HOW TO OBTAIN

A GOOD COLOR

A Treatment to Restore the Blood Supply That Has Been Most Successful

There is only this to tell people who are pale, weak and bloodless. You are pale and weak because you haven't enough blood and you won't be better until your blood supply is increased. You should not lose any time in increasing reason that he is doing his best destroy charity. The alternities deadly decline. When you have increased your blood supply you can reasonably expect to have a good color, to have lost that tired, breathless feeling, to have a good appetite and get good nourishment from your food. Now the only quick and always effective costs so much: it is had because it ment from your food. Now the only quick and adways effective way to get a supply of new, rich, red blood is to take Dr. Williams' Pink Pills. Every dose helps to make new blood, and this new blood coursing hand this new blood coursing hand the weins, brings health and this new blood coursing through the veins, brings health and strength to every organ and every part of the body, making weak, ailing people bright, active and strong. This has been proved in thousands of cases of which the Mrs. George Clark, Abbottsford, B.C., is a fair sample. Mrs. Clark says: "After spending two years and six months in a hospital training for a nurse, I began to fail in health, was very pale me out of breath. After graduating I came to British Columbia to found I was not able to go on with cost. my work. Doctors' tonics failed me, and acting on my own judgment, I purchased a supply of Dr. Williams' Pink Pills. Before I had finished them I was really surwork as a nurse. I have since married, but still have my friendly feeling for Dr. Williams' Pink Sold by all medicine dealers or

by mail at 50 cents a box, or six boxes for \$2.50, from The Dr. Wil-Medicine Co., Brockville,

OLD CHINESE WALL PAPER.

Made to Order and Stamped, Hand Painted or Printed From Blocks.

It is said that the European notion of wall paper was imported from China. There its ornamental use for screens, partitions and the like was shown as early as the fourth century. Authorities on this subject assert that it was Holland during her naval supremacy of the sixteenth century which first began to adopt and hand around the wall paper idea.

The early Chinese wall papers were printed from blocks, hand hand bor and exquisite art. They were made to order—produced in sheets made to order—produced in sheets of various dimensions according to the uses to which they were put. The modern rolls of wall paper with a continuous duplicate design were unknown. It was not until the invention of the modern printing and stamping machines with a continuous duplicate design were unknown. It was not until the invention of the modern printing and stamping machines with order the sick, no blind asylums, no deaf and dumb institutions, no deaf and dumb institutions.

As neither China nor Japan was a communicative country during the beginning of the commercial importations were few and far between and considerably at pre-mium. Yet they soon hit the Euro-pean fancy as a good substitute for the arras and tapestries of the time

Up to the end of the seventeenth century the imported product was prohibitive in price, however, and it was not until the middle of the sighteenth century that it was really a familiar thing on the market. When the methods for printing and stamping wall paper from blocks was introduced from China each nation was jealous of its neighbor in the wall paper trade and tried so keep its own process a secret.

Toward the end of the seven-centh century the English were the largest importers of the hand lecorated Chinese wall papers, but only for a short time. As the de-mand increased they began to per-As the detect a process of paper stamping paper decoration to imitate sapestries, and with improved machinery soon cheapened their oroduct and popularized it all over Europe. By the time of the stuarts the arras of Shakespeare's ara was beginning to disappear.

The small son of a physician had a babyish visitor, whom he suddenly terrorized by abrupt display of his father's cherished anatomical

skeleton. 'Pa thinks a lot of that," he proudly asserted.
"Why?" asked the shivering

"Oh, I dunno," was the host's uncertain reply. "I never asked him. Maybe it was pa's first patient, who gave him his dead ald bones."

ENEMY TO TRUE CHARITY

WORKERS SHOULD BE TREAT-ED LIKE HUMAN BEINGS.

