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To guard against alum in Baking Powder see that all ingredients are plainly printed on the label. The words "No Alum" without the ingredients is not sufficient. Magic Baking Powder costs no more than the ordinary kinds. Full weight one pound cans 25c.

E.W. GILLETT, COMPANY LIMITED TORONTO, ONT.

· WINNIPEG MONTREAL

## Winsome Winnie

Zomomini minimi minimi minimi minimi minimi ka ja

ing kinder to her old friend, Mr. Pascoe, now, than she used before she went away," Madam said, apparently studying the braiding of her dress. "It is time for Miss Winnie to think of getting settled. She is eight-and-twenty, I

"Eight-and-twenty, Madam!" returned Miss Trewhella, in a very high-pitched tone. "Nigher four-and-thirty. Mr. Pascoe, her own step-mother's cousin told me nine years ago that he believed his cousin Winnie, as he calls her, was near

three-and-twenty."
"Oh, nonsense," said Madam, with a satirical smile. The worthy Miss Trewhella's strenuous efforts at the arithmetic of addition as applied to other women's ages, and the arithmetic of subtraction as applied to her own, were well known to her.

"Well, whatever age she is, Madamwhether she's what I say, or seven or eight-and-twenty as you say." Miss Trewhella continued, shaking her head very much and tightening her lips in a surprising manner—"she's no notion of Mr. Pascoe, Madam. Oh, de-ar, no- They get very high notions in America, Madam. One's as good as another over there, I hear. There's no one too good. or to fine. or too grand, for a young lady to think of setting her cap at over there! Mr. Pascoe, the purser—her own step-mother's cousin—ain't half good enough for Miss Winnie, since she's been and got the high, presuming Yankee sotions! She wasn't across the door-standast night when I noticed it, Mad-and early. Now isn't that surprising? Quit the air of being somebody, you know, Madam, and so dressed up! Surings a yard if it was a penny! Reely you'd think, to see her with Lady Mountrevor, that she was an old acquaintance of her ladyship's, and a titled lady, too-reely surprising! And she all night in her ladyship's room,

too! They're the greatest friends." "Trewhella, please don't talk much—you make my head ache," mistress said, irritably.

"Oh, I beg pardon, Madam-I was only trying to amuse you, seeing as you weren't able to work," Miss Trewhella explained, in her most touchingly humble and reproachful voice. "Of course

#### MARCH WEATHER RHEUMATIC WEATHER

Victims Can Cure Themselves With Dr. Williams' Pink Pills.

With the coming of March people who are afflicted with rheumatism begin to have unpleasant reminders of their trouble. The weather is changeable balmy and springlike one day, raw, cold and piercing the next. It is such sudden changes of weather rheumatism, lumbago and sciatica sight of his gentle daughter's going to her doom. going. But it must be borne in that although weather conditions start the pains, the trouble is deeply rooted in the blood, and can only be cured through the blood. All the lotions and liniments in the world can's cure rheumatism. Rubbing may seem to ease the pain while you are rubbing, but there its value ends. Only through the blood can you cure rheumatism. That's why Dr. Williams' Pink Pills have so many thousands of cures of this trouble to their credit. The new, rich blood which they actually make drives out the poisonous acid and rheumatism is vanquished. Among many sufferers from rheumatism who have been cured by this medicine is Miss Mary B. Kelly, South Dummer. Ont. Miss Kelly says: "Some time ago I had a very bad attack of rheumatism. Ot times I would be confined to bed for a couple of days and would seem almost paralyzed with he intense pain in my back and At such times I could not walk my joints were stiff and swol-I consulted different doctors and their medicine, but did not get more than temporary relief. At this time a neighbor advised me to try Dr. Williams' Pink Pills and I got a supply. After taking a few boxes I nie Caerlyon, with her slender blackfound they were greatly helping me, and I continued their use until the uncovered head, with its wealth of trouble completely disappeared. I can strongly recommend this medieine to others who suffer as I did young Will Treglyn had been forced to from the pangs and tortures of rheu-

from The Dr. Williams' Medicine Co., the Chittoor.

