

# Do You Realize?

That despondency in women is a mental condition often traceable to some distinctly female ill!

Women who are well do not have the blues, neither are they irritable and restless. Derangement of the female organism breeds all kinds of miserable feelings such as back-ache, headache, and bearing-down feelings. Try Lydia E. Pinkham's Vegetable Compound. There is no doubt that it has made many remarkable cures of female ills after all other means had failed. There is hardly a day that some woman does not write us that this simple old medicine, made only of roots and herbs, has cured her of a severe illness after several doctors had done their best and failed.

Here are two such letters—read them—they are genuine and reliable.

Belleville, Ont.—“I was so weak and worn out from a female weakness that I concluded to try Lydia E. Pinkham's Vegetable Compound. I took several bottles of it, and I gained strength so rapidly that it seemed to make a new woman of me. I can do as good a day's work as I ever did. I sincerely bless the day that I made up my mind to take your medicine for female weakness, and I am exceedingly grateful to you for your kind letters, as I certainly profited by them. I give you permission to publish this any time you wish.”—Mrs. Albert Wickett, Belleville, Ontario, Canada.

Rockland, Me.—“I was troubled for a long time with pains in my back and side and was miserable in every way. I had doctored until I was discouraged and thought I would never get well. I read a testimonial about Lydia E. Pinkham's Vegetable Compound and thought I would try it.

“After taking three bottles I never was so well in my life. I am recommending Lydia E. Pinkham's Vegetable Compound to all my friends.”—Mrs. Will Young, 6 Columbia Avenue, Rockland, Me.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.



## Which Was The Heir?

CHAPTER XV.  
(Concluded.)

AND what are you going to do? she asked, with laboured breath. ‘Come back here and lead the old life, my boy, he said, stifling a sigh.

‘Why won't you go to England with me?’ she asked.

His face darkened.

‘Can't he said, shortly. ‘England's no place for the likes of me. I was happy enough there once, until I discovered that I—that I—No matter. Now, I don't want to have any cackle about this, because I've made up my mind,’ he went on, with an attempt at sternness. ‘I've got a duty to perform towards you, my boy, and I'm going to do it. You're rich, you're young, you've got plenty of cheek—more than your share—and you ought to do well in the world. I'm going with you as far as Blue Pig—perhaps as far as Melbourne, if I can't get someone to entrust you to at Blue Pig—and I'm going to take precious good care that you do go, and that

## RUN-DOWN



low complexion, all diseases arising from Mental Worry, Overwork, Excess, Early Decay, etc. They are sold at all chemists, druggists, and Dealers. If your Dealer cannot supply you, order direct from us by mail. We enclose postage on all orders.

How frequently we hear this expression. ‘How run-down!’ It is that dull, weary, listless feeling which betokens a tired nervous system. Dr. Bovel's Iron Tonic Pills make rich red blood. They cure Anemia, all Nervous Diseases, Paralysis, Locomotor Ataxia, Rheumatism, Sciatica, Palsy, St. Vitus' Dance, Epilepsy, etc. They are sold at all chemists, druggists, and Dealers. If your Dealer cannot supply you, order direct from us by mail. We enclose postage on all orders.

you don't fool me as you did last time. See?’

‘I see,’ she said, coolly.

‘That's all right,’ he said, with assumed casualness; ‘and now, as we shall start to-morrow, and there'll be plenty to do before we can get off, you'd better turn in.’

‘Very well,’ she said, rising, and stretching herself with a yawn.

CHAPTER XVI.

HE had to tell her to go to bed once or twice more, and the last time in that tone which she had never yet ventured to trifle with, before she obeyed; and when she had got to the inner room she did not undress, but sat on the edge of her bed, her brown hands clasped

loosely in her lap, her small, curly head downcast, with a suspicious moisture in her eyes.

This, then, was the reward of her unselfishness; it was for this that she had kept her claim to herself and stored up the good! It would not benefit Geoffrey, but leave him here, solitary and penniless, while she was to be sent, solitary and friendless, to that hateful England, where all the girls were nice by nature and as a matter of course, and where Geoffrey could not, for some mysterious reason, go.