Begging Prevents Society From Paying Greater Debt.

your blood supply, for people who neglect anaemia, often slip into a deadly decline. When you have an heart. To strengthen and de-

door; whereas, as a matter of fact, their duty is to pay many dollars to schools, hospitals, and the like

for the purpose of preventing ig-norance and suffering. I have had quite a struggle to a cent to the professional beggar. But I have succeeded. And I think of his workers, or like any one of I am more just and more kind for it. Also more liberal, for the morand the least exertion would leave al pang has bade me seek out honest and straight institutions which ing I came to British Columbia to take up my profession as a private nurse. The first case I took I work and to give them ten times what the beggar tipping would have

BEGGING IS DEBASING.

Those who really care for their fellow men should refrain from enhad finished them I was really surprised at the result. The color came back to my two. I gained in strength and by the time I had used nine boxes I was back at my work as a nurse. I have since erally sells his soul to contempt. He deprives himself of every man-

It a deprives himself of every mar-ly, self-respecting quality.

I am aware of the precepts of the Bible about charity. I know the commands, "Give to him that ask-eth of thee," "Sell all that thou that and give to the poor," and the like, as well as the theorem, "He that giveta to the poor lendeth to the Lord," but it all depends on low one reads the Bible.

It should not be construed literally. The book itself says: "The letter killeth, but the spirit maketh alive." Especially is this true eth alive." Especially is this true when a literal compliance with a precept plainly defeats the object which the giver of the precept had

in mind.

The admonitions of religion should be mixed by us with all the intelligence and common sense we possess. Now, while in the days of Christ, in the middle ages, and in all the eras previous to this age of painted or stamped with infinite la-hor and exquisite art. They were bestow alms indiscriminately, it is most certain that such action in

cylindrical rollers that a continu-ous conventional pattern was fav-feeble minded, and no public employment offices in existence in the age when the New Testament was during age when the rew transfer were written. Before our era there were no public schools, neither were history of Europe these wall paper there legislatures for the redress of

public grievances.

All these modern institutions de by system and intelligent order,

A Triumph Of Cookery-

Post **Toasties**

Many delicious dishes have been made from Indian Corn by the skill and ingenuity of the expert cook.

But none of these creations excels Post Toastles in tempting the

"Toastles" are a luxury that make a delightin hot-weather economy

The first package tells its own story.

"The Memory Lingers" Sold by Grocers.

Postum Cereal Company, Limited, Battle Oreck, Mich., U.S.A.

and hence do a thousands times better, the work of humane help to-ward the unfortunate. My first duty, therefore, if I want really to be a humane and kind man is to pay my just taxes to the govern-ment. The man who dodges his taxes and doles out so-called charity to the poor is a swindler. It is as if he gave the poor a loaf of bread and destroyed their bakery.

He gives where it can be seen and noted, or at least where he can feel it directly, and withholds where it cannot be seen and where he can feel only through his reason. I look askance upon every private endowment. Nothing is good through and through that is done for a people that is not done by ople themselves. I believe the State to-day is doing more real eleemosynary work than all churches, benevolent private or-ganizations, and generous million-

aires put together. I hear no hard words for Carnegie and Rockefeller and others who have endowed colleges, libraries, hospitals, and the like; but I cannot help thinking that the time will come when the millionaire who has found himself in possession of more money than he can use will turn it back

to the people whence he got it. CHARITY IN TRUE SENSE.

Another means of real charity is to furnish employment and to treat employees like human beings. screw my courage up to the point where I make it a rule never to give a cent to the professional base only, whose factory is a month of the professional base only. a hundred others I might mention who give honest workers a fair chance to earn a competence and not sacrifice their self-respect, is doing infinitely more good than the medieval saints who gave bread and

pennies to the beggars.

What right minded and right hearted people want is not a chance to grab but a chance to earn.

Give a man justice and you give

him noblest charity.

Give a man opportunity and you help him without breaking down his self-respect.

Give a man work and fair pay for it and you give him something without at the same time robbing him of that sense of manhood and useful-ness which is "the immediate jewel of the soul."

THE PROOF OF THE PUDDING.

slippers. She deserved to be pun- pill has done.