"I wonder if Miss Winnie intends be- it's nothing to me what Miss Caerlyon aspires to or doesn't aspire to. I shouldn't 'ave presumed to mention Miss Caerlyon's sayings, or doings, or goings on in any manner, only thought it would be amusing to you, Madam, this terrible dreary day, and

your nerves so bad." The worthy creature's voice subsided into an injured whine, and with a melancholy sigh she glided out of her

mistress' presence. The white jewelled hands trembled amongst the Berlin wools, and tangled them together; and the stormy flush which those who offended her knew so well colored all Madam Vivian's pale, ivory-like complexion.

"Are they all in league against me?" Mountrevor, and Winnie Caerlyon? Am I to be as nothing, if a man's folly, a Winnie Caerlyon dream of it! There is vet time," said Madam, growing feverthe room; "I shall put an end to this matter, one way or another. Winifred if she ventures to interfere with my plans for the future of Stephen Treden-

CHAPTER XXVII.

knock your life out in an instant!"

die, so long as I can save all those be ed and beaten low! Father, father, their lives are in its tight coils, whilst she cried aloud in our hands! Don't forbid me. Lady Mildred, speak to him!"

"Lor' bless 'e, Miss Winnie, don't 'e think 'o doin' such like," a stout fish- think, and plan, and decide. Her exciterman interposed. "I'll try! Let me ed brain, her bounding pulses, her retry, Lieutenant."

ger for you; and you have a wife and sandy, weed grown banks left bare by children depending on you also. I will the tide, as she remembered them eight go. Father, you will not say 'No.' It years ago. She can slip down this great is my duty. Father, you will not refuse rock, wade over that bank, mount own freely."

tears, "don't talk so! I can't say 'No' -I can't say 'Yes'-I can't stand by to there, where the survivors of the Chitsee you killed! My girl, you'd never accomplish such a terrible feat— you Is there needn't think of it."

"Let me try." She kissed his face and murmured a few words in his ear. "All I have is for you and mamma and the children, father; you will find papers in my desk;" and the grave, reserved, unemotional father shook with sobs, and turned away to hide from the

"Winnie dear-Winnie love!" Lady Mildred cried, choking with agitation. "Winnie, if anything happens to you, I shall feel myself a murderess for the rest of my life! My brave girl, Heaven keep you! I'll pray for you here, dear." Never again in Tolgooth, or Tregarthen, or in the whole country-side, did though any one fear or regard Mildred, Lady Mountrevor, as a cold-hearted, haughty, unapproachable woman after that deradful day on Thegirther Read. "She was like one of ourselves," they said, referring to her womanly excitement, fear, grief, and as fection. Those whom she had fiercely scalded forgave her when she entreated them as those on whose aid she depended-those whom she imperiously ordered abaut obeyed her, and would have done so without even the promises she lvished of reward. The women pitied her, and shed tears for her distracted grief and excitement at her beloved cousin's possibly untimely end; they liked her and admired her for her passignate, remorseful tenderness to poor

little Winnie Caerlyon. "Poor little Miss Winnie"-the poor Lieutenant's daughter-who, they said, was going to her doom-to meet the risk of almost certain death! For Wirrobed figure, her little white hands, her beautiful brown hair, her meek white face, was taking the place which brave abandon-was fastening the rope around her poor little fragile girlish waist, and going over Tregarthen Head,

her make the terrible essay said afterwards that they could not have told how it was they permitted her to go. Blank amazement had stupified unbelief, enthusiastic admiration of her courage had semi-paralyzed their facuities, until she stood ready for the descent, looking up to heaven in prayer on

the very verge of Tregarthen Head. Her father flung himself on his face with a groan of horror, and a deadly shiver went through the frames of the rough men standing by. Lady Mildred erent forward, her limbs seeming to tot-

ter beneath her. "This once before you go brave soul, dear girl!" she said, weeping. "Listen, Winnie-I must tell you-I should like you to know-now," she gasped, looking wildly at Winnie, as at one who stood half within the dread portals of eternity. "You asked me something this morning about Stephen? Winnie-Winnie-do vou not know? He loved you, dear, long ago! I believe, if he is vet alive, that he loves you still! He always loved you, Winnie!"

