

## PERSISTENT COUGH.

Wherever soothing syrups fail to cure that persisting cough which exhausts you,

### MATHIEU'S SYRUP

of Tar and Cod Liver Oil and other medicinal extracts will rapidly and definitely rid you from it. The merits of Mathieu's Syrup are highly recognized and endorsed. Here are a few proofs:—



THOMPSON, N.S., Mch. 29, '06.  
Fillmore & Morris, Amherst, N.S.  
Dear Sirs,—Yours of the 27th ult. asking about Mathieu's Syrup. It is an excellent Medicine for coughs, cold and consumption. Please send me another lot of 2 doz. bottles with samples. Enclosed find \$3.00 the amount of my bill.

Yours truly,  
ARMOUR & MATTINSON.

Port Hawkesbury, C.B., Apr. 3, '06.  
Dear Sirs,—I rec'd yours of the 27th ult. asking about Mathieu's Syrup. It is an excellent Medicine for coughs, cold and consumption. Please send me another lot of 2 doz. bottles with samples. Enclosed find \$3.00 the amount of my bill.

Yours truly,  
A. F. DICKSON.

SPRINGHILL, N.S., April 4.  
Fillmore & Morris, Amherst, N.S.  
Dear Sirs,—In reference to your inquiry as to the selling qualities of Mathieu's Syrup, we might say that it is of no use whatever for us to keep any other Cough Medicine in stock. When you first began to sell it here, the Druggists did not handle it, and now every Druggist in town has it, and we are sure they find a ready sale for it. Mathieu's Syrup is sold by at least 18 dealers in Springhill.

FERRIS & PEEL.

AGAINST HEADACHE there is no remedy so active as Mathieu's Nerve Powders which contain no opium, morphine or chloral. 25 cts. per box of 18 powders.

J. L. MATHIEU CO., Sherbrooke, Can.  
THOS. McMURDO & Co., Wholesale Chemists and Druggists, St. John's, Nfld.

## A Narrow Escape

An Englishman's Adventures in British Columbia.

A London magazine publishes the following thrilling story of adventure in British Columbia. It is "vouched for as true."

A bright crisp morning at the end of March, 1900, found me standing at the door of my log cabin gazing down the valley at Hat Creek, in British Columbia, some 6,000 miles away from England. Suddenly my attention was attracted by a band of wild horses, which I saw outside my fence, about half a mile away, near a meadow in which my horses were grazing. As I looked, the lord and master of the band, a fine black stallion, leaped the fence. I ran down the hill to the meadow, but too late; the horse had jumped back, followed by a grey mare of mine, and, regaining the band, galloped away with them.

I knew that if I did not cut my mare off from the rest of the horses there was small chance of my ever seeing her again. In less than five minutes I was in the saddle, galloping madly after the fast retreating band, which had now reached the fringe of trees at the foothills and were rapidly disappearing into the forest beyond. For hour after hour I continued the chase—through valleys and forests, over hills, and across plains. At length, about two o'clock I drew rein and reluctantly gave up the chase. For a couple of hours I rested with my horse by the side of a small river,

before me lay a sheet of ice some thirty feet long.

At the pace we were travelling it was impossible to pull up; so, hunching up his back, my horse prepared for the leap. He made a tremendous bound in the air. Then came a great crash, a thousand lights danced before my eyes, and all was blank. Some hours later I open my eyes to see a bright moon shining overhead. I lay for some time in a sort of dream, until at length consciousness fully returned to me and I attempted to raise my head, which was now beginning to ache terribly. To my surprise I found that it seemed to be fastened to the ground. Putting my right hand up, for my left arm was under my body, I found my hair was frozen to the ice, through the blood which had flowed from a wound on my head.

Little by little, I gradually released myself, and looking round, found that I was pinned down by my dead horse, who was lying on my left leg. With the greatest difficulty I extricated myself from under him, and got to my feet after many attempts. Then I found that I could not move my left arm, and that my side was so painful that I could scarcely breathe.

I picked my way along the trail, and to make a long story short, after a very trying journey, walking the last ten miles in a heavy snowstorm, I arrived at my cabin utterly exhausted.

