

DOUGLAS' EGYPTIAN LINIMENT. Stops Bleeding at Once. Prevents Blood Poisoning. Removes all Inflammation, Soreness and Swelling. 25c. at all Dealers. FREE SAMPLE ON REQUEST. DOUGLAS & CO., Napanee, Ont.

WHAT'S BRED IN THE BONE.

CHAPTER IX. (Continued.) "Had you not better make her welcome now that she has succeeded in tracing you, and has come so far?" said Sir Richard, kindly. "She must be fatigued after the journey."

WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound. "I cannot express what I went through during the change of my life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a new woman."

had remained a deformed idiot ever since? "Am I to come in? Really and truly and upon your honor, now—am I to come in? For, unless I'm as welcome as the flowers of spring, nothing will induce me to move another step! Am I as welcome as the flowers of spring, Sir Richard Nesbitt, baronet?"

JUSTICE OF THE PEACE

Mr. J. E. Arsenault, a Justice of the Peace, and station master at Wellington, on the Prince Edward Island Railway, says: "Four years ago, I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged. My doctor said I must stop work and lay up. After six months of this trouble I consulted another doctor, but with no better result. I tried all the salves, liniments and lotions I heard of, but instead of getting better I got worse. This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me relief. I continued to apply it to the sores, and day by day they got better."

WHAT ZAM-BUK CURES. The above is but one example of the wonderful cures that Zam-Buk is daily working. Purely herbal in composition, this great balm is a sure cure for all skin diseases, cold sores, chapped hands, frost bite, ulcers, bed-sores, ringworms, inflamed patches, cuts, burns and bruises.

Free Trial. Cut out this coupon and mail it with 1c. stamp (to pay return postage) to Zam-Buk Co., Toronto, and we will send you free trial box. J. P. 10.

WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound. "I cannot express what I went through during the change of my life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a new woman."

JUSTICE OF THE PEACE TELLS REMARKABLE EXPERIENCE WITH ZAM-BUK. SUFFERED FOR YEARS WITH ECZEMA & ULCERS. NOTHING SEEMED ABLE TO DO HIM ANY GOOD. ZAM-BUK CURED HIM.

Mr. J. E. Arsenault, a Justice of the Peace, and station master at Wellington, on the Prince Edward Island Railway, says: "Four years ago, I slipped in the station and fell on a freight truck, sustaining a bad cut on the front of my leg. I thought this would heal, but instead of doing so it developed into a bad ulcer and later into a form of eczema which spread very rapidly and also started on the other leg. Both legs became so swollen and sore that I could only go about my work by having them bandaged. My doctor said I must stop work and lay up. After six months of this trouble I consulted another doctor, but with no better result. I tried all the salves, liniments and lotions I heard of, but instead of getting better I got worse. This was my condition when I got my first box of Zam-Buk. Greatly to my delight that first box gave me relief. I continued to apply it to the sores, and day by day they got better."

WHAT ZAM-BUK CURES. The above is but one example of the wonderful cures that Zam-Buk is daily working. Purely herbal in composition, this great balm is a sure cure for all skin diseases, cold sores, chapped hands, frost bite, ulcers, bed-sores, ringworms, inflamed patches, cuts, burns and bruises.

Free Trial. Cut out this coupon and mail it with 1c. stamp (to pay return postage) to Zam-Buk Co., Toronto, and we will send you free trial box. J. P. 10.

Address all applications for samples and retail orders to T. McMurdo & Co., St. John's, Nfld.

WHAT I WENT THROUGH

Before taking Lydia E. Pinkham's Vegetable Compound. "I cannot express what I went through during the change of my life before I tried Lydia E. Pinkham's Vegetable Compound. I was in such a nervous condition I could not keep still. My limbs were cold, I had creepy sensations, and I could not sleep nights. I was finally told by two physicians that I also had a tumor. I read one day of the wonderful cures made by Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has made me a new woman."

Boadicea out for a drive, then put her into the train and send her to the other end of England, or to write to the people who had charge of her and tell them to come and take her away. Mrs. Johnson, however, though she was on thorns the whole of the time her sister-in-law was in the room, did not, as far as I could see, attempt to shorten her visit; and even when she occasionally tried to suppress her antics it was only in a nervous, half-hearted way. She watched their effect on her enemies, I noticed, with a scared, anxious look, and even descended now and then to offer explanations or excuses, which made me dimly suspect that there was something more than met the eye in her poor sister-in-law's untimely visit, some unfortunate family mystery that threatened to shake her already feeble tenure of power over her son-in-law.

The Evening Chit-Chat

By RUTH CAMERON. Some friends of mine who live in a house built in the days when sunshine and ventilation were not so much sought after in house building as they are nowadays, have recently had an extra window cut in one of their rooms. The window faces toward the east. Hitherto the side of the room was a blank wall, and consequently the room had never had any morning sun. Unless you have ever known a similar case you can scarcely imagine the difference which the window made in that room.

Household Notes.