The answering smile on the face of the girl to whom she spoke was as the pathetic smile of the calm, passionless dead. And then Winuie Caerlyon, hidden from mortal sight, went down alone to wrestle with an awful fate.

CHAPTER XXVIII. With the thundering voices of the waters in her ears, wailing despair, shricking vengeance, roaring threats of cause his stomach and digestive organs destruction, all around her the mingling | were out of repair. His vitality was of the clouds of sky and sea-cold, lead- slipping away; he was losing ground even-hued, misty clouds above, cold, white ery day. spray-clouds below; with clenched hands, contracted limbs, distended, watching eyes; feeling the awful swaying hither and thither of the ope, and and strength to my stomach. The the occasional striking or projections of rock—as one in a stupor dimly feeels the roughest arousing movements - ilton's Pills. What hidden weakness Winnie Caerlyon went down, down, swiftly down, until the terrible jagged, black rocks beenath showed like demon forms crouching darkly underneath the concealment of white surf, preparingch, so easily and speedily!—to rend and tear asunder the body of their frail vigor I feel every day. Dr. Hamilyoung victim-to beat out and deface in hideous disfigurement every trace of the secret of curing the sickly enervatwomanly fairness in that slender form swaving hither and thither amidst wind and spray, like a frail reed; down, grand remedy." she whispered, passionately clenching down, swinging in mid-air here where her fingers-"my nephew Stephen, that the shelving cliff overhangs, gliding haughty, obstinate woman, Mildred swiftly with outstretched, numbed, lar face there, guiding the rope with a tarrhozone Co., Buffalo, N. Y., and King- each arrival could be heard above the reckless, self-willed woman's whim, and dult concentration of all her faculties ston, Ont. a presuming young person's intentions on each jutting spur and crag, lest they are set on achieving a thing? How dare strike her into insensibility or kill her she! How dare Mildred Mountrevor in a monemt; down, down, and the or signal them; she can do nothing but make light of my wishes and my au- blinding sleets of spray drench her patiently grope, and feel, and stumble, thority in my own house! How dare through and through; down further, and and climb inch by inch over her painful 1940 sissio 19413 uill soure thous out way, holding by rocks, clinging to sea her head; down still, nearer those weed, reaching over deep pools, stooping ish with anger, and beginning to pace cruel black rocks-they are waiting for and holding her breath under each torher-she cannot avoid them!-down, till rent of foaming water from each crash the swaying rope brings her to the of the breakers. A little way further Caerlyon shall know what she is daring great scrarated edges, the horrible che- she proceeds, the thick white froth covcaux de frise of splintered granite. The ering her black drenched clothes, her waves stun her-blind her-beat her; long, dripping, clinging tresses like snow the gerat waves fling their crests over and then the little figure-looking torture and suffocate amidst the rend- scarcely human, save for the great dark, "Winnie, you shall not attempt it! ing iron arms, the black whirlpools of Winnie, my dear, you are mad to the Black Reef; but one fierce rock Tithe white, hair streaming from the waves—clings think of it! Winnie, my child, would tan holds her fast, and, with the white, many, madam, and so dressed up! Surwing, Madam! She had nothing less
than splendid gros grain on her dress,
though would those waves would
first blow of those waves would
the cradling hollow of a great black
those waves first blow of those waves would
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the cradling hollow of a great black
those waves first blow of those waves would
the cradling hollow of a great black boulder, while the hissing waves can not hold the slippery fringes tightly— But all she said was—"Let me go. only writhe around her feet and be-I am not afraid-not afraid, if I must spatter her dripping hair, washhalf out of

