

NOSEBLEED. Epistaxis, that is to say, nose-bleed, is an accident which will sometimes occur in the best-regu-lated families, and happily in most eases, need occasion no alarm. In fact, it may often be hailed as an advantageous symptom, especially when it occurs in healthy, full-blooded young people. There are also certain diseases, such as also certain diseases, such as Bright's, or cirrhosis of the liver, or typhoid fever, when an attack of nosebleed may do good rather than harm; when it is, in fact, simply a sign that Mother Nature is try-ing to relieve her child in one way

cause she is balked in another. In these cases the flow is beneficial, but the subject of the attack should be watched in order that there should not be undue profusion, leading to a weakening of the vital forces, or if prolonged, to a genuine anemia

When an attack of nosebleed seems to be doing no harm, as in the case of a young, healthy boy or a girl, it is best to let it alone boy or at the most after a time to use some very simple remedy, such GOOD HEALTH FOR BABY the application of cold over the brow, by means of a cloth wrung out of quite cold water, or by snufbrow, fing a little cold water up the nostrils

There are certain old-fashioned remedies, such as putting the key of the front door down the back, which do neither harm nor good, but which owe their origin to the same theory-the application of cold and shock When cold water is snuffed up

through the nostrils, the addition of some mild astringent—alum or tannin, for example—will make the treatment more quickly efficacious. Sometimes, when other slight re-

medies seem to fail, pressing on the nostrils will succeed in stopping the flow.

As to internal remedies, there is none known that is of any avail in a dangerous nosebleed, and when the danger-point is reached there is nothing to do but plug the nostrils. When this treatment is called for the physician should be see to apply it, because b nt

sufferer like these cases are ra hey are generally fatal in spite a all treat-ment.-Youth's Companie

POULTICES.

Poultices are an important neans of medication. They are used to relieve inflammation, to draw pus to the surface, and to relieve nain They should be hot, moist and light in weight and color. They should not be allowed to get cold on the patient. They should be placed between gauze, muslin or mosquito netting, cheesecloth, or some material strong enough to lift off the poultice, but not to keep it from the parts. Lubricate the skin, test heat against the cheek, and rememgang of laborers who went to any lengths to show his men that he was

ber that the interior is warmer than the exterior. Cover

ate

AN ORIENTAL GARDEN. Not Planted With Flor gitalis

It is Not Planted With Flowers, and It Has No Lawns. A garden does not necessarily mean a collection of flowers arranged more or less symmetrically, with spaces of lawn, shelter of trees and paths hither and thither. There have been gardens that, beyond a terra cotta jar or two holding a mechanic or a flowering ab-In children poultices are useful in local inflammation of the glands of ig a rosebush or a flowering al-have had no green thing within ond. h their gates.

I know of an oriental garden in Fez where white garmented Moors come in the cool of the evening to sit and listen to ancient stories that they know by heart, or to music that was eld when the pyramids were new, or perhaps to nia their weight is objectionable look at a dancing girl or two taking soft steps while they smoke their nar-For prolonged use better effects can generally be obtained by hot fomengiles, yet that garden is nothing more than a series of arches upholding walks tations and counter irritation. Hot fomentations are more cleanly than poultices and much more easily changed. Wring a piece of flannel out of water as hot as can be borne beyond walls, toned a faint, mysterious yellow that is not yellow, but white, and yet not white, but rose. In the middle is a pool of water in a stone basin that looks blue because of the inand apply, covering with cotton and oiled silk. The oiled silk jacket has tense sky overhead and that shimin all forms of pulmonary inflammamers with gold in reflections from the tion almost supplanted the poultice in children. It keeps the skin at a walls. In the corner stands a mighty jar full of strange scarlet blo aniform temperature, maintains a and rugs of deep color and intricate moderate degree of counter irritapattern lie on the sun warmed flags. tion, and gives the patient a great deal of comfort. There is always the fairy music of dropping water, and wonderful shadows move among the arches.

This place is a garden for all that it is so builded of man. The word court will not do for it .- Century Magazine.

憲 FIGHTING FATIGUE. (P)

Baby's Own Tablets only cost 25 Jacking Up the Tired System Without Using Stimulants.

cents a box. A box bought now may save baby's life. Summer com-If efforts to keep at work are plaints come suddenly, and carry away thousands of little ones every tinued in spite of fatigue the quality of the work is poor and the exhaustion inordinate. Students constantly make this error and do all sorts of things little danger from these troubles. Baby's to keep awake to burn the midnight Own Tablets is the best medicine in the world for preventing and curing stomach and bowel troubles. oil when if they would go to bed and they could accomplish far more in half the time in the morning with little or no fatigue.

