

## Tired, Nervous Mothers

**Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.**



Mrs. Albert Mann Mrs. Chester Curry

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly.

The ills of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the female organism.

Do you experience fits of depression with restlessness, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the abdominal region, and between the shoulders; bearing-down pains; nervous dyspepsia, and almost continually cross and irritable?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women can testify to this fact.

**Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.**

Mrs. Chester Curry, Leader of the Ladies' Symphony Orchestra, 42 Saratoga St., East Boston, Mass., writes:

"For eight years I was troubled with extreme nervousness and hysteria brought on by irregularities. I could neither enjoy life nor sleep nights. I was very irritable, nervous and despondent."

"Lydia E. Pinkham's Vegetable Compound was recommended and proved to be the only remedy that helped me. I have daily improved in health until I am now strong and well, and all nervousness has disappeared."

The following letter is from Mrs. Albert Mann, 154 Gore Vale Ave., Toronto, Ont.:

Dear Mrs. Pinkham:—"I suffered a long time with serious female trouble having intense pains in the back and abdomen and very sick headaches every month. I was tired and nervous all the time and life looked very dreary to me and I had no desire to live until I began to take Lydia E. Pinkham's Vegetable Compound and to get some relief. My recovery was slow but I was sure and I have never regretted the money spent for the Compound as it brought back my good health."

Women should remember that Lydia E. Pinkham's Vegetable Compound is the medicine that holds the record for the greatest number of actual cures of female ills, and take no substitute.

**Free Advice to Women.**

Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, Lynn, Mass., invites all sick women to write to her for advice. Mrs. Pinkham's vast experience with female troubles enables her to advise you wisely, and she will charge you nothing for her advice.

## WHAT THE GALLERY SPIES AT TORONNO

Pen-Pictures of Premier, Dr. Pyne and G. W. Ross in Atmosphere

Continued from Page One.

cynical remark and with those gravely solemn coat-tails on the campus there.

But stop; we must not forget; yes, there was oratory, or at all events, eloquence—eloquence of the most impressive, the most inspiring character; eloquence which sprang into being when the sonorous voice of the Speaker floated out over those three-quarter empty benches, rose and echoed amid the Romanesque arches of the ladies' gallery, striking at length against the painted ceiling up above, which, strangely enough, seemed to give back this one only voice in all its native richness, implored the blessings of God upon the Sovereign head of the State and upon his Parliament "at this time assembled."

### Ancient Eloquence.

The words were old, old words. Not a soul in the building, perhaps, but had heard them innumerable times, and to many they were well-nigh as familiar as the "Our Father," which followed.

Yet for all that there was a freshness and a power about them now, at the moment when they were indeed an actual and living petition, which sent them straight home to the listening ear and to the waiting heart, and caused an earnest, steadfast hope to rise in the mind, that the men who command our Ship of State shall never be tempted, as other statesmen in other lands have been tempted, to cut her loose from the staunch old moorings which bind her to the infinite; that we may still, forever, be impelled to ask for blessings, though we may deserve them not.

Looking down from the press gallery, one gets an oblique, indirect and foreshortened view of the people's representatives. And yet even that prospect suffices for meditation.

One glances casually enough over the dome-shaped or flat-fronted craniums of innumerable members, trying to imagine what peculiar distinction it was in this or that person which caused him to be chosen of his fellows, until finally one spots a man who, even from this distance and at this angle, commands attention, respect and endorsement.

In this way, and after this fashion, one's eye is caught by the splendid head of the Hon. R. A. Pyne, the minister of education, and in fair round terms the best-looking man in the House. Here looking, one lingers to ponder over the possibility of schemes for advancement along the lines of general education which may at the moment be taking form and substance in the mind of the gentleman from East Toronto.

### Brown and Brain.

There is brown enough about this man, and one would venture to say brain enough, too, to enable him to shoulder the needs of the province without a tremor.

Nor can one help feeling thankful that this is so, for in Dr. Pyne more than in any other single man in the Government, perhaps, are vested the destinies of the future citizens of Canada; and to cope with our hopes and our forward-looking thoughts for these, he has need of every particle of the muscle and of the "gray matter" he appears to be so plentifully furnished with.

