

**OVERTAXED NERVES
A DISTRESS SIGNAL**

**The Trouble Can Only be Cured by
Enriching the Blood Supply.**

When your nervous system is exhausted the trouble makes itself evident in many ways. You feel always fatigued and unfit for work. Severe headaches distract you; your back is weak; you sleep badly; your appetite is uncertain; you are nervous and irritable and after any exercise you tremble and perspire excessively. If the trouble is not checked your case goes from bad to worse until you feel that your condition is hopeless and that insanity is threatened.

Your nerves are calling for help. They are starved because they demand from the blood more nourishment than it can supply. New rich blood is the secret of nerve strength and Dr. Williams' Pink Pills for Pale People cure nervous disorders because they feed the weak, exhausted nerves with rich, red blood. The case of Mrs. Emma Hall, of Hamilton, Ont., furnishes proof that Dr. Williams' Pink Pills will cure even the most stubborn cases of nerve exhaustion. Mrs. Hall was left a widow and was forced to work in a mill to maintain herself and her two little children. She bravely faced the battle of life, though she had never had to conform to such conditions before. Notwithstanding the splendid spirit she displayed the work played havoc with a delicate constitution, and some years ago Mrs. Hall noticed signs in herself of a nervous collapse. She consulted a doctor who gave her some medicine and told her she "would be all right in a few days." But relief did not come and it was finally a daily occurrence for her to faint at her work. These fainting spells quickly developed into pronounced hysteria and chronic irritability, and Mrs. Hall says that death would have been a relief. She consulted several doctors but got no help, and she felt that she was almost bordering on insanity. In this condition she was advised to try Dr. Williams' Pink Pills. Grasping at even the possibility of help she decided to do so. After taking three boxes she actually found some improvement, and from that time on increasing daily until after a few months she felt the cure was complete. She says: "Dr. Williams' Pink Pills have done what doctors failed to do and what I myself thought was impossible. They have freed me from the terrible trouble I suffered and my old joy in life has been renewed." When Mrs. Hall began taking Dr. Williams' Pink Pills she weighed only one hundred pounds while under her renewed health her weight has increased to one hundred and thirty pounds.

Dr. Williams' Pink Pills can be had from any dealer in medicines or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

CONVICTS FEAR GHOST.

Murdered Woman's Apparition Said to Visit Prison.

The convicts in the Maryboro (Ireland) convict prison have been thrown into a panic by the ghost of a murdered woman which is alleged to have visited her murderer, who is serving a life sentence in the prison.

The man is a Scotchman named Grant, who was sentenced to death a few months ago in Dublin for the murder of a woman at the docks. His sentence was commuted by the Lord Lieutenant to penal servitude for life, and since then he has been in Maryborough Prison.

On Sunday the wardens were startled by terrible shrieks from Grant's cell, and when they rushed to see what had happened they found the man bated in perspiration, and in a state of abject terror.

He declared that the ghost of the murdered woman had appeared in his cell, and had danced and gesticulated before him. He clung to the wardens, and implored them not to leave him.

He has had similar attacks of terror twice since then, and the panic is spreading to the other convicts.

**BABY'S OWN TABLETS
CURE ALL MINOR TROUBLES**

The stomach, the bowels, or cutting teeth is responsible for most of the ills and suffering that afflict babyhood. Baby's Own Tablets will keep your child well because it is the best medicine in the world for these troubles, and at the same time it is the safest. The mother has the guarantee of a Government analyst that this medicine contains no opiate or poisonous "soothing" stuff. Mrs. Jos. Bernard, St. Emile, Que., says: "Baby's Own Tablets are really a marvellous medicine. My baby was thin, peevish and sickly until I began giving him this medicine. Since then he has thrived and grown splendidly." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

IN A JAPANESE PRISON

CONVICTS SUPPORT THEMSELVES AND FAMILIES.

Nothing Degrading About the Treatment of Prisoners in Sugamo Jail.

