

Thin Blood

Experience count anything with you? Then what do you think of 60 years' experience with Ayer's Sarsaparilla? Sixty years of curing thin blood, weak nerves, general debility! We wish you would ask your own doctor about this. Ask him to tell you honestly what he thinks it will do for your case. Then do precisely as he says.

We have no secrets! We publish J. C. Ayer & Co., Lowell, Mass.

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THE ENSIGN REMEDIES

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Coughs and Colds

Are cured by ENSIGN REMEDY No. 5, quickly, quietly. The trouble is better in a few minutes and gone in a few hours.

Books on General Diseases, Private Diseases, Women's Diseases and Variocele, of druggists.

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If so, do you not think that you might as well eat THE BEST? The best bread is that which contains the MOST nutriment and the LEAST waste matter and is absolutely pure. TRY US.

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All Diseases Successfully Treated by Osteopathy, Chiropractic and Psycho-Therapy. Particular attention given to nervous and mental troubles with both men and women. Consultation Free.

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Experience count anything with you? Then what do you think of 60 years' experience with Ayer's Sarsaparilla? Sixty years of curing thin blood, weak nerves, general debility! We wish you would ask your own doctor about this. Ask him to tell you honestly what he thinks it will do for your case. Then do precisely as he says.

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LIFE-LIKE.

How life-like are the waves of the sea! Yes. They come to the beach in great style and go away broke.

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure proper health every tissue, bone, nerve, and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich, red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the settlers and which are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's root, Stone root, Bloodroot, Mandrake root. Then there is Black Cherrybark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is a bankrupt vitality—such as nervous exhaustion, had nutrition—and thin blood, the body acquires vigor and the favorable effect of this sovereign remedy. Although some physicians have been aware of the high medicinal value of the above mentioned plants, yet few have used pure glycerine as a solvent, and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

The "Golden Medical Discovery" is a scientific preparation compounded of the glyceric extracts of the above mentioned vegetable ingredients and contains no alcohol or harmful habit-forming drugs.

Foods That Make You Fat. Potatoes, peas, baked beans, fats, sweets—such as puddings, pies and cake—ale, beer, sweet wines and even water, when taken with meals, all conduce to obesity. But in lieu of the foregoing flesh producers one may satisfy hunger with a moderate amount of lean meats, poultry, fish; with fruits (excepting figs, dates and bananas) and with vegetables, such as spinach, string beans, eggplant, celery, beets, etc. I would recommend also that those overfat from a too rich and too generous diet abstain from much liquid at meals, but that they drink copiously of water between meals to flush their systems. Water, be it remembered, is an excellent purgative.—G. Elliot Flint in *Outing*.

Not Buried Yet. "There has never been any decisive action on that bill you introduce year after year." "No," answered the statesman, "that bill has been of such value in giving me prominence that I should rather regret to see it removed from active controversy and buried in the statute books."

His Exact Meaning. Belieft—What did you mean by saying that Spiffins was a man of rare intelligence? That isn't the way in which he is usually regarded. Bloomfield—I mean that his gleams of intelligence are so far apart as to be very rare indeed.

A First Essay in Housekeeping. Mr. Jones—What is it, my pet? Mrs. Jones—This rabbit (sob)—I've been plucking it (sob)—all the afternoon, and it isn't half done yet!—Punch.

The successful burglar leaves little to be desired.

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of *Wm. Carter*

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

CARTER'S LITTLE LIVER PILLS. FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION. FOR PURITY OF BLOOD. FOR SICK HEADACHE.

TINSEL PICTURES.

ANCIENT EMBROIDERY THAT HAS BEEN REVIVED THIS SUMMER.

A Kind of Work Executed by Women of Spain, France and Italy in the Sixteenth Century Again Engages Feminine Attention.

