

SENTENCE SERMONS.

A live saint needs to wear no symbol. Love usually tries to hide its noblest deeds. A white life preaches louder than a black tie. Things that are almost right are altogether wrong. No man finds himself until he is willing to be lost. A little elbow grease is worth a lot of oily phrases. Most moral infection comes from apparently small vices. The peroration of a sermon often prevents its application. The rightness of a thing does not depend on its firmness. A man is not firm in faith because he is fossilized in mind. Living in the past only puts the headlight on the rear platform. A man is never happy until he has ceased to care whether he is or not. One does not have to be crusty in nature to give a crust to the needy. You cannot atone for stealing the bakery by giving away a few biscuits. An honest laugh may have more religion in it than the most pious logic.

"WHACKS."

And What They Mean.

When Old Mother Nature gives you a "whack" remember "there's a reason" so try and say "thank you" then get about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all.

Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be, that causes her disapproval. Whiskey, Tobacco, Coffee, Tea or other unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with those things for awhile, and Mother Nature apparently cares but little what they do.

Perhaps she has no particular plans for them and thinks it little use to waste time in their training.

There are people, however, who seem to be selected by Nature to "do things." The old Mother expects them to carry out some department of her great work. A portion of these selected ones oft and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of these throw down the same class of alkaloids in Chemical analysis. They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have drugged for a time, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind.

Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body.

Perhaps it is coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may also be sure she will hit you very, very hard if you insist on following the way you have been going.

It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.

Coffee drinkers when ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee at once and for all, by having well made Postum, with its rich, deep, seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out.

It pays to be well and bappy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune.

Strip off the handicaps, leave out the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back.

"There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."

SHE WAS IN BED FOR THREE YEARS

PAIN-RACKED WOMAN CURED BY DODD'S KIDNEY PILLS.

Strong Statement by Mrs. Jas. Hughes, of Morley, Ont.—She's Strong and Healthy Once More.

Morley, Ont., Nov. 28—(Special).—What Dodd's Kidney Pills are doing for the suffering women of Canada will never be fully known. It is only when some courageous woman breaks the secrecy that covers woman and her troubles that a passing glimpse of their great work is given. For this reason a statement made by Mrs. Jas. Hughes, of this place, is of more than passing interest.

"I was a great sufferer for four years," says Mrs. Hughes, "I was treated by five doctors and a specialist from the U. S. I tried nearly every kind of medicine I could hear of, but none seemed to do me any good.

"I was in bed for nearly three years. I had pains up my spinal column, in my head, over my eyes, across my back and through my left side. I took fourteen boxes of Dodd's Kidney Pills, and now I am strong and able to do a good day's work, thanks to Dodd's Kidney Pills."

PERSONAL POINTERS,

Notes of Interest About Some Prominent People.

The Queen of Roumania, who is preparing an opera in conjunction with a small boy—the latest musical prodigy—is both a poetess and a writer of stories. She took to authorship in order to drown her sorrow. Her Majesty is supposed to have a better head of hair than any other woman in Europe. She is an accomplished linguist, speaking no fewer than seven languages.

The Duke of Fife is one of the few great landowners in Great Britain who do not believe in the accumulation of vast estates. His Grace for some years has steadily parted with his land as opportunity afforded, holding that one man cannot control large tracts of territory to the best advantage of the community. He is probably the only total abstainer among the dukes in the House of Lords.

The Prince of Waldenburg, a wealthy Viennese nobleman, and his newly-wedded bride are spending their honeymoon in an original manner. Accompanied by a white mule which carries a small travelling outfit, they are making a walking tour through Italy. A large staff of servants with heavy luggage travels ahead of the bridal pair, to arrange for their reception at the best hotels of the towns visited.

