

Does Your FOOD Digest Well?

When the food is imperfectly digested the full benefit is not derived from it by the body and the purpose of eating is defeated; no matter how good the food or how carefully adapted to the wants of the body it may be. Thus the dyspeptic often becomes thin, weak and debilitated, energy is lacking, brightness, snap and vim are lost, and in their place come dullness, lost appetite, depression and languor. It takes no great knowledge to know when one has indigestion, some of the following symptoms generally exist, viz.: constipation, sour stomach, variable appetite, headache, heartburn, gas in the stomach, etc.

The great point is to cure it, to get back bounding health and vigor.

BURDOCK BLOOD BITTERS

is constantly effecting cures of dyspepsia because it acts in a natural yet effective way upon all the organs involved in the process of digestion, removing all clogging impurities and making easy the work of digestion and assimilation.

Mr. R. G. Harvey, Ameliasburg, Ont., writes: "I have been troubled with dyspepsia for several years and after using three bottles of Burdock Blood Bitters I was completely cured. I cannot praise B.B.B. enough for what it has done for me. I have not had a sign of dyspepsia since."

Do not accept a substitute for B.B.B. There is nothing "just as good."



Hercules Spring Beds

Save Money

They last 5 times as long as the ordinary bed. And are 5 times more comfortable.

The principle on which they are built—and the patent interlocking steel wire—gives five times more strength—just that much more comfort. They remain taut and springy to the last.

Look for the name on the frame—"Hercules."

Try a "Hercules" 30 nights—your money back, if you're not satisfied.

GOLD MEDAL FURNITURE
MFG. CO., Limited,
Montreal, Toronto, Winnipeg.

Teething Babies

are saved suffering—and mothers given rest—when one uses

Nurses' and Mothers' Treasure

Quickly relieves—regulates the bowels—prevents convulsions.

Used 50 years. Absolutely safe.

At Drugstores 25c, Bottles \$1.25.
National Drug & Chemical Co., Limited,
Sole Proprietors, Montreal. 41

ENTERTAINING MISCELLANY

VARIOUS SUBJECTS CLEVERLY TREATED

BETWEEN THE LIGHTS.

"Dear heart, come closer, while the light
Dies slowly in the darkening sky.
And, marshalled at the call of night,
The twilight shades troop softly by."

"I would not have you sorrow so
Because it must be, soon or late,
That one of us alone will go
From out the light thro' Death's dark
gate."

"For life at best is all too short
When measured by a love like ours,
And death is but an open port
To broader fields and fairer flowers."

"So while the twilight shades troop
past
And night and darkness come apace,
We know the dawn will break at last—
And always there is light some
place."

Items of Interest.

The parrot appreciates music more than any other of the lower animals.

There are no newsboys in Spain. Women sell newspapers in the street.

Sixty thousand elephants are annually slaughtered in Africa to secure ivory.

Eggs are sold in Denmark by the score more commonly than by the dozen.

In Queen Elizabeth's time a woman would eat a pound of beefsteak for breakfast.

Many travellers in Eastern Siberia carry solidified soup in small leather receptacles.

In Norway he who cuts down a tree must always plant three young trees in its place.

In Tokio every workman wears on his back an inscription telling his trade and his employer.

Some of the largest ocean steamers can be converted into armed cruisers in thirty hours.

The boa constrictor, Buckland, the naturalist, declares, tastes like veal, only finer and sweeter.

Horses, giraffes and ostriches have in proportion to their size larger eyes than any other creatures.

Intoxicating liquors have been made from the sap of the birch, the willow, the poplar and the sycamore.

Among the Dyaks of Borneo a youth may not marry till he can show the skull of an enemy slain in battle.

Old maids are unknown in Turkey, and the word "spinster" has no equivalent in the language of the country.

Lake Morat, in Switzerland, turns red every two or three years, owing to the presence of a peculiar aquatic plant.

There are no paupers in the Gold Coast Colony, and there is neither lunatic asylum, reformatory nor poorhouse.

Yellow is by far the most permanent of any color in flowers. It is the only one not affected by sulphurous acid fumes.

It Italy you can tell where the peasant women come from by the size of their earrings. The southerners wear the longest.

The soil in China is so rich that a square mile is said to be capable of supporting a population of nearly four thousand people.

Neither in France nor in Austria are children ever permitted to be received into work-houses. They are boarded out with peasant families.

Caterpillars have been found to be greatly agitated by musical vibrations, descending from a tree in a shower at the sound of a cornet.

One of the choicest delicacies in Jamaica is a huge, white worm found in the heart of the cabbage palm. It tastes, when cooked, like almonds.

Diamonds, pearls and turquoises are the precious stones best imitated. False rubies and sapphires, on the other hand, may be detected with ease.

