

BREADED MEAL TIME.

The Story of a Dyspeptic Who Has Found a Cure.

There is an intimate connection between good health, happiness and good digestion.—Dr. Williams' Pink Pills Bring About These Conditions.

(From The Tribune, Deseronto.)

Without good digestion there can be neither good health nor happiness. More depends upon the perfect working of the digestive organs than most people imagine, and even slight functional disturbances of the stomach leaves the victim irritable, melancholy and apathetic.

In such cases most people resort to laxative medicines, but these only further aggravate the trouble. What is needed is a tonic, something that will build up the system, instead of weakening it.

It is really disgusting to note the way some people stamp their envelopes!

Why will they put their stamps at all sorts of slovenly, annoying angles, when they might as well plant them fair and square in the proper place.

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A REAL AMERICAN

Sounds a Warning Against the "Playing Politics" Crowd.

The following letter from F. B. Thurber, a real "American" citizen, appears in the New York Journal of Commerce, and is worth reading by Canadians:

A Boer "peace" delegation is about landing in the United States and the New York Municipal Assembly, a majority of whom are American citizens of Irish extraction (good men, but with inherited prejudices), has tendered them the freedom of the city.

A Mayor of Dutch extraction openly avows his sympathy. The Boers are good fighters and the average American admires them. They are few while the English are many, and it is natural to sympathize with the under dog in the fight.

This enables them to retain General O'Brien, an Irish-American, and Mr. Van Sicele, a Dutch-American, both admirable gentlemen, and to fire the American heart by getting up meetings, sending messenger boys to Africa with greetings from American children, and generally playing politics on the eve of a Presidential election.

The United States, a strong nation, was recently fighting Spain, a weak nation, France, Germany and Russia were disposed to put up a little combination against Uncle Sam and invited John Bull to join, but he said "No."

Minard's Liniment is used by Physicians.

Feminine Curiosity.

St. Vitus' Dance rapidly cured by Miller's Compound Iron Pills.

Fish Wouldn't Rise.

Toothache Cured in one Minute

The Voice and Altitude.

The Only Alternative.

IN SWEET SPRINGTIME.

Housewives Turn to Thoughts of—Moths.

HOW TO GUARD AGAINST THEM.

There is no easy method of preventing the damage done by clothes moths, and to maintain the integrity of woollens or other materials which they are likely to attack demands constant vigilance.

Articles in daily or weekly use, and apartments frequently aired and swept, or used as living rooms, are not apt to be seriously attacked.

Absolutely the first requisite is to make sure that the garment is free from the moth-eggs which it is not secured by a few shakes out of a window and a surface brushing.

After woollens have been given a vigorous and thorough treatment and aired and exposed to sunlight.

Rich, red blood is produced by Miller's Compound Iron Pills.

A Matter of Doubt.

Keep Minard's Liniment in the House.

Fully Equipped.

A New Word in Boston.

Miller's Powders cure.

CORNS, WARTS, BUNIONS, PAINLESSLY REMOVED WITHIN Twenty-four Hours.

Putnam's Painless Corn Extractor

NELSON NEWS.

Live Ontario Village Where Dodd's Kidney Pills are Valued.

Mrs. R. Fitzsimmons About Again—Thanks Dodd's Kidney Pills for it—Used About Two Boxes and Health Now Perfect.

Nelson, Ont., May 14.—Friends of Mrs. R. Fitzsimmons, of this place, will be pleased to learn that she is about again.

Mrs. Fitzsimmons, her friends will remember, was not at first aware of the cause of her ailment.

The Army in the Field.

The layman cannot easily realize the vast amount of material as to food and ammunition demanded by an army in the field.

A Valuable Recipe

For Coughs, Colds and Lung Diseases

GERMAN BRUST BALSAM

VIRGINIA HOMES.

ALL REFINERS MAKE SUGAR BUT

St. Lawrence Sugar Refinery

MAKES ...THE SUGAR... THEIR GRANULATED IS 100 PER CENT. PURE.

BARR & COMPANY, P. O. Box 63, Hamilton, Ont.

RIGHTS OF MISSIONARIES.

Have the People of Other Countries Rights to be Respected?

No one disputes the rights of missionaries to go to any country they choose and to make a propaganda in favor of their faith, but they should be made to understand that they do this at their own risk, and that they must act in accordance with the laws of the places they select as the fields of their operations.

What kind of a reception would be given in the United States to missionaries who should come to preach the religion of Confucius, or to Turkish Moslems who should build mosques in American cities?

ASK YOUR GROCER FOR THE NEW Softest unadorned coffee. The Coffee Co., Leamington, Ont.; free sample sent on application. Superior to all others.

AGENTS WANTED FOR OUR TWO NEW books, "The Library of South Africa" four books in one; and "Bright L. Moody, The Man and His Mission," the books are well written and up-to-date, and are not a rehash of old matter; the prices are low, and the terms extra liberal; agents can make money if they take hold at once and send our books. Prospectus free. If you mean business, other arrangements for the canvassers' benefit. William Briggs, Methodist Book Room, Toronto.

PERMANENTLY CURED BY DR. Kline's Great Nerve Restorer.

Mrs. Winslow's Soothing Syrup should always be used for Children Teething.

St. Lawrence Granulated

A Waltham Watch for \$6

Putnam's Painless Corn Extractor

E. B. EDDY'S PARLOR MATCHES

THE E. B. EDDY CO., LIMITED, Hull, Canada

ISSUE NO 21, 1900.

Weak Lungs

When your throat and lungs are perfectly healthy you needn't worry about the germs of consumption.

Scott's Emulsion

A sleeping policeman might be termed "an silent watch of the night," unless, perchance, he snores.

CENTRAL BUSINESS COLLEGE

ASK YOUR GROCER FOR THE NEW Softest unadorned coffee.

AGENTS WANTED FOR OUR TWO NEW books, "The Library of South Africa"

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THE ATHENS REPORTER MAY 24 1900