In Japan a convict may earn enough money while in jail to maintain his family. He has the best of food and lodging, is taught a trade, and if he wishes pursues the study of foreign languages.

At Sugamo a qualified teacher instructs the younger prisoners in reading, writing and arithmetic. Prisoners of 20 and upward who are in seclusion for the first time are taught geography and history. If one entering the prison, says a writer in the Wide World, a man declares that he has a knowledge of English he is carefully examined by a linguist and the extent of his knowledge fathomed. He is then allowed to pursue his studies, the necessary books being supplied by the authorities. When there are several in together a teacher is obtained from outside and lessons are given regularly.

RECORDS ARE KEPT.

In the offices a record of each prisoner is kept during his stay. This serves to show whether the convict is prompt to obey the officials, whether he shows affection for his parents and relatives, whether he writes letters home and whether he makes progress or not in his studies.

The main building at Sugamo is designed in the form of a dumbbell, the two ends being divided into five ray stars. From the central watch stand the warden can see along the whole of the rays, which comprise 300 cells. And what cells! Think of it—twenty feet high and double windowed.

The convicts are housed in groups. In a cell of eight mats—all rooms in Japan are measured by mats—twelve convicts are accommodated. The floor is covered with mishi-ro or soft matting, and on this the men's bedding is spread when they are ready to turn in. Everything is spotlessly clean.

"The chief warden stopped before a door at the extreme end of the corridor, and after trying a dozen keys succeeded in throwing it open," writes a visitor. "With some misgivings I entered. The room would have gladdened the heart of an amateur photographer. Not a single ray of light penetrated its walls. It was ventilated by means of small tubes that ran through the cement in such a way that they did not admit light."

FORMS OF PUNISHMENT.

"There are three forms of chobatsu (punishment) for insubordination," said the warden. "The first is confinement in an empty room, the offender being compelled to sit on a mat without moving or speaking from morning till night. The second form is confinement in a similar room slightly darkened. The third and most severe is confinement in this totally dark room, the maximum punishment being five days. I have never known a man wish to come here a second time," he added significantly.

"In the bamboo carving shed were men with large intellectual foreheads, bright, intelligent eyes, clear cut mouths. Only one man reminded me of convicts I had seen in England. He was short in stature, the eyes were small and oblique, the forehead narrow and receding, the ears large and the jaw flabby. His crime was manslaughter."

"He was the chief actor in a drama of jealousy that was played to a fatal finish in one of the hovels of Tokio's East End. A faithless wife, a hypocritical friend, a surprise, and in the narrow hovel a fight to the death had been waged, the guilty wife the only witness. He did not look up as I passed him, this humble Othello. With marvellous dexterity he was fashioning in bamboo an angel with outstretched wings."

SUPPORT FAMILIES.

"In the weaving department the convicts were making uniforms for the army. Piles of the finished garments lay on the shelves around the shop, and here again the workmanship was perfect. And how they worked! The shuttles were thrown through the warps by hand, and it was obvious that the weavers were old 'lags.'"

"It pays them to be industrious," said the warden. "The average convict makes ten sen (five cents) a day; four sen goes into his own personal account. A skilled worker will make twenty sen a day, eight being his own again. Some of these men actually support their families on what they earn in prison! As you know, the average cooile can live on fifty sen a month. It was natural that after parading this paradise I should doubt if Japan's treatment of her criminals led to a decrease in crime." He concluded the visitor. "The officials confessed that of robbers, burglars, thieves and swindlers 60 per cent. came back to the prison. Of those who had been twice imprisoned 60 per cent. returned; of the first offenders, 40 per cent. found their way back."

**THE DOSE IN TIME
THAT SAVED NINE**

DODD'S KIDNEY PILLS CURED DAN. MCGEE'S BACKACHE.

He Used the Old Reliable Kidney Remedy and Found a Speedy and Complete Cure for His Trouble.

