied in the form of chronic stomach trouble; the failure of his digestion brought about a nervous irritability making it impossible to apply himself to his daily business and finally deranging the kidneys and heart.

In his own words he says: "I consulted one physician after another and each one seemed to understand my case, but all the same they each failed to bring about the return of my former digestion, appetite and vigor. For two years I went from pillar to post, from one sanitarium to another, I gave up smoking, I quit coffee and even renounced my daily glass or two of beer, without any marked improvement.

"Friends had often advised me to try a well known proprietary medicine, Stuart's Dyspepsia Tablets, and I had often perused the newspaper advertisements of the remedy but never took any stock in advertised medicines nor could believe a fifty-cent patent medicine would touch my case.

"To make a long story short I finally bought a couple of packages at the nearest drug store and took two or three tablets after each meal and occasionally a tablet between meals, when I felt any feeling of nausea or discomfort.

"I was surprised at the end of the first week to note a marked improvement in my appetite and general health and before the two packages were gone I was certain that Stuart's Dyspepsia Tablets was going to cure completely and they did not disappoint me. I can eat and sleep and enjoy my coffee and cigar and no one would suppose I had ever known the horrors of dyspepsia.

"Out of friendly curiosity I wrote to the proprietors of the remedy asking for information as to what the tablets contained and they replied that the principal ingredients were aseptic pepsin (government test), malt diastase and other natural digestives, which digest food regardless of the conditions of the stomach."

The root of the matter is this, the digestive elements contained in Stuart's Dyspepsia Tablets will digest the food, give the overworked stomach a chance to recuperate and the nerves and whole system to receive the nourishment which can only come from food. Stimulants and nerve tonics never give real strength, they give fictitious strength, invariably followed by reaction. Every drop of blood, every nerve and tissue is manufactured from our daily food, and if you can insure its prompt action and complete digestion by the regular use of so good and wholesome a remedy as Stuart's Dyspepsia Tablets, you will have no need of nerve tonics and sanitariums. Although Stuart's Dyspepsia Tablets have been in the market only a

few years, probably every druggist in the United States, Canada and Great Britain now sells them and considers them the most popular and successful of any preparation for stomach trouble.

long," the clerk gave a subdued whistle.

"I should have said thirty feet," added the minister.

Another whistle from the clerk.

"On consulting Thompson's Concordance," said the minister, in confusion, "I see the length is twenty feet."

Still another whistle; whereon the preacher leaned over and said in a stage whisper: "Ye can whistle as much as ye like, MacPherson, but I'll no take anither foot off for anybody!"—Harper's Weekly.

INASMUCH.

One day a little girl looking out of the window saw a number of poor men from a nearby jail working in the hot sun of a July day. They looked tired and hot, and she knew they must be thirsty. She remembered Christ's words, "I was thirsty, and ye gave Me drink; was in prison, and ye came unto Me," and the thought came to her, "I can do both." With her mother's permission, she took a little bucket of cold water, with a dipper, and gave a drink to each man in turn, refilling the bucket several times. As she went from one to another in her white frock, her sweet smile gave even better cheer than the water. The thanks of the prisoners were very hearty. One asked her: "Little lady, what made you do this?"

After a moment's pause she replied: "That is what Christ said to do, and—I was sorry myself." He lowered his head and said: "God bless you, little Christ-child."

WHAT SULPHUR DOES.

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health: sulphur acts directly on the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

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