MODERN MARTYRS!

The age of martyrs is not passed. There are thousands of women all over the country enduring physical torture and mental anguish almost beyond description. They are not victims of persecution, like the martyrs of old; they are not called on to face the scaffold or the stake, but their sufferings—borne in silence and hidden from the world at large—are scarcely less intense.

These ladies, as a rule, are women and girls of refined and sensitive temperaments. Knowing that their sufferings are due to a disordered condition of the female functions, their native modesty deters them from seeking relief in the earlier stages; and when they do consult a physician, they usually get some drug mixture to take internally, which is not more effective for troubles of this kind than it would be for a toothache, a bruise, or any other strictly local ailment.

The seat of the trouble being in some one of the female organs, the remedy, to be effective, must act on this portion of the anatomy.

This is the secret of the success which always follows the use of ORANGE LILY in derangements of this kind. It is a strictly local treatment. It is absorbed directly into the parts that are inflamed and congested and its beneficent, soothing influence is noticeable from the start. The irritation of the delicate membrane is relieved, the congestion is overcome by the discharge of the watery matter which served to oppress the nerves and cause mental depression; the nerves are toned and invigorated; and the sunshine and joy of life again becomes part of her being. Read the following letters:

Archer, Ont., Feb. 1, '09.

Dear Mrs. Currah:—I received your kind letter some time ago, but was feeling so well, and not needing medicine, that I neglected replying sooner. I must say I have more confidence in ORANGE LILY than in any other thing I have ever used. Before I knew or found out anything about this medicine, I doctored away hundreds of dollars, and when I thought I was dying with inflammation of the womb, a box of ORANGE LILY was sent me through the mail from a friend. The first suppository I used I was greatly relieved, and in a few months completely cured. That was nine years ago this winter, so you can imagine with what esteem I hold the ORANGE LILY. I am thankful there is such a relief for poor, suffering women, for I have been one of them and can sympathize with others.

Your sincere friend, MRS. NORMAN WEAVER.

Trenton, Ont., Dec. 4th, 1909.

Mrs. F. E. Currah, Windsor, Ont.—

Dear Friend,—I feel it my duty to write you a testimonial as to what Orange Lily has done for me. Last winter I was feeling very miserable indeed. I could scarcely do my housework during my menstrual period, and for two months or more I was never free from pain in the womb and ovaries. The pain would run down the groin, so I would frequently nearly double up. Then the pain began going up the back of my neck to my brain until I hardly knew what I was doing at times. Life was a burden indeed. I finally could endure it no longer, so went to our leading town doctor and had an examination. He pronounced it (I forget the word) a rigid condition of the generative organs, produced by repeated attacks of inflammation. He said I would have to take a course of treatment, and if that failed to overcome the rigid condition I might, in time, be compelled to have the ovaries removed. I objected to that, so filled out Dr. Coonley's symptom blank and forwarded it to him, and he diagnosed the disease the same as my local doctor, so I decided to take Dr. Coonley's Treatment. I have used two jars of Cerate Massage, two packages of Herbal Womb Tonic and six boxes of Orange Lily. It is eight months since I began the treatment, but I feel like a new woman. I work right through everything now. Hardly know a pain, even during menstruation now. I often say, "I would not take $100 and be in the state that I was last March." I feel that Dr. Coonley's Home Treatment is a Godsend to suffering womankind, and shall continue to sound its praises whenever I have an opportunity.

Yours gratefully, MRS. T. H. HATTON.

ORANGE LILY as a remedy for these ills, as well as for leucorrhoea, painful periods, irregularities, cancers in their earlier stages, tumors, displacements, lacerations, and all ovarian troubles, has long since passed the experimental stage. So confident am I of this that I will send ten days' treatment, which is worth 25 cents, to any sufferer ABSOLUTELY FREE. The treatment is inexpensive, used at home, and no physician is necessary. Send at once for the

FREE TRIAL TREATMENT

which will demonstrate that ORANGE LILY will cure you. Enclose stamps, and address MRS. FRANCES E. CURRAH, WINDSOR, ONT., Can. Rep., Coonley Med. Inst. Delays are dangerous. 11

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Strawberries in Syrup.
British Moor Honey.
Shredded Wheat Biscuits.
Creme de Menthe.
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Angelica.

NEILSON'S CHOCOLATES, in 1 lb. & ½ lb. boxes.
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FOSTER'S

Wrinkled Peas, in the Wrinkled Box, with Cooking Net and Mint.

Cal. Pears, Pineapples.
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Grapes, Cal. Oranges.
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FRESH EGGS.
Irish Butter—1 lb. slabs.
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Calve's Feet Jelly—btls.
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Aspic, Pine Gold.

