Canadians suffer more from Catarrh than any other disease. On this acsount Catarrh is dangerous and should be checked at the outset.

It isn't necessary to take internal medicine to cure Catarrh. There is a far better method.

Doctors now treat Catarrh by sending a purifying, healing vapor through the breathing organs. In this way the germs of Catarrh are destroyed. The only successful vapor treatment

is CATARRHOZONE, which the patient breathes through a special inhaler to the real seat of the trouble. The rich, piney essences of Catarrhozone heal and soothe all inflamed surfaces. They effectively treat the nose, throat and lungs with a powerful antiseptic that destroys irritation at once. Catarrhozone brings into the sys-

tem the balmy air of the pine forest. It cures immediately colds, coughs, catarrh, weak throat and bronchitis. Once tried, Catarrhozone is always used. Nothing so pleasant, so simple, so quick to relieve, so absolutely sure to permanently cure. Accept no substitute. Large size lasts two months, and costs \$1; small size 50c: sample trial size 25 cents; at all deal-



Lesson II. April 11th, 1920. Deborah and Barack deliver Israei.

Commentary.-1. The Promise of Deliverance (4: 4-9). 4 Deborah, a prophetess She was a woman of the tribe of Ephraim, whom God raised up to judge Israel and to act with Him in their deliverance from the oppression of Jabin. She is called a prophetess, since she spoke the messages God gave her for His people. The song recorded in the following chapter gives evidence of her insp tion as a prophetese, and shows that she possessed poetic ability. She was wife of Lapidoth. 5. Under the palm tree—She had her place of judgment in the open air under a palm tree, as is common still in Oriental countries. Came up to her for judgment-She had divine authority for acting as judge and the people of the tribes over which she had jurisdiction recognized that authority by coming to her to have their cases passed up-6. Barak-Barak was the commander of the army, yet he was subordinate to the judge. Hath not the Lord God of Israel commanded-Deborah had received a message from God and used the language here employed to declare most emphatically that the Lord had spoken to her. Toward Mount Tabor-Thie was to be the gathering place of the army of Jerael, made up of men from Naphtali and Zebulon. Tabor stands in the northeastern part of the beautiful plain of Esdraelon. It is a circular, cone-like mountain, rising one thousand seven hundred feet above the plain. Upon the broad top of this mountain Israel's army of ten thousand men was to take a position. Tabor overlooks the plain of Jezreel, which has been the battle ground of the ages. Not far from here King Saul met his death. 7. The River Kishon—The Kishon is a small stream flowing westward through the plain of Esdraelon and empties into the Mediterranean just north of Mount Carmel. Sisera-The commander of Jabin's army. His chariots and his multitude - The language indicates that the enemy of Israel was well equipped and large. Will deliver him into thine hand-The Lord made known the size of Sisera's army, large in comparison with that of Barak. but he gave most positive assurance that this great army would be de-

8. If thou wilt go with me, then I will go-It was natural for Barak to think the presence of the one to whom the Lord had given the directions for the battle and the promise of victory, would be a guaranty of success. 9. Shall not be for thine honor-The honor for the victory and for the destruction of Sisera would be given to the Lord and a woman (4: 21). Some scholars suppose that decided honor would have been accorded to Barak if he had gone forward unquestioningly, and had not insisted on Deborah's going with the

II. Israel victorious (4: 10-24). 10. at his feet-At his command. By many this expression is understood to mean that there were only footsoldiers in Barak's army, and but ten thousand of them, in contrast to Sisera's great miltitude, accompanied by nine hundred chariots of iron. 11. the father in law-It means here brother in law. The expression in Hebrew indicates any near connection by marriage. pitched his tent-The location of Heber's tent is stated particularly to make what follows more vivid. It was here that Sisera met his death. The place is supposed to have been a short distance north of Tamor. 12. was gone up to mount Tabor-Comparing this expression with verse 14 it seems clear that Barak and his army ascended the mountain. There may have been a purpose in his mind to get beyoud the reach of Sisera's chariots, 13. Gentiles-Nations. 14. Deborah said unto Barak-The prophetess deceived directions from the Lord for the leader of Israel's army. up; for this is the day-The eppression of twenty years by Jabin was to come to an end on that day. The Lord was moving against Israel's enemies and it was time for Barak's army to advance. Such words as the Lord gave Barak through

WOOD'S PHOSPHODINE. The Great English Preparation Tones and invigorates the whole ryous system, makes new Blood Increase system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Warry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Frice \$1 per box, six lor \$5. Sold by all druggists, or mailed in plain page on receipt of price. New pamphlet mailed has the wood medically controller. Deborah could not fail to inepire him with courage for the attack. 15-the Lord discomfited Sisera-"They fought from heaven" (5: 20). Josephus declares that a hail-storm came on which rendered the bows and slings of the Canaanites useless and benumbed the soldiers with cold. The record here declares that the Canaanites fell before the army of Barak. It would be natural to suppose that a storm that would affect the Canaanites would likewise affect the Isralites also. Sisera..... fled away—He hoped to escape by flight on foot. 16. there was not a man left-There was no one left to oppose the army of Barak.