So her mother sent her from the coom without any dinner, but when the pudding came on the scene her say." "Glac conscience smote her, and she de-knife-grinder." termined to give Ethel another chance

"Tell Ethel that if she will be very, ver- good for the rest of the afternoon, she may have some pud-ding," she said to the servant. The servant derivered the message and returned in a few min utes with Ethel's reply.

THE WRIGGLER.

"Ferdinand, what is the matter?' cried the young wife to her husband, who seemed to be trying to tie himself into a knot.

There was no reply save a few gurgles, as the unhappy man bent lury.
his body backwards until his face grew red.

"Let me share your trouble, Fer-dinand," pleaded the young wife. Still the man bent his body over, ow twisting one way, now an-

"Tell me. What is it?" begged nis wife.

"It's only a collar-stud that has slipped down my back," growled the man, and once more he proceeded to stand on his head.

"What is the greatest get-richquick scheme you know of? the flimsy financier of his partner. 'Taking the money away from other people who want to get rich

Minard's Liniment Cures Diphtheria.

"My work," remarked the baldheaded dentist, "is so painless that my patients often fall asleep in my patients often tall asseep in the chair while I am operating!" ("Huh, that's nothing!" retorted his rival. "My patients nearly all insist on having their pictures taken while I am at work, in order to catch the expression of delight on their faces." their faces!

The female house fly lavs from 120 to 150 eggs at a time, and these mature in two weeks. Under favorable conditions the descendants of a single pair will number millions in three months. Therefore, all housekeepers should commence using Wilson's Fly Pads early in the season, and thus cut off a large proportion of the summer

Missionary (explaining to visitors)-Our situation was so remote that for a whole year my wife never saw a white face but my own Sympathetic Young Woman - Oh, the poor thing!" (ED. 4

SHEEP AND SWINE.

Prices Higher in Canada Than in United States.

Prices of sheen are much lower in the United States than in Can-ada, due to the fact that Onterio specializes on pedigreed flocks, as appears later on. In the United States they range from \$2.90 per head in Texas to \$5.30 in Illiams and Iowa, while in Canada the range is from \$4 in Nova Scotia in Ontario, Manitoba, and Saskatchewan.
Prices of swine are slightly high-

States. In the eastern border States, Maine, New Hampshire, Vermont, and New York, they range from \$10 t. \$11.50 a head and in the central border States the range is about the same. In the western border States the range of prices as from \$10.40 to \$11.10. In the great agricultural States of Indiana, Illinois, and prices is from \$10 to \$13 and in western Canada, from \$1 2to \$13. The highest American price is \$11 .-80 a head in Wisconsin. as against the highest Canadian price of 13 a head, which is quoted for Quebec, Manitoba, and Saskatchewan.

Little Janie had been guilty of ome act of trifling unkindness, and

her mother, wishing to point a timely moral, reminded her that "true ladies are always kind."

Janie's younger brother Stephen sat by but said nothing at the time. But some days later, wishing to express unmeasured commendation of a rather effeminate young man who had granted favors, he convulsed the family by ruminating aloud at dinner:

"Dr. Johnson is a perfect lady. He is so kind."

A Medical Need Supplied .- When a medicine is found that not only acts upon the stomach, but is so composed that certain ingredients of it pass unaltered through the stomach, but is so composed that "Smart?" Mr. Ridge (proudly stomach, but is so composed that a cleanser of great effectiveness.
Parmelee's Vegetable Pills are of Little Ethel had been very naugh- this character and are the best of ty. It was certainly wrong of her to tie the cat's tail to the chair they have been in use they have esleg, and pour ink into her father's tablished themselves as no other

"How do you find things, my man?" "Very dull, I'm glad to say." "Glad! Why?" "I'm a

Minard's Liniment Cures Colds, Etc.,

An Irishman and an Englishman were arguing as to which of their respective countries possessed the greatest seaport. The Englishman said, of course, that his did. "For," said he, "more steamers, both screw and paddle, arrive at utes with Ethel's reply.

