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The Evening Chit-Chat

Suppose it took that weight.

And suppos that the engineer

eventy-five or a hundred horsepower Wouldn't we think he was an extraordinary foolish man? He has wasted his power, we would

say, and has accomplished nothing.

He would have done better to use all And yet how many people act jus ike that engineer?

with a very trying elder sister. The older woman is one of those people who make life miserable for all about them by harboring a thousand whims and crotchets and cautions and irritating little prejudices and fusi-

I am thinking of a woman who lives

All these things fret the younger sister to the verge of insanity, and she lives in a continual state of protestfretful, nervous, inefficient protest. She argues, she pleads, she scolds

We Give Away

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The People's Common Sense Medical Advisor, in Plain
English, or Medicine Simplified, by R. V. Pierce, M. D.,
Chief Consulting Physician to the Ivnalids' Hotel and Surgical Institute at Buffalo, a book of 1008 large pages and
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were given away as above. A new, up-to-date revised edition is now ready for mailing Better send NOW, before all are gone. Address Word Word Dis-PENSARY MEDICAL ASSOCIATION, R. V. Pierce, M. D., President, Buffalo, N. Y.

THE ONE REMEDY for woman's peculiar ailments good enough

THE ONE REMEDY for women which contains no alcohol and

no habit-forming drugs. Made from native medicinal forest roofs of well established curative value.

O DR. PIERCE'S FAVORITE PRESCRIPTION

is a weight that cannot be moved ex cept by some great pressure. And that the younger sister neve

bittered and saddened by perpetua

case like this is for the sufferer to make up her mind that she, when she wants anything badly enough, will stand firm and get it, and that when she doesn't want anything enough to hen try again and again with fifty or exert that pressure she will give up pleasantly.

must be lifted, she will exert the ne-

Elbert Hubbard says: "Revolt is sometimes necessary, by the man who mixes revolt and obedience is doomed to disappoint himself,

ings. To flavor work with protest is to fail utterly." It seems to me with family life.

and everybody with whom he has deal-

There are conditions in family lif when revolt is absolutely necessary When you are sure these condition exist, why revolt and do it thoroughly But when you know that acquiescence is wisest, why acquiesce and do it cheerfully.

But don't mix the two. At least, not if you care anything for

Folks Past Fifty Must Use Cascarets.

carets are to weak bowels a 10cent box will truly amaze you.

walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles So all old people need Cascarets One might as well refuse to aid weak eyes with glasses as to neglect this

Age is not a time for harsh physics Youth may occassionally whip the bowels into activity. But a lash can't be used every day. What the bowels In other words, when the weight of the old need is a gentle and na tural tonic. One that can be stantly used without harm. The only such tonic is Casearets and they cost only 10 cents per box at any drug store. They work while you sleep.

> vessel will raise the temperature of the food more quickly.

To whiten wooden floors add two tablespoonfuls of paraffin to the hot, soapy water used for washing a floor. It will cleanse the hoards and will also destroy any insects that may be lurking in the cracks of the wood.

To renovate a bath scrub with hot oda-water, and then scour with sandpaper till the surface is perfectly smooth. Apply evenly two coats of white paint, and lastly, one of bath enamel. Let it get thoroughly dry be fore using.

The Camilla scarf is the latest conelt of the needleworker. It is made of a very fine white canvas, and is worked in quite light colors, such as dges are scalloped.

Baste a narrow strip of muslin along each outer edge before putting the curtains in water, and let it re main until the curtains are washed and stretched. You will find your curtains will be straight without the isual sagging.

Dish-covers may be easily kept right and clean. Remove grease with warm water and soda, dry with a soft cloth, then apply a little metal polish with a flannel. A final polish with fine whitening will then make the overs look like silver.

Into a lemon jelly made as usual pieces. Set away to harden. Serve with whipped cream flavored with just a drop or two of brandy.

Silk and woolen goods may b cleaned of grease spots by gently rubbing them with cake magnesia. Lay the goods away in a dark place for several days and then shake out the magnesia. Press the fabric with a hot iron, first covering it with brown

Damp shoes must be carefully dried. Do not put them in an oven or dry quickly. Stuff with newspaper or bran and stand in a draught. When the leather has stiffened from neglect, rub in a little vaseline. Vaseline is excellent for most leathers if not used

Indigestion & Dyspensia

It is quite a daily occurrence to hear persons say: Oh, what a feeling of distress I have after meals, fullness of the stomach, heaviness and thing. I have no heart to exert myself, and at times I care for nothing An eiderdown quilt may be washed I often have a pain in the pit of the n a lather. Rinse it carefully, and stomach, no appetite, my heart beats feel just as tired when rising in the morning as when retiring to bed. My sleep if often disturbed, and I often A small block of wood, covered with awake with a sense of suffocation and piece of old carpet, is excellent to a difficulty of again going to sleep. rub off the range when through using have to be careful of what I eat, and my life seems a veritable burden.

