There are two great periods in men's lives. About forty five every man realizes that some new condition has arisen, and if this time is happily passed, about sixty the health baromater takes another dip and storms of great import cloud the horizon of life. These storms must be met, and rise people will fortify the resisting ower of the body by Ferrozone, which builds ap bodily strength, resews the blood, strengthens the heart and vital organs. New tissues are formed by Ferrozone, which cable established by to resist disease and prevent the organic changes so likely to supervene at this critical time.

No matter what the age or sex of the individual, as a nerve builder, a brain strengthene and general body invigorator, Ferrozone is the best medicine. It pushes back the feeling and appearance of old age, and puts the elasticity and vim of youth into systems that ordinary remedies fail to rebuild. This is not mere theory, but a claim that is reinforced by overwhelming evidence of the honest merit of Perrozone.

Unlike oily enulsions, and alcoholic bitters which are no longer preserving the preserving the proposed proposed the whole of her honest merit of Perrozone.

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business only cumisons, and according to the control of the contro form. Its quality therefore is uniform, its lose is small, just one tablet at meal time. You can't tail to be greatly benefited by Ferrozone, which is sold at druggists, price 50c. per box er six doxes for \$2.50. In sist on having only Ferrozone. Retuse all substitutes. By mail from N. C. "Blson, Kingston, Out., and Hartfore Coun. U. S. A.

In the case of a severe cut from a knife or razor try the immediate use of finely powdered rice or flour on the count. This has been proved a great success in almost stopping the flow of blood from a severe cut.

must have, but whether he has thinks of you in less than a minute. must have, out whether he has strength and vigor is another con-sideration. Hard working men usu-ally have irritable nerves and should tortify their systems with a course of Ferrozone, a tonic that rebuilds and retrozone, a tonic that reputies and revitalizes beyond all telling. It's just wonderful the strength that Ferrozone imparts to broken down men. It forms new blood, supplies the system with abundant nourishment, and where formerly there was tiredness and lassitude Ferrozone establishes a reserve of energy and vim. Try Fer-ozone,—price 50c, per box.

Hands Across the Sea

of the Canadian schools, as well as those of the other Crown colonies. The object of the scheme is to diffuse a better knowledge of the two coun-tries. Incidently it will add material-

Hurried and Worried all Day.

And the worst of it is you are a little run down and have mighty little chance to catch up. Everything seems like a grindstone wearing down your neves. You are irritable and get less sleep than is shoultely necessary. Better stop before things get worse. Your best plan is to use Ferrozone for a while and give your neves and brain a chance to pick up. Ferrozone is the finest tonic a busy man can take, it makes new blood nourishes the hody, strengthens the nerves, improves the appetite and rehabilitates the whole system. Try Ferrozone. Frice 50c.

**The brother answered: 'What does a polar bear do? Why, he sits on the ice.' Sits on zee ice?'

Vell, vat he do, too?'

"Walt does a polar bear do?' The brother answered: 'What does a polar bear do? Why, he sits on the ice.'

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"Walt does a polar bear do? Why, he sits on zee ice?'

Vell, vat he do, too?'

Voll, oan, non, I does not accept. I was appointed to act as polar bear too. zee functions.

GLEANED BY THE WAY.

In its March from the Crudle to the Grave, the Body Has Its Periods of Change Which are Associated With Alarming Disturbances.

There are two great periods in men's lives. About forty five every nau realizes that some new condition

Bass the The Lady—I gave you a piece of piece of piece of piece of piece. The tramp—You remistaken, lady. Them was my encuties.

CASTORIA.

Young Man, to Editor-'Here is The Home Doctor

Pimples are caused by an improper diet and can be cured by correcting the habits.

Alcohol will quickly remove a porous plaster and also the unsightly stain that it leaves.

Alcohol will quickly remove a porous plaster and also the unsightly stain that it leaves.

Alcohol will quickly remove a porous plaster and also the unsightly stain that it leaves.

Where cold cloths are applied to the head or thoost they should be as light as possible. Mustin or cheese-cloth makes the best compress.

If the throat is very sore wring a cloth out in cold salt water and bind it on the throat when going to bed. Cover it with a dry towel.

Nervousness and a sallow skin come frequently from the lack of deep breathing. Deep breathing stimulates the circulation and helpes the body throw off its impurities.

Young man—'Yes sir.'

Editor—Well, you go home and promise her never to write any more poetry, and I think the old lady will give her eyes.

C C RICKARDS & CO.

Dearn birs.—Jor some years 1 have had only partial use of my arm, caused by a sudden strain. I have used every greatly without effect until I got a sample bottle of WinARPS IntimEnt). I have used every greatly restored.

Glamir, Ont.

R W. HARRISON.

'I-often wonder just what sho ninks of me,' said the young mar

It is easy to find out,' said the The Man Who Works Hard elderly man. 'just sit down on her hat and she will te l you what she

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Chart Hitchire

"Do you take many poriodicals? asked a young clergyman on his first visit to one of his parishioners.