When "Taking Things with a Grain of Salt"

Be Sure Its a Grain of

WINDSOR TABLE SALT.

Guaranteed Absolutely Pure.

Advertise in Telegram.

Indiscriminate Giving.

By RUTH CAMERON.

A girl who was walking with me gave a dollar the other day to an old woman who approached her on the street with a pathetic story.

When I suggested that this woman might not really be needy, she answered: 'I would rather give a dollar to ten unworthy than refuse help to one who really needed it."

As that used to be my own argument, and as circumstances have convinced me that it is not wholly right, I gave her the answer which has been given to me. "Yes, but wouldn't you rather have ten times as much to give to the one who needed it?"

There is no question but that indiscriminate giving without investigation, by such generous, but thoughtless, people does harm. And yet the idea of refusng to feed anyone who is actually hungry is terrible to those of us who sometimes pause in the course of our own well fed lives long enough to shudder at the sickening thought that there are thousands of men, women and children in this country who don't even get enough to eat.

What is the answer?

Well, I used to consider the Associated Charities a heartless organization which would let people die while it was investigating. But a painful experience in which indiscriminate giving on my part did harm rather than good brought me into closer touch with them. Then I learned that their present policy is to relieve immediate want without hesitation, but to investigate the cae before giving farther.

It seems to me that that is a wise policy for you and me too.

If anyone stops us on the street or comes to our home with the plea of poverty and hunger we must feed them. But before we do more than that I think we ought to investigate. Make it plain that your spirit is kindly and not interfering and ask the name and address. When you have that you can probably find out from some agency, such as the Associated Charties or the Salvation Army or the nearest settlement or parish house, something about the person. If not, you can investigate yourself. Too much bother? Ah, my friend, what you need is to read over The Vision of Sir Launfall and realize that he who gives his gold without himself gives nothing of value.

If, because you are unwilling to spend the time investigating, you give to someone who does not really need it, money which might have been given to those who actually do need it, your charity is next to worthless and you have failed in your stewardship.

I once knew a man who made an arrangement with an inexpensive restaurant and lodging house by which his card with a certain mark upon it should entitle the bearer to a meal or a nights lodging. Whenever anyone begged from him on the street he took his name and address and gave him one of these cards. Thus he made sure that if his supplicant really needed a meal or a night's lodging he could get it, and in the meantime he looked the cause up.

That, of course, was an ideal arrangement, although perhps it is not practical for all of us.

And now whatever influence I exert, I hope I may not cause anyone to draw his purse strings tighter and refrain from giving at all because indiscriminate giving is dangerous and discriminate giving is too much bother. God forbid! There is none too much charity in the world, and if I made it less, I should indeed be sad.

Ruth Cameron

Roberts Condemns The Syndicalists.

London, March 13.—G. H. Roberts, M. P., whip of the Labor party, speaking at Oldham recently, said that in South Africa they had an example of what would assuredly occur under syndicalism operation. There the workers relied upon their industrial organization, which corresponded to our conception of a general strike. The first element of failure was this: that they could never rely upon every member of the working class relinquishing his tools at the order of his leaders.

"If you tell me," he declared, "that you are able to organize any class so that they will cease work at a given call, then I tell you I cannot follow in your steps and organize them so as to carry them to right and justice by peaceful constitutional means, which will not involve the suffering inevitably associated with industrial conflict. Leave parliament with employers and possessing classes, declare your general strike and some General Botha in this country will immediately declare martial law. Fundamentally we are entirely with the workers of South Africa in their desire to secure a juster reward for their labor. We are entirely opposed to the action of the South African government in repressing in martial fashion the efforts of our class.

"Until we can prove that either imperial troops, or national funds, have been in some way involved, it is quite impossible for us to take effective parliamentary action, and we can no more interfere with any effect than we can in our objections to the Australian Labor party setting up a system of compulsory military service."

Lighted Portion of Match

Caught Drapery, and Father and two Children Lose Their Lives.

Lindsay, Ont., March 12.—In a fire which broke out last night at 10 o'clock in the home of John Madison, three lives were lost. It appears that Madison went to his home last evening in a muddled condition and went to his bed, which consisted of a pile of rags. During the night Madison struck a match to light his pipe. The lighted portion broke off and ignited some loose drapery. He together with two of his youngest children, a girl and boy, was so badly burned before aid arrived that all three expired in the hospital this morning.

"Tiz" Eases Tired, Sore, Swollen Feet

So tired of burning, sweaty, calloused feet and corns? Use "TIZ."

