

[November 5th, 1903.]

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comes from a Source not to disobey. This of obedience to the use that led a dear.

SULPHUR DOES.

an Body in Health and Disease. on of sulphur will recall the early days when our grandmothers gave us a dose of sulphur and morning and fall. universal spring and fall fier," tonic and cure-all, you, this old-fashioned not without merit. was good, but the remedy and unpalatable, and a ty had to be taken to get

we get all the beneficial sulphur in a palatable, form, so that a single grain is effective than a table-spoonful of crude sulphur.

years, research and experience proven that the best medical use is that obtained from Calcium (Calcium) and sold in drug stores under the name of Stuart's Calcium. They are small chocolate tablets and contain the active principle of sulphur in a concentrated, effective form. You are aware of the value of sulphur in restoring and maintaining bodily vigor and sulphur acts directly on the excretory organs, and purifies the blood by the elimination of waste material. Grandmothers knew this when they used sulphur and every spring and fall, but the impurity of ordinary sulphur were often worse than the disease, and cannot compare with modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the most widely used.

is the natural antidote for kidney troubles and cures and purify the blood in a safe and often surprises patients alike.

M. Wilkins, while experimenting with sulphur remedies, soon found that the sulphur from Calcium Wafers is superior to any other form. He found that for liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have obtained the best results obtained from any other preparation. In cases of suffering from boils and even deep seated carbuncles I have repeatedly seen them disappear in four or five days after using the skin clear and healthy.

Although Stuart's Calcium Wafers is a proprietary article, and is sold by druggists, and for that reason by many physicians, yet I can assure you that nothing so safe and reliable as Stuart's Calcium Wafers for constipation, liver and kidney troubles, and especially in all forms of disease as this remedy.

Rate people who are tired, nervous, and so-called blood-poisoned, will find in Stuart's Calcium Wafers a far safer, more effective and effective preparation.

motherly woman to open the door of advancement to a very diffident youth who, without money, friends or influence, went to work in a large city.

He could not spend a cent for pleasures, but he had been brought up to love his church, and every Sunday found him in his place, though he was too shy to join the young people socially.

Just behind him sat an elderly couple whom he knew by reputation, for the gentleman was an honoured statesman and general. One Sunday the general's wife whispered to her husband as they rose to leave the church: "Invite that young man home to dinner, dear."

Like most great men, and all good soldiers, he knew how to obey promptly, so he courteously gave the invitation.

Though almost overwhelmed at the honour, the youth at once accepted, and, when his shyness wore off, showed his entertainers that he could talk well and intelligently. To be brief—and this incident is true—the general engaged the youth as his private secretary, and he became an inmate of the grand house, where he was treated almost like a son.

Months later he ventured to ask the lady why he was invited to dinner, and she answered, "Because you were in your place every Sunday, and showed reverence to God. I grew to observe you closely, and soon decided that you were alone and poor, but a neat, self-respecting and intelligent boy. I longed to give you a taste of home, and perhaps a little motherly help, and I am sure that neither of us will regret that you awakened the impulse and that I indulged it."

GRANDMOTHER'S BAKING DISHES.

"Guess you'll have to get a new baking dish pretty soon, mother," said Helen, as she stood at the sink washing the dishes. "This one is nearly baked out."

Sure enough, there were three little holes wearing through, owing to constant use.

"I shouldn't wonder if I'd better get some like your grandmother's," laughed Mrs. Kelso, mysteriously; "like the ones I've seen her bake her brown bread on. Then, after using, we could throw them away."

"Dishes?" exclaimed Helen, economically; "weren't they just like these?"

"Some of them weren't—they they grew."

"Why, Mother Kelso?"

"But they did," laughed Helen's mother. "I'm not joking."

"Tin dishes couldn't grow; they're made," said Helen, convincingly.

"They weren't tin, dear; they were cabbage leaves. Many a time I've seen mother put her little round loaves of brown bread on cabbage leaves, and then put them into the oven to bake."

"Did—the bread bake just as well?"

"You'd never know the difference. Perhaps some day I'll try it."

"Then we'll not have to wash the dishes," laughed Helen, eagerly. "We can throw them away the same as grandmother did!"

The Minutes that make the Days, that make the Years, are truthfully told by the ELGIN WATCH. Every Elgin Watch is fully guaranteed. All jewelers have Elgin Watches. "Time-makers and Timekeepers" an illustrated history of the watch, sent free upon request to ELGIN NATIONAL WATCH CO. ELGIN, ILL.

MABEL'S NEW NURSE.

Out on the piazza the block forts were going up beautifully, while just inside, where the breath of the flowers and all the pleasant summer sounds could come, mother was reading to Mabel.

It was not "a-very-sick," but just a "sick-enough-to-have-to-stay-in-bed" that was the matter with her, Mabel said. It was rather nice when it came time for cream toast, and while mother read to her; but it was hard to lie still when her mother had to go away and when Mabel could hear the other children playing without her. By-and-bye Bridget looked in at the door.