James River, Antigonish Co., N. S., June 7. (Special).—It has again been proven in the case of Mr. Dan. McGee, a well-known farmer living near here, that backache is only a symptom of Kidney trouble, and that Dodd's Kidney Pills cure it quickly and completely.

"I suffered from Backache for two months," Mr. McGee states. "It started from a strain and grew steadily worse. I also had occasional attacks of Lumbago. I was always tired and at times my eyes were puffed and swollen. In the mornings I had a bitter taste in my mouth."

"Then I decided to try Dodd's Kidney Pills and the result is that today I am a well man. I advise all persons suffering from Backache or Lumbago to use Dodd's Kidney Pills."

Mr. McGee caught his Kidney Disease in its early stages, and Dodd's Kidney Pills cured it almost at once. Neglected Kidney Disease develops into Rheumatism, Dropsy, Bright's Disease or Heart Disease. Dodd's Kidney Pills will cure any and all of these.

NOT GUILTY.

Magistrate—"So you are a member of the light-fingered fraternity, eh?"

Prisoner—"No, your honor, I seldom get my hand in until after dark."

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial burden? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too, but I learned how to cure myself. I want to relieve your burden. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me. All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. Mrs. F. E. CURRAN, Windsor, Ont.

Japanese inns furnish fresh tooth-brushes every morning free to each guest.

Dr. J. D. Kellogg's Dysentery Cordial is compounded specially to combat dysentery, cholera morbus and all inflammatory disorders that change of food or water may set up in the stomach and intestines. These complaints are more common in summer than in winter, but they are not confined to the warm months, as undue laxness of the bowels may seize a man at any time. Such a sufferer will find speedy relief in this Cordial.

She—"I knew you were an idiot before I married you!" He—"I presume my proposing to you satisfied you on that point."

Housekeepers are strongly advised to commence the use of Wilson's Fly Pads early, because a few flies killed in June would otherwise become a host by August.

Dividing with love is always doubling.

The Pill That Leads Them All.—Pills are the most portable and compact of all medicines, and when easy to take are the most acceptable of preparations. But they must attest their power to be popular. As Parmelee's Vegetable Pills are the most popular of all pills they must fully meet all requirements. Accurately compounded and composed of ingredients proven to be effective in regulating the digestive organs, there is no surer medicine to be had anywhere.

HIS TROUBLE.

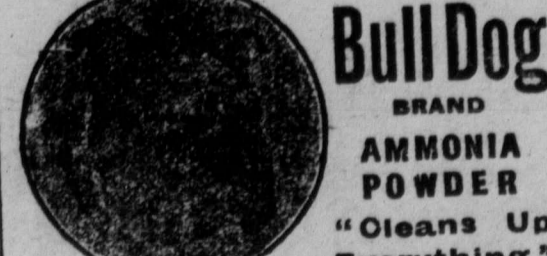
Bing: "Yes, that's old Spriggings. Half-a-dozen doctors have given him up at various times during his life."

Wing: "What was the matter with him?"

Bing: "He wouldn't pay his bills."

New South Wales has no work-houses.

Ladies, Do You Know



THAT
Bull Dog
BRAND
AMMONIA
POWDER
"Cleans Up Everything"

WATCH FOR OUR NEXT ADVERTISEMENT explaining the saving of coupons to secure a \$5.00 PRIZE or a REAL METALIZED ROSS HAT PIN. ASK YOUR GROCER FOR IT.
Manufactured by J. B. PAINE CO., Ltd., Toronto.

HORSE SENSE.
"Why don't you go to the doctor?"

"I don't have any faith in these modern physicians."
"Neither had my jackass any faith in the vet. But he cured him of glanders."

A Medicine for the Miner's Pack.—Prospectors and others going into the mining regions where doctors are few and drug stores not at all, should provide themselves with a supply of Dr. Thomas' Electric Oil. It will offset the effects of exposure, reduce sprains, and when taken internally will prevent and cure colds and sore throat, and as a lubricant will keep the muscles in good condition.