17-24. Sisera believed he would be safe in the tent of Jael in which he fled. There was peace between him and Heber, Jael's husband. According to custom it was not allowable for a strange man to enter a woman's tent, hence, if in the urgency of his need he was permitted to go in, his pursuers would not dere to enter to search for him. Sisera was much mistaken in his fancied security, for Jael was Israel's friend rather than his, and she took advantage of the situation to cause his death. She hid him from his pursuers, and then slew him. Thus the prophecy of Deborah was fulfilled.

III. The song of Deborah and Barak (5;1-31). The song of Deborah and Barak to a vivid poetic description of the signal victory of Israel over the Canaanites. It is hearty in its ascription of praise to God for the defeat of those who had been long oppressing his chosen people. Deborah speaks of Israel as a "mother in Israel." When Israel "chose new gods," there was "war in the gates," showing the direct connection between the nation's idolatry and the trouble that came upon it. There was abundant occasion for rejoicing since the Lord had marvelously undertaken for his people. The people had rallied to the support of Deborah and Barak. In the song reference is made to several of the tribes of Israel who had a part in the great victory, and a curse is pronounced upon some who failed to respond to the call to war.

Questions-What was the kind of government under which Israel was living? What nations had oppressed Israel and who had delivered them? What king was now oppressing the nation? To whom did the Lord give directions for Israel's victory? scribe Israel's army. Describe the army of Israels' enemy. What message came to the leader of Israel's army on the day of the battle? Where was the battle fought and what was the result? Describe the song of Deborah and Barak.

PRACTICAL SURVEY. Topic-The service of women in national leadership.

I. Deborah's victory.

II. Deborah's song of victory. I. Deboran's victory. "And the children of Israel again did evil in the sight of our Lord." With dreary monotony is the charge reiterated in the history of the nation, and particularly during the period of the judges. Twenty years of mighty oppression was the result. "Again," is the key to the distressing situation. Sin, repeated after forgiveness, carries with it more of moral demerit and certainty of retribution. Jabin, king of Canaan, was the present instrument of and so on. Having eliminated the punishment. But for their disobedience he would have had nothing to do with Israel. "With the oppressor there was power." He possessed resources which appaled the people of the hill country and made resistance apparently hopeless. But the day was preparing even while the gloom of midnight enveloped the land. A new period was dawning for Israel. Deborah, the wife of Lapideth, was a judge in Israel—the first scriptural record of a woman occupy g a public official position. The statement, "The children of Israel came up to her for judgment,' seems to imply' public aproval and divine approbation. Her wisdom discerned the "signs of the times," while her faith grasped invisible resources superior to Jabin's nine hundred chariots of iron. Away a hundred miles to the north lived Barak, whose name is significantly by interpretation "the lightning." Cn him Deborah fixed her heart as the hope of Israel. The saint and the soldier viewed the situation from different angles. His reluctant consent was secured on conditions which made woman the victor and deliverer. The "mother in

ens," and those charlots are "thousands of thousands." II. Deborah's song of triumph. Now Deborah sings. We can always sing when the bitter conflict is won. Song is the natural expression of joy or triumph. The noble hymn is usually regarded as the composition of Deborah to be on the return of Borak and his warriors from the pursuit. Great truths find expression in its appropriate and exalted utterances. God is acknowledged as the author of Israel's deliverance. At the same time she praises the spontaneous action of the people in offering themselves. They wanted to be free. The inspiration of deliverance was divine. Even kings occupy a subordinate place. There is also a remembrance of those who had forsaken her in the day of conflict. "Reuben was not with me." "Gilead was not with me." "Dan was not with me; Asher hid himself"; and indignation reached its overflowing climax, "Curse ye Meroz." Meroz was cursed because they dwelt in the midst of the land and could have struck the first blow. The ancient representatives of a very midern term evidently abounded. Moral distirctions are neither forgotten nor confused in the jubilant strains. Right cuspess is not swallowed up in rhausod. Some time it will be known who contented himself with criticism.