Yet there are times when sleepiness and fatigue must be overcome without resort to stimulants which injure the judgment. The tired physician with a critical case, for instance, must have his wits about him, and it will aid him vastly to go to an open window every fifteen or thirty minutes to take a dozen or two deep inspirations of cold air. His exhaustion in the end will be great, but he can make it up later. As a matter of fact, surgeons and legislationse work requires the kenest perceptions instinctively choose the early morning for their best efforts, reserving the afternoon for "low pressure" tasks or recreation. That is, it is far better to so live that we do not need the stimulus of these extraordinary methods of respiration .- American Medicine.

A Dime Better Than Two Nickels. A professional panhandler approach ed a man crossing City Hall park and demanded a nickel, which the man good naturedly handed out, saying, "I suppose that goes for a glass of beer.

"Surest thing you know," replied the panhandler unblushingly. "And, by the way, while we are on the subject, 1 have now in my possession two nickels. Would mind giving me a ten cent piece for enem?"

"I will on one condition," said the man, whose curiosity was aroused. What's the answer?"

"Well, you see, it's this way," explained the panhandler. "If I have a dime i go into a saloon and ask for beer. I have a nickel comeback, which enables me to amble over to the free lunch counter and fill up. Maybe you don't realize that getting change over the bar gives a man a certain tone that doesn't belong to him if he just

THE PRICE OF INFLUENCE. The auctioneer held up a battered

"What am I offered for this an

ique violin?" he pathetically in-juired. "Look it over. See the quired. "Look it over. See the blurred fingermarks of remorseless time. Note the stains of the hurry-ing years. To the merry notes of this fine old instrument the bro-caded dames of fair France may have dameed the minuet in glimmer-ing rhythms in the feasts of Luper-calia. Ha! It bears an abrasion-Ha! It bears an abrasic

calla. Ha! It bears an abrasion-perhaps a touch of fire. Why, this, may have been the very fiddle on which Nero played when Rome burned." "Thirty cents," said a red-nosed man in the fronterow. "It's yours," cried the auction-eer, cheerfully. "What next?"

A DISTANT COMPLIMENT.

They were talking about a certain man who did not seem to be parti-cularly popular. At last one of the group decided that it was time for him to say something complimen-tary about the subject of the con-

versation. "That stepchild of his is a good "That stepchild of his remarked, "and little feller," he remarked, "and they say that he takes after his father, too."

NOT FOR GOOD.

There are many reasons for a girl's giving up office work, but one mentioned by a writer in the following story is perhaps the most effective that could be invented. "Miss Smith is going away," said one of the stenographers to another. "Is leaving for good ?"

"No, not for good. For better or for worse."

Some people are too truthful to be polite.

Elbow-grease is a standard oil, and it pays good dividends.

Find what you can do well-if the

search isn't too exhausting. Few men are apt to boast of their poverty-except in the past tense.

Plans of the naughty should al ways come to naught.

Shiloh's Cure

quickly stops coughs, cures colds, heal; the throat and lungs - - 25 cents.

LIVING IN HOPES. Professor-"Have you heard my

intends to marry he is supposed to find out why.

"You look sweet enough to kiss," says the impressed man. "So man gentlemen tell me that," coyly an swers the fair girl. "At! That should make you happy." "But they merely say that," she replies. They merely tell me the facts in the case, and never prove their statments.

sie. me.

THE LANGUAGE OF FOOD. The lonely traveller leisurely took seat in Signor Spaghetti's eating-

"Yessair?" enquired a polite

"Yessair?" enquired a polite waiter, hurrying up. "H'm!" grunted the weary one, glancing down the bill-ofare. "Let me "see-toad.'n-'ole-bubble-'n'-squeak-let me see! H'm! Give me two sausages an' mash, waiter. An' plenty of gravy!" "Ver" good, sair !" The polite waiter applied himself to the speak-ing-tube. "Two airships on a

ing-tube. "Two airships on a cloud!" he bellowed down. "And make zem rainy!"