That "nothing is new until it is old enough" was the utterance of a witty Frenchwoman. This remark is particularly applicable to the needlework of today. Revivals are the order in all the arts and crafts, and among the latest is the making of pictures with needle and thread. Embroidery pictures they are called, and the work is carried out in many different ways, but none can boast greater quaintness or a more decorative effect than those known as tinsel pictures. The word tinsel is a somewhat misleading one, but for want of a better it has been selected as an appropriate designation for the bejeweled and gold embroidered portraits and figures of the revived work. The tinsel picture, to adopt the term, is a species of applique work which was executed by the ladies of Spain, France and Italy in the sixteenth and seventeenth centuries.



TINSEL PORTRAIT OF MARGARET OF BOHEMIA, 1534.

In the antique specimens occasionally to be met with an opportunity is afforded to judge of the richness of the fabrics of 1500 and 1600, especially the wondrous velvets which were extensively used by the embroidresses in their pictures.

The scheme of working founded on the old methods is as follows: Pasted upon a linen or silk foundation, which is stretched upon a frame, is a figure cut out of an engraving or drawn by hand on paper and painted and laid down in the same manner. The costume indicated is then carried out correctly in actual fabrics with every detail of trimming carefully put in either in gold or silver thread or in embroidery silk. Jewels are represented by beads and stones, while ruffles of lace are frequently put on with the



PICTURE IN TINSEL.

dainty material itself. Faces, arms and hands alone remain uncovered, showing their printed origin. These are generally tinted and often a little painting or embroidery is introduced into the background. This is the accepted modus operandi, but different workers impart individual characteristics to their pictures by using other trimmings, such as chenille. One artist who is making a notable success of tinsel pictures almost invariably paints her figures on glass silk.

Summer Toilet Table Secrets.

There are some articles which are generally deemed necessary for the summer girl to have on her toilet table, and there are many luxuries the uses of which have long remained the cherished secrets of a few. No toilet table is complete without borax. It softens the water and removes grease from the face without parching the skin, as ammonia is apt to do.

Be sure your cold cream is made from vegetable fat and that you keep a sufficiently generous quantity on hand for its many different uses. A little cold cream rubbed on the skin and puffed over with rice powder will do much toward preventing sunburn.

The wise summer girl will have a small bottle of lemon juice on her toilet table. It will remove stains from the skin or nails. Put in water it is splendid as a skin tonic, answering the purpose of eau de Cologne and costing scarcely anything.

5th Food That Builds

Maybe you think of Mooney's Sodas only as a toothsome tidbit. Don't overlook their food value

Mooney's Perfection Cream Sodas

are made of finest Canadian wheat flour, pure butter and rich cream. There's nothing else of equal size and cost that contains so much wholesome nourishment.

An ideal food.

All grocers have them—fresh and crisp in 1 & 3 lb. packages.

MOONEY'S PERFECTION Cream Sodas

MOONEY'S BISCUIT & CANOY CO. TORONTO, CANADA

The Mineral Jade.

Most people have probably seen jade ornaments without having a very clear idea of the material of which such things are composed. Jade is an exceedingly tough but beautiful mineral, much of which is found in China. It is of five colors, the most highly prized jade being the white, yellow and green varieties. The rarest of all is red jade, but this is so scarce that it has no place in market valuations. The mineral is frequently found in the beds of streams, and in searching for it Mohammedans are generally employed, as it is believed that people of this faith are sensitive to its presence, and, like the dowsers or water finders, are affected with shuddering fits when passing over a place where jade is to be found.

Election in Cardwell.

Toronto, Sept. 11.—For the election of a successor to Mr. Little, who was appointed surrogate clerk of Simcoe, nominations will be held for Cardwell on Friday, Sept. 21, and the election will take place on Sept. 28. A Conservative convention will be held on Thursday at Beeton.

Insurance Actuaries Meet.

Berlin, Sept. 11.—The fifth international congress of insurance actuaries opened here yesterday in the Reichstag building. America, Japan and all the leading countries of Europe were represented.