'Oh, no, sir,' replied the woman,
'I never do, but I'm sorry to say that my husband takes a periodical about once in every month. I do There is a movement ou foot in England to inaugurate a correspondence scheme between the children the children the children the please.



tries. Incidently it will also indicated by to the postage revenue.

There are in round numbers 500, 100 children in Ontario, and the teachers are asked to inform C. W. Isilt, Clerk of the London School Board, No remedy compares with Catarrho Control Charles and the Control Charles of the Charles Victoria Embankment, London, W.
C., as to how many scholars in Ontaria atarth. It soothes and heals the interest is wish to correspond, and if they wish the communications to start from here or from England.

A series of circulars and letters have been received at the Educational Department in connection with the scheme, and asking that the teachers take the matter up.

"Yes, answe do the un misble man." Homes we t shooting with him. He didn't seem to care wifuting to the totarget, the dog or one of his friends.

The Verilict of Public Opinion.

Is with the heat article every time. That's way Putnam's Corn Extractor has been in the lead for the last half century. It cures corns painleasly in twenty-four hours and never fails. Use only Putnam's for corns and searts.

All Counterfeits, Imitations and "Just-as-good" are file.
Experiments that trifle with and endanger the health of
Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhica and Wind Colic. It relieves Teething Troubles, cures Constipution and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacca—The Mother's Friend,

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hat H. Hetcher. The Kind You Have Always Bought In Use For Over 30 Years.

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No Need of going out of Town A Specialty Frue to name, for Fine for terms, for terms,

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THE ACADIAN

And Patronize Home Industry

The Victoria Cross

For Valor-- In Ten Colors



Weekly Mail and Empire

THE picture shown is one dear to every man, boy and girl, on account of its meaning—"I toria Cross," given for conspicuous bravery, the soil of South Africa could voice the deeds peupon it, how many Victoria Crosses would have found to have been earned by Canada's sons

apon it, how many victoria crosses would nave been found to have been earned by Canada's sons! It is hard in the heat of action to notice every act of valor, and therefore only those which take place under the eye of superiors of sufficient rank can be noted.

The picture shows one of such deeds. Two troopers are closely pressed by the enemy. The horse of one is hit. Under the withering fire, the man-whose mounts is unharmed haits, and, risking everything, waits to get his comrade safely enounted behind him and carry him back to the Canadian ines. It is a desperate deed, and one often performed but seldom noticed. When, however, such an act is seen, the reward dear to soldiers' hearts above every other is the result.

This picture is from the brush of Mr. W. B. Wollen, an artist famed for his wat pictures, one whose work appearsia all the leading illustrated periodicals of the Empire, It is a forceful subject from the hand of a strong man.

The Mall and Empire

has obtained the exclusive right, for this picture in Canada. It is a perfect ten-color reproduction, and will be given FREE to-readers under the following conditions:—

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The Finest Stables in the Valley, with all the latest equipments. Tourists be our and call here before engaging teams sewhere,
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Orders taken for STONE-TRIM-INGS FOR BRICK BUILDINGS Stone cutting of every description.
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Haule, of Edgerton, Wis., tells how she was cured of irregulari-ties and uterine trouble, terrible pains and backache, by the use of Lydia E. Pinkham's Vegetable

"Dass Mas. PHERAM:—A while ago my health began to fall beckmas of fomale troubles. The doctor did not help me. I remembered that my mother had used Lydis. E. Prinkhams? Vegetable Compared on many reconsions for irregularized on many reconsions for irregularized that it could include, and I may rate to give its a status of the country of the country

St. John and Digby.

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Blois.

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Narcotics—Mrs M. P. Freeman.

Health and Heredity—Mrs De Witt.

Social Purity—Mrs. John Vangkan.

The content of the co by the anake. Now, fathers, help to save the noble boys from these deadly traps which the wiskey mea are set-ting by yoting against this whole whiskey business.

This Man Knows Whiskey

As proper than the standard Time.

In some the standard Time. he was under its influence. If it were that how had a have been, but I casson't not tor whiskey our 'trouble would do it when the Grand Jury is in season, 'The Lord will forgive i' the revivalist be in jail. I never touched the stuff, and I've made a vow that I never will,' answered the sinner will,' answered the sinner but he sin't on that Grand Jury.' These are not the words of an

THE WHITE RIBBON. the back of his neck; or a shoe deale with his door fastened with free bars, his window grated, half a dozen men on the street corners watching for the officers, and at the least alarm destroying every sign of his business. What man would say that the grocery business was flourishing or that more boots and shoes were sold than ever before in the city?'—Southern Star.

The C. P. R. and Intemperance.

A press despatch from Montreal says: The Canadian Pacific Railway Company is making it known to its thousands of employees that drunken-uess in any department will not be tolerated, and one of the plans adopt-

When your liver is torpid.
When you have a constipated.
When you have a hasdache.
When you feel billous.
They will improve your appeleance and invigerate your etomach.
guitae your liver and howels. P
6 cente per hox. Her sale by G.

The Inverness Railway and Coal Co.,

INVERNESS, CAPE BRETON Miners and shippernot the calcular statement Latenson Ladders for Paint was for Barna. Step-Ladders for Paint was for Barna.

VOL XX

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