The tears gathered slowly in the violet eyes, and rolled down her cheeks; but suddenly she dried her eyes and noiselessly stamped her foot. He had planned it all out very nicely; but it hadn't come off yet. He might send her away, but—well, he should see! She tossed her head defiantly, and made a move at him through the closed door: then she partially undressed and threw herself, with a yawn intended to reach him, full length upon the bed.

But she could not sleep, and presently she got up on her elbow and listened. Geoffrey was pacing up and down the room. He had taken off his long boots, but she could hear him plainly enough.

‘Thinking how he's going to dispose of me—as if I was a sack of mealies!’ she muttered.

After a time the pacing ceased, and she knew that he was lying down before the fire, and presently she knew by his deep and regular breathing that he was at last asleep. She rose, and stealing as lightly and noiselessly as a feather, slid into the next room and stood looking down at him, her heart aching with a grief that was as keen as that with which she had seen Ronnie die, and yet with a strangely different sorrow. Suddenly she started and drew back fearfully, for he had turned over suddenly and had murmured something.

She lowered herself beside him and listened, and heard his whisper: ‘No! no! no! no place for me! He must go alone! Good-bye, Ronnie, lad!’

It was almost more than she could bear. Something seemed to draw her nearer to him—the woman's instinct desire to comfort and console. Almost unconsciously she touched his brown cheek pityingly with her warm finger, and then, half terrified lest he should awake, she sprang up and left him.

Geoffrey was rather grim and grave when they met the next morning, but she was exasperatingly cheerful and light-hearted, and apparently was able to enjoy her breakfast in her usual hearty fashion.

‘You seem awfully spry, young'un, he remarked rather gloomily, as he pushed his plate away and got his pipe. ‘I suppose you're looking forward to the change—’

‘Well, it will be a change, won't it?’ she said, vivaciously.

‘Humph!’ he grunted. ‘Should have thought you'd have been a little sorry to leave the old place where—where we've been tolerably happy.’

‘Oh, that's all right,’ she assented, bustling about cheerfully. ‘But I suppose it will be nice and pleasant in England, and, after all, one gets tired of one place.’

‘And one person,’ he growled. ‘Boys have no hearts, confound them!’

She affected not to hear him. ‘And I'm looking forward to seeing all the grand things you've told me and we've read about. Sorry you're not coming, of course. Had not we better begin to pack?’

‘You're in a mighty hurry,’ he growled, and he rose and strode out with an aggrieved air, and, not happening to look back, missed the charming grin which stretched her nearly cut lips. He came back presently, and almost in silence began to make preparations for their exodus. They were not numerous or elaborate, the most important being the disposal of their treasure. Fortunately, a large quantity of gold, though heavy, can be packed in a small space, and, taking the larger portion for his own burden, he was about to show her how to conceal the remainder round her waist, but she pushed him away with an impatient hand before he could touch her.

‘Oh, leave me alone!’ she said, pettishly. ‘I had sense enough to bring most of it up here right under your nose, and I can manage to carry my share to Blue Pig. Have you got your tobacco? Not you! And you're

hat perched piquantly on the side of her head.

‘Aren't you going to say good-bye?’ he demanded in an aggrieved voice. ‘I suppose you've forgotten that you are never going to see it again!’

‘Eh!—oh, yes!’ she assented, cheerfully, as she sauntered in and glanced round. ‘You'll be glad to get your bed back again, Geoff,’ she added, looking in at the inner room. He stared at her reproachfully, but she had no pity on him, and could not forgive him for the elaborate plans for her future which was to cause their separation.

‘Have you got your revolver?’ he asked; ‘and is it loaded?’

‘Oh, yes, thanks,’ she replied, as blithe as a bird, ‘and I've got the dampers and some tea, and the pipe you'd left behind on the shelf, and—oh, let's get on.’

(To be continued.)

## A Bowel Medicine

Prevents Constipation, Appendicitis, Keeps Complexion Clear, Assures Sound Health.

Two remarkable Cases described by Mr. Hugh Cameron of Folger Station, Ont., Proving the Merit of

DR. HAMILTON'S PILLS.