Israel" b me the soldier of Israel,

and Barak her humble servant. Un-

belief often keeps us frc . divinely

designed honors. No obstacle weighs

with "him that sitteth in the heav-

W. H. C. With so uncrough a preparation at hand as Miller's Worm Powders the mother who allows her children to suffer from the ravages of worms is unwise and culpably careless. child subjected to the attacks of worms is always unhealthy and will be stunted in its growth. It is a merciful act to rid it of these destructive parasites, especially when it

and who hazarded his life for Christ.

# CUTICURA HEALS

On Body and Face. Red and Itchy. Cried For Hours. Lasteda Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year. "Then I started with a free

sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1032 Gertrude St., Verdun, Que., August 11, 1918,

The Cuticura Toilet Trio Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health. Soap 25c., Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

#### Chats with the Doctor

DYSPEPSIA.

I want this week to have a plain, common-sense chat about digestion, regarding it as practically as one might the working of a rather complicated piece of machinery. I say complicated because most machinery is simple and straightforward in its working, and is limited to one or two I stroll about at night to seek definite actions. The machinery of the body is, in that sense, simple only in theory. It is composed of living material, and is capable of an infinite variety of activities which are easily thwarted or thrown out of gear by neglect or wanton carelessness. FOOD, ITS NATURE AND PURPOSE

Let us begin with the body's foodthat is the food we eat. Our food serves two chief purposes; it maintains heat and repairs waste. These considerations rarely bother us unless for some reason or another, we fail to digest it. Indigestion is the body's way of telling us that all is not well with the internal machinery Up to a point, and particularly when we are in good health, the system will digest almost anything we can eat with appetite. In sickness, however, there are times when there is scarcely anything it will tolerate. And most people find themselves somewhere between these two extremes of eupepsia and dygnengia

CAUSES OF DYSPEPSIA. Dyspepsia may arise from innumerable causes; from unsuitable food, from imperfect mastication, from inertia on the part of the stomach or else, from worry, from organic disease possibility of organic disease which calls for specific consideration, let us consider the question of diet first. One of the commonest symptoms of dyspepsia is constituation. This may be caused by a diet of too much meat and too few vegetables; baker's bread, again, which is made as a rule from fine white flour from which every particle of bean is removed, is often a common cause of constipation. The removal of the bran deprives the flour of the particular property which stimulate the action of the bowels, and unless substitutes are taken in some other form, constipation results. Habitual sufferers from constipation should try the effect of brown bread, allowance of green vegetables, fresh fruit, when this is available, or such dried varieties as prunes, raisins, apules and nuts. Drugs should be the last resort and considered always as purely a temporary measure.

THE IMPORTANCE OF MASTICA-TION. Proper mastication is particularly

food is not only necessary to break it up and perpare it for the action of the gastric juices, but also to impregnate it with the saliva which plays so vital a part in the subsequent digestion of such things as bread, potatoes and starchy foods generally. This can be simply demonstrated by taking a piece of berad and chewing it for a few moments, allowing the saliva to mix with it thoroughly. A proportion of the starchy constituents of the bread will have to be changed into sugar and the morsel will be appreciably sweeter to the taste. This conversion of starch into sugar is essential, and to bolt it without insalivation is to render the starch practically useless.

THE IMPORTANCE OF REGULAR

MEALS. It will be understood that I am addressing myself more particularly to those of my readers who suffer from weak digestions. To such, the importance of regularity in the matter of meals cannot be overstated. By regularity, I do not mean the taking of a stereotyped amount of food at fixed intervals. To one person the desired regularity might mean two meals a day with long intervals between, and to another four light meals at varying intervals. A certain amount of experiment is essential in this matter. I have known cases of persistent dyspepsia which have improved rapidly merely by cutting off



cup of tea and a round of toast, following this with a fairly substantial meal at noon. Others again showed marked improvement from making the midday meal a light one. There are, however, certain general principles which apply all round. The particular form of the regularity to be adopted depends upon the nature of the day's routine, the hours of work and the constitution of the individual. As a rule heavy exercise should not be taken too soon after a meal or on the other hand carried on when the craving for food is obvious. Many people have benefited by abstaining from drinking with their food and by taking a generous amount. of water between meals. Most people drink far too little. Apart from strong, badly-brewed tea and alcoholic drinks, do not think it matters particularly what form the liquid takes. Barley water, hot water or cold, weak, freshly brewed tea, and so on, according to taste, all are good. Personally, I favor the drinking of cold water on rising and hot water or lemonade before retiring. The morning glass of cold water, drunk fairly quickly, will sometimes act surprisingly on the most obstinate forms of constipa-

A Purely Vegetable Pill.—The chief ingredients of Parmelee's Vegetable Pills are mandrake and dandelion, sedative and purgative, but perfectly harmless in their action. They cleanse and purify and have a most healthful effect upon the secretions of the digestive organs. The dyspeptic and all who suffer from liver and kidney ailments will find in these pills the most effective medicine in concentrated form that has yet been offered to the suffering.

