

DYSPEPSIA'S VICTIMS.

The Cause of the Trouble and How to Overcome it.

It Frequently Produces Headache, Heartburn, Dizziness and Other Distressing Symptoms—A Victim Tells of Her Release.

(From the Telegraph, Quebec.)
The primary cause of indigestion or dyspepsia is lack of vitality; the absence of nerve force; the loss of the life-sustaining elements in the blood. No organ can properly perform its functions when the source of nutriment is robbed of the nutriment demanded by nature, assimilation ceases, unnatural gases are generated, and the entire system responds to the discord.

A practical illustration of the symptoms and torture of dyspepsia is furnished by the case of Mrs. A. Labonte, who lives in the village of Steadocoe, Quebec. When interviewed by a reporter of the Quebec Telegraph, Mrs. Labonte looked the picture of vigorous health, showing no traces of the malady that had made her life for the time miserable.

Speaking of her illness, Mrs. Labonte said: "For about two years I suffered dreadfully. My digestive organs were impaired, and the food I ate did not assimilate, and left me with a feeling of flatulency, pain and acidity of the stomach, and frequently heartburn. This condition of affairs soon told on my system in other ways, with the result that I had frequent headaches, dizziness, and at times a dimness of vision, with spots apparently dancing before my eyes. I became so much run down that it was with difficulty I could do my household work, and at all times I felt weak, depressed and nervous. While I was at my worst, one of my friends, seeing that the doctor was not helping me, urged me to try Dr. Williams' Pink Pills. My husband then got me half a dozen boxes and I began taking them. After I had used two boxes I began to enjoy my meals, and the various symptoms of my trouble began to disappear. I continued the pills until I had used the half dozen boxes when I again felt perfectly well. My stomach was healthy, my weight had been restored, and my head was clear and free from the dizziness and aches that so long had made me miserable. It is more than a year since I stopped taking the pills, and health has continued better than it was for years before."

Mrs. Labonte added that she will always feel grateful to Dr. Williams' Pink Pills for the misery they have released her from, and she always advises friends who are alling to use them.

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. Avoid imitations by insisting that every box you purchase is enclosed in a wrapper bearing the full trade mark Dr. Williams' Pink Pills for Pale People. If your dealer does not keep them, they can be had without cost at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Shoe Hints.
Never wear a shoe with a sole narrower than the outline of the foot traced with a pencil close under the rounding edge.
Never wear a shoe that pinches the heel.
Never wear a boot or shoe so large in the heel that the foot is not kept in place.
Never wear a boot or shoe tight anywhere.
Never wear a shoe or foot that has depressions in any part of the sole to drop any joint below the level plane.
Never wear a shoe with the sole turning up very much at the toes, as this causes the cords on the upper part of the foot to contract.
Never wear a shoe that presses up into the hollow of the foot.
Never come from high heels to low heels at one jump.
Never wear one pair of shoes all the time, unless obliged to do so. Two pairs of boots worn a day at a time afterwards last longer and are much more healthful.
Never wear a short stocking or one which, after being washed, is not at least one-half inch longer than the foot. Bear in mind that stockings shrink. Be sure that they will allow your toes to spread out at the extreme ends, as this keeps the joints in place and makes a strong and attractive foot.
Never think that the feet will grow large from wearing proper shoes. Pinching and distorting them makes them grow not only large, but unsightly. A proper, natural use of all the muscles makes them compact and attractive.

Sprains, Bruises, Cured Just as Quickly as Cramps and Toothache by Polson's Nerviline.

Sprains and bruises can be cured up in short order when Polson's Nerviline is applied. Its action is soothing, but very penetrating, and no pain or ache is left over after it is used. No other pain remedy gives the results that Nerviline does. It is ten times more powerful, but very pleasant to take inwardly or to rub on. Try it.

CATARRHOZONE cures Catarrh.

Chinese Etiquette.
When a Chinaman issues invitations to dinner he sends out one or two days beforehand a tiny card of invitation contained in a huge envelope. If you accept the invitation you are supposed to keep the card; if you have not time—that is, if you decline—you are expected to send it back. If the banquet is appointed for 12 o'clock you need not go before 2 p.m.

Miller's Worm Powders for sallow skin; old or young.

McSWAT TRIES TO COOK.

The Disastrous Experiment of the Man of the House.