When frying doughnuts, French fried potatoes or anything of the kind, drain on brown paper, and you will find the grease drawn out into the paper. Romanes served with French dressing is tasty. If grated pineapple cheese is added, it improves the flavor, as well as the appearance of the dish. Wipe off screens with a duster each morning and beat with a soft brush. The beating should be done lightly in order that the wire be not dulged. Don't put the salt into cold milk when making a custard. Put the salt in after the milk has been scalded; otherwise the custard will separate, as though curdled. Some cleanable vases for table decorations, fill them with sand, for this makes them stand firmly and renders them less likely to be knocked over and broken. One teaspoonful of flavoring extract is the proportion for one plain loaf of cake, and one-quarter of a pound of salt pork for a pint of Boston baked beans. An old-country cream for chapped hands, to be rubbed in at night, is made of spermaceti, one ounce; almond oil, two ounces; orange flower water, two ounces. A half can of tomatoes can be used to make tomato soufflé. Season with salt and pepper, add butter, strain and add a cup of cream. Serve with salted crackers. Canned pears make a delicious salad. Serve them on lettuce leaves, with thin mayonnaise dressing, in which tarragon vinegar, instead of lemon, has been used. An oily complexion can only be overcome by avoiding gravies, pastries, rich cake, etc. Water must be freely drunk between meals and plenty of fruit eaten. Old-fashioned mutton tallow, which can be perfumed with a few drops of essence of rose, is very healing for nerves.

Women Need

sympathy and help when they are attacked by weakness and suffering. At times when Nature seems cruel and very hard—when depressions and derangements come—kind womanly friends may give sympathy. When ailments occur, the best natural help and correction is the safe and well-tried family remedy BEECHAM'S PILLS. They correct the result of errors and remove the cause of suffering. They have tonic, helpful action on the whole system. They relieve nervousness, headache, backache, dispel depression and suffering. Beecham's Pills give the organs strength, improve bodily conditions and may be relied upon For Sure Relief. For females, Beecham's Pills are specially suitable. See instructions with each box. Sold Everywhere. In boxes 25c.

Women Need sympathy and help when they are attacked by weakness and suffering. At times when Nature seems cruel and very hard—when depressions and derangements come—kind womanly friends may give sympathy. When ailments occur, the best natural help and correction is the safe and well-tried family remedy BEECHAM'S PILLS. They correct the result of errors and remove the cause of suffering. They have tonic, helpful action on the whole system. They relieve nervousness, headache, backache, dispel depression and suffering. Beecham's Pills give the organs strength, improve bodily conditions and may be relied upon For Sure Relief. For females, Beecham's Pills are specially suitable. See instructions with each box. Sold Everywhere. In boxes 25c.

And then there is Mrs. C. Mrs. C. is forty-five. Her one daughter, who married and goes to live in a home of her own, a thousand miles away. So that window through which much of her life's sunshine came is of necessity closed. Mrs. C. is very homesome and talks life a cheery place, but how many other windows Mrs. C. might cut through, making life a little less cheerful. There is the charity work for the poor of the town, in which her friends have vainly tried to interest her. There is the Sunshine Society which she has been often urged to join. There is the crippled lady across the way. There is Mrs. C.'s husband who, to tell the truth, seems to me to be decidedly an uncut window so far as she is concerned. I know that any of these interests would bring a flood of sunshine into Mrs. C.'s life. If she would but cut through some of these windows and southern windows and let the blessed sunshine in.

"Congenial friendships spoiled by misunderstanding, opportunities for social service neglected, chances for culture and self-education disregarded, the sweetest relations of life left undeveloped, these are a few of the blank walls that keep out sunshine from our lives. Are there any in your home?"

A Clean Man. Outside cleanliness is less than half the battle. A man may scrub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and act it. He will work with energy and think clean, clear, healthy thoughts. He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs. Dr. Pierce's Golden Medical Discovery prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and cleans healthy flesh. It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs. Constipation is the most unclean uncleanliness. Dr. Pierce's Pleasant Pellets cure it. They never gripe. Easy to take as candy.

Women in All Parts of Canada

They Made a New Woman of Mrs. Elle Amrault's Hill, Yarmouth Co., N.S. Dr. D. J. (Special)—"Four boxes of Dodd's Kidney Pills made a new woman of Mrs. Elle Amrault of this place. They are words that have been used again and again by women in all parts of Canada who have suffered, and who have found relief and cure in Dodd's Kidney Pills. I suffered for over a year from kidney disease. Mrs. Amrault continues, "Nothing I tried helped me. At last some one told me to try Dodd's Kidney Pills. Before I had finished the first box I felt better. Four boxes made a new woman of me." "I suffered for over a year from kidney disease," Mrs. Amrault continues. "Nothing I tried helped me. At last some one told me to try Dodd's Kidney Pills. Before I had finished the first box I felt better. Four boxes made a new woman of me." "I suffered for over a year from kidney disease," Mrs. Amrault continues. "Nothing I tried helped me. At last some one told me to try Dodd's Kidney Pills. Before I had finished the first box I felt better. Four boxes made a new woman of me."