It was ultimately found that my left cheekbone was smashed, my arm was broken in three places, my elbow fractured and dislocated, besides

## The Evening Chit-Chat

By RUTH CAMERON



I heard of a new recipe for keeping young the other day. Now don't brace yourself to be told to take a cold bath every morning, or drink ten eggs, or a day, or eat only a raw food, or practice aesthetic dancing, or join the "Don't Worry Club" and be

"So scared for fear you'll worry That you'll worry most to death." This really is distinctively a new one.

It was given by a marvelously young woman of seventy-five summers. When asked on a recent birthday how she managed to keep so young she answered promptly:

"Because I have always championed at least one unpopular cause."

It seems to me there is a great deal in that sentence. Enthusiasm for the ideal and the visionary is the heart and heart's blood of youth.

The man who refuses to let go of his idealistic enthusiasm cannot grow old.

The beauty doctor insists upon tranquility to keep the face young. For the face that may be the right course to pursue, but your mind and soul will be much better kept young by ceaseless activity, and especially activity in some great cause that puts you hand in hand with progressive humanity so that the electric current of dreams and desires for progress shall be continually passing through you.

"The youth who daily farther from the east,

Must travel, still is nature's priest. And by the vision splendid Is on his way attended; At length the Man perceives it die away And fade into the light of common day."

So Wordsworth describes the passing of youth and thereby suggests the best way to keep youth always with you, which is to refuse to let the "Vision Splendid," the passionate reaching towards an ideal, ever slip away from you.

Beautiful Julia Ward Howe is ninety years young to-day, instead of being a useless and decrepit old woman because all her life her heart and soul has always been alive and aflame with enthusiasm for some great cause. For thirty-five or forty years she worked for abolition, and when fruition of her hopes made her work no longer necessary, she turned her energies towards another of freedom's causes—Woman's Suffrage.

And I think you might almost say it is her interest in that cause that keeps her alive to-day. Should Woman's Suffrage be granted all over the United States, I think Julia Ward Howe would die, simply because her cause would need her no longer.

It is only when men and women get to the point where they are continually looking back at the years that are gone that they are old.

Join some great movement that is continually marching forward and keeps you of necessity facing the future, and you should never grow old though you could live—

"Till the years grow old and the stars grow cold And the leaves of the judgment book unfold."

Ruth Cameron

## Afraid of Ghosts

Many people are afraid of ghosts. Few people are afraid of germs. Yet the ghost is a fancy and the germ is a fact. If the germ could be magnified to a size equal to its terror it would appear more terrible than any fire-breathing dragon. Germs can't be avoided. They are in the air we breathe; the water we drink.

The germ can only prosper when the condition of the system gives it free scope to establish itself and develop. When there is a deficiency of vital force, languor, restlessness, a yellow complexion, a hollow eye, when the appetite is poor and the sleep is broken, it is time to guard against the germ. You can fortify the body against all germs by the use of Dr. Pierce's Golden Medical Discovery. It increases the vital power, cleanses the system of clogging impurities, enriches the blood, purifies the skin and organs of digestion and nutrition in working condition, so that the germ finds no weak or tainted spot in which to breed. "Golden Medical Discovery" contains no alcohol, whisky or habit-forming drugs. All its ingredients printed on its outside wrapper. It is not a secret nostrum but a medicine of known composition and with a record of 40 years of cures. Accept no substitute—there is nothing "just as good." Ask your neighbors.



## Fads and Fashions.

If there is danger of color running in a garment, soak it well in solution of turpentine and water for twelve hours. Half a pint of turpentine being used to three gallons of water.

The old fashioned way for removing spots from varnished furniture was this: Heat a shovel pretty hot and hold it over and about three inches above the spot. The heat will cause the defect to disappear.

If the handle of a table knife becomes loose, make a cement of one part of sealing wax and two parts resin. Melt together and, while warm, dip the handle of the knife into the mixture. Replace immediately in the handle.

To purify rancid butter melt and skim the butter and then put into it a piece of well toasted bread. In a minute or two the bread will have absorbed all offensive taste and smell and the butter will be perfectly sweet.