Cannes, the perfume-making town of Southern France, smells so powerfully of flowers in the busy season that visitors are often afflicted with a flower headache.

Well trained Spanish women learn to handle the sword from their earliest year, and as a result they have admirable figures and an easy walk.

In Norway they hold balls on the ice, and the young men and women have reached a point of skill where on the ice they can go through the most complicated figures of the dance.

The newspaper files of the British Museum have been moved to a special depository at Hendon, seven miles from London, where they occupy six miles and a half of shelving.

In the Gulf of Mexico, ten miles southwest of Sabine pass, is a calm stretch of water two miles long and three-quarters of a mile wide. It is known as the oil spot, and is always placid.

The tolling of a bell at a funeral is a purely pagan custom. The idea was to drive away evil spirits. Funeral bells are known to have been used by the church in the sixth century, A. D.

Modelling in crumbs, which are soaked in liquids of various colors and are made elastic and almost unbreakable by a special process, is the curious new art of Suzanne Meyer, a French woman.

The highest clouds reach ten miles above our heads. They are the white, feathery forms which we see on a clear day. Although apparently motionless, they travel from seventy-five to ninety miles an hour.

A piece of leather, with the assistance of the latest machines, can be transformed into a pair of shoes in thirty-four minutes, in which time it passes through the hands of sixty-three people and through fifteen machines.

The English Duke of Rutland has the walls of one of his castles adorned with thousands of horseshoes, the collection having been begun centuries ago. Among them is a shoe given by Queen Elizabeth and another by Queen Victoria.

Eighteen miles is said to be the longest distance at which a man's voice has been heard. This occurred in the Grand Canyon of Colorado, where one man shouted the name "Bob" at one end and was plainly heard at the other end, which is eighteen miles away.

Remarkable gold beetles are found in Central America. The head and wing cases are brilliantly polished with a lustre as of gold itself. To sight and touch they have all the appearance of that metal. Oddly enough, another species from the same region looks like solid silver, freshly burnished.

From time immemorial the rose has been regarded as an emblem of silence, having been dedicated by Cupid to Harpocrates, the god of silence. Presenting or holding a rose to a person was regarded as a signal to hold his tongue, and in rooms it was usual to place a rose above the table to signify that what was there spoken should be kept a secret.

Artificial silk is made from wood pulp in Sweden. The imitation is excellent, but it is found that many dresses made from it have been discarded because the creases made when the wearer sits down do not come out. It is scarcely possible to distinguish the real from the artificial silk, but this defect has proved fatal for the use as dress pieces.

Every cat owner now in Berlin has to pay a tax, which is equivalent to a license, and each cat has to wear a metal disk round its neck as evidence that the tax has been paid. Any cat found on the streets without this metal disk is taken off to the municipal lethal chamber by the police. This method has already considerably lessened the number of cats in Berlin. The Emperor—who has a hatred of cats almost amounting to a mania—is said to have induced the Berlin municipality to take action.

A bridge built entirely of mahogany, said to be the only one of the kind in the world is in the State of Chiapas, Mexico. The bridge spans the Rio Michol, and its total length, including approaches, exceeds 150 feet, while the width is 15 feet. It is used by both teams and pedestrians, and, though somewhat rude and primitive in construction, is substantial. None of the timbers of the flooring were sawed, for in that region there are no sawmills, but were hewed and split.

The most productive sulphur mine in the world is in Calcasieu parish, in the southwestern part of Louisiana, a few

miles from the Sabine River. The sulphur is 98.8 per cent. pure. The daily output is from 750 to 800 tons throughout the year. The cost of production is only \$2.50 a ton, while the selling price is \$28.50 per ton.

In Belgium all cattle over three months old are to be seen wearing ear-rings. Breeders are obliged to keep a record of all cattle raised by them, and each animal has a registered trade number, which is engraved on the ring fastened to its ear.

The South Sea Island fisherman throws into the water a poison extracted from a certain bark. The fish, stupefied, at once come to the surface, and are gathered in by hand. Their flesh is quite as wholesome as though they had been netted.

A bank note that passed through the Chicago fire is one of the curios preserved in the Bank of England. The paper was consumed, but the ashes held together, and the printing is quite legible, and is kept under glass. The bank paid the note.

They do things on a wholesale scale out in California. The traveler down the coast from San Francisco to Los Angeles rides through 35 miles of growing beans. A tract of 8,000 acres is owned by one man. A "bean ranch" may sound rather odd, but that is what it amounts to.

What is said to be the smallest book ever printed has just been published at Padua, Italy, by Salmin Brothers. It is ten by six millimeters in size, and consists of 80 lines of 95 to 100 letters that, despite their diminutive size, are perfectly visible. The book reproduces a hitherto unpublished letter, Galle's to Christina of Lorena (1615).