“I am now quite an old man,” writes Mr. Cameron, “it being sixty-six years since I left my native town in Scotland. In that time I have witnessed much sickness and suffering. One case I recall occurred with a neighbor who I heard was about ready to die with appendicitis. I went to see him and found he had been ordered to the hospital weeks ago for an operation. But he put it off and I found him in bed suffering agony—four days had elapsed since his bowels moved. Having used Dr. Hamilton's Pills regularly for 25 years I knew they would help him and I gave him three pills. In two days he was around, and I know that ever since, this man has enjoyed excellent health and simply because he used Dr. Hamilton's Pills three times a week. No case of constipation can possibly go un cured if treated with Dr. Hamilton's Pills.”

“In my own family we use practically no other medicine but Dr. Hamilton's Pills. To keep the digestion good, to regulate the bowels and maintain healthy action of the liver and kidneys no remedy I ever heard of is so dependable and so certain to do good as Dr. Hamilton's Pills. For the father who lives as I do, far from a doctor and drug store, the knowledge of the power and wide usefulness of Dr. Hamilton's Pills for all family ills is very valuable. I have administered them for nearly every complaint for which they are recommended and in each case this honest medicine cured.”

Signed, Hugh Cameron, Folger Station, P.O. Ont.

Dr. Hamilton's Pills are an old and proven cure for all disorders of the stomach, liver and bowels—good for children—good for old folks—just what everyone in poor health requires. 25c. per box; or five boxes for \$1.00, at all dealers, or The Catarthozone Company, Kingston, Ont.

be crying for it like a baby when we'd got a dozen miles out. If you'd go and sit on the block outside, and leave me to pack, we might perhaps get away before sundown; it's pretty certain we shant if you don't.

So he suffered himself to be hustled outside, and she went on with the packing, occasionally pausing to glance through the window at him; and presently she came to the door with— ‘All ready? We'd better start, then!’

He came in and looked round, as she lounged against the door, her bundle on her shoulder, her soft felt hat perched piquantly on the side of her head.

## BILIOUSNESS AND ALL LIVER DISORDERS

ARE CURED BY MOTHER SEIGEL'S SYRUP.

The tortures of biliousness may be relieved by Mother Seigel's Syrup, because this great medicine tones and strengthens the liver, regulates the flow of bile, and cleanses the whole system.

A. J. WHITE & CO., LTD., MONTREAL.

## When Sleep Fails You

DR. CHASE'S NERVE FOOD will bring rest, comfort and vitality by building up the nerves.

Mr. Jas. Wesley Weaver, a veteran of the Penian Raid, Port Dalhousie, Ont., writes:—“For years I was afflicted with nervousness and dreaded insomnia, so that I never knew for three years what a full hour's sleep was, never more than dozing for a few minutes at a time. Heart pains and headaches almost drove me wild. I had spells of weakness and cramps in stomach and limbs.”

“Though I tried several doctors, it was money uselessly spent. Finally Dr. Chase's Nerve Food was brought to me and eight boxes cured me. It is simply wonderful what benefit I have obtained from this treatment.” Sleeplessness and headaches are warnings of approaching nervous collapse. You can positively remove these symptoms and prevent prostration or paralysis by the use of Dr. Chase's Nerve Food. 50 cents a box, 6 for \$2.50, at all dealers or Edmonson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