The Ghost I woke one night from a dream of

fear, For I saw the ghost of the profiteer. It smiled at me and gently said: "Be calm; I am not really dead. A friendly face or a victim meek."

gave the vision a stony stare, And saw it had the landlord's hair. The lawyer's mouth, the doctor's nose, The butcher's cheek, the merchant's clothes,

The deacon's figure, tall and thin, And the farmer's whiskers on its chin.

And when it spoke I thought the tone Sounded a wee bit like my own, What humbug thing are you?" said.

And then at once the vision fled: But it answered me with a backward glance:

am just the fellow that has a chance.' -James W. Owen, in New York

DR. MARTEL'S PILLS' FOR WOMENS AILMENTS en have testified in the la

years regarding the healing qualities of Dr. MARTELS FEMALE PILLS. A Scientifically prepared remedy for delayed and painful menstruation. Scid only in a Patented Tin-Hinge-Cover Box. At your Druggist, or direct by Mail, price \$2.00, Knickerbocker Remedy Co.

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# FOR THE

A LONG RAILWAY JOURNEY.

"Go to bed, Tom; go to bed, Tom; go to bed, go to bed, go to bed, Tem." This was the last sentence that the E. I. S. R. train seemed to be repeating, as it sped along the lines at its most express speed. At least it seemed so to Mary, for these words coarse oatmeal and a more generous fitted in exactly with the rhytum and beat of the wneels.

The letters E. I. S. R. stand for the East Indian State Railway, and Mary was a little girl fresh from England, traveling on the E. I. S. R. for the first time in her life.

She had come out to India with her parents during the cold weather, and had, up to the present, speut all her ti. c on the plains. But, now that Made Her Feel like important. For this, needless to say, the hot weather had begun to make we erquire sound teeth. Chewing the itself felt, she had been packed off to boarding school in the hills. This train was helping to carry her,

al 50 other little girls of about her own age, away from the uncomfortably hot plains, up and up and up into a little town, tucked snugly away in one of the folds of the Himalaya Juntains. as she stood at the window of the

carriage, with the breeze blowing refreshingly over her face, and her eyes peering into the blackness of the night, she thought of that journey in all its tenses, past, present and future, and fell to wandering how, when, and where she would find her destination

There was a peculiarly deliberate air about the train. It had stopped of this place. at every station or stopping place, under pretext of drinking water, or taking on board some lanky Bengali youth who happened to be wanting a lift : little way up the line. An! then it had stopped again, to deposit him at his destination.

But then, this was a passenger school train, as distinct from the mail train. The thing that struck Mary about these casual passengers was the fact that they were not hampa ly and neatly packed into a little white washing-bundle, which was balanced with great skill on their heads. For hours the train had raced past golden paddy (rice) fields, mustard fi-1ds, resplendent in their blazing g wns of bright yellow, past dhobies ('aundry men) solemnly reducing to tatters some unfortunate clothing against the stones of a little wayside tank (pond), and past noked little native children playing marbles in the road, or staring blandly at the train as it made its way, on and on. always through the flatest of flat land. There wasn't a suspicion of a hill, not even of an ant hill, anywhere, and Mary e or reach the mounta's. But she

**TEMPLETON'S** RHEUMATIC CAPSULES For fifteen years the standar

Many doctors prescribe them.

had to learn to be patient, for the mountains were still many, many miles away.