Be Sober and Watch.

The T. A. & B. Society held its quarterly meeting on Sunday afternoon. Twenty applicants, including three transfers from the Yarmouth Branch, were elected. This large number of young men seeking admission to the Society points to a healthy sentiment prevailing throughout the city. The Society's financial statement was a very satisfactory one and met with universal approval. The Guardians of the Juvenile Club have reported the working of the junior branch, which was particularly table in every respect. The report, showing decided improvements in all its workings, was a very great importance, having for its object the relieving of all members suffering from the effects of intemperance. The report of the Treasurer, Mr. J. W. Furlong, and of the Old Boys Association, as well as of the various temperance societies, was presented.

FATHER O'CALLAGHAN'S LECTURE. Father O'Callaghan lectures on Thursday night for the benefit of the funds of St. Bonaventure's College. The subject: Father Matthew and his work, is of supreme interest to all friends of temperance. Speeches will be made by Sir Edward Morris who will preside, and by Messrs. M. W. Furlong and F. J. Morris, executive officers of St. Bonaventure's Alumni Association. The members of the College Board, and of the Old Boys Association, as well as of the various temperance societies, will be present.

Square Flipper Killed at Greenspond.

Editor Evening Telegram. Dear Mr. Editor—Will you kindly give space in your valuable paper for this little article, for it is a singular thing, and only happens now and again, especially at Greenspond. While out gunning this winter with three other men, we happened to come up with a very large seal, any way we started to row for it, and was soon up within one hundred yards, more or less, then I gave orders to the other fellows in the punt to stop her, and every man kept quiet and just as I was ready to fire the seal rose its head to go down, quick as a flash I had my sight, and fired killing the bullet right in the head of the seal. We were soon up to the seal and captured it. We were making getting the raft into it, finding there was a little life into it, we gave it another bullet, so that it would be sure dead. These are the words of the seal, as it was found that it was too large to take into the punt so we had to tow it to the nearest land, after getting there we found our astonishment that even then we could not get it on board the punt. Looking around to see if any one else was near, we saw another punt on the punt for seals, we called to them and they came to our help. By the help of the other men we managed to get it on board, when made for home, on arriving there friends awaited us wondering what was the matter for we had not been gone longer than two hours. On sculping it we found that it was a "Bitch Square Flipper" with young. Myself began to dock to see the "bitch" seal as it is rather peculiar in appearance to the young harp or hood seal. Any one wishing to purchase a "bitch" seal can do so by applying to me on board the S. S. Nascope. AUGUSTUS HODDINOTT.

Women in All Parts of Canada

They Made a New Woman of Mrs. Elle Amrault's Hill, Yarmouth Co., N.S. Dr. D. J. (Special)—"Four boxes of Dodd's Kidney Pills made a new woman of Mrs. Elle Amrault of this place. They are words that have been used again and again by women in all parts of Canada who have suffered, and who have found relief and cure in Dodd's Kidney Pills. I suffered for over a year from kidney disease. Mrs. Amrault continues, "Nothing I tried helped me. At last some one told me to try Dodd's Kidney Pills. Before I had finished the first box I felt better. Four boxes made a new woman of me." "I suffered for over a year from kidney disease," Mrs. Amrault continues. "Nothing I tried helped me. At last some one told me to try Dodd's Kidney Pills. Before I had finished the first box I felt better. Four boxes made a new woman of me."

Be Sober and Watch.

The T. A. & B. Society held its quarterly meeting on Sunday afternoon. Twenty applicants, including three transfers from the Yarmouth Branch, were elected. This large number of young men seeking admission to the Society points to a healthy sentiment prevailing throughout the city. The Society's financial statement was a very satisfactory one and met with universal approval. The Guardians of the Juvenile Club have reported the working of the junior branch, which was particularly table in every respect. The report, showing decided improvements in all its workings, was a very great importance, having for its object the relieving of all members suffering from the effects of intemperance. The report of the Treasurer, Mr. J. W. Furlong, and of the Old Boys Association, as well as of the various temperance societies, was presented.

Be Sober and Watch.

FATHER O'CALLAGHAN'S LECTURE. Father O'Callaghan lectures on Thursday night for the benefit of the funds of St. Bonaventure's College. The subject: Father Matthew and his work, is of supreme interest to all friends of temperance. Speeches will be made by Sir Edward Morris who will preside, and by Messrs. M. W. Furlong and F. J. Morris, executive officers of St. Bonaventure's Alumni Association. The members of the College Board, and of the Old Boys Association, as well as of the various temperance societies, will be present.

WELL, WELL! THIS IS A HOME DYE that ANYONE can use. I dyed ALL these DIFFERENT KINDS of Goods with the SAME Dye. I used DYOLA. No Change of Size. Clean. Good and Booklet free. RICHARDSON & CO. Montreal, Que.