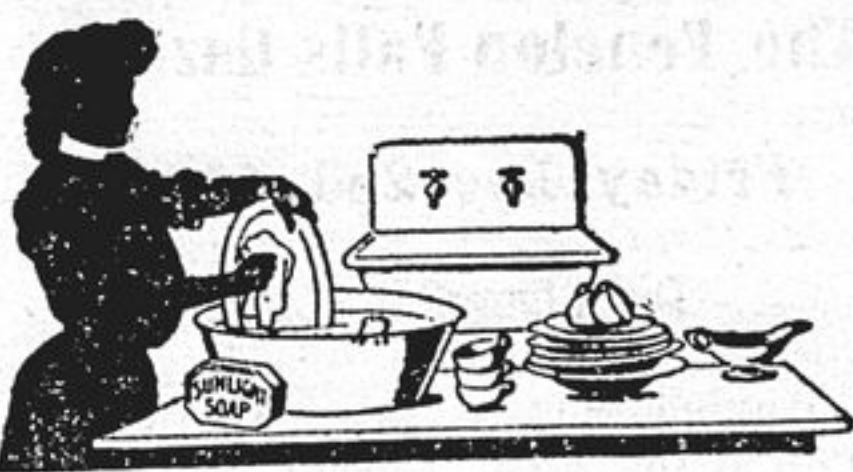
The Emperor Francis Joseph is a man of simple, frugal habits, and a hard worker. He is an early riser, and for many years after ascending the throne he was up at five o'clock in the morning to begin his day's work, after a breakfast of coffee and bread and butter. The amount of work he is able to get through is amazing. For recreation he goes to one of his shooting-boxes for a few days, wearing the Tyrolean costume and devoting himself entirely to the chase.

In the Crown Prince of Japan the Emperor Mutsuhito has an heir-apparent after his own heart. Although he has never travelled beyond his father's dominions, Prince Yoshihito is a remarkably enlightened young man, and one who has never been pampered. As a small boy he was sent away to school, where he was treated in much the same way as his companions. He is fond of athletics, is a fine long-distance walker, and is, or rather was until recently, something of a wrestler.

Very few know that the present Pope was once arrested. He had visited a poor man dying and stretched on the bare ground. In retiring to bed the thought of the poor man without a mattress came back to the prelate. This was too much for his fatherly heart, and without more ado he rolled his own up as well as he could and slipped out with it on his shoulders. But he had not bargained for the watchful police, and he was presently in the custody of two Venetian gendarmes. As soon as they recognised him, however, they took charge of the bundle themselves and carried it to where the good cardinal directed.

Some of the peers in the House of Lords have peculiar mannerisms. Lord Lansdowne will probably never get out of the habit of twirling his fingers round his fingers when addressing the House. Lord Spencer, who sits on the opposite side of the table, most often lays his hand on his breast. The Duke of Devonshire always puts one of his hands into his trousers pockets when making a speech. Among the younger members of the House, Lord Donoughmore, the Under-Secretary of State for War, always ends his periods by slapping a file of notes in front of him. He has also the trick of turning upon their lordships with an expression of bland surprise and extending both hands palms upwards.

In presenting the handsome sum of \$50,000 to the United Free Church Emergency Fund, Lord Overton has again performed one of those acts of generosity for which he is famous. A man of great wealth and sincerely



More than half the battle in cleaning greasy dishes is in the soap you use. If it's Sunlight Soap it's the best!

religious, Lord Overton has essentially practical views about the possession of great riches. He is of opinion that the advantage of having wealth is to use it for the best ends and not hoard it. He makes it a rule of his life to give a certain sum away every year. Nothing if not consistent, his lordship has, in years during which he had lost money in business, taken the amount of his charitable gifts from his capital. Lord Overton's chief recreations are shooting, fishing, and golfing.

When Lord Goschen makes a speech he sometimes throws his arms about and gesticulates in the wildest fashion, and at the end of a sentence, overcome by the irresistible character of his own argument or the scorn which he is casting on that of another, he now and then places himself in an attitude of pretended collapse, when his arms are crossed limply before his chest and his head inclined to hang in sheer exhaustion.

Gallant—Miss Moneybags to Chum—This pocketbook is fearfully heavy. Foot-pad, suddenly looming up—Madam, allow me to relieve you.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

Little Clara—Mother, tell me a fairy story. Mrs. Gayboy (glancing at the clock)—Wait until your father comes home, dear, and he will tell us both one.