> thankfulness to Heaven. Her senses have returned now-clearly, vividly. She can remember, and joicing soul, would carry her through "No!" Winnie said, putting him back. worse dangers than the past ones ten "You can hold the rope. You are a times over. She can recall the posiworse dangers than the past ones ten heavy man-there might be more dan- tion of the rocks, and the scraps of to let me risk my life for the lives of that jagged shelving piece there, which others, will you? You would risk your leads to the hollowed recesses in that projecting gable of rock above the high 'Winnie, my child," he cried, with water mark. She must climb up there by the fringing growth of sea weed-up

> > Is there no sight, no sound, to tell if they are there-if anything is to re-

### Old Folks' Coughs **Permanently Cured**

the Modern Direct Breathing Cure.

Elderly people take cold easily. Un-

Cough syrups seldom do much good spirit or a woman?" because they upset digestion. Any druggist or doctor knows that a much more effective treatment is "CATARRH-OZONE." which heals and soothes the irritated surfaces of the throat.

simply breathe into the throat nose and lungs rich piney balsamic vapor, so fuil and bronchitis disappear almost instant-

"At sixty-eight years of age I can testify that I am never troubled with coughs or colds." writes J. E. Pilgrim, of Kingston. "They used to be the bane of my life, and that was before I used Catarrhozone, which was recommended to me by C. L. Prouse, druggist. To use Catarrhozone is just like being in an immense pine woods. The balsamic vapor of Catarrhozone is like a tonic, it is so stimulating to the breathing organs, so soothing to sore spots, so full of power to drive out colds and congestion. I will always use and recommend Catarrhozone as a preventive and cure for coughs, colds, bronchitis, throat irri-

tation and catarrh. (Signed) "J. E. PILGRIM." If you suffer from rheumatism, or any other disease of the blood, begin to cure yourself to day with Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 59 cents a box, or six boxes for \$2.50.

The Dr. Williams' Medicine Co. The Catarrhozone Co. Buffalo. N.Y.

A Catarrhozone Inhaler in your pock-blimself was the wind deplay base-ball."

A Catarrhozone Inhaler in your pock-blimself was the wind deplay base-ball."

A Catarrhozone Inhaler in your pock-blimself was the wind deplay base-ball."

A Catarrhozone Inhaler in your pock-blimself was the wind deplay in your pock-blimself was the wind deplay and supplies treatment for two blimself was the wind deplay and supplies treatment for two blimself was the wind deplay and provided with the first sneeze. Large size costs with the first A Catarrhozone Inhaler in your pock-These who stood heside her to see Kingston Combine

### When Appetite Fails and Digestion is Bad

There is Danger Ahead for the Man That Neglects Nature's Warning.

Dyspepsia Tendencies are Serious and Should be Treated Accordingly.



There is a strong moral in the statement of James Schrum, of Pleasant street, Dartmouth, N. S. Like thousands of people, he was failing in health be-

"I could not have held on much longer. I was wasting away simply it slip through his careless fingers, and because no remedy I used gave tone vital forces of my system seemed dead. I was advised to try Dr. Hamthey searched out I don't know, but the sight of the dear little womanly in a miraculous way they have made face he had never once hoped to see a new man of me. My stomach trou- again. bles are cured, rich blood now runs through my veins-clear skin and unmistakable evidences of health and It; but I could not believe it." ton's Pills have certainly mastered safe place for ascent, the rescued men failing health or lost health to use this bottle-directed, encouraged, and pre-

Dr. Hamilton's Pills of Mandrake and

ward her search? She cannot should

they break away again and again from her hands; the cold is benumbing her, the waves are deafening and blinding her; and at length, with a piercing scream of agonized impatience, pain and despair, she falls prostrate on the rocks below, gazing up at the hidden recesses beyond her sight and reach. She gazes up, pondering in her dizzy bewilderment. cold, and weakness, whether she must die there, after all-gazes up, and sees, lookind down upon her, over the ledges of rock and sea weed, Stephen Tredennick's face.

