

### CHARCOAL STOPS GAS ON YOUR STOMACH.

Wonderful Absorbing Power of Charcoal When Taken in the Form of Stuart's Charcoal Lozenges.

Trial Package Sent Free.

Charcoal, pure, simple charcoal, absorbs 100 times its own volume of gas. Where does the gas go to? It is just absorbed by the charcoal—the gas disappears and there is left a pure, fresh, sweet atmosphere, free from all impurities and germs.

That's what happens in your stomach when you take one or two of Stuart's Charcoal Lozenges, the most powerful purifiers science has yet discovered.

You belch gas in company, sometimes by accident, greatly to your own humiliation. That is because there is a great amount of gas being formed in your stomach by fermenting food. Your stomach is not digesting your food properly. Gas is inevitable. Whenever this happens, just take one or two of Stuart's Charcoal Lozenges right after eating, and you will be surprised how quickly they will act. No more belchings; no more sour risings. Eat all you want and what you want, and then if there is any gas going to be formed, one of these wonderful little absorbers, a Stuart Charcoal Lozenge, will take care of all the gas.

And it will do more than that. Every particle of impurity in your stomach and intestines is going to be carried away by the charcoal. No one seems to know why it does this, but it does, and does it wonderfully. You notice the difference in your appetite, general good feeling, and in the purity of your blood, right away.

You'll have no more bad taste in your mouth or bad breath, either from drinking, eating or smoking. Other people will notice your bad breath quicker than you will yourself. Make your breath pure, fresh and sweet, so when you talk to others you won't disgust them. Just one or two Stuart Charcoal Lozenges will make your breath sweet, and make you feel better all over for it. You can eat all the onions and odorous foods you want, and no one can tell the difference.

Besides, charcoal is the best laxative known. You can take a whole boxful and no harm will result. It is a wonderfully easy regulator.

And then, too, it filters your blood, every particle of poison or impurity in your blood is destroyed, and you begin to notice the difference in your face first thing—your clear complexion.

Stuart's Charcoal Lozenges are made from pure willow charcoal, and just a little honey is put in to make them palatable, but not too sweet.

They will work wonders in your stomach, and make you feel fine and fresh. Your blood and breath will be purified.

We want to prove all this to you, so just send for a free sample to-day. Then after you get it and use it you will like them so well that you will

go to your druggist and get a 25c box of these Stuart's Charcoal Lozenges.

Send us your name and address to-day and we will at once send you by mail a sample package free. Address F. A. Stuart Co., 54 Stuart Bldg., Marshall, Mich.

sandstone, of which there is an ample supply in the mountains near at hand. The nave it is hoped will be finished by 1908, and a temporary chancel will be built at the crossing.

On Sunday, the 3rd inst., the Rev. J. A. Goodfellow preached his thirty-fifth anniversary sermon as Rector of the Church of the Good Shepherd, Philadelphia, and on the evening of Shrove Tuesday a reception to mark the event was held in the Parish House at which parishioners and friends outside of the parish were present, and a purse of \$500 in gold was given to the Rector.

St. Stephen's Parish, Providence, R.I., has lately received a notable gift from Messrs. C. B. and J. L. Webster, of New York, of what is substantially the entire library of their brother, the late Rev. Walter Gardner Webster. This collection of books will be placed in the library of the guild house, and it will be known as the "Webster Library." It will form a valuable reference library for both priests and people. From the same donors the parish has also received a beautiful richly-framed copy of one of Murillo's Madonnas, which has been placed on the south wall of the chapel. Other articles belonging to and personally used by the Rev. Father Webster have also been placed in the guild house, whose interest is thereby greatly enhanced.

The ancient Church of Great Bricet, Suffolk, has recently undergone careful restoration, and on the 17th ult. the re-opening services were held, when the Bishop of Ipswich was present and preached in the afternoon and evening. The church, dedicated to SS. Mary and Lawrence, is of Norman origin, and contains many features of great architectural and antiquarian interest. It is about 110 feet long, and of unequal width, and the dignity of its appearance is lessened by the absence of transept or chancel arch. There are evidences in north and south wall that at one time there were transepts, and along the north wall traces are found of a lean-to roof, probably once covering the cloisters of the priory. Some Norman windows have been built up, many of the others need re-leading, particularly one containing the remains of some fine fifteenth century coloured glass. The restoration has been carried out with the greatest care at a cost, together with a new organ, of about £1,000.