The next man to attract attention, perhaps, is the Premier himself; that keen-faced fellow, who so furiously pulls his moustache while the questions, the notices of motions, the bills and the orders are being put upon the table, and who laughs so genially with his associates, man to man, when the proceedings of the day are closed.

It is argued by some that Mr. Whitney has simply played a waiting game; that his success is due primarily to his genius of patience, his ability to tire out opposing forces, his power to hold on, his faculty to await the inevitable cycle, the whirligig of time which brings to each man his revenge—due to his belief in himself, and in the old adage of the dog and his day.

### The Premier.

But it must not be forgotten that the man who waits, in the true sense of the word, has in him far more than all this. The fallow season of the successful waiter is filled, must indeed be

filled, with intense and energetic germ life.

He waits, it is true, but waiting he serves that far-off event, that psychological moment which is to usher in the season of his more apparent, more fecund activity.

All those years of lieutenantcy under the Meredith regime of generalship in the forces of opposition have been years not only of opposition, of resistance, in Mr. Whitney, but also years of quiet growth, of getting ready, of final preparedness.

When Joseph in days of old was thrown into prison he did not allow himself to despair, to grow careless, to "slump," as we would call it, but steadily and firmly, year after year, pursued the even tenor of continued physical caution and carefulness, of moral and spiritual development, so that when at last his hour arrived and Pharaoh called for the man who could interpret visions, the great son of Jacob has practically no change to make, either in his mode of thought or in his habit, but is even then ready to appear before the Over-Lord of all Egypt and, at his command, to take the government.

In like manner, when the hour of Ontario's extremity came, Mr. Whitney was able at once to step into the rank of leadership for which he had so long been quietly and steadily maturing. The Whitney of to-day, we may congratulate ourselves, is no superficial or sporadic or eccentric thing, but a natural growth out of the watchfulness and the solitude and the deliberation of the past—a legitimate success. And the watcher from the gallery cannot help but feel glad that the bravery and the dignity and the endurance have prevailed.

### Hon. G. W. Ross.

And finally in this cursory survey from the gallery there is that old drawer of swords, that past-master in the art of battle, the Hon. G. W. Ross, to be considered.

No one can fail to notice that the ex-Premier grows physically old. His hair is white, his face is flushed, his movements have lost their vigor and their elasticity.

Just as noticeable, however, is the fact that the intellect of the member for Middlesex is still keen, his mental gifts and faculties still alert.

It is the habit of the leader of the Opposition to prop his brow upon his "sinewy hand," as did Milton's Satan, and sitting thus he seems, indeed, the very personification of Nestor-like authority and address.

Let but the occasion offer, however, and down sweeps that supporting hand, up rises that weighty brow; wisdom, prudence, senatorial power and warrant vanish, and in their places we encounter scorn, defiance, invective, the sardonic laugh, the biting challenge—Ross at his old trick of "All's fair in war!" and smiling conscious superiority into the faces of his opponents!

Nowhere in his histrionic art could one find a more sudden and complete metamorphosis, and the gallery watcher, for the life of him, cannot reserve applause.

### FAN FAN.

## THE ANAEMIC YOUNG GIRL

EASILY NOTICED BY HER BLANCHED CHEEKS, BLOOD-LESS LIPS AND DULL EYES.

Perhaps she is sixteen. Suddenly she seems to lose strength. Her beauty fades because her vitality is steadily decreasing. Her cheeks appear under the eyes which become lustrous and dull. Her spirits droop, for no girl can be contented and happy in such a condition.

This may be quickly corrected by taking Ferrozone. It supplies what is lacking in the blood, purifies and strengthens it, keeps it in perfect order. Ferrozone makes plenty of red blood corpuscles that manifest themselves in a healthy ruddy complexion. It adds the stomach to do its work, and creates a natural healthy relish for food.

Every organ of the body is benefited by Ferrozone. It rebuilds the entire system, makes new tissue, strengthens weak, flabby muscles, makes thin people fat and sick people well.

No case of Anæmia is too chronic for Ferrozone. It may take time, but if persistently used will cure in the end. It will give you a well developed form, clear complexion, pure breath and will restore the bloom to faded cheeks and color to the lips more quickly than any other remedy.