A young man should always remember that if he is too attentive to a girl, he won't have enough money to get married on.

You cannot be happy while you have corns. Then do not delay in getting a bottle of Holloway's Corn Cure. It removes all kinds of corns without pain. Failure with it is unknown.

Mrs. Howard—"The walls of your apartment are very thin, aren't they?" Mrs. Coward—"Oh, very! We could actually hear our neighbors having celery for dinner last night."

Try Murine Eye Remedy.
For Red, Weak, Watery, Watery Eyes, Granulation, Pink Eye and Eye Strain. Murine is the smartest, most delicate, most effective eye remedy ever discovered. It is composed of the finest, purest, most delicate ingredients and is entirely free from any irritating or prohibited drugs. Try Murine for your eye troubles. You will like Murine. Try it in Baby's Eyes for Sealy's Eyelids. Druggists sell Murine at 50c. Murine Eye Remedy Co., Chicago, will send you interesting Eye Book Free.

THE ART OF PERSUASION.
Possible Employer—"But we are slack ourselves. If I found you anything to do, it would be taking work from my own men."

Applicant—"The little I should do wouldn't harm nobody guv'nor."

YOUR SUMMER OUTING.

If you are fond of fishing, canoeing, camping or the study of wild animals look up the Algonquin National Park of Ontario for your summer outing. A fish and game preserve of 2,000,000 acres interspersed with 1,200 lakes and rivers is awaiting you, offering all the attractions that Nature can bestow. Magnificent canoe trips. Altitude 2,000 feet above sea level. Pure and exhilarating atmosphere. Just the place for a young man to put in his summer holidays. Hotel accommodation. An interesting and profusely illustrated descriptive publication telling you all about it sent free on application to J. D. McDonald, Union Station, Toronto, Ont.

ANTHEMS OF THE NATIONS.

British National Song Inspired Those of Other Countries.
It is no new thing for lament to be expressed that the United States has no good and distinctive national anthem. Prof. William M. Sloane does not like "The Star Spangled Banner," because it is not simple, although it is strong. He realizes the difficulty of making a song to order, even though the Austrian and Russian hymns were written that way.

Russia is a pretty old nation, but it used the music of "God Save the King" as its national hymn till 1830, when Lwoff wrote the present national song, "God Protect the Tsar," as a setting for the words of a patriotic poem. The Austrian hymn is about thirty years older, and is a product of the patriotic enthusiasm that covered Europe at the time of the French Revolution. Haydn had visited England, and returned to Vienna much impressed with the British national anthem and he suggested that Austria should have such a hymn. He was accordingly commissioned to write it, and the new song was first sung in 1797. The English hymn, "God Save the King," appeared in its present form in 1740, and made its way by its merits until it became officially recognized.

Although Germany has a patriotic song to the same air, "The Watch on the Rhine," now known abroad as the great national song, did not appear till 1870. It sprang into popularity during the war with France. The French hymn of "The Marseillaise" was produced during the excitement of the Revolution, as "The Star-Spangled Banner" was inspired by an incident of the War of 1812.

"A lamkin, my boy," answered Toddles, sen. "is a little lamb."

"Then, paw," continued Tommy, "I s'pose the little nap you take after dinner is a napkin, ain't it?"

PLANTS AS ILL PREVENTIVES.

In tropical countries, where the deadly malarial mist rises from the wet swamps, the first thing that the settler does is to plant the eucalyptus. Eucalyptus drains the damp, fever-laden soil by evaporation of water through its leaf surfaces. A house can be kept free of mosquitoes if two or three of the anti-mosquito plants are placed in each room. The castor-bean is a harmless, yet it is detested by all the animal world, and not even locusts will eat its leaves, or the mole bore its way through its roots. No garden should be without honeysuckle, because of the number of honey-bees it attracts. Every gardener knows how necessary bees are for the proper fertilization of his flowers.

