

TO PREVENT A NERVOUS BREAKDOWN

Take Dr. Williams' Pink Pills When the First Symptoms are Noticed and Save Yourself Much Suffering

Are you troubled with pallor, loss of spirits, waves of heat passing over the body, shortness of breath after slight exertion, a peculiar skipping of the heart beat, poor digestion, cold hands or feet, or a feeling of weight and fullness? Do not make the mistake of thinking that these are diseases in themselves and be satisfied with relief for the time being.

This is the way that the nerves give warning that they are breaking down. It means that the blood has become impure and that it cannot carry enough nourishment to the nerves to keep them healthy and able to do their work.

There is only one way to prevent the final breakdown of the nerves and the more serious diseases which follow. The blood must be made rich, red and pure, and Dr. Williams' Pink Pills is the only medicine that can do this promptly and effectively. Every dose of this medicine helps make new blood and strengthens the weak or worn-out nerves.

Mrs. David J. Tapley, Fredericton, N. B., was cured by Dr. Williams' Pink Pills after suffering from nervous breakdown, which resulted in partial paralysis of the face. She says: "The trouble came on quite gradually, and at the outset I did not pay much attention to it. Then it grew more serious, and there was a general breakdown of the nervous system, followed by partial paralysis of the face, one side being completely drawn out of shape. I was under a doctor's care for a couple of months, and one treatment after another was tried without benefit. By this time I was confined to my room, and the doctor told me he could not cure me. Almost in despair I was persuaded to try Dr. Williams' Pink Pills. The improvement was slow, but the building up of a run-down nervous system naturally is slow. Slowly but surely this medicine did its work, and after a time I was able to again come down stairs. From that on the improvement was much more rapid and now I am as well as ever I was in my life. My friends look upon my cure as almost miraculous. Dr. Williams' Pink Pills did for me what the best medical treatment failed to do—they brought me back good health."

It is the blood building, nerve restoring power in Dr. Williams' Pink Pills that enable them to cure such troubles as anaemia, rheumatism, the after effects of a gripe, indigestion, neuritis, St. Vitus' dance, partial paralysis and the secret ailments of girlhood and womanhood. Sold by all medicine dealers or by mail at 50c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE PLOUGHING SEASON

OBSERVANCE OF THE OPENING IN DIFFERENT REGIONS.

The Romans Regarded the Seasons With Reverence—Certain Days to Plough in India.

The first farmers deemed it necessary to propitiate certain powers before they ploughed and planted and to this end instituted elaborate agricultural festivals and ceremonies. The formal inauguration of the ploughing season is very ancient and still is observed in some parts of the world.

Among the Romans, by the institution of religious festivals connected with agriculture, the seasons came to be regarded with a sort of sacred reverence. Before the old Roman put the plough into the ground he went to the temple of the goddess of earth, Tellus, one of whose priests performed certain propitiatory rites. Vergil in his "Georgics" advises the Roman husbandman to observe the signs in heaven according to the crop he desires to produce. The time to plough for flax, barley and the sacred poppy was when "Balanice has equalized the hours of day and sleep and halves the world exactly between light and shade. When Taurus ushers in the year with his gilded horns and Sirius sits facing the threatening bull is time for beans; for wheat and rye the Pleiads should hide themselves from your eyes with the dawn. Many have begun before Maria sets, but the desired crop has baffled them with empty ears." But first of all the poet advises the farmer to "honor the gods and offer sacrifices to Ceres."

CUSTOMS OF INDIA.

In India there are certain days when it is unlawful to plough. Mother Earth is supposed to sleep six days in every month, and on such days she refuses to be disturbed in her slumber. In northwest India the cultivator employs a pundit to select an auspicious

BENEATH THE COLD LACE

PRESIDENTS OF THE REPUBLIC OF HAYTI.

African Savagery and Fetishism Still Hold Sway in the Black Republic.

When I landed at Port-au-Prince, on the first of several visits to Hayti and Santo Domingo, I was met on the wharf by a most imposing personage in a cocked hat, gold laced coat, and scarlet breeches, writes Claude Blake in the London Mail. He was only a customs officer, but he looked like the commander-in-chief at least. Alas his coat was ragged and torn beneath the gold lace, his enormous black feet were innocent of boots, and he was pathetically eager for a tip.

He was typical of the tinseled squallor of the Black Republic—that mockery of civilization where African savagery and fetishism are venerated over by a little French polish and plenty of gold lace.

WHOLESALE MURDERER.

For generations past the Haytian Presidents have "waded through bloodshed to a throne," and ruled by the sword. Christophe, who made himself "Emperor" and created an aristocracy of negro dukes and marquises was a monster of incredible depravity. He murdered men, not singly, but literally by thousands. Nassage-Sagat was fond of clearing the streets of Port-au-Prince with grape-shot. President Ulysses Heureux, a negro dock-laborer from Jeanvieux, who made himself ruler of Santo Domingo, calmly told me at dinner one evening in 1897 that he had shot his own brother.

"He was plotting against me," he explained. "I asked him to dinner and gave him of the best dishes. Then, after we had finished the coffee and liqueurs, a file of soldiers came in to read him off to execution. He tried to draw a revolver, but I was too quick for him and shot him first."