"For," said he, more steamers, both screw and paddle, arrive at Liverpool in one day than any Irish before she makes any promises!"

"For," said he, more steamers, but write at Liverpool in one day than any Irish port in a week." "I doubt that," said Pat. "There is Cork, for insaid Pat. "The stance. Thousands of screws enter it daily."

Flatte: "I thought I'd practice on my cornet last evening, but to save me I couldn't get the right pitch on it."

Minards

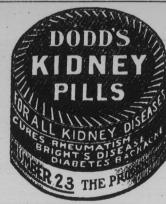
Bratte: "Couldn't you get the window open?" 'What's the window to do with

it? "Well, the right pitch would have been through that.

REST AND HEALTH TO MOTHER AND CHILD.

*MRS. WINSLOWS SOOTHING STRUP has been used for over SIXTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. It SOOTHING SHOP SOOTHERS THE SOOTHES THE SUMBLE OF THE STRUPP STRUPP SOURCES WIND COLIC, and is the best remedy for DIARRHOEA. It is absolutely harmless. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle.

man to leave the cloak-room saw Rellogg's Dysentery Cordial as Pat. the custodian of the coats, looking vtry miserable. "Well, lates that asleep in looking after the things?" "Sure, retorted retrieved sor," replied the dejected one, "it isn't that they haven't paid me, that they haven't paid me, or the custodian of the coats, looking after the things?" "Sure, sor," replied the dejected one, "it isn't that they haven't paid me, the custodian of the coats, looking with the market for all summer complaints. If a few drops are taken in water when the symptoms are noticed no future trouble will be experienced. O t.



HEALTHGRAMS.

When the wind blows it is well to open your windows; when it stops blowing it is wise to keep them open.

Give your skin a "show" whenever you can; the sunhouses of the ancients are worth imitating. Decaying matter about your house robs you of your lung-food.
Water is the universal drink of

the animal creation; "fire water" is man's universal scourge. If you always consult books about your diet you "sentence" your stomach.

The trees and the grass are maker in Canada than in the United ing life giving air for you; go get

> Worms feed upon the vitality of children and endanger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

Gracie studies music, and has recently become acquainted with Iowa prices of swine vary little sharps and flats and their nature. from those already quoted. In western Canada from \$12 to \$13. out a certain fact, inquired:
"When two little babies come to

a family at the same time, what do we call them?"

Class chorus, triumphantly: "Correct! And now, when three

babies come at the same time, what are they?" Silence, then Gracie's voice raised in shrill pride:

"Please teacher, accidentals!"

Hotel Keeper, St. Phillippe, Que.

certain ingredients of it pass un-altered through the stomach to find action in the bowels, then there is available a purgative and there is available a purgative and scratch his head to see if he

American and Canadian scien tists tell us that the common house By is the cause of more disease and death than any other agency. Wilson's Fly Pads kill all the flics and the disease germs too.

"Do you think it is becoming?" she asks, appearing in her newest gown. "Don't bother about that!" gushes the friend. "It is perfect! It is simply delicious. My dear, it makes you look absolutely helpless.

TRY MURINE EYE REMEDY for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c,

In Turkey, Persia, and some oth There is no poisonous ingredient in Holloway's Corn Cure, and it can be used without danger of injury. two slipnots, which are suddenly Toronto. drawn tight by two strong men. This kills the criminal by strangu-

Minard's Liniment Cures Carget in Cows.

Some of the brewers of Vienna having combined to advance price of beer, a member of the town council gravely proposed that the city government should at once establish a brewery, and sell the favorite German beverage at cost.

Some persons have periodical attacks of Canadian cholera, dysentery or diarrhoca, and have to use great precautions to avoid the disease. and green fruit, is sure to bring on the attacks. To such persons The dinner was over, and the last we would recommend Dr. J. D. man to leave the cloak-room saw Kellogg's Dysentery Cordial as

> WAY THE WIND HOWLED. Side by side they sat, at peace with all the world, whilst the cruel wind howled around them, rustling the leaves in the tree under which

'How the wind howls," velled the maiden, shivering violently. 'Yes," cried her lover. shouted "Why does it how! " she.