Every woman who desires a vigorous constitution, and the good looks that come with good health, should take Ferrozone after each meal regularly. It is a wonderful tonic for the brain, the nerves and the blood, and acts also as an efficient but harmless regulator of the menstrual flow. In fact for all diseases peculiar to women and growing girls, Ferrozone has no equal as your druggist can tell you.

Three weeks treatment costs \$5.00 or six boxes for \$25.00. Sold by druggists and dealers in medicine everywhere, or sent by mail if price is forwarded to N. C. Polson & Co., Kingston, Ont., and Hartford, Conn., U.S.A.

Roosevelt having got Alice off his hands, prepares to keep in the lime-light by butting into the coal strike.

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### MAISONNEUVE RESULT.

Montreal Gazette. — The Maisonneuve election resulted in the defeat of Mr. Grothe, who has been placarded through the constituency for the past week as the Laurier candidate for the seat in Parliament held by the late Mr. Prefontaine. This was in a way expected, especially during the past two or three days. It became evident soon after nomination that Mr. Grothe, though a capable enough business man, was in several ways a weak campaigner.

Mr. Grothe, on the other hand, showed a good deal of capacity and succeeded in creating some sentiment in a working man's constituency in favor of himself as a workingman. He also got considerable Conservative support as an opponent of a Government candidate. The size of his majority is, therefore, the chief matter of surprise. It will send him to the House of Commons with a prestige that not many Labor representatives have carried into that chamber for trying men's strength and judgment. It will also, no doubt, encourage the nomination at the next general election of other Labor candidates. There is a wider than local meaning to the election, however. It gives point to what was said the other day about the effect of making the Government a Laurier instead of a Liberal party, the followers of a man rather than the advocates of a principle. A principle does not suffer from a foolish advocate's failure; a man is as weak as his weaknesses. All the country could see how unwise Sir Wilfrid was in his interference in the Quebec municipal elections, and all the country saw how the faction he associated himself with was overthrown. Again in Maisonneuve, his party organizers seem to have been as unwise as himself. There were things that made Mr. Grothe likely to be a weak candidate in the constituency where practically all the electors toll with their hands, and where trades unions are probably as strong as anywhere in the province.

All in the party councils seem to have thought, however, that it was enough to placard him as the Laurier nominee, and he would carry everything before him. The idea was not well placed. For a second time within a week in a Quebec city, the people showed that they thought nothing of voting against Laurier when his name was associated with a bad cause or a weak nominee. What has been so easy in Quebec and Montreal will be equally easy in other places. The Laurier and victory myth is wearing out.

### REWARD OF MERIT.

John Lewis in Toronto Star: The Royal Society of London exercises a very severe discrimination in admitting scientists to fellowship, so that the honor conferred upon Professor Macallum is a distinction of which the University of Toronto, and, in fact, all Canada, has reason to be proud. Professor Macallum is a tireless student, and the results of his researches have appeared in various scientific journals, including the "Proceedings of the Royal Society," London; Journal of Physiology, London; Quarterly Journal of Microscopical Science, London; Journal of Anatomy and Physiology, Edinburgh; American Journal of Morphology, Boston, and the "Transactions of the Canadian Institute." The work in which he is engaged is the genuine work of a university; the extension of the bounds of knowledge, and its value could not have been more signally recognized.

### Chamberlain's Cough Remedy.

The many remarkable cures of colds and grip effected by this preparation have made it famous over a large part of the civilized world. It can always be depended upon as pleasant to take. It not only cures colds and grip, but counteracts any tendency towards pneumonia. It contains no opium or other harmful substance and may be given to a baby as confidently as to an adult.

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**SUES EX-CANDIDATE.**  
Hamilton, Feb. 27.—In the division court at Dundas yesterday afternoon Mayor Dixon sued Gordon Wilson, the defeated Conservative candidate in the last Provincial election, for \$12, the hire of a horse during the campaign. Wilson, who claimed he was given the horse to keep, put in a counter-claim for \$16. The plaintiff was given judgment for \$6, and the counter-claim was allowed.

**BEASLEY GETS OUT.**  
Hamilton, Feb. 27.—Thomas Beasley, who has been city clerk for more than half a century, and is critically ill from gangrene, sent his resignation to the city council, and his successor was appointed at the council meeting last night. Mr. Samuel H. Kent, assistant city clerk, was promoted to Mr. Beasley's position.