TRYING TO BAKE GRIDDLE CAKES

The McSwat family was thrown into temporary confusion by the sudden adjournment, sine die, of the kitchen lady, a young woman of great force of character, who had learned of a place where the hours of work were shorter and the afternoons out longer and more frequent, and had gone to fill it.
"Now, Lobelia," said Mr. McSwat, as they were preparing to retire for the night. "If your headache isn't any better in the morning, don't you hurry about getting up. I can manage the breakfast."
"You!" exclaimed Mrs. McSwat, with the contempt that every experienced housewife feels for the meddlesome masculine being who seeks to thrust himself into the affairs of the domestic cook shop.
"You! Why, Billinger, you don't know any more about cooking a breakfast than an old hen."
"I'll show you," he retorted. "We have buckwheat cakes every morning, don't we? Well, you tell me how to manage them, and if I don't turn out as good an article of buckwheat cake as you ever took into your system, I'll eat the griddle. What is the first thing you do?"
"Well, if you are bound to try your hand at it—you've got to promise one thing. Will you do exactly what I tell you?"
"Of course I will. What do you take me for?"
"Then the first thing you do after you have got your fire all ready is to prepare the batter. It's in the stone jar on the kitchen table. There's always some left over after breakfast, and it leaves the batter for the next morning. Understand that?"
"Anybody can understand that. Go on."
"Well, I've fixed it for to-morrow morning. All you will have to do is to mix it. It's in the stone jar. You'll have to do the soda, salt and New Orleans molasses."
"What is the molasses for?"
"To make the cakes brown nicely, and to keep them from sticking to the griddle."
"Don't call names, madam. What else?"
"Have your griddle on the fire. You'll find the greaser in the little tin can in the butter jar. Don't use too much grease."
"How do I thin the batter?"
"I hadn't forgotten that. You take a cup of water—hot, remember—stir in a small teaspoonful of soda, about the same quantity of salt, pour it in the batter, stir it slowly a minute or two, add the molasses—that's in a fruit jar in the pantry—and then bake a trial cake. If it lacks anything you can tell what it is from the way it tastes. Can you remember all that?"
"Remember that," said Mr. McSwat, with crashing disdain. "Do you call that anything to remember?"
"There's one thing more. You'll need the cake turner. It's in the drawer under the kitchen table. Now do you think you can manage it?"
His only reply was a soft snore.
About 6:30 the next morning Mr. Billinger McSwat might have been seen in his great act of getting the breakfast.

He lighted the gas range, hunted up the griddle, put it over the fire and approached the jar of batter.
Rolling up his sleeves he contemplated it in silence a moment, and then began business.

The first thing he did, after hunting up the necessary groceries in the pantry and greasing the griddle, was to fill a teacup with water from the boiler, which, providentially, was still warm, and stir in a heaping teaspoonful of soda.
"I think that's the quantity she prescribed," he said cheerfully. "If it isn't enough I can put in more."
Then he added a teaspoonful of salt, a teaspoonful of New Orleans molasses, and poured the mixture into the batter jar.

He stirred the batter fiercely. It foamed up at once and ran over the top of the jar.
"She mixed up too much of the blamed stuff," he muttered, stirring it still more vigorously.
By this time the kitchen was filling with smoke.

Concluding that the griddle was hot enough, he hastily lifted the jar, carried it to the stove, and poured a quantity of the batter out on the smoking griddle through the spout on the side of the jar.
There was a tremendous sizzle.
"You bet it's hot enough," he exclaimed. "Now where's the blooming cake turner?"
He could not find it.
"Never mind," he said. "I've seen my mother use a caseknife."
When he had secured a caseknife it appeared to be high time to turn the cake. On the upper side it looked dry and yellowish, but the cake stuck. He saved the knife under it with desperate haste, and finally got it over—in sections—a blackened, frizzled, discouraging semblance of a buckwheat cake.

"I don't believe it needs any cooking on that side," he said, scraping it off the griddle and slapping it on a plate.
"This," he continued, with a ferocious grin, "is the 'trial cake' she was talking about."
He tasted it.
"Ye gods!"
It was all he said.
And then Mr. McSwat took that jar of buckwheat batter, carried it out into the alley and emptied it into the garbage box.

Five minutes later he appeared at the foot of the stairway running up from the front hall.
"Lobelia," he yelled, "that batter of yours got spoiled last night! I'm going to eat the meat market for a steak!"—Chicago Tribune.

It Was Terrible—To Her.
"I suppose," he said, as they undulated round the hall, "that my mother would be awfully worried if she knew I was here. She thinks it is a terrible thing to dance."
"Oh, never mind," the girl said; "she wouldn't know you were dancing even if she saw you."—Stray Stories.

The Bible is a window in this prison of hope through which we look into eternity.—Dwight.

ADVERTISING ABILITY

As it is Displayed by Some Persons We Meet With.