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The inexperienced housewife can have the very best aid in making the finest Bread by using

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Made in the most modern mills in the world from nothing but the choicest Western Canada Hard Wheat. It yields the largest amount of nutriment and is the most economical and healthful.

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TO END ALL DISEASE.

Medical Advances of the Past—Prof. Ray Lankester's Summary of Position of Profession To-Day.

In his presidential address delivered to the British Association a few days ago, Prof. Ray Lankester devoted an important section to the medical advances of the past few years, and summarized in illuminating words the position of the profession to-day. A pathetic interest attaches to Prof. Lankester's address, in view of the movement to retire him as director of the Natural History Museum on a pension of £200 a year. In a long letter to *The Times*, Prof. Lankester protests, eloquently and with dignity, against the action which would deprive him of a salary of £1,200, and throw him, at the age of 60, upon a world with which he is unacquainted, having spent his life in research and scientific experiment. It is to be hoped that some better recognition of Prof. Lankester's work as a scientist will be made than that proposed by the directors.

Famous German Doctors.

Realizing that the two greatest medical discoveries of the century were made by British doctors, it is only proper to admit that German, French, and Austrian medical men are to be credited with illustrious services in the study and treatment of disease. Prof. Lankester's remarks on medicine begin with a deserved tribute to Koch and Cohn. It was the latter, a professor in botany at Breslau, who gave Koch a start on his distinguished career, to which bacteriology owes so much. Thus did a botanist make a great benefactor to the medical profession; and to a zoologist, Metchnikoff, the explanation of immunity is due. Fifteen years ago Calmette, a brilliant French investigator, startled the world with the announcement of his experiments on a horse, into whose veins had been injected cobra venom. Calmette showed that if the poison was administered in small and attenuated doses at first, and gradually increased, enough might ultimately be given to kill thirty horses without in the least disturbing the animal. The horse had become immune, and an examination of his blood would show that a powerful antidote had been created. The Behring lymph, a practical specific for diphtheria, was a result of this discovery.

The Warriors of the Blood.

There is no discovery in medicine that makes more fascinating and encouraging reading than that of Metchnikoff in reference to the work of the white corpuscles, named by him phagocytes, or "cell-eaters." It is this theory that is now generally accepted as the explanation of immunity noted by Calmette. The white cells, or leucocytes, are the natural enemies of hostile germs. They are the warriors of the body, and so long as they are numerous and healthy enough no disease germs can injure their employer. By means of the microscope Metchnikoff was able to give a graphic description of the action of the warrior cells, as soon as the disease germs set up their action in the blood. Inflammation is the first indication of the battle between the invading micro-organisms. They have declared a state of siege. The blood current in the capillary blood-vessels is stopped. The red blood cells might be likened to terrified wayfarers, huddling together. The infected territory is put, so to speak, under martial law, and the soldiers are called out. These dash out through the arteries, press through the tissue afflicted and give battle to the invaders. The battle rages, and usually ends in the leucocytes seizing and literally devouring their prey. The battle ended, circulation is resumed, inflammation disappears, and health is restored. It is to the action of the gallant little "phagocytes" that we owe our lives, once a deadly germ finds lodgment in the body.

Stimulating the Leucocytes.

In his address Dr. Lankester praised Metchnikoff's theory that the leucocytes should be stimulated in their activity, so that they might be always in training for the battles they may be called on to fight any moment. He found that alcohol, opium, and even quinine had a tendency to hinder the phagocytic action, and should, therefore, be used with extreme care, if not eschewed entirely. This discovery was probably in Sir Victor Horsley's mind when he spoke so earnestly of the dangers of alcohol as a drug. Of late years experimenters have been endeavoring to complete Metchnikoff's work by discovering some means by which the white corpuscles might be not only strengthened, but increased. When this is done the danger from germs will surely be a thing of the past, and mankind will have solved part of the problem of long life.

Work With the Microscope.