HE IS IGNORANT AND BRUTAL.

I was in Hayti during the chaos of revolutions out of which the present president, Nord Alexis, emerged into supreme power. He is an ignorant, brutal, senseless negro with absolutely no qualifications for his position except a bulldog courage, which has made him popular with the army. On the day he proclaimed himself president he shot four political opponents in cold blood in Port-au-Prince.

The sanctity of the foreign legations was tested most remarkably at the fall of Simon Sam, who was president before Alexis. He got to the French Legation in the nick of time. The mob that had rounded the house for his blood for days, believing, rightly or wrongly, that he had looted the treasury and got the money with him. Yet they dared not profane the legation, and the French Charge d'affaires escorted him to a French steamer in peace.

The handful of whites who run businesses or plantations in the Black Republic have suffered terribly in recent years, for Alexis has encouraged their plunder and maltreatment. But they have hung on to their investments in the hope that the United States will assume control over the country, as it did a few years ago over the finances of Santo Domingo. President Rousselle has threatened this in no uncertain language several times.

It is astonishing to find how far a few gallons of water will go to make a house look fresh and sunny. Everybody should see the fine color cards with suggestions for painting and the stock carried by your dealer. Write A. Ramsay & Son Co., Montreal, for sack of Souvenir Picture Post Cards of Homes.

PROSPECTIVE EMPLOYER—Your parents let you something when they died, did they not?

Boy—"Oh, yes, sir." "And what did they leave you, my boy?" Boy—"An orphan, sir."

A SKIN THAT BURNS WITH eczema, and is covered with eruptions that discharge a thin fluid, may be made smooth and slightly with Weaver's Carbolic. But this external remedy should be used in conjunction with Weaver's Syrup.

Lady Visitor—"That new girl of yours seems very nice and quiet." Mistress of the House—"Yes, she's very quiet. She doesn't even disturb the dust when she's cleaning the room."

THEREY REALLY BELIEVE IT.

Some people cling to the old-fashioned idea that a man must be a genius if he goes about with uncombed hair.

WASHINGTON IS PRACTICALLY THE ONLY CAPITAL CITY IN THE WORLD WHICH HAS NO SQUALLS.

Berlin has none of the squalid areas which disgrace London.

WALTER WINANS, THE CHAMPION REVOLVER SHOT OF THE WORLD, WHOSE SIDEBARDS AND TABLES AT SURRENDEN PARK, HIS KENTISH SEAT, GIVE BENEATH THE TROPHIES HE HAS WON AS MARKSMAN, IS AT THE HEAD OF THIS NOVEL DEPARTURE IN PUBLIC ENTERTAINMENTS.

He has secured the enthusiastic cooperation of many of his fellow-members of the Pistolet Club, which, as he said recently, comprises all the greatest revolver-shots and all the duellists. "The public duels will be fought every day in every detail as though they were private affairs of honor, only that the bullets will be of wax, which will explode as soon as they touch their object. All the conventional ceremony connected with dueling will be carried

The Pember Store

A SPECIAL SALE DURING ALTERATIONS.

18 INCH Natural Wavy Switches in brown shades only \$3.15

Please send Cash with order. SEND FOR CATALOGUE.

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NEXT.

A sentimental poet writes: "How can I meet my darling?" After some deliberation over the question we have come to the conclusion that he can meet her by approaching her from an opposite direction.

Signals of Danger—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant taste in the mouth? Does your head ache and have you dizziness? If so, your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness to medicine must suffer, but under the circumstances the wise man would procure a box of Parnele's Vegetable Pills and speedily get himself in health, and strive to keep so.

ABOUT ANONYMOUS LETTERS.

About the meanest thing on earth is the person who writes anonymous letters, unless it be the person who receives and pays any attention to them.

WHAT CAUSES HEADACHE.

From October to May, colds are the most frequent cause of headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 250

A pompous manufacturer of machinery was showing a stranger over his factory. "Fine piece of work, isn't it?" he said, when they were looking at a very ingenious machine. "Yes," said the visitor, "but you cannot hold a candle to the goods we are turning out."

"Indeed!" said the chagrined manufacturer, "and what is your line?" "Gunpowder," was the reply.

ITCH, Mange Prairie Scratches and every form of contagious itch on human or animal cured in 30 minutes by Weider's Sanitary Lotion. It never fails. Sold by all druggists.

"Billy Green's nothing but a coward." "Is he?" "Yes I called him a coward right to his face, I did, and he didn't dare say nuthin'." "Then he is a coward," "You bet he is. And the next time I call him a coward I'll say it right out loud, so's he can hear it."

It lays a SHILLING HAND ON PAIN—For pains in the joints and limbs and for rheumatic pains, neuralgia and lumbago, Dr. Thomas' Electric Oil is without a peer. Well rubbed in, the skin absorbs it and it quickly and permanently relieves the affected part. Its value lies in its magic property of relieving pain from the body, and for that good quality it is prized.