Attacks of cholera and dysentery come quickly, there seldom being any warning of the visit. Remedial action must be taken just as quickly if the patient is to be spared

great suffering and permanent in-jury to the lining membranes of the bowels. The readiest preparation for the purpose is Dr. J. D. Kellogg's Dysentery Cordial. It Kellogg's Dysentery Cordial. can be got at small cost at any drug store or general dealer's, and will afford relief before a doctor can be called.

FAULT OF THE FASHION. Mistress-What does this mean,

Jane? You know you should be back at 10 o'clock. Jane-Very sorry, mum. It's the fault of these new skirts. I had to take such short steps that it took longer than I expected to get home.

Your Druggist Will Tell You Murine Eye Remedy Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soches Eye Pain, and Sells for Soc. Try Murine in Your Eyes and in Baby's Eyes for Scaly Eyclids and Granulation.

"Your face is fice and clean, Bobby," said the Sunday school teacher; "but your hands are horribly dirty. How ever did you get them like that ?" "Washin' me face, miss. That's what done it.

Minard's Liniment Cures Dandruff.

Mother (at lunch)-"Yes, darling, these little sardines are some times eaten by the larger fish." Mabel (aged five)—"But, mamma, how do they get the cans open ?"

Corns cause intolerable pain. Holloway's Corn Cure removes the trouble. Try it, and see what amount of pain is saved.

ADVICE.

"Doctor," cried little Bingle over his telephone, "my wife has lost her voice. What the dickens shall I do?

I do?" "Why;" said the doctor, gravely, "if I were you I'd remember the fact when Thanksgiving Day comes around, and act accordingly Whereupon the doctor chuckled

as he charged little Bingle \$2 for professional services.

Minard's Liniment Cures Burns, Etc. FAMILY FACTS

It was Flossie's first day at school. Her name had been regis-tered, and the teacher asked her: "Have you any brothers or sisters ?" "Yes, ma'am," answered Flossie

"Are you the oldest one of the family?" "Of, no, ma'am," returned Flos-e. "Pa and ma's both older'n

"So you resigned ?" "Yes. I couldn't stand the way the firm treated me." "What did they do ?" 'Took my name off the payroll.'' BE SURE YOU CET THE KIND YOU HAVE ALWAYS HAD.—Owing to the great popularity of "The D. & L." Menthol Plaster unscrupulous makers are putting up one like it. Made by Davis & Lawrence Co.

down. That was the beginning of our friendship."

A Pleasant Purgative.-Parme-lee's Vegetable Pills are so com-

pounded as to operate on both the stomach and the bowels, so that

they act along the whole alimen-

tary and excretory passage. They are not drastic in their work, but

STATE TEA ROUTE TO .: XY. SENT possil for circulars or 100 for samples an tarms. Alaced Tyler, London, Ont. WANTED-SOUTH AFBICAT WAEBANTS Highest price paid. Write as for infor

B 15 A WEEK AND EXPENSES FOR MAN or lady to travel and appeint agents for establishes house. State age and previous employment. Permanent. E. McGarrey, Wellington Street West, Toronto.

C ANGER, Tamors, Lumps, etc., and external, cared without our home treatment. Write us be late. Dr. Bellman Medical Co., Collingwood. Ont.

A GENTS-CAN MAKE SC DAILY . "VOL-PEKK" Granite Common house in all kinds of Pots and Pans, Gis iron, Tinyare, etc. Mends in two Fvory housekeeper buys. Best soller. profits. H. Nagle, Westmount, Que

BARN THE BARBER. T

din n

MUSIC TE or Reed Organ Choir and Cho

Wh's Meet W.. To

FEATHER DYEING Cleaning and Curling and Hir Glores cleaned. These can be sent by post, its per ca. The best place is BRITISH AMERICAN DYEINC CO. MONTREAL. Cleaning and These c





A BIRD IN THE HAND. He-"Be this the Woman's Ex-

change ?'

She-"Yes." He-"Be you the woman?" She-"Yes."

He-"H'm! Then I guess I'll keep my Sal."

A Thorough Pill.-To clear the stomach and bowels of impurities and irritants is necessary when their action is irregular. The pills their action is irregular. The pills that will do this work thoroughly are Parmelee's Vegetable Pills, which are mild in action but mighty in results. They purge pain-lessly and effectively, and work a permanent cure. They can be used without fear by the most delicately, constituted as there are no nainconstituted, as there are no pain-ful effects preceding their gentle operation.