Help your children to grow strong and robust by counteracting anything that causes ill-health. One great cause of disease in children is Worms. Remove them with Mother Graves' Worm Exterminator. It never fails.

She—"I think it very strange that man was made first." He—"Quite the natural order. Money has to be made before a woman can spend it."

Don't ignore the few house flies you see in June. Unless you commence using Wilson's Fly Pads early your house will be overrun by them in midsummer.

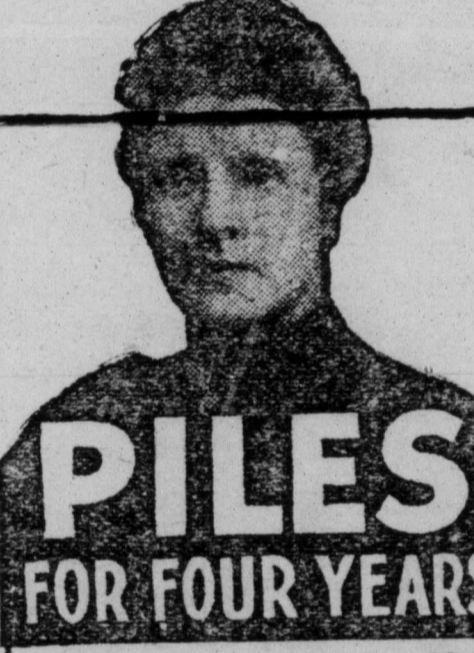
Teacher (angrily): "Why don't you answer the question, Bobby?" His brother Tommy (answering for him): "Please, sir, he's got a peppermint in his speech."

MAKE A NOTE when you are leaving home to buy "The D. & L." Menthol Plaster. Guaranteed to cure the worst case of backache, headache, stitches, neuralgia, etc. Avoid the "just as good" goods. Get the genuine.

SLIGHTLY MIXED.
It was the final day of school. And the friends of Willie Wise were out in force expecting to see Willie swipe the prize.

When Willie stood up to recite: He said, with outstretched hands: "Under the spreading blacksmith tree The village chestnut stands."

No man's steady character will enable him to keep cool in warm weather.



PILES FOR FOUR YEARS

Only those who suffer from Piles can know the agony, the burning, throbbing, shooting, stabbing pains which the ailment causes, and the way it wrecks the sufferer's life. Zam-Buk is blessed by thousands who used to suffer from piles, but whom it has cured. One such grateful person is Mrs. Elizabeth Taylor, of Greenwood Avenue, Toronto. She says:—"For four long years I suffered acutely from bleeding piles. During that time I spent an immense amount of money on 'remedies' and doctors' prescriptions but got no ease. Zam-Buk was different to everything else I had tried, and it cured me. I am grateful for the cure, and as I have never had piles since, I know the cure is permanent."

Another thankful woman is Mrs. E. A. Gardner, of Catalina, Trinity Bay. She says:—"In my case Zam-Buk effected a wonderful cure. For twelve years I had been troubled with blind, bleeding and protruding piles. I had been using various kinds of ointments, etc., but never came across anything that did me good until I tried Zam-Buk, which cured me. That this may be the means of helping some sufferers from piles to try Zam-Buk, is the wish of one who has found great relief."

Zam-Buk is a purely herbal balm and should be in every home. Cures cuts, burns, bruises, eczema, ulcers, blood-poisoning, prairie itch, sunburn, blisters, sore feet, summer sores, and all diseases and injuries of the skin, etc. All druggists and stores at 50c. box, or from Zam-Buk Co., Toronto, for price.



BELL

USED IN
Leading Conservatories, Colleges, Schools, Theatres, and in thousands of homes where a piano of distinctive merit is appreciated. The Bell is the only piano with the Illimitable Repeating Action.