"I don't know. Perhaps it has the toothache," replied the man, holding her close.

'The toothache? What do you "Yes, the toothache! Have you never heard of the teeth of the

And then the wind howled with increased fury, and the maiden ISSUE 30-11 broke off the engagement.

CUMBURN BLISTERS SORE FEET

The doctor stood by the bedside The doctor stood by the bedside and looked gravely down at the inevalid. "I cannot hide from you the fact that you are very ill," he said. "Is there anyone you would like tee?" "Yes," said the sufferer, faintly. "Who is it?" "Another doctor."

Pills for Nervous Troubles. The stomach is the centre of the nervous system, and when the stomach suspends healthy action the result is manifest in disturbances of the nerves. If allowed to persist, nervous debility, a dangerous ailment, may ensue. The first consideration is to restore the stomach to proper action, and there is no readier remedy for this than Parmelee's Vegetable Pills. Thousands can attest the virtue of these pills in curing nervous disorders.

"A great many people owe their lives to that doctor," said Kickling-

"Is he a clever physician?"
"It isn't that I referred to. He is never in when you want him.

Minard's Linimant Cures Distemper.

"What're ye comin' home with your milk-pail empty for?" demanded the farmer. "Didn't the old cow give anything?" "Yes," replied the boy; "nine quarts and one kick."

FARMS FOR SALE OR RENT. H. W. DAWSON, Ninety Colberne Street, Toronto.

A LBERTA, Manitoba, Saskatchewan and British Columbia Lands in large or small parcels.

RUIT FARMS in the Niagara Fruit SOME fine Hundred and Two Hundred Acre Farms in Ontario.

If you want to buy or sell a farm con-sult me. H. W. DAWSON.

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OFFERS prosperity to Farmers in every branch, Get a farm in Saskatoon District, and your own family's future need werry no more. You were not intended to live and die striving merely to make ends meet. Half the work here would soon fatten your bank account. Be fair to yourself. Don't waste more time. Write COMMISSIONER BOARD OF TRADE, Saskatoon, Saskatchewan, Western Canada.

ACENTS WANTED.

TART TEA ROUTE TO-DAY. Send postal for circulars or 10c for samples and terms. Alfred Tyler, London, A GENTS WANTED.—A study of other hat none can equal ours. You will always regret it if you don't apply for particulars to Travellers Dept., 228

MISCELLANEOUS.

AY and FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto. LOUR and Feed Business for Sale, One of the best in the City of Ham-ilton. Bargain for quick sale. Twenty-five Hundred buys everything. Apply Walter Hayward, Hamilton.

UMBER, interior trim, doors, flooring, sash. Price quoted at your station. UT YOUR GLASS AT HOME.—Our new "Red Devil" Glass Cutter cuts wired glass, plate glass, smoked and window glass. By mail 25c. E. Potter & Co., 46 Benoit St., Montreal.

AWMILL MACHINERY, Portable or heavy, Lathe Mills, Shingle Mills, Engines and Boilers, Mill Supplies. The Long Manufacturing Co., Ltd., Wess Street, Orillia, Ontarlo.

CANCER. TUMORS, LUMPS, etc. In-pain by our home treatment. Write us before too late. Dr. Bellman, Colling-wood, Ont.

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PECIALISTS ADVICE FREE. Consule us in regard to any disease. Lowest prices in drugs of all kinds. Trusses fitted by mail. Send measurement. Glasses atted by age. Write to-day for anything sold in first-class drug stores to Dr. Bellman, Collingwood, Ont.

Your Overcoats and faded Suits would look better dyed. If no agent of ours in your town, write direct to Montreal, No. 158. British American Dyeing Co.

When buying your Piano insist on having an OTTO MIGEL"

Piano Action

most highly efficient application

ODINOL \$1 a box 6 for \$5

for the reduction of Swellings, Goitre, Thick Neck, Glandular Enlargemets It's 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.

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