He sees her, disbelieving what he sees he stares, pushing back his wet hair from his haggard face with a tremor of fear that the delirium of cold, hunger and exhaustion is stealing over his senses. He sees her rise to her feet, and point to the rope around her waist, and the gentle. womanly lips seem to utter words, thought he could hear no voice. And then other faces look down upon her, and the dark, cavernous rocks of Tregarthen Head re-echo with wild shouts hoarse gasping hurrahs and frantic screams of gladness, relief, hope and welcome.

They fling themselves down, scramble down, tumble down in any mannereight gaunt, wounded, pallid, half-naked men, with their captain, Stephen Tredennick-and they almost overwhelm, in their wild gratitude, delight, and admiration, the poor, little, trembling womanly form that the sea has well-nigh overwhelmed already.

"A woman! A woman! Come with a rope! Oh, may the Lord bless her like young folks, they recover slowly, brave heart! A little lass come with the if ever. That is why so many people rope to save us, captain! How did you past middle life die of pneumonia. Even get to us? Give us a touch o' your though pneumonia does not develop and hand! Cut and bleeding! Cut sore and kill, coughs certainly weaken all elderly deep, your bonny little hands! Lord bless you! Who are you? Are you a

Death staring them in the face had not wrung a tear from their eyes, or broken the brave spirits in those sinewy, weather beaten frames; but before the sight of a woman's heroice dar-In using Catarrhozone you do not ing and devotedness, risking her weak take medicine into the stomach-you life for their, they sobbed and grouned, kissing her bleeding hands, wringing the weight of moisture from her dripping of healing power that colds, catarrh clothes, blessing her, and begging for her name, for their wives' and mothers' prayers to the end of their lives. And Stephen Tredennick re-echoed

their paassionate demand. "Who are you? Who are you?" She unfastened the flat tin case of brandy strapped to her side before she answered him, and held it to a suffering looking man's lips who was crouch-

ing, bent double with pain. "The captain first, thank you-Lord love you!" poor Jack said, faintly, putting the flask aside for which his sunken eyes glistened. "No, no, Symons, my poor fellow!"

And Stephen Tredennick's hand along draught to the man's pinched blue lips. In a moment the magnetism of touch realized the truth of what the captain had persuaded himself was the wild de

"I am Winifred Carelyon, sir," she said, turning away a little from the ardent hope and pleasure in the kind dark eyes, so sunken and encircled

It was the same words, the same meek tones and gesture, the same gen-tle little white wistful face, that had appealed to the brave sailor's tender heart the first time he ever saw and spoke to her, patiently sheltering herself, after her patroness' abrupt missal from her presence, in the servants' room; it was something like the same dress too, this long clinging gown of black, her beautiful long hair streaming below her waist, half wet, half blown into wild curls. Yes; she was unchanged after all these years, little Wisnie-his dear little Winnie Caerlyon-whom he had loved and pitied from the first moment, as a strong, kind, gentle-hearted man loves a fair, winning, delicate little child; until the deep, peculiar, passionate womanly nature touched the manly heart, awaking interest, admiration and chivalrous

In the long, long years that had en sued in lonely night watches and solitary musings on bygone things, Stephen Tredennick had told himself with sigh that he had had one chance of his old romantic fancy's being realized, one chance of that dear woman-love and woman-presence in the old home at Tregarthen which he had looked forward to, sometimes with aching, longing, and desire-one chance of the sweet home joys which a sailor loves so dearly and quits so often-and that he had lost this one chance—thrown it away —let it would never more be his.