At the conclusion of a recent Wednesday evening service for men engaged in the work of restoration at Winchester Cathedral a ceremony of a very pleasing nature took place. This service was instituted by Canon Braithwaite, who has made himself very popular amongst the men for the various efforts which he has made to brighten their lives and make them happier. As a tangible acknowledgment of these efforts the men determined to make a presentation to Canon and Mrs. Braithwaite. The present consisted of a carved inkstand, which had been produced by different members of the staff from one of the beech logs which here for centuries formed part of the Cathedral foundations. Carved upon shields were the arms of Canon Braithwaite, those of Bishop de Lucy, from beneath whose building the logs were unearthed, and those of the Cathedral and the diocese, while the dates 1202-1907 were also shown as illustrating the centuries which have elapsed between the laying of the timber foundations and

then being again brought to the surface. The stand was fitted with a cut glass and silver mounted ink well, together with silver handled pens; also with silver plates bearing a suitable inscription. The foreman, Mr. G. Ferrar, acted as spokesman for the men. The present came as a complete surprise to Canon Braithwaite, who was much moved by this appreciation and thoughtful action on the part of the staff.

### Children's Department.

#### POLLY PUTOFF.

Her real name was Polly Putnam, but everybody called her Polly Putoff. Of course, you can guess how she came to have such a name. It was because she put off everything as long as she possibly could.

"Oh! you can depend on Polly for one thing," Uncle Will would say. "You can depend on her putting off everything, but that is all you can depend on." And I am sorry to say that he spoke the truth.

"Polly, Polly," mother would say in despair, "how shall I ever break you of this dreadful habit?"

It was just three days to Polly's birthday, and she had been wondering very much what her mother and father intended to give her. She thought a music-box would be the best thing, but she was almost afraid to hope for that. A man who went about selling them had brought some to the house, and Polly had gone wild with delight over their pretty musical tinkle.

"Polly," mother said that morning, "here is a letter that I want you to post before going to school."

"Yes, mother," answered Polly, putting the letter in her pocket.

As she reached the school-house, she saw the girls playing, and she stopped "just a moment." Then the bell rang, so she could not post the letter then. She looked at the address. It was directed to a man in the next town. "Oh, it hasn't got very far to go. I'll post it after school."

After school, she forgot all about it.



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### Bishop Blyth's Mission

The needs of the Mission are great and increasing on account of the ever-growing numbers of Jews in the Holy Land, especially in Jerusalem.

Jews in the Holy Land to-day, 160,000.  
Population of Jerusalem, 70,000, of whom 50,000 are Jews.

It is for the lost sheep of the House of Israel that our Bishop appeals.

Donations received and information gladly given by:

**Rev. Canon J. D. Cayley,  
St. George's Rectory,  
Toronto.**

### The Toronto General Trusts Corporation

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"Did you post my letter?" asked her mother when studying her lessons that day.

Polly's face grew very red when she put her hand in her pocket in the morning," she said.

"It is too late," answered her mother. "The man to whom the letter was directed went away this morning and hasn't got his address. It matters to yourself, for you had ordered for a music-box for your birthday."

"Oh, mother!" exclaimed Polly. "It really is too late?"

"I don't know," answered her mother calmly. "I don't know whether or not you would have received the letter if it had been sent. It is too late now."

Wasn't that a hard lesson for Polly, though; and she lost her old name—Clara.

#### "I SHALL BE"

There was once an American boy, Philip James Good, who was born about 1800. He was a gentle, studious child, who was very fond of reading the Bible, whose truth and power made a deep impression upon him.

One day when he was ten years old, the duchess of Devon said to him:—

"James, write me a letter, and I will give you a piece of money."

The young duke took pen and paper and wrote the following lines:—

"As o'er the sea-beat  
my way,

I met an aged man  
stay;

'Be wise,' said he,  
path you go;

This leads to heaven  
hell below;

The way to life  
steep;

The broad and easy  
the deep."

This is pretty good for the primary school, and also shows the great tendency of his mind.

When you fill  
bottle of

# Abi

## Effer- vescent

you will have  
regret—that  
use it now  
The way  
SALT makes  
and sleep—  
—surprise and

25c. and 60c.