PIANOS

Send for (free) Catalogue No. 75.
The Bell Piano & Organ Co., Limited GUELPH, ONTARIO

WOMEN'S HANDS ALWAYS KEPT WHITE AND SOFT

Millions of men and women make work gloves used every year. Used by all classes of mechanics, farmers, gardeners, housewives. For sweeping, scrubbing, driving, etc. 25c. six pair. Size and style \$1.00. Postpaid.

Address TARBOX BROS., 274 Dundas St., Toronto, Ont.

WOMEN MAKE MONEY

WHY NOT YOURS? Sewing cotton CANTAS GLOVES. Unlimited demand at your own home as you start. All you require is a sewing machine. We can supply \$2.00 down. You could pay the rest later, there is no charge for shipping. You could save the cost of the waste, for we make 100 to \$1.50 per week spare time. Write to us, we'll explain all about it.

TARBOX BROS., 274 Dundas St., TORONTO, ONT.

PIEOLGY.

"Promises like pie-crusts, are easily broken," said a philosopher. But he said it before the railway lunch-counter pie was invented.

Clean Stomach, Clear Mind.—The stomach is the workshop of the vital functions and when it goes out of order the whole system clogs in sympathy. The spirits flag, the mind droops and work becomes impossible. The first care should be to restore healthful action of the stomach and the best preparation for that purpose is Parmelee's Vegetable Pills. General use for years has won them a leading place in medicine. A trial will attest their value.

They who think there is only one road to heaven usually want to put a toll gate at their station.

A stitch in time saves nine, and every house fly killed early saves a thousand at least later on. Wilson's Fly Pads will kill many times more flies than any other article.

If wishes were horses there wouldn't be any room in the world for automobiles.

RICH AND POOR ALIKE use Painkiller. Taken internally for cramps, colic and diarrhoea. Applied externally cures sprains and swollen muscles, etc. Avoid substitutes, there is but one "Painkiller" Perry Davis—25c and 50c.

The wisdom of the world has always come from the people who did not fear being called fools.

WANTED.

PAstry WOMAN, liberal wages, and girl for dining-room work, wages \$1.50 per week. Apply "The Warrant," St. Catharines, Ont.

AGENTS WANTED: You can make more money selling our Perfumes, Toilet Requisites, Tea, Coffee, Spices, Etc., than in any other legitimate way. Excellent opportunity for energetic men and women. THE HOME SPECIALLITIES CO., Toronto, Canada.

WOOL

Wanted. Write me for priced and market conditions.
WM. GRAHAM,
Dealer in Wool only,
120 George St., Toronto.

Dyeing & Cleaning!

For the very best and your work to the "BRITISH AMERICAN DYEING CO." Look for agent in your town or send direct.
Montreal, Toronto, Ottawa, Quebec

Saskatchewan Farm Lands

I have open prairie lands suitable for grain growing, now ripe for the West. Also tracts in bluff country for grazing or mixed farming. The richest soil on earth. These lands are on a new branch line and very low in price. Write for particulars.
JAMES ROBINSON, Wawota, Saskatchewan, Can.

WE GIVE FREE SAMPLE AGENTS MEN OR WOMEN.

Make \$3 a Day and establish permanent business on our capital. Our high class goods sell on sight in every house, are quickly used up and repeat orders come fast. Exclusive territory given.
The Home Supply Co., Dept. 28, Toronto, Ont.

ALEXANDER WARDEN,
(Late Treasurer Presbyterian Church in Canada)

BONDS AND STOCKS

Cobalt's stocks bought and sold on commission.
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Long Distance Phone—Main 2370, Main 1271.

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STOCKS AND BONDS

We are no specializing in COBALT for stocks. Write us for information.

Fire Insurance Agents Wanted

Richmond & Drummond Fire Insurance Company. Head Office, Richmond, Que. Established 1879. Capital \$250,000. For agencies at unreserved prices. Province of Ontario, address: J. H. EWART, Chief Agent, No. 18 Wellington St., East, Toronto.

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