HIS BEST ORDER.

It had been a dull season, and the two young travelling salesmen were comparing notes. "I had just five good orders in the month of July," said one.

"You beat me, anyway," said his friend. "I got only three orders, and the third one was from the firm telling me to come home."

Minard's Liniment Co., Limited. Gents,-A customer of ours cured a ver bad case of distemper in a valuab horse by the use of MINARD'S LINIMON Yours truly, VILANDIE FRE

last composition ?" Gruff Critic-"'I hope so !" linard's Liniment for sale everywhere.

When a girl tells a man she never

"So many

As the Oil Rubs in, the Pain Rubs Out.—Applied to the seat of a pain in any part of the body the skin absorbs the soothing liniment un-

der brisk friction and the patient obtains almost instant relief. The results of the use of Dr. Tho nas'



the meal into boiling water, allow it to boil till thick enough to cut with a knife, remove from the fire, beat well, put between folds of gauze, and apply.

gauze, and apply. Indian corn and oatmeal poul-tices are made in like manner. Flour Poultice.—Mix thoroughly with cold water; then proceed as

with flaxseed.

Bread .- Old bread or crackers boiled in water till mushy; drain, heat well, and apply thickly. Yeast-Put freshly made dough

in a bag large enough for expansion; apply while dough is rising. Carrot.-Scrape fine, put between a single fold of gauze, and apply in case of irritating skin diseases Onion.—Chop fine, stew, and ap-ply hot. Useful in bronchitis aud croup in children. Popular with

some foreign born Americans. Slippery Elm.-Soak in boiling rater till soft, then drain, heat, water and apply.

Mustard leaves are places in a muslin bag, dipped in tepid water and applied. This form of mustard poultice is for children. Lobena.—Take equal parts by

weight of powdered lobelia and ground slippery elm bark and add sufficient warm, weak lye to make soutice.

Alum poultice is made by coagulating the whites of two eggs by fixty grains of powdered alum. Co agulating and astringent.

To render poultice antiseptic (im-portant), add 1 per cent. of phenol



orning this forehandcar on the track without his orders.

was an Irish foreman of a

AT VERY LITTLE COST

year. It the stomach and bowels are kept in order there is little

They can be given with perfect

safety to the new-born baby or the

An occasional

The mother

well grown child. An occasional dose of the Tablets will regulate the

stomach and bowels and prevent

who keeps these Tablets on hand

may feel assured her little ones are safe. If you have not got a box of the Tablets get one without

delay. Do not wait until trouble comes; it may then be too late. Sold

by medicine dealers or by mail at

25 cents a box from The Dr. Wil-

liams' Medicine Co., Brockville,

A Grand Rout.

It is not always the largest foe who

cau make the greatest disturbance and

cause the most confusion. In his "Hunting Grounds of the Great West"

Richard Irving Dodge tells of a little

incident of the Mexican war which

proves that it is quality, not quantity,

which is most effective. While General Taylor's little army

was marching from Corpus Christi to Matamoras a soldier of the flank of

the column fired at a bull. The animal

charged, and the soldier, taking to his

heels, ran into the column. The bull, undaunted by the number of the ene

my, followed him headlong, scattering

several regiments like chaff, and finally

escaped unburt, having demoralized

and put to flight an army which a few

days after covered itself with glory

by victoriously encountering five times

Proving His Authority.

its number of human enemies.

There

summer complaints.

Out.

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ell that

"Who put that han'car-r-r on the thrack?" he asked.

"We did, sor," one of swered respectfully.

"Well," he said shortly, "take it off ag'in!"

The laborers did so with some difficulty.

"Now." said the foreman, "put it on ag'in!"

Shame. Shame. Shame. When little troubles fret, When so much that is good and fine We almost dally get. —Detroit Free Press.

Cut Low In the Neck. Waiter-Did you order beef a la mode, sir?

Diner (impatiently)-I did. What's the matter? Waiting for the styles to change?-Boston Transcript.

His Day Off. His Day Off. W'en trouble come ter see him He dropped de fioney comb An' hellered fun de chimbly top: "Go 'way! Laint'at home!" Atlanta Constitution.

A Boy's idea of Paragent When I go up to heaven An' join the angel bands, Gee, hopè 'at ne one there 'Li say, "Go wash these hands." -Lippincott's.

