
is the word to remember when you need a remedy 4Coutris $\mathrm{C}_{\mathrm{Cu}}$




## Change the vibratio

A man tried leaving off meat, poA man tried lea etc., and adopted a
tatoes, coffee, and
breakfast of fruit, Grape-Nuts with ereanit,
His health began to improve at will reach a place once in a while logged and the machinery doesn't work smoothly.
A change of this kind puts aside sood of low nutritive value and takes
up food and drink of the highest ralue, already quickly digested and ood, rich blood and strong tissue. A most valuable feature of Grapesh grown in the grains from which it is made. This is the element which oft grays albumen in the body into nd nerve centres. tive one a degree of nervous strength well worth the trial.
The Road to Wellville," "The book, The Roson.
 standardized. He is built on a set
tled pattern. He is modeled to variety.
Into this world of standardized hu man beings comes, let us say, a co
lonial. Mighty London, with her vast swallows him up. Yet, somehow, he preserves his individuality.
conspicouous wherever he him, and all London as far as it has Cabmen persistently hail him; the
mapsellers in the Strand pester him as he passes; those very acute people
-the "confidence" men-sight him
mit that distinguishes him, nor his face,
nor his clothes, nor his walk. The conspicous feature of the newis
rived colonial's outfit is his hat. London permits three sorts of ha
-the top hat, the bowler and in the summer the straw. Any break from
this settled order is to make yoursel $\frac{\text { conspicuous.-London Mirror. }}{\text { Sans Peur et Sans Reproche. }}$ What a hideous mischance is that
which places the headquarters of the which also shelters a dealer in an
tiques. The result is a startling and almost unthinkable collocation of
aigns, for under the modest legend Headquarters Woman's sufrrage
League" appears the faming banner
of the man in trade, bearing the
words "Antiques for Sale Here in the
. Rough." "Pedestrians who happe
that way," says our Richmond cor
respondent, "have marvelled at the
signs." No doubt many of them, yielding to unmannerly mirth, have
also cackled and guffawe. A few perhaps have thrown up their hands
and howled. Maybe one or two have But the ladies need not repine. The
signs convict them of nothing, Against a small number of them, tru enough, the accusation of antiquity
may be justly accused of roughness
but no enemy, however bilious and immoral, has ever charged them with
being for sale. Never. They ar politicians witherto unimagined species. They are as adamant against Havana checks, bank notes and all the other
customary contaminators of fealty Not money, nor even love, can bu them.-Baltimore Sun.

## Warship Built Into House.

 Timbers of the famous battleship Wellington are being used as supports and rafters in the $\$ 200,000$ residence of I. N. Phelps Stokes, at
Greenwich, Conn. Mr. Stokes, when he bought the timbers in England
was not indulging himself in thing historic, although such material in terest. His idea was to get good the Wellington are of teak, which is prized because of its great durability
Most of the timbers will be used a rafters in the great dining room. that make a specialty of breaking up
old vessels to get teak and other valuable woods.-Popular Mechanics.
Sin beginneth pleasantly.-Bible.

nesses and stubborn ills.
IT MAKES WEAK WOIIEN STRONG
IT IIAKES SICK WOMEN WELL.
No woman's appeal was ever misdirected or her con-
fidence misplaced when she wrote for advice, to to
the Wo mid's Disp whary Midical Association, Dr. DISTEMPER



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of the trouble, relieves conges

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ment for a year, and find it an excel-
Sloan's
Liniment
plasters, acts quicker and does

Worms


DROPSY =nw ngoveri