They were returning from the spelling bee. "Mr. Spoonamore," she said, "why did you miss that easy word?" You spelled "honor" with a "u." "I know it," he answered. "The feeling came over me all at once that I just couldn't get along without 'u.' Miss Daisy. With which old, old story he won her.

SEWING MACHINE BARGAINS.

Real ones at Singer stores. Buy here and deal with the manufacturer. Singer Company is permanent and responsible; its representatives are always honest in care for Singer, and Wheeler & Wilson machines. Look for the Red Star. Any lady having used any make of sewing machine for 6 years or more write Singer Sewing Machine Co., Manning Chambers, Toronto, for beautiful set of ten souvenir pictures of Ontario. Free for asking.

He—"Did you hear me singing under your window last night? I hope your father didn't hear it?" She—"Yes, he did; but you needn't worry, he thought it was the cat."

DO NOT ALLOW yourself to become alarmed because you have lost your appetite and are losing flesh, but commence taking "Worms" the best tonic. It will build you up quickly.

Life Insurance Examiner—"Of what did your father die, Pat?" Pat—"I don't know, doctor; but I'm sure it was nothing serious."

Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. J. D. Kellogg's Dysentery & Cholera medicine that never fails to effect a cure. Those who have used it say it acts promptly, and thoroughly subdues the pain and disease.

DUEL WITH WAX BULLETS.

The World's Noted Expert Shots to Meet in London.

Arrangements are being made in London, England, by a number of the world's deadliest revolver shots for giving a public exhibition of the "sport" in connection with the Olympic games in London.

Walter Winans, the champion revolver shot of the world, whose sideboards and tables at Surrenden Park, his Kentish seat, give beneath the trophies he has won as marksman, is at the head of this novel departure in public entertainments.

He has secured the enthusiastic cooperation of many of his fellow-members of the Pistolet Club, which, as he said recently, comprises all the greatest revolver-shots and all the duellists. "The public duels will be fought every day in every detail as though they were private affairs of honor, only that the bullets will be of wax, which will explode as soon as they touch their object. All the conventional ceremony connected with dueling will be carried

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WANTED

Our readers to note that the celebrated French remedy, PANGO, which has been and is sold under a guarantee—that in cases where the outward application, as directed, fails to relieve pain, moneys paid will be refunded—still stands. In no case, notwithstanding the large and increasing sale, has a refund been asked for. Recommended for neuralgia, headache, rheumatism, gout, catarrhal colds, stiff joints, etc. Ask your druggist for a sample and do not accept a substitute. You will be pleased with it. Price 25 and 50 cents.

The Pango Company, Toronto

or wholesale
Lyman, Knox & Clarkson, Limited, Toronto.
Lyman Bros. & Co., Montreal, Toronto.

THE PETERBOROUGH CANOE CO. Ltd.,

If you want a Canoe, Skiff or Launch for the Summer write us. We build them all and can supply a Launch complete or half only, and you can install your own motor. When you buy a Canoe, Skiff or Launch that bears the stamp of THE PETERBOROUGH CANOE CO. We have the largest Canoe and Skiff Factory in Canada.

TRAINING HIM. Ascum—I saw you punishing your boy to-day. What was it all about? Popley—I caught him in a lie. Ascum—Oh well, you can't expect a boy to tell the truth all the time. Popley—No, but when he doesn't tell the truth I want him to be brought enough not to be caught at it.

THE MOST POPULAR PILL—The pill is the most popular of all forms of medicine, and of pills the most popular are Parnele's Vegetable Pills, because they do what it is asserted they can do, and are not put forward on any fictitious claims to excellence. They are compact and portable, they are easily taken, they do not nauseate nor gripe, and they give relief in the most stubborn cases.

FREE BOOK "HOW THE BANK WAS SAVED" Tell how a young man saved the bank by a wise investment. Every stock buyer and investor should read this book. Not for sale. Sent free on request. Your name on a postal will bring it. Write to-day W. W. BAILEY 351 Railway Exchange Bldg., Denver, Colo.

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PRIVATE WIRES. Correspondents—Chas. Head & Co., members of the New York and Boston Stock Exchange.

through. There will be seconds, the faces will be solemnly measured, the duellists will take their stand back to back, and on the word being given, will wheel around and fire—that is to say, they must fire before three seconds are counted.

"There will be just enough risk in these duels to make them exciting, though not really dangerous," said Mr. Winans. "A little too heavy a charge of powder might cause the bullet to penetrate slightly, and no doubt most of the duellists will protect their persons. I do not think I shall wear any protection myself, however, as I do not want to make too large a target."

"I have been practising hard during the last few days, and to-day got twelve consecutive shots home from the regulation distance, all within a space of a few inches."

"If we are successful in fixing up these duels I shall shoot on behalf of the United States."

"Some crack Belgian and French shots will take part, and I do not doubt we shall be able to secure representatives of one or two other countries."

Use Shiloh's Cure for the worst cold, the sharpest cough—try it on a guarantee of your money back if it doesn't actually CURE quicker than anything you ever tried. Safe to take, nothing in it to hurt even a baby. 34 years of success commend Shiloh's Cure—25c., 50c., \$1. 14

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