If possible, get in a little dig at your competitor. That shows that you have respect for yourself—and his goods.
Always insist on your advertisement being in black type. It doesn't cost any more, and makes up for what you didn't sell.
Never give a white piece of paper and write your advertisements legibly—it is time thrown away. The printer is hired to read any old thing.

If you spend 10 cents in advertising, you ought to make \$1 out of it. That is reasonable, and a good business proposition.
Never give the printer any latitude in getting up your advertisements. His lifetime experience is worthless, and your taste is better than his, anyhow.
Always wait the last minute before you send in your copy. The printer then has lots of time to study out display and get up an attractive advertisement.

Always insist that your advertisement be top of column next to reading matter. That lets the printer onto the fact that you know a few things and makes him disposed to favor you when he can.
Never reveal the fact that you know that no expenditure of money is so sure of return many fold as that spent in advertising. The publisher knows you were aware of it, it might make him feel too important.—Tradesman.

The Geography of Gold.
While gold is found almost everywhere, even the waters of the world, vastly the greater part of the world's production is confined to small areas and few countries. South Africa, Australia and the United States contribute more than 70 per cent. of the world's output. The Director of the Mint has estimated that for 1898 the world's production of gold was \$288,000,000, of which the countries named produced \$208,000,000 as follows: South Africa, \$80,000,000; the United States, \$64,000,000; and Australia, \$64,000,000. If Russia be added to this list, with a production last year exceeding \$25,000,000, then 80 per cent. of the world's supply is accounted for.

Until the Boer war upset all calculation, the indications were that the current year would record a world's production exceeding \$300,000,000. Indeed, it is not improbable that such a great sum may be reached, for there are well-defined rumors of marvelous discoveries at Cape Nome, which, if actually characterized the geological surprise of the century. Truly this is a new golden era. Only a little over twenty years ago, indeed, the eminent American geologist estimated that three-fourths of the world's gold production was from placer mines, and from this supposed fact he concluded that, since the working of such mines is limited to short periods, the future of gold mining was by no means encouraging. Yet of the total of \$288,400,000 gold brought to light by last year's operations, not more than 15 per cent. was the product of placer mines, while approximately 60 per cent. was derived from those stubborn fields which, at the time of Suez's pessimistic prediction, could not be worked with profit, and so were abandoned.—Bankers' Monthly.

Miller's Worm Powders for restlessness and peevishness.
Shirt Waists.
Yokes are tabooed on the newest shirt waists, but every variety of plait, tuck, insertion and shirring is used to render this necessary adjunct to the wardrobe of the summer girl. Mull, chiffon or ribbon is the most approved material for the neck finishing, but a linen collar and four-in-hand made of black velvet ribbon are favored by some who affect tailor-made costumes of the severest type.

Minard's Liniment Lumberman's Friend.
The ends bridge across the Mississippi river at St. Louis has always been subject to the phenomenon known as "creeping rails." The creeping occurs always in the direction of the traffic and varies with the amount of tonnage passing over the rails.
Many persons suffering from rheumatism have been permanently cured by Miller's Compound Iron Pills.

Sizing Him Up.
He—What a splendid girl you are! Do you really think there is another person in this world as jolly as you are?
She—Oh! I don't know. I may be a jolly individual, but I think you're a jollyer.—Philadelphia Press.

Bermuda the Wreckman's Paradise.
The natural coral formation, together with good workmanlike habits, made the roads of Bermuda famous in the cycling world, and enthusiasts of the wheel who have been so fortunate as to visit this island have called it the Cyclers' Paradise.
Ask for Minard's and take no other.

The First Royal Guest.
The first royal guest to visit the Paris Exposition of 1889 was the Queen of Saxony, who, accompanied by a chamberlain and two ladies in waiting, made her appearance rather unexpectedly in the Rue des Nations on Wednesday last.
The best physicians speak well of Miller's Compound Iron Pills.
A crematory is to be built at Montreal.
Light is the task where many share the toll.—Homer.
Cholly (who is up in art)—Yah's—the color work is bad, but the handling of the call is up.
Ethel (who isn't)—But calves are such difficult little things to handle. Why, up at the farm last summer, Uncle Silas nearly had his neck broken by one!
Teacher—You should be very careful what you say, Johnny. Do you know what will become of you if you keep on telling stories? Johnny (who reads the papers)—Yes'm; I'll get invitations to all the big dinners when I grow up and become a United States Senator from New York.

BRIGHT'S DISEASE

is the deadliest and most painful malady to which mankind is subject. Dodd's Kidney Pills will cure any case of Bright's Disease. They have never failed in one single case. They are the only remedy that ever has cured it, and they are the only remedy that can There are imitations of Dodd's Kidney Pills—pill, box and name—but imitations are dangerous. The original and only genuine cure for Bright's Disease is

DODD'S KIDNEY PILLS
Dodd's Kidney Pills are fifty cents a box at all druggists.