## UNCLAIMED LETTERS REMAINING IN G.P.O. to MARCH 15, 1910

A Arner, I. C. Anderson, Sophie Miss Andrews, Thomas, card Ase, G. A. Armstrong, Mr. and Mrs. Augustin	B Bennett, Mrs. T. Beer, Wm., Neagle's Hill Byrne, Nellie, retd. Brine, John, care General Post Office Butt, Wm., Water St. West Burden, John M., Brazil's Square Butt, Levi, card, Barter's Hill Budden, W., Hamilton Street Butler, E. J., Mt. Sclo Road Buck, Mrs. J., retd. Rutler, James T., late Pilley's Island Burns, Bridget, retd.	C Cameron, Mrs., King's Road Clarke, Robert Clarke, Wm., Belvedere Street Clarke, Wm., late Glace Bay Clarke, A., retd. Collier, Miss Mollie Courtney, Mr. Collins, Miss, Signal Hill Rd Opeman, Mrs. P., Quidi Vidi Costello, Miss Annie, care Mr. Rendell Coombs, Eli Conway, M.F., Gower St. Chute, Miss Carrie	D Dalton, Peter, Water St. Dwyer, Mr., Mt. Sclo Jennmore, F., card Dewling, Mrs., Golf Avenue Dicks, Windsor, late Grand Falls Danson, Miss Florence, card Dodd, Charles Grover, James, care J. J. Telegan Donohue, Mrs. Bridget, Water Street	E Earle, Chas., George's St. Edwards, Miss Clara, Colonial Street Edelston, Ale.	F Finner, I. C. Ellis, Mrs. K. W. Frances, Ellen French, Stephen Finch, Michael, of John Finlay, Mary Ann, retd. Ford, Harry, card Follett, F. Furlong, Daniel Finch, Martaur Gault, C., Playmouth Rd. Greely, Wm., late Wood's Bakery George, Francis, retd. Gilbert, Arthur, George's St. Gosse, Willie, retd. Hackett, M. F., late Western Bay Hanford, Mrs. M., card Hannay, H., care General Delivery Harris, Miss Kittie Handlen, Edward, late Reid Co. Hancock, Peter, Lime St. Haelem, W., Henebury, J. Hopeds, John Mrs. Hopkins, Mrs., card Hicks, George, city Holland, Mike J., New Gower St. Howlett, Patrick, retd. Hockin, Miss M. L. Hurley, J. A.	G Gardner, John Mrs. Gault, C., Playmouth Rd. Greely, Wm., late Wood's Bakery George, Francis, retd. Gilbert, Arthur, George's St. Gosse, Willie, retd. Hackett, M. F., late Western Bay Hanford, Mrs. M., card Hannay, H., care General Delivery Harris, Miss Kittie Handlen, Edward, late Reid Co. Hancock, Peter, Lime St. Haelem, W., Henebury, J. Hopeds, John Mrs. Hopkins, Mrs., card Hicks, George, city Holland, Mike J., New Gower St. Howlett, Patrick, retd. Hockin, Miss M. L. Hurley, J. A.	H Hackett, M. F., late Western Bay Hanford, Mrs. M., card Hannay, H., care General Delivery Harris, Miss Kittie Handlen, Edward, late Reid Co. Hancock, Peter, Lime St. Haelem, W., Henebury, J. Hopeds, John Mrs. Hopkins, Mrs., card Hicks, George, city Holland, Mike J., New Gower St. Howlett, Patrick, retd. Hockin, Miss M. L. Hurley, J. A.	I Irish, John Mrs. Ireland, Mrs. M., card Isaac, J., Moss, Joseph Martin, Capt. George Moore, Wm., Tessler Place Moore, Mrs. Ege, Field St. Murphy, Walter, Water Street West Murphy, Mrs. James, retd.	J McGuire, Mrs. McRae, N., card, care General Post Office McDonald, Allan, card McDonald, K. A., card McDonald, Mrs. Kate, Springdale St. McDonald, Aug., late Reid Co. McLennan, William G., Water Street	K Kavanagh, Mr., King's Road Kearney, Ella, retd. Kennedy, Horace, card Kent, O. W., Duckworth St. Kennedy, Wm., card Kennedy, Maurice, card Knuttland, H. Lautnamus, John Lane, Alexander, New Gower St. Ledrew, Mr. and Mrs., late Pilley's Island LeMessurier, Claude, Clifton House Ledrew, John, card Levasier, Leo, Line D. card Locke, Philip, Alexander St.	L Lautnamus, John Lane, Alexander, New Gower St. Ledrew, Mr. and Mrs., late Pilley's Island LeMessurier, Claude, Clifton House Ledrew, John, card Levasier, Leo, Line D. card Locke, Philip, Alexander St.	M Matthews, Miss Dora J., Leslie Street Malone, Miss Thresa, Bond Street	N Newhook, Ralph, late Tilt Cove Newell, R., retd. Newhook, R. F., late Grand Falls Nicholson & McLaren Noseworthy, Hilda E., Barnes' Road Noftall, Jas., Playmouth Rd.	O O'Dwyer, J., Scott Street O'Neil, Charles, card O'Neil, M., Gower St.	P Parsons, Mr. Parker, Rev. Lindsay Penny, Harry, retd. Penny, Jack, Freshwater Rd. Penny, E., card, Tessler Place Pedigrew, A., Pike, Arthur, Long's Hill Pike, Mr., late Atlanta City Pippy, Mrs. J., Hamilton Street Pierce, Robert Pitman, Wm., New Gower St. Phinn, Mrs. Henry, retd. Piercey, J., Phillips, Ada, late Channel Porter, Mrs., retd. Powers, Mrs. Agnus, card Power, Miss Katie, Bannerman St.	Q Quinn, Mrs. M., care Carter's Hill Quinn, Mrs. Mary, care J. J. Edstrom Ryan, Miss, LeMerchant Road Ryan, Ambrose, George's St. Reddy, James, Mrs., retd. Richardson, Mrs., Crosby Hotel Robertson, Mrs. John, Gower Street Rose, Mrs. Mary, card Rose, Josiah, Cabot St. Rielly, Mrs. Levinia, retd.	R Ryan, John, 11 ——— St. Ryan, Miss Mary, care J. J. Edstrom Ryan, Miss, LeMerchant Road Ryan, Ambrose, George's St. Reddy, James, Mrs., retd. Richardson, Mrs., Crosby Hotel Robertson, Mrs. John, Gower Street Rose, Mrs. Mary, card Rose, Josiah, Cabot St. Rielly, Mrs. Levinia, retd.	S Saunders, Martha, retd. Smeltzer, Maurice, card Salendra, E. M., Wayne Grove, City Spencer, Matthew, care G. P. O. Sneldrove, Mrs., care Postal Telegraph Stevens, Jas., card Shennell, Minnie, care Mrs. Gorman, Military Road Spencer, Matthew, card Sheppard, Mrs. M., Stewart, Martha Mrs., Carnell Street Symonds, W., Alexander Street Shines, Miss Eliza Simmonds, Jessie, retd. Smith, Katie, retd. Snow & Co., Sullivan, S., card, Duckworth St.	T Telegan, J. F., McBride's Hill	W Walters, G., late Bay of Islands Walsh, Miss Lilly, card Wall, John Walsh, Maggie, care Patrick Ryan Whelan, Mrs. John, Murphy's Square Whelan, Thomas, retd. Willis, Miss, card, Battery Road White, Dug., care Andrew White White, Wm., Whynn, Mrs., retd. Winor, Frederick Wood, W., care J. N. Wood	Y Yates, Nellie, card Yates, Mattie
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## SEAMEN'S LIST.