The study of disease is nowadays carried on chiefly by means of the microscope. Before this wonderful instrument was brought to something like its present state of perfection by Leitz, a knowledge of the cellular theory and micro-organisms, even if possible, would have been useless. By its use we have had the bacilli of leprosy, cholera, the plague, syphilis, tuberculosis, typhoid fever, yellow fever, malaria, the sleeping sickness and other diseases identified in the past few years or months. In most of these discoveries European histologists, chiefly Germans, have led the way, although a Japanese identified the plague germ and Col. Bruce and Major Ross made the discoveries relating to the germs whose favorite haunt is South Africa, and whose favorite messengers are mosquitoes and the tsetse fly.

In closing his review of medical advances in the past few years, Prof. Lankester warned his hearers that if England desired to keep the place in the world of science that had been won for her by Newton, Harvey, Darwin, Spencer, Huxley, Tyndall, and other great geniuses, she must be prepared to follow Germany's example, and employ capable investigators. It is necessary to spend a thousand pounds where one pound is now spent. As a result of wise expenditure of the kind, he did not hesitate to point his countrymen to a day when an end would be made of disease and the millennium ushered in.

The door "like a window" that shows how the baking is going on

It's Better to Watch Your Baking Without Cooling it!

A skilful cook knows how important it is to keep the oven door shut. The range which allows Madam to see the progress of the baking without chilling the oven has the right to her preference. The Happy Thought Range has an oven door "like a window"—transparent—showing the contents of the oven and allowing continual inspection of the baking going on inside. This window door is one of the exclusive features of the Happy Thought Range. The women in 130,000 homes are considered good cooks, just because they use this door. Its results are splendid. If you want the best stove in the world, ask your dealer to show you the special features in the

HAPPY THOUGHT RANGE

New home-builders will find it cheapest to buy a Happy Thought first because it is the best.

EVERY HAPPY THOUGHT BURNS COAL OR WOOD.

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BLOOD DISEASES CURED

Drs. K. & K. Established 25 Years.

NO NAMES USED WITHOUT WRITTEN CONSENT.

He was surprised at how the sores healed—"I took your New Method Treatment for a serious blood disease with which I had been afflicted for twelve years. I had consulted a score of physicians, taken all kinds of blood medicine, visited Hot Springs and other mineral water resorts, but only got temporary relief. They would help me a time, but after discontinuing the medicines the symptoms would break out again—running of the glands, palms of the hands scaling, itchingness of the skin, dyspeptic stomach, etc. I had given up in despair when a friend advised me to contact your New Method. I had no hope, but took his advice. I commenced to heal up and I became encouraged. I continued the New Method for four months and at the end of that time every disease since. My boy three years old is sound and healthy. I can refer any person to me privately, but you can use this testimonial as you wish."

W. H. S.

Before Treatment. After Treatment.

Weak Nervous Debility, Varicocele, Stricture, Vitia Weakness, Blood and Skin diseases, Urinary, Bladder and Kidney complaints, men and women.

Are you a victim? Have you lost hope? Are you intending to marry? Have your blood been diseased? Have you any weakness? Our New Method Treatment will cure you. What it has done for others it will do for you. CONSULT DR. KENNEDY & KERGAN. No Charge. Charges reasonable. BOOKS FREE—"The Golden Monitor" (Illustrated), on Diseases of Men. Sealed Book on "Diseases of Women" Free.

NO NAMES USED WITHOUT WRITTEN CONSENT. Everything confidential. Question list and cost of treatment FREE.

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This old established firm makes this special proposition for those afflicted and who are limited in circumstances, or who have taken treatment from other Doctors without success. Why pay exorbitant fees to Doctors who have neither the facilities nor the experience to cure you.

VARICOCELE—Cured without operation in 20 to 60 days.

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URINARY COMPLAINTS—Cured quickly.

Consultation and Examination Free. If unable to call, write for Question Blank for Home Treatment. Booklet sent Free (sealed).

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