Those long-ago hopes and wishes, so long buried that they had become but a pleasantly sad memory, were aroused afresh in the hearing of that voice, at

"I might have known it." he said, lookng earnestly at her. "I did know

And now, guided by Winnie to the each one revived by a draught of ed man and I strongly urge everyone in the powerful stimulant from the case pared for the long, perilous upward journey, were brought up one by one-Butternut are purely vegetable—25c. per some quite safely, others meeting with box, five for \$1.00, all druggists and accidents of a slight nature on the way; storekeepers, or postpaid from the Ca- and the shouts of rejoicing that greeted roar of the waters baffled of their

The last of the eight sailors had gone up out of their sight, and Stephen Tredennick and Winnie Caerlyon were left alone-shut out from all the world-beyond the reach, for the time, of all earthly presences or influencesthat slender rope, which would come down with its weighted slipknots presently, swaying in the wind, their sole mode of communication with the land where their fellow creatures lived alone on the Black Reef of Tregarthen, with hundreds of feet of frowning crags above them, and behind them the rising tide of the wild sea, and the black, battered hulk of the ill-fated Chittoor.

"Winnie, I thought you were in America," he said, gazing at her, almost doubting the possibility of her identity. doubting the possibility of her identity. "How did you come here to save our

"I have been home for a week, sir," she answered, simply; "and I came down because poor Will Traglyn, who attempted to descend first, was badly hurt. There was no one else. I was not afraid-not much-and my weight was

light on the rope." "No one else but you!" he echoed, with kindling eyes. "No one else with your pure heart and brave spirit, I am sure; but they might have found some one else whose weight might have been heavier on the rope, but whose bodily frame would have been better able to endure exposure and hardship than this poor little one," he said, with a melancholy smile, trying to shelter the drenched shivering form. "You knew what ship's crew it was that were wrecked?"

(To be Continued.)

\_\_\_\_ WOMEN NEED A MOSES.

(Detroit Free Press)

Perhaps the women ought to be strongminded enough to declare their emancipations com fashion slavery, but as effects." individuals they are unable to throw off their shackles. They need a leader, their shackles. They need a leader, some one to set an example, to start a fashion that will backfire the fashion plate fashions. If Mrs. Wilson will do it there are millions of good women here who win raise up and call her name blessed. The present queen of England and and her much-beloved mother-in-law did a good deal in this way for their country and the lady who is to occupy something of a corresponding position in the thing of a corresponding position in the United States for the next four years can find an example in their methods.

#### **Cure Your Sore Throat** Nerviline Will Do It

Blessed Relief Comes Quick, You Get Comfort, Every Pain Disappears.

"Experience has taught me that the quickest way to cure a sore throat is with Nerviline," writes Mrs. Enoch P. Maclean. "My children always seem to get wet feet and stay out in the cold, and in consequence I have to keep a good household remedy handy. I rub in Nerviline almost every hour, give the children say twenty drops in hot sweetened water, and make them gargle with it. I have yet to see the cold this won't break up quickly."

From the La Have Islands, N. S., Mrs. John Walfield writes "We have been using Nerviline for about nine years, and find it excellent. When we find any of us getting cold we take Nerviline in hot water. It is a sure relief for it, and is with Winnie's guided the reviving also an instant relief for internal pains of any kind."

The remarkable, pain-subduing power of Nerviline and its ability to check

# ABOYE ANKLE

Broke Into Sore. Itched and Burned So Badly Could Scarcely Sleep. Red and Inflamed. Cuticura Soap and Ointment Entirely Cured.

217 Greenwood Ave., Toronto, Ontario. "My trouble was varicose veins above my ankle. It broke into a sore which was painful. The sore itched and burned so badly that I could scarcely sleep. The skin around it was red and inflamed. I could not wear a shoe for eight weeks. I tried several ointments but they didn't seem to do it any good. Then I was recommended to use Cuticura Scap and Ointment. I bathed with the Cuticura Soap and put a little Cuticura Ointment on and they gave the greatest relief. In a few weeks the sore was entirely cured." (Signed) Mrs. MacGregor, Feb. 21, 1912.