In order to make a thoroughly satisfactory curry, uncooked meat should be used, but good results can be obtained by the use of cold lamb, beef, game, rabbit or chicken, provided that an extra supply of stock or gravy is at hand.

In cleaning bric-a-brac, it is well to use a soft brush, so as to get into all the crevices where the dust is apt to lodge. The same plan should be followed with cups. Otherwise it is quite impossible to get the china bright about the handles.

If a paint brush is stiff from paint or varnish, do not throw it aside as useless. Instead, immerse it time and again in boiling vinegar and soon

it will become pliable. Then wash it in warm soapuds, rinse in tepid water and the brush is ready to use.

In washing hostery, first turn each stocking inside out and shake them roughly to remove all dust. Then let them soak for a quarter of an hour in a soapy water. Then they should be rinsed in two waters. If they are ironed see that the iron is not too hot.

There are some practical makeshifts for mullage. White of egg will be found quite as good as mullage for sealing a letter. Another substitute is a bit of cold boiled potato rubbed over the paper, the paper then being held in place as firmly as possible.

When making fritters, cook sections of orange in water and sugar until it begins to thicken like syrup. Dip each piece of orange into a delicate batter and fry in boiling lard to a golden brown. Dust with powdered sugar and serve in a ring around orange marmalade.

To make French dressing, take half a teaspoonful of salt, quarter teaspoonful white pepper. Put in a bowl and add gradually three to five tablespoonfuls of oil. Rub until the salt is dissolved, then add one tablespoonful of vinegar or lemon juice. Beat well for a moment. Better if used at once.

CHINA CUPS and Saucers, Plates, Dishes, etc. Glass Preserve Dishes, Tumblers, Wine Glasses, Decanters, Vases, etc. We are always fully stocked with the above lines. At LARACY'S, 345 and 347 Water Street, opposite Post Office.—Jan.3.11.

A fig sauce is delicious with baked custard. Take five figs and chop or cut them very fine; just cover with water and simmer slowly for two hours or longer in a double boiler. Add the juice of half a lemon and a very little sugar and let it cool. Pour over the custard. For those who like flavor, a sherry may be substituted for the lemon.

## Why Cough

Stop coughing! Coughing rasps and tears. Stop it! Coughing prepares the throat and lungs for more trouble. Stop it! There is nothing so bad for a cough as coughing. Stop it! Ayer's Cherry Pectoral is a regular doctor's medicine for coughs and colds.

## THROW AWAY ALL YOUR FEARS

Backache, Gravel and Rheumatism Vanish Before Dodd's Kidney Pills.

Proved Once Again in the Case of Mrs. Fred Krieger, Who Suffered From the Worst Forms of Kidney Disease.

Palmer Rapids, Ont., May 27. — (Special).—The thousands of Canadians who live in daily terror of those terrible forms of Kidney Disease known as Backache, Gravel and Rheumatism, will be deeply interested in the story of Mrs. Fred Krieger, of this place.

"I was for years a great sufferer from Kidney Disease, Gravel, Rheumatism and Backache," Mrs. Krieger states. "It all started through a cold, but I got so my head ached, I was nervous, my limbs were heavy, I had a dragging sensation across my loins, and I was totally unfit to do anything. Reading about wonderful cures by Dodd's Kidney Pills led me to buy some. After using a few I found they were doing me good and this encouraged me to continue their use. Eight boxes made me well."

"I have been able to do my own work ever since and to-day I am completely cured. Dodd's Kidney Pills gave me health and I feel like a new woman."

If you can keep your Kidneys strong and healthy you can never have Backache, Rheumatism or Gravel. Dodd's Kidney Pills never fail to make the Kidneys strong and well.

## Kenawitch's Lane.

The Spring again is with us With its sunny skies and blue, And the boys are "bazzin'" marbles As their fathers used to do. But the old-time vim seems wanting That lent it such renown, In the days before the vaudeville And nickel struck the town.

G. the crowds that would assemble Down on Stewart's and on Teaster's, On the afternoons of Sundays In those pre-league football years, When the champions chalked their fingers

And the small boy joined the shout— When their favorite broke all-comers With two hundred marbles out.