Cleanliness Caut His Sight.
Occasionally, a man, if he is extremely careless and awkward, will jab his finger into his eye when he is washing his face, but one has to go a long way to find a man who, having jabbed his eye in such a manner, pushes in the other. A grocer's assistant in London, 41 years old, while washing his face put his finger into his right eye. The eyeball became inflamed and was taken out. This was in 1896. Four years later he ran a fingernail into the other eye in the same manner, causing an even more serious wound. The surgeon, who seemed to have had no hesitation about taking out the other eye, wanted to save this one if possible, and so they postponed the operation to see if sight were in a small degree could be retained. There was an element of luck in the matter for the grocer for he was insured in an accident company, and the corporation agreed to pay the claim at once without waiting to see if the eye eventually could be saved.

Miller's Grip Powders cure.
An Odd Ad.
Gyer—There must have qucer cattle down in old Missouri.
Myer—Why do you think so?
Gyer—I saw an advertisement in the want columns of a St. Louis paper the other day for a woman to wash iron and milk two cows.—Chicago News.

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.
E. J. CHENEY & CO., Props, Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations connected with his firm.
WEST & THAXX,
Wholesale Druggists, Toledo, O.
WALRING, KENAS & MARVIN,
Wholesale Druggists, Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all druggists.
Hall's Family Pills are the best.

Mississippi's New Capitol.
Mississippi expects its new capital, so long desired, to be ready for occupancy when the State Legislature meets in January, 1902. One million dollars has been appropriated for its erection.
Keep Minard's Liniment in the house.

Qualified.
"Do you know anything at all about drilling?" asked the sergeant.
"Faith, I know all about it," replied the raw recruit. "I worked in a quarry for monny years before I joined the army."
Are you not well? Are you pale, weakly, depressed in spirits, melancholy, sleepless, and irritable? Try Miller's Compound Iron Pills.

Embarrassment.
The strenuous efforts of the church had been crowned with success. The promise of the ages was fulfilled. Every day was Sunday, now, in other words.
"But never," exclaimed the Ladies' Aid Society, "shall we hold our oyster socials and bean-bag parties?"
Ah, here was an unforeseen embarrassment.
Minard's Liniment is used by physicians.

The more we study the more we discover our ignorance.—Shelley.

How Are Your Corns?
Do they Sting?
Do they ever Bleed?
Do they make you Lamé?
A Painless and Reliable Cure for Corns of Every Description.

Putnam's Painless Corn and Wart Extractor.
If you are a sufferer from corns and want to be cured immediately and without pain, procure a bottle of Putnam's Painless Corn and Wart Extractor. Its action is perfect, and if you use it you won't be disappointed. Being entirely vegetable in composition it does not irritate or corrode, but acts without the slightest pain, and occasions no discomfort to the user.
Every bottle is guaranteed to cure or your money will be refunded. Sold by all dealers, or sent for 25 cents to any address by FOLSOM AND CO., Kingston, Ont.

Catarrhozone cures Catarrh

A WIDEAWAKE CHURCH.

It Advertised, Created Interest and Got the Crowds.

The First Universalist Church in Beverly, Mass., began last October to advertise its theology. The aim was to put our distinctive beliefs before the people of the city. Each week for about four months we took from ten inches to half a page in the Saturday evening edition of the Times. An almost half-page description of our church, its organization and its work constituted the opening article. Then our creed was printed. Short articles followed stating our beliefs in regard to God, the Christ and immortality. Longer articles were prepared and circulated as tracts. Reasons for contributing to the support of the church, even if one did not attend, were given. Offerings to the Universalist Church were suggested. The benefits of the bible school were dwelt upon and parents were urged to send their children to the First Universalist Sunday school. A special series of doctrinal sermons was arranged to follow the advertising and full reports of the sermons were printed in the papers.

Results—Our church and our theology in a few weeks became the best known in the city. The advertising was novel in this section. People talked about it. Theological discussions were frequent in the streets and in the shoe factories. Universalist literature was called for and thousands, yes, tens of thousands, of pages were distributed. The church was filled every Sunday evening during the time of advertising, the Sunday school room adjoining was used to accommodate the overflow, and on one evening at least over two hundred people were unable to gain admittance to the building. There was absolutely nothing sensational in the advertisements or in the preaching.—"The Pastor," in the Church Economist.

To Cure a Cold in One Day
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. See E. W. Grove's signature in each box.