When your poor, suffering feet sting from walking, when you try to wriggle your corns away from the leather of your shoes, when shoes pinch, and feel tight, when feet are swollen, sore, chafed—don't experiment—just use "TIZ." Get instant relief. "TIZ" puts peace in tired aching, painful feet. Ah! how comfortable your shoes feel. Walk five miles, feet won't hurt you, won't sweat after using "TIZ."

Sore, tender, sweaty, smelly feet need "TIZ" because it's the only remedy that draws out all the poisonous exudations which puff up the feet and cause foot torture. "TIZ" is the only remedy takes pain and sorreness right out of corns, callouses and bunions.

Get a 25 cent box of "TIZ" at any druggist or department store. Get a whole year's foot comfort for only 25 cents. Think of it!

A New Version.

Ananias tol' George Washington w'en
he cut dat cherry tree,
"A lie will he'p you outen it ez easy
ez kin be!
"I know de time er day,
An' I'll tell yer what ter say,
It's easy w'en dey got you, fer ter
wiggle out de way."
George Washington, he study, at de
Ananias station;
"I gwine ter tell de truth," he say
"an' 'stonish all de nation!"
Right dar he did begin it,
But de nation, in a minute,
Said: "He never would 'a' tol' it ef
dey hadn't kotched him in it!"

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FRESH COUNTRY EGGS per train to-day.

Potatoes!

On spot:
30 barrels POTATOES.
To arrive:
150 barrels POTATOES.

Cabbage!

10 crates
GREEN CABBAGE
in stock to-day.

SOPER & MOORE

Twilight Shadows.

There's a calm encircling the world;
There's a pause in the cares of the day,
When the golden light of sunset
Softly fades away.
The earth is a mystic dreamland
At the setting of the sun.
Then the gloom of twilight deepens,
And the day is done.

There's a blackness o'er hill and valley;
The earth is a cave of night
The cares of the day have settled,
Gone is the struggle, the fight.
Aloft in the shadowy heavens
In a trembling ray of light:
The flickering gleam of the standrift
Shining through the night.

Though memory brings some sorrow,
'Twill help when the day is done
To look for a gleam of starlight
And the better days to come.

May Read in the Dark by the Use of Luminous Ink.

Berlin, Feb. 21.—Newspapers that can be read in the dark are the latest promise. Luminous paint has existed for a long time, and match holders, clock faces and similar things that get lost in the dark have been coated with it. But the compound was expensive enough to prohibit its general use. Now the German chemist, according to accounts in some of the technical papers, has produced a luminous compound cheap enough to use for printing ink which will make the type of a newspaper visible in the dark.

It is claimed the compound will remain luminous for ten years, but, as it has been invented only a few months, it must be rather a scientific estimate. Anyhow, if it lasts 24 hours that will be longer than most of the newspapers are read.

The practical point claimed for the new invention is that it will do away with the need for gas and electricity in looking over the news of the day, and thus reduce the high cost of living

At the same time that the luminous ink has been announced there has been a French patent issued to another chmist for a bleachable ink that will enable old newspapers to be repulped for news print paper. This, it is pointed out, will greatly enhance the market value of old papers and reduce the cost of paper for newspapers and magazines.

Shapely Feet and How to Care for Them.

Aching and unhealthy feet are deadly foes to beauty; they make one ill-tempered, and bring ugly wrinkles to the forehead, besides resulting in a jerky, ungraceful walk, destroying the nature poise of the entire body.

Tight shoes are sometimes the cause of enlarged veins in the hands and arms, and are often responsible for the hot flushes from which so many girls suffer needlessly. Many physicians trace trouble in the eyes and nervous ailments to some difficulty in thre patient's feet.

If you are flat-footed, or your arches, toes, heels, and length, some part ill-fitting shoes, consult a chiropodist, and follow the treatment he prescribes. Steel arches can be worn inside the shoes, but these should be a last resort, as, once adopted, they can never be laid aside. If care is observed in fitting shoes to the arches, heels, and length, some part of of the trouble may be overcome.

Stand squarely upon the two feet. You cannot expect to have a well shaped foot if you still continue to stand first on one foot and then the other. Dragging the heels and twisting the ankles out of place is extremely unbecoming, as well as tending to destroy the natural beauty of the foot.—The Beauty Seeker, in Women's World for April.

Minard's Liniment Cures Dandruff.

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5 barrels FRESH HERRING.

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BLOATERS, KIPPERED HERRING.

SPECIAL.—No. 1 SALMON, 2 tins for 25 cents.
FRESH TABLE EGGS now reduced to 40c. doz.

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