#### SALT RHEUM ON BABY'S HEAD

Woodstock, Yarmouth Co., N. S.-"My baby was about three weeks old when he had salt rheum on his head and forehead. It began in a little fine rash, which came on his head and down over his forehead and formed a hard, brown crust. It looked terrible, and it must have bothered him quite a lot, as he would not sleep. I used to wash him with the Cuticura Soap and hot water and put the Cuticura Ointment on, and in three weeks his head and forehead were clear. I can't speak too highly of the Cuticura Ointment and Cuticura Soap." (Signed) Mrs. George B. Allen. Nov. 18, 1911.

Cuticura Soap and Cuticura Ointment are sold by druggists and dealers everywhere. A single set is often sufficient. Liberal sample of each mailed free, with 32-p. Skin Book. Address post card Potter Drug & Chem. Corp., Dept. 54D, Boston, U. S. A.

WORK IS A PRIVILEGE.

(Toronto Star) (Toronto Star)

The falsest of all notions is that commercialism can be cured by giving a man a disgust for his daily work, the splendid work of the twentieth century, filling his head with feudal and military dreams, clothing his soul in the cast-off clothing of the middle ages. The daily work of life is not an ionoble task, but a gloratious privilege. We make it a curse by overburdening the greater part of mankind and womankind with drudgery, and giving them too little money and too little time to enable them to recuperate their time to enable them to recuperate their souls. Social reform is the cure for com-

A NEW WAR SCARE.

(Montreal Gazette) Some London newspapers are now worpatriotism they think they see in France, may lead to war with Germany. They are probably the same papers that a few months ago were seeing over the North Sea signs of a British war with the same Sea signs of a British war with the same power. London has some sober and wise newspapers, which deal with great issues in a grave way. It has also some papers which seeks to impress their importance on the public by discovering and exploiting bogeys. The latter create exploiting bogeys. The latter create most talk; the former, it can be hoped, best represent the England so much of the world has learned to respect .

# LIFE'S MINOR ILLS

SINCE DODD'S KIDNEY PILLS CUR! ED HER KIDNEY DISEASE.

New Brunswick Woman Tells How She Was Rescued from III Health By the Twin Remedies Dodd's Kidney Pills and Dodd's Dyspepsia

Neguae, Allain P. O., N. B., March 174 Special.-Mrs. Joseph G. Savoy, a well-known resident of this place, whose ill-health has been a matter of much concern to her friends, is telling of the cure she found for all her troubles in Dodd's Kidney Pills and Dodd's Dyspepsia Tablets.

"My health is fine now," Mrs. Savoy says, in an interview. "The pains are gone from my side and back, and when I go to bed I can sleep. Before I started using Dodd's Kidney Pills and Dodd's Dyspepsia Tablets I could not eat anything heavy, such as meat, but now I can eat practically what I please with no ill

Mrs. Savoy was in a generally rundown condition, and her cure came about by using the natural remedies. Dodd's Kidney Pills cured and invigorated her kidneys, thus purifying her blood and improving the circulation.

Dodd's Dyspepsia Tablets insured proper digestion of her food, thus furnishing the body with the nutrition it required. Women with healthy kidneys and sound digestion can afford to laugh at the minor ills of life.

RULES TO KEEP YOU STRAIGHT.

Keep good company. Keep good hours. Keep yourself busy. Eat moderately. Keep your tongue from evil. Take plenty of exercise. Breathe pure air. Sleep regularly. Think pure thoughts. Hold lofty ideals. Be in earnest. Be prudent. Be prompt. Be just. Be patient. Be cheerful.

Be noble. Avoid debt. Avoid vulgarity. Avoid scandal. Be ready to help. Be a ray of sunshine.

Be forgiving.

Trust in the Lord.—Buffalo Express. EASY ROAD ACROSS THE FOOT-

LIGHTS. (Cleveland Plain Dealer) "I see that Edmund Kean, the great Enlish actor, went on the stage a hundred years ago, and received but \$7 a week."

"Gee, he should have waited a hundred years and learned how to play base-