A Jones, Elias, schr. Allandale Puffe, Miss M., card, s.s. Athenia McCarthy, J. V., schr. Annie Affleck, Mr., s.s. Athenia Coles, W. T., boat Bellona Reid, Bernard, schr. Bernard Norcross, A. s.s. Beria Witherall, George, care Capt. Forsey Malone, Richard, schr. Blanche Squires, Wm., s.s. Caccouna	B Martin, Alfred, schr. E. V. Conrad Murray, Wm., card, schr. E. Thomson White, Stephen, schr. Excelda Meaney, Peter, schr. Excelda Crocker, Robert, schr. Envmore Prestun, A., schr. E. P. Morris F., Joseph, Friedham Rose, Wm. J., schr. Gay Gordon Walsh, John, schr. George Rose Brushett, James, schr. George Rose King, John, schr. D. M. Hilton Devereaux, Capt. Chas., schr. Emulator	C Matthews, schr. Harnold Cross, John M., schr. Isabella Greet, J. H., schr. Little Mystery Norman, Nathan, schr. Laura Doon VeVrge, Robert, schr. Maggie Gear, Thomas, care Capt. Kennedy, schr. Miss Ayre Butt, R., schr. Maggie W. Savour, George, schr. Mystical Rose Deek, Ezor, schr. Maple Leaf orge, Jack, schr. Nellie R. Cabb, John, schr. Olinda	D Dean, George B., schr. Olinda French, Eugene, schr. Olinda O'Keefe, John, schr. Ottena Bishop, Harold, s.s. Ryhope Robinson, J., s.s. Ryhope Moore, R., schr. St. Clair Parsons, Thomas, schr. Springbird Ryan, Patrick, schr. Swift Mathison, Karl, s.s. Sambastine Moore, Roland, schr. St. Clair Petite, Capt. Henry, schr. Tobestate Poole, John A., schr. Valoria Otkle, schr. Watanga Guptill, schr. Wilfred M.
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G. P. O., March 15th, 1910. H. J. B. WOODS, P.M.G.

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