At about 7 o'clock the sun had gone down with a flop, and plunged the world into darkness. There was no nice twilig ... This untimely darkness greatly inconvenienced Mary, for she badly wanted to look out of the window and see all that there was to be

But at about 8 o'clock the really interesting feature of the journey appeared on the scene. This was the steamer which was to like them across the River Ganges and deposit them in the night train, waiting on the other bank. Toward 8, little red lights had be-

gun to glimmer in the distance, and by degrees these had increased their brightness till, at last, they shone with full glory on the train, standing stock still in Sara Ghat station. Such a bustle and confusion there had been! Every one seemed to be talking, or rather shouting, at once. Numbers of coolies (porters) had thronged each door at the entrance to the station, and had run along with the train until it made its final halt. Each had clamored for prefer-

victor. However, from the babbling throng Mary managed to secure one tall muscular lad, with two even rows of peari-like teeth, and a pleasant grinning countenance, and to his care she had entrusted all ner valuables.

ence and each was determined to be

Presently, when he had acquired great glory for his marvelous capacity at balancing angular boxes on his head, and generally proving himself a human luggage truck, they set out toward the boat, Mary following closely in her coolie's footsteps.

In this way, each in the charge of her luggage coolie, all 60 little girls had been conducted across the bridged quicksands to the waiting boat.

After dinner, the girls had diepersed in little groups to explore the ship. Mary, attracted by a squeaky falsetto, pitched probably in A sharp minor, had discovered a seaman taking the soundings. Each time he swung the lead he sang out the sounding to a fellow worker on the other eide of the ship, who in turn passed on the information to the helmsman. This "sounding" business greatly interested Mary, and she resolved to find out more about it.

Left to herself she could achieve nothing, for she could neither talk nor understand Hindustani, and the native was equally ignorant of the English language. But Mary remembered the friendly little travelling impanion, and had fetched ner to fill the place of interpreter. With her help. Mary gleaned a fund of information from the man. He had explained the necessity of constantly taking the soundings in order to steer a true course. The bed of the River | \$5.26 sold. Ganges is quicksand, which is always moving, and consequently the flow of the water is never the same. And with the flow alters the depth, which calls for a careful steering of the ship to avoid sandbanks.

CHILDREN The crossing though not a long one, took two hours, so it was fairly late when they arrived at Paxi, where another train was waiting for them. They were not due to arrive at their destination till mid-day the next day; and, before reaching it. there was to be one more change, from the night train into the little "Toy Train" which was to do the last lap of the journey up the mountains.

The "Toy Railway," Mary learnt. began at Siliguri, a station in the Terrai, at the foot of the Himalayas. They were to arrive there early next morning. The joys of the mountain journey were pleasures to be, but her travels up to date furnished enough food for thought for this one night. And so, with a keen sense of pleasure, partly realized, and partly anticipated, she put her sleepy little self to bed.

## **A Different Person**

WHY MRS. MILES WOOD RECOM-MENDS DODD'S KIDNEY PILLS.

Kidney Pills.

Arden, Ont., April 5th.—(Special.) "Dodd's Kidney Pills made me feel like a new person." That is the statement of Mrs. Miles Wood, a wellknown and highly respected resident

"I was troubled with my kidneys, Mrs. Wood continues, "and my feet swelled. I tried Dodd's Kidney Pills with the result that the ewelling is nearly all gone, and I feel better in every way.

"To any person who is bothered with kidney trouble or with their feet and legs swelling, I would 62y 'use Dodd's Kidney Pills."

The women of Canada have come to lock on Dodd's Kidney Pills as a pered with luggage, as European standard remedy for their kidney ills. travelers always are. All heir They act directly on the kidneys worldly possessions seemed to be com- They are purely and simply a kidney remedy. By putting the kidneys in good condition to strain all the impurities, all the seeds of disease, out of the blood they carry good health to every part of the body. Ask your neighbors if Dodd's Kidney Pille do not help all kidney ills.

#### Present Day Inspirations.

Sleeves from the Victorian age. Oriental turbans. Spanish combs and shawls.

For years Mother Graves' Worm Exterminator has ranked as the most effective preparation manufactured, had begun to wonder is she would and it always maintains its reputa-

FARMER'S MARKET. Dairy Procuce-Butter, choice dairy ...