A singular birth custom prevailing in Yorkshire is mentioned by a contributor. In parts of the West Riding, he says, it is quite common for visitors to a house in which a new baby has appeared to carry with them as an offering to the infant a new laid egg, some salt, a piece of bread, and in some cases a penny.

By his will, a rich land owner, named Bielau, who has died in Leonewitz, Saxony, leaves a large property to the military authorities, which, in case of war, is to be sold, and two-thirds of the money given to the soldiers who capture the first standard from the enemy, and the third part to the first soldier who captures a gun.

Some rather remarkable fancy work was recently exhibited in London, the work of a woman living in Cape Town, South Africa. Several screens and some exquisite panels were decorated with flowers and figures made entirely of fish scales. The scales were threaded on silver wire and dyed just the right tints, and the results were quite wonderful in both color and general effect.

The feat of moving a lighthouse without taking it apart or dismantling it in any way has recently been accomplished at Ashtabula. The range light, weighing 65 tons, and standing 65 feet high, was placed on a lighter and towed along the river, a distance of 750 feet, and then successfully placed on a new site. It was raised by the use of jacks and moved on rollers to and from the lighter. Guy ropes held it in position while moving.

It will cost the American government in round numbers of \$300,000 just to secure the blank paper necessary on which to print the supply of paper currency for 1907. This will prove a good investment, however, because Uncle Sam will manufacture the paper into notes and bills with a face value of \$765,000. The biggest item in this total is the \$5 denomination, of which there will be \$184,000,000. There will be worth \$3,000,000 \$1 bills and \$140,000,000 of \$5 gold certificates.

The candle nut is a native of the Pacific Islands, and the name is derived from the fact that the kernels are so full of oil that, when dried, they can be stuck on reeds and used as candles. The people of Hawaii, after having roasted these nuts and removed the shells, reduce the kernels to a paste, which, when flavored with pepper and salt, is said to be a most appetizing dish. The husk of the nut and the gum which exudes from the tree have medicinal values, while the burned shell is used to make an indelible ink, with which tattooing is done.

Certain butterflies have marked odors, some good, some bad. Dr. F. A. Dixey, a British entomologist, mentions a white butterfly of England that has the fragrant scent of lemon verbena, and has noted many species in Africa with such odors as those of chocolate, vanilla and various flowers. The agreeable

odors belong to males, to attract females. The shared by both sexes, repelling enemies.

Every Frenchman is of \$150 on his shoulder.

River Jordan water regularly for baptismal.

It is said that a fly runs per second with its wings been proved by the telephone that you can hear.

A royal decree just Italian king approves the Marconi wireless telegraph from Italy to America cents a word.

In 1855 there were over 1000 Jews in Jerusalem the city they numbered in all, about 150,000 are in Palestine.

Among civilized nations of the men and 1 per cent of men are color blind. The only people free from blindness.

The Russian law, which Jews to live in the ghetto not modified even in the invalids, who might save change of air.

The King of Denmark valuable collection of birds includes specimens of kind in existence. The collection is worth about a thousand dollars.

The poisonous nicotine removed by steeping tobacco in a solution of tannic acid. The method adopted by a German to improve the flavor of tobacco is then treated with majoram.

When the war broke out had already engaged a number of 110, with a value of 400,000. These were belonging to the Nippin or smaller Japanese companies. Since then numerous steamships have been right and most of the ships the far east have seized to weed out the older fleets, greatly to the their shareholders.

In some parts of the form a regular article peasants eat them with oftentimes been rubbed. The hygienic effects good, replacing meat to these nuts are also used. It is much cheaper and more taste to that pressed from employed to adulterate prisoners in certain prisons in cracking walnuts are the kernels, which are prepared.

So peculiar is the force that night and day can run with perfect ease most dangerously rough places. From a narrow broadened remarkably towards which the great one from the others as to form a wide angle. And from nails that can be fixed like hooks. This peculiarity of the natives of Tonquin for them among the Chinese of Coa-Ci—the people who toes.

Facts and Figures

The world's annual India rubber is at present pounds. Of this nearly in the United States.

Fifty-one carrier pigeons Antwerp recently for \$200,000, a record price, the \$100,000 paid for one bird being \$200,000.

The German Emperor wants in his employ the monarch. Altogether the 3,000, about two-thirds women.

In the Vatican at Rome topaz in the world. It weighs 100 pounds and has carved and occupied three Neapolitan years.

There is a training school in Api, in the where 28 elephants are The training operations encouraging results.

If taken at the "Sneeze" venting—a toothsome can will surely and quickly preaching cold or Lagr.

You first catch cold—or on—take Dr. Snop's I the prompt effect will be and please you. Prevent the proverbial "ounce of prevention" Sold in 5c. and