Reflections of a Bachelor.
Take care of the liver and the love will take care of itself.
No man ever wanted to put his arms around a woman with a rainy-day stick on.

No woman believes her husband half appreciates the way she martyrs herself for his sake.
Every woman has a black silk dress which she is saving to wear out some time when she has got thinner.—New York Press.

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale. All the people use it.
HARLIN FULTON,
Pleasant Bay, C. B.

Out of Practice.
"Goodness!" exclaimed the kind lady; "you eat as if you had never seen a square meal before."
"I guess I do, ma'am. Square meals don't come round ter me often, and I git outter practice a bit."

A Family Skeleton.
First Clubman—Just see how young Oppenheimer is playing the swell!
Second Clubman—Yes; if his father knew he would turn in his cell in the penitentiary!—Simplicissimus.

New life for a quarter; Miller's Compound Iron Pills.

The Future of Children

A child's life may be blighted by the diseases of youth, such as Rickets, which is characterized by weak bones or crooked spine, and inability to stand or walk steadily, or Marasmus, that wasting disease characterized by paleness and emaciation, or scrofula, a constitutional disease of the glands and neck.

Scott's Emulsion of pure Cod-Liver Oil with Hypophosphites of Lime and Soda will prevent and cure these diseases. It supplies just the material needed to form strong bones rich in blood and solid flesh. It will also reach the infant through the mother's milk, and be of the greatest benefit to both.

At all druggists; see and get SCOTT & BOWNE, Chemists, Toronto.

The man who writes hat ads. is always trying to get a head.
It is the condition of humanity to design what never will be done, and to hope what never will be attained.—Johnson.

NOTICE TO HORSE OWNERS.
It is a well-known fact that Horses troubled with Heaves, if placed on Prairie Weed, are soon cured of the Heaves.
PRAIRIE WEED Heave Powder is composed of the Prairie Weed which has been found so effective in curing Heaves, combined with other valuable remedial agents and will prove an effective remedy for Heaves and Coughs in Horses and Cattle. 25 cents per package at all Druggists, or mailed by M. F. EBY, Chemist, Port Egan, Ont.

VIRGINIA HOMES.
You learn all about Virginia lands, soil, water, climate, resources, products, fruits, berries, mode of cultivation, prices, etc., by reading the VIRGINIA FARMER. Send 10c. for three months' subscription to

Farmer Co., Emporia, Va.
LIVE AGENTS seek PROGRESSIVE COMPANIES. See our new "Illness" and "Return Premium" plans. Agents (Men or Women) even without experience, wanted in your locality. Insurance in force over Eighty Millions. Star Life Assurance Society, Toronto.

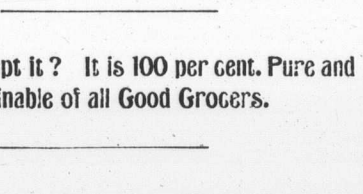
WANTED—MEN AND WOMEN of good address—to travel and appoint agents \$20 a month and expenses. BUTLER AND ALGER, 111 Conterfation Life building, Toronto.

BOYS! A BICYCLE FREE.
Secure us 10 club members. Do it in half an hour and get an up-to-date 1900 bicycle for your trouble. Send a post card to S. Lewis, 327, B. Richmond street, London, Ont.

FITS PERMANENTLY CURED BY DR. Kline's Great Nerve Restorer. No fits or nervousness after first day's use. Send to 805 Arch street, Philadelphia, Pa., for treatise and free 25c trial bottle. For sale by Dr. Harte, 1780 Notre Dame street Montreal, Que.

Mrs. Winslow's Soothing Syrup should always be used for Children's Teething. It soothes the child, softens the gums, cures wind colic and is the best remedy for Diarrhoea. Twenty five cents a bottle.

We Offer You Sugar, The Best Made in the World.



Will You Accept It? It is 100 per cent. Pure and Obtainable of all Good Grocers.

St. Lawrence Sugar Refinery.

AN HONEST OFFER. Read this and Save Money.
We buy our watches direct from the factory and sell direct to the readers of this paper, at much less than any retail dealer.
Our Great Spring Offer.

We have on hand several hundred Gentlemen's Watches, the movements of which are the celebrated Duplex escapement with Jeweled Balance, Stem Wind and Set, and are warranted perfect time-keepers or your money back. The cases are a specially prepared Nickel Silver and will NEVER change their silver-like color.
For \$5.00 we will send by return mail one of these Watches and guarantee safe delivery. We also guarantee perfect satisfaction and will return your \$5.00 if Watch is not what you expected.
BARR & COMPANY,
Box 63, Hamilton, Ont.