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Curkeys, ID.	•
Live Pouitry-	0
Aickens, ID	ě
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Fruits	1
apples. Date and see	6
Do., bbi.	ő
Chubarb, bunch	•
Vegetables—	2
Beets, bag 2 25	2
Carrols, bag	
Cabbage, each 0 15	0
Cauliflower, each 0 20	3
Celery, head	0
Leeks bunch 44	0
Lettuce leaf 3 for V IV	0
Lettuce, head, each VIV	0
Unione hirt	1
Do., green, bch	0
Potatoes, bag 4 30	4
Parsley, bunch 0 10	_
Parsnins, hag 225	2
Turnips, bag 1 25	_
MEATS-WHOLESALE.	
	17
Beef, forequarters, cwt 15 50	15
Do., do., medium 13 50	10
Do., hindquarters 24 50	25 18
Do., do., medium 16 50	18
Carcasses, choice, cwt 20 00	22
Do., medium 16 00	19
Do., Easter, cwt 23 00	25
Do., common 11 00	14
Veal, common, cwt 18 00	20
Do. medium 21 00	24
Do., prime 26 00	28 ( 21 (
Heavy hogs, cwt 20 00	21 (
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battoir hogs, cwt. ... 24 50 Mutton cwt. ... 16 00 Lamb, yearing, lb. ... 0 32 SUGAR MARKET. The wholesale quotations to the retail trade on Canadian refined sugar, Tor-onto delivery, are now as follows: Atlantic, granulated, 100-lb. bags... \$16.71
Do., No. 1 yellow, 100-lb. bags... 16.31
Do., No. 2 yellow, 100-lb. bags... 16.21
Do., No. 3 yellow, 100-lb. bags... 16.11 Acadia, granuiated, 100-ib. bags... 16 71
Do., No. 1 yellow, 100-ib. bags... 16 31
Do., No. 2 yellow, 100-ib. bags... 16 21
Do., No. 3 yellow, 100-ib. bags... 16 11 Do., No. 3 yellow, 100-lb. bags... 16.46
Do., No. 1 yellow, 100-lb. bags... 16.96
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Do., No. 3 yellow, 100-lb. bags... 15.76
Do., No. 4 yellow, 100-lb. bags... 15.66 Bt. Lawrence gran., 100-lb. bags... 15 56
Bt. Lawrence gran., 100-lb. bags... 16 71
Do., No. 1 yellow, 100-lb. bags... 16 21
Do., No. 2 yellow, 100-lb. bags... 16 11

### OTHER MARKETS

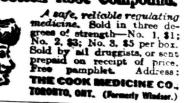
WINNIPEG, EXCHANGE.

Fluctuations on the Winnipeg Grain Open. High. Low. Close Oats-

May ... ... a0 96 July ... 0 91 0 92 0 90% Barley-May ... ... b1 50 July ... 1 45 Flax-May ... ... c5 25 Tuly ... ... 5 07 5 08 5 04 aTo 95% sold. bTo \$1.50% sold. July MINNEAPOLIS.

Minneapolis, Minn.-Close; Wheat, spot. Minneapons, Minn.—Close; Wheat, spot. No. 1 Northern, \$2.85 to \$3.00; flour unchanged; bran, \$48.00; corn, No. 3 yellow, \$1.56 to \$1.58; oats, No. 3 white, \$81-5c to \$9%c; flax No. 1, \$4.81 to \$4.86.

# Cook's Cotton Root Compound.



Is the Converse True,

The Chinese have a proverb directed against "babblers," for whom they have a particular aversion. Is it applicable in America? "The great church bells rarely sound; the full cask returns no sound."

It Will Prevent Ulcerated Throat-At the first symptoms of sore throat, which presages ulceration and inflammation, take a spoonful of Dr. Thomas' Eclectric Oil. Add r little sugar to it to make it palatable. It will allay the irritation and prevent the ulceration and swelling that are so Those who were periodically subject to quinsy have thus made themselves immune to attach

#### Undeveloped Country.

Lake St. John, at the head of the picturesque Saguenay River, has been brought to the notice of the Royal So-She had kidney troubles and her feet ciety of Arts by Prof. J. C. McLennan swelled but she states she found as one of the best undeveloped power the relief she looked for in Dodd's sources in North America. It has an area of about 350 square miles, drains a basin of 30,000 square miles, and is 315 feet above the sea level. Three easily developed power sites are capable of yielding a total of 1,000,000 horsepower at tidewater, and many sites for docks and industrial plants are available on the river.

A Foe to Asthma. Give Asthma half a chance and it gains ground rapidly. But give it repeated treatments of Dr. J. D. Kellogg's Asthma Remedy and it will fall back even faster. There is no half way measures about this remedy. It goes right to work and drives asthma out. By reaches the inmost breathing passages and leaves no place for the trouble to lurk. Have it by you for

FRESH-AIR FIEND.

Conductor This transfer's expired some time ago, madam. Passenger (snappily)-No wonder. with not a single ventilator open in

The ease with which corns and warts can be removed by Holloway's Corn Cure is its strongest recommendation. It seldom fails. "Catsup."

The word "catsup," which is spelled "catsup." "catchup." "ketchup" and "kitchup." i. a corruption of the Chine" word "kitjap," the name given to an inferior kind of soy made in