Now, it seems a shame and a pity for persons to be suffering like that when it is in their power to get cured by taking a bottle of Dr. Stafford's sons afflicted with stomach troubles It can be obtained at

DR. F. STAFFORD & SON, Duckworth St. and Theatre Hill. Small size, 25 cents; postage 50 extra; large size, 50 cents; postage

Shawlshaped mantles promise t become one of the leading shapes for the winter in fur, velvet, cloth and the heavy double-faced satins.

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THIS WEEK We are showing a splendid assortment of

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T. HUDSON

WOMEN'S PLAIN, COLOURED and

MEN'S PLAIN, COLOURED and

stir, as it begins to harden, half a cup of shredded preserved ginger. Or, if preferred, cut into small, inch-long preferred, cut into small, inch-long libror. Set over to harden.

Very Newest Designs and Colourings.

Women's Coloured Cashmere Hose, in Mole, Quaker Grey, Vieux Rose, Navy, Greens and Browns. Reg. 60c. pair, for 45c. pair.

Vomen's Plain and also Embroidered Mole and Quaker Grey Cashmere

Hose, at 50c. pair. Women's Fancy Stripe Cashmere Hose in Blacks, Tans, Greens, etc.,

Women's Lisle Thread Hose, Lace Ankles, in Black, Tan, Grey, Saxe Blue, Pink, Helitrope, Green, White and Cream, at 40c. pair.

Women's Plain Lisle Hose in Black and Tan. at 30c. pair.

Women's Plain Black Cashmere Hose. Reg. 35c. pair, at 25c. pair. Men's Coloured Cashmere Half Hose, in plain colours and fancy stripes, at 28c., 30c., 40c. and 45c. pair.

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They are 50 per ct. cheaper than paint, and 100 per ct. more artistic, and the Creosote makes the stained shingles impervious to decay.

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10 cases Sweet Oranges,

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we assure you it will be as good as a new one. This is the time to have those things done. Note the address: WM. SPURRELL, 174 Duckworth Street.

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Drawn-work borders are not infreuently combined with solid centres. Mice object to camphor, which if 50c, and 75c.

The Stolen Lady, by A. & C. Askew put in places frequented by them will

drive them away completely. Apply the white of an egg with a camel's hair brush to fly specks on a gilt frame and they will disappear.

> Remove rust stains from white goods by applying lemon juice and salt and laying the material in the hot sun.

If the cellar stairs are not well lighted, paint the bottom step white. This will save many an unfortunate mis-Grease on a wall can generally be

ting paper, and then passing a warm Needles both for hand-sewing and nachine work may be sharpened on the discarded emery-boards from the

dressing table. Brass bedsteads can be cleaned by rubbing with a cloth dipped in sweet

In Dread of Something

You can scarcely tell what—It may be Hysteris, Insanity, Nerv-ous Collapse. You can only throw off this depression when the nerve cells are restored to health by such treatment as Dr. Chase's Nerve Food. Your digestive

system has failed to supply proper nourishment to the nerves and you are compelled to seek aid from other It will take some patience and per It will take some patience and persistent treatment, but there is no way by which you can so certainly restore health and vigor as by the use of Dr. Chase's Nerve Food.

The best time to restore the nervous system is long before such a critical condition is reached. Such symptoms as sleeplessness, headaches, nervous indigestion, muscular weakness, loss of energy, failure of memory and power of concentration sirritability and discouragement tell of a failure of the nervous system and warn you of the nervous system and warn you of the approach of serious trouble.

Dr. Chase's Nerve Food 50 cents a box, 6 boxes for \$2.50; all dealers, or Edmanson, Bates & Co., Toronto.

dry piece of leather.

To bleach handkerchiefs, after washing, let them soak over night in water in which a bit of cream of tar tar has been dissolved.

and the volks remain Wooden bedsteads are again the fashion. They should be wiped over every three months with turpentine to

When the kitchen table is of na tural wood, a cut lemon rubbed over radicated by covering with clean blotthe surface gives a whiter, smoother board then when a scrubbing brush is

> by applying equal quantities of yelk of egg and glycerine, and allowing it to soak for half an hour before the garment is washed.

in the wind. While drying, shake several times and it will be like new.

er when blacking has been applied. To clean white paint, rub well with a damp cloth dipped in catmeal, wipe with a damp cloth and lastly with a Prescription A. A sure cure for per dry duster. This is especially useful

Ginger bonbons are readily made by taking oblong pieces of preserved ginger and inserting these in the hollows of fine large dates which have been stoned. Draw the date together and

Ivory knife handles which have be

ome yellow may be improved in appearance by being rubbed with cloth dipped in turpentine. A simple way to separate eggs is t break them, one at a time, into a small funnel. The whites will pass through

keep them perfectly clean.

Stains on flannels may be removed

then shake it well before hanging out rapidly on the slightest exertion.

it, and also makes a very good polish-

treatment for fingermarks on doors.

roll in powdered sugar. Cooking in a double boiler is sometimes so slow-if sure-that cooks should know that adding a tablespoon-

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10c. extra. Mail orders must be companied by remittance.—aug3

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