Yes, I've heard of Monte Carlo And the magic of its lure, But "Taw and Ring" held charms for us

As potent quite I'm sure, As any game of faro holds For prince or millionaire. When blazed the gay Casino's lights And music thrills the ear.

But I would tell of what befell When last I played the game, When Bill "plussed" of every one He had, sir, to his name. Except one brand-new "ally." Tho' I won it o'er and o'er He would not let me have it Till I gave him "one time more."

I gave him still another "time." And yet another one. Till all the patience I possessed— Like Billy's "laws"—was gone; I grabbed that fatal "ally" then And scud with all my might— But Billy was a sprinter and A terror in a fight.

And that "ally" was his treasure, 'Twas the apple of his sight. "Twas a six-time "chaney ally." And its marks were gay and bright: I close my eyes and see it now As brilliant and as plain As that day I won and lost it In Kenawitch's lane.

Yes, I lost it, I was captured, And the hammering I got Made me "pony" up that "ally" And his marbles on the spot; I was soured against the clap-borders. I was pumelled in the drain. When I "gearied" Billy's "ally" In Kenawitch's lane.

Now the city's growing greater And that ancient lane was small. So the Fathers have improved it Till it isn't there at all! The old-time gang is scattered. But the few that still remain Sometimes review the memories Of Kenawitch's lane.

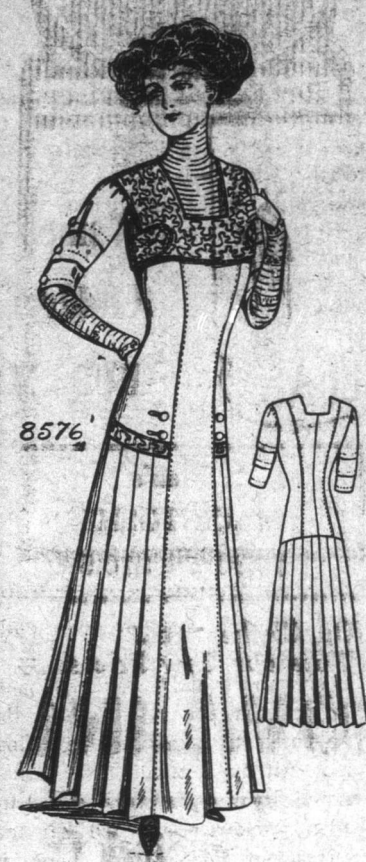
SUNNY JIM.

HAS A CORN ANY ROOTS. Judging by the pain they cause they have roots, branches and stems. Easily cured, however, if you apply Putnam's Painless Corn Extractor. Always safe, always prompt, and invariably satisfactory. Forty years of success stands behind Putnam's Painless Corn Extractor. Sold by druggists, price 25c.

"THE CORONATION OATH AND OTHERS."—Elder C. H. Keelake will speak on this subject at the Adventist Church, Cookstown Road to-morrow night. Service at 6:30; seats free. A welcome to all.

## EVENING TELEGRAM FASHION PLATES.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.



8576  
Smart Princess Model Lady's Dress.

Heliotrope cloth combined with cream white satin for trimming will develop this model effectively. The design shows the long waistline of the "Moyen Age," and has the plaited skirt portions now so fashionable. The pattern is cut in 6 sizes—32, 34, 36, 38, 40, 42 inches bust measure, and requires 6 1/2 yards of 44 inch material for the 36 inch size.

A pattern of this illustration mailed to any address on receipt of 10 cents in stamps or silver.

### PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No. ....

Size .....

Name .....

Address in full:—

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern cannot reach you in less than 15 days. Price 10 cents each, in cash, postal note, or stamps. Address: Telegram Pattern Department.

## Men's & Boys' Readymades.

Our Spring and Summer Stock of Mens' & Boys' READYMADE CLOTHES

Now open and ready for your inspection. Outport orders carefully and promptly attended to.

WILLIAM FREW, Water St., Nearly opp. Court House

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THE HOLLOWAY STUDIO.

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## 2000 boxes Window Glass

Window Glass



Just Received a Shipment of 2000 boxes WINDOW GLASS. Quality Guaranteed.

MARTIN HARDWARE CO'Y.