"The washerwoman's little boy has hurt his foot, ma'am, and she wants to know, will you come down a bit?" "Oh, dear!" said Mabel. "Everybody wants you. Who'll take care of me while you're gone?"

Mother thought a minute. "I know some one who can help you to be the best kind of a little invalid, if she will," she said. "I'll write her name on this slip of paper, and you can open it after I'm gone, and see if you want her."

Mabel waited only long enough to hear mother's steps pass out of the hall before she opened the paper and read, "Mabel Gray."

"Why, that's just me!" she said. "I thought it was going to be somebody else."

At first her lips pouted, but then at the thought of being her own nurse funny little dimples and smiles began to come. She told herself to be good. "Lie still, my dear, and try to sleep now." And soon she laughed outright. Then she began to tell herself stories, and by-and-bye she was sound asleep. She did not hear when mother came in, but when she awoke, the dear face was smiling down at her.

"Well, how did the new nurse get along?" mother asked.

"Pretty well," answered Mabel. "She asked me, wasn't I 'shamed of myself to be so selfish, when I had you all the time, and that poor boy only wanted you a little while. And then she said I must be good and keep still; she didn't just tell me to; she made me do it."

"I thought she would," laughed mother. "Little girlie, I am glad you have learned that, for it is true when you are well just the same as when you are sick."

HE HAD A CONSCIENCE.

One day, after a severe storm, a large number of men and boys were out on the roads of a country town to shovel out the drifts. Each workman was paid twenty-cents an hour, and, as may be supposed, there was no very strict watch kept upon them; but one little fellow seemed to be working with all his might, and his comrades laughed at him.

"Why, Jim, are you after the job of highway surveyor, or do you expect to get more than the rest of us for putting in so?"

"Let's put him out; he's shortening our job; 'twon't last till night at this rate!" laughed another.

"I am getting man's pay for the first time in my life, and I mean to earn it," said Jim. "I don't suppose the town cares, nor that I shall get any more money at night, but I shall feel a big sight better myself."

"You've begun right, Jim," said the surveyor, who was not very strict in behalf of the town, perhaps, but he had a business of his own, where he appreciated workmen with a conscience.

THE RATTLESNAKE'S RATTLE.

The utility of the rattle to the rattlesnake is a problem still awaiting solution. It has been supposed to be useful as paralyzing its prey through terror excited by the sound thus induced. But this is a very doubtful explanation. It is akin to the notion formerly entertained that serpents had a power of fascinating other creatures. Others have thought that it seems to excite the curiosity of animals, and so brings them within the rattlesnake's reach. It has also been supposed that it serves, as it may do, to enable snakes of different sexes to find each other, and also to guard the animal from attack when it is helpless from its power of offense having been temporarily exhausted.

No sufficient evidence has, however, been collected to show that any of these ingenious speculations affords us a real clew to the true cause of such a curious and elaborate mechanism.

DOG FOOLED HIS MISTRESS.

This dog learned a thing or two very quickly. A family had moved from their old home, but rented the

house, furnished throughout, the new tenant being an elderly lady. For some reason the family dog was "let" with the furniture. Now, the new occupant of the house liked to sit in a particularly comfortable chair in the parlor, but, as the dog was also as fond of the chair, she frequently found him in possession. Being rather afraid of the dog she did not dare to drive him out, and, therefore, used to go to the window and call: "Cats." The dog would then rush to the window and the lady would calmly take possession of the chair. One day the dog entered the room and found the lady in possession. He trotted to the window and barked excitedly. The lady got up to see what was the matter, and the dog instantly seated himself in the chair.

Dreaded Results of Kidney Disease.

Ailments of the Most Painful and Fatal Nature Prevented and Cured by

Dr. Chase's Kidney-Liver Pills

When you think of the pain and suffering which accompany backache, rheumatism, lumbago, stone in the kidneys and bladder; when you think of the dreadful fatality of Bright's disease, dropsy, diabetes and opoplexy, you may well wonder why people neglect to keep the kidneys in perfect order, for all these ailments are the direct result of deranged kidneys.

Once the kidneys fail to filter from the blood the impure and poisonous waste matter there is trouble of a painful and dangerous nature. Among the first symptoms are backache, weak, lame back, pains in the legs and sides, deposits in the urine, impaired digestion, loss of flesh, energy and ambition, stiffness and soreness in the joints and feelings of weariness and lassitude.

Prevention is always better than cure, and hence the advisability of using Dr. Chase's Kidney-Liver Pills on the very first indication of such derangement. Whether to prevent or cure, Dr. Chase's Kidney-Liver Pills are the most effective treatment you can obtain, for besides their direct and specific action on the kidneys, they keep the bowels regular and the liver active, and hence purify the system and remove the cause of disease.

This medicine has long since proven its right to first place as a cure for the complicated and serious derangements of the filtering and excretory organs. It has the largest sale and is endorsed by more people than any similar treatment. You can depend on it absolutely to bring prompt relief and lasting cure. In view of these facts it is a waste of time and money and a risk to life itself to trifle with new and untried remedies when Dr. Chase's Kidney-Liver Pills are at hand. One pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.