"That horrid cat!" "What's the matter, girl?" "Oh, the cat went to sleep on my

coughs up a nickel."-New York Sun Rice In the Orient.

Rice is "wet," that grown for the nost part in flooded land, or "dry," that raised on uplands. Its growth in those regions where civilization has penetrated least is pathetic. Parts of the east are still covered with virgin forest of tall trees. Underneath all fe dark in heavy shade. Creepers twine np hundreds of feet and are all topped off with indescribable orchids, all hunting for air and sunshine. In the thick wood a suitable spot is chosen, for rice they must have or starve. Under-growth is cut out and staked and hedged around to make a fence for the little rice farm.-Exchange.

Foxglove.

In some places in Eugland the fox-glove is regarded with awe as a 'witches' flower." the peasants saying that the witches use the bells of the blossoms as thimbles. In most parts, however, the "wee sma' folk that bode no ill" are the beings that "sweetly nestle in the forgiove bells," and in Ireland the plant is called the fairy cap.

A Rivat "Why do you always say, 'As scarce As hen's teeth?"

"Because they are about the scarcest things in the world." "More scarce than men who enjoy

hearing about the cleverness of other people's babies?"-Chicago Record Herald.

Women's Lefts. Miss Bikley So you have given up advocating women's rights? Miss Passee Yes; 1 now go in for romen's lefts. "Winen's lefts? What's that?"

"Wijowers."

affections are our life. We live by these. They supply our warmth .-

Eclectric Oil have surprised many who were unacquainted with its quaities, and once known it will not be rejected. Try it.

THEIR ORIGIN.

"How do you suppose the fires of romance are kindled?" "I should judge by love match-

rd's Liniment Relieves Neuralgia.

TIT FOR TAT.

An Irishman and a Canadian judge were one day travelling to-gether through Canada. They were discussing the relative merits of Canada and Ireland, till at last the judge, getting angry at Pat's obstinacy in maintaining the superiority of Ireland, asked :=

'Now, in real earnest, wouldn't rou be a long time in Ireland beore you'd have the honor of travelin a first-class car with a ling udge

are not drastic in their work, one mildly purgative, and the pleasure of taking them is only equalled by the gratifying effect they produce. Compounded only of vegetable Compounded only of vegetable substances the curative qualities of "That would be so," agreed Pat, "and yon'd be a long time in Ire-land before they'd make a judge which were fully tested, they af-ford relief without chance of in-

A-SAFE GAME.

He may have meant to be polite. but there can be no question that he actually did a very rude thing. He was a Frenchman, riding in a street-car. Two women entered, and seeing no seats, stood. gentleman, who sat near them, rose, removed his hat, and said, "I give my seat to the elder of these two ladies."

Neither made a move to take the seat, but each glanced at the other in a haughty manner, as much as to say, "Sit down, madam!"

"Is neither madame," said the Frenchman, bowing to one lady, "nor madame," bowing to the other "the elder? Then I shall have to Sesume my seat."

SERIOUSLY MISTAKEN.

Many a woman thinks she is havng her own way when her husband remains silent and permits her to keep right on talking.

IN EARLY FALL as in Midsummer Painkiller finds a use in every home. Ex-ternally, for cuts, burns, sprains or bruises; internally for diarrhoea and dy-sentery. Avoid substitutes, there is bub one "Painkiller"—Perry Davis "-25c, aud 50c.

A man never realizes how unimportant he really is until he has a son old enough to cast his first vote.

shown by its good effects on the children. Purchase a bottle and give it a trial.

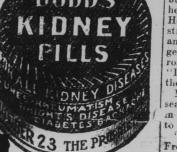
Squire Dunnitt (of Lonleyville)-We're away ahead o' you people in some things. We've sprinkled our streets with petroleum. Uncle Welby Gosh-Mighty glad

to hear it. Your town's been needin' a change in its smells for long time.

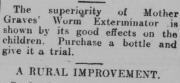
Dr. Morse's Indian Root PIL

are just the right medicine for the children. When they are constipated —when their kidneys are out of ordin —when over indulgence in some favorite food gives them indigestion —Dr. Morse's Indian Root Pills will quickly and surely put them right Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's best

KCOD St.



1SSUE NO. 40-10.





"But, Bertha, how did you make the acquaintance of your second husband ?" "It was quite roman-I was out walking with my tic. first, when mv second came along in an automobile and knocked him