A Casket of Pearls.—Dr. Von Stan's Pineapple Tablets would prove a great solace to the disheartened dyspeptic if he would but test their potency. They're veritable gems in preventing the seating of stomach disorders, by aiding and stimulating digestion—60 of these helath "pearls" in a box, and they cost 35 cents. Recommended by most eminent physicians.—64

Towne—I thought your pastor was opposed to lotteries in the church. Browne—So he is. Towne—But I understand your church gave an oyster supper and that the one who got the oyster received a prize. Browne—Of course. The oyster was the prize.

I Believe MINARD'S LINIMENT will cure every case of Diphtheria. Riverdale. MRS. REUBEN BAKER. I Believe MINARD'S LINIMENT will produce growth of hair. MRS. CHAS. ANDERSON. Stanley, P. E. I. I Believe MINARD'S LINIMENT is the best household remedy on earth. MATTHIAS FOLEY. Oil City, Ont.

Lyles—Did you ever come across a more conceited fellow than Bulger? They say he is an atheist, and I believe he is. Bonter—I wouldn't like to go so far as that; but I do know that he doesn't recognize the existence of a superior being.

Kidney Experiment—There's no time for experimenting when you've discovered that you are a victim of some one form or another of kidney disease. Lay hold of the treatment that thousands have pinned their faith to and has cured quickly and permanently. South American Kidney Cure stands pre-eminent in the world of medicine as the kidney sufferer's truest friend.—62

Old Gentleman—"What has been the cause of your downfall?" Tramp—"Well, yer see, I used to be a music teacher; but I've bin out uv work ever since dey had dese here automatic pianner-players."

For Over Sixty Years Mrs. Winslow's SOOTHING SYRUP has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, allays pain, cures windcolic, regulates the stomach and bowels, and is the best remedy for Diarrhoea. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and lister "Mrs. Winslow's SOOTHING SYRUP." 22-04

"Your daughter's music is improving," said the professor, "but when she runs the scales I have to watch her pretty closely." "Just like her father," said Mrs. Nuritch. "Fo made his money in the grocery business."

Dr. Agnew's Ointment Cures Piles.—Itching, Bleeding and Blind Piles. Comfort in one application. It cures in three to six nights. It cures all skin diseases in young and old. A remedy beyond compare, and it never fails. 35 cents.—63

He—"Dearest, I want you to know that I hold you tenderly in my heart of hearts." She—"But what are you doing with your arms?"

Minard's Liniment Cures Croup in Cows.

Some people want a change, but once drink Blue Ribbon Tea and you will always have that lingering longing created by its delicious flavor.

POULTRY THE DAWSON COMMISSION CO., Limited

Cor. West Market and Colborne Sts., TORONTO.

MENTAL VIGOR ON WANE.

Prominent Physician Sees Gain in Lunacy.

"Our daily habits of life are unphysiological. We are two hours late in everything, and the results, though not apparent in us, are manifested chiefly in our progeny." This was the conclusion at which Dr. T. B. Hyslop, senior physician to the Bethlehem Royal hospital and to King Edward's schools, arrived in a lecture to the Childhood society recently.

Starting with the axiom that prevention is better than cure, Dr. Hyslop declared that the rapid increase of lunacy among civilized races demanded serious inquiry into the present systems of mental and physical education. He said this is an age of too early, too rapid, and too severe taxation on mental faculties. It is an age of increased capacity for remembering, but diminished capacity for thought. The mental state of the majority of the civilized world, he contended, is one of diffuse consciousness, and an ill assortment of barren facts, instead of ideas, with a lack of continuity of thought closely allied to and easily passing into states of insanity.

"With the apparent advance of civilization," added Dr. Hyslop, "there's in reality a diminution in intellectual vigor, mainly due to the faulty management in economy of brain power."

Like Tearing the Heart Strings—"It is not within the conception of man to measure my great sufferings from heart disease. For years I endured almost constant cutting and tearing pains about my heart, and many a time would have welcomed death. Or Agnew's Cure for the Heart has worked a veritable miracle."—Thos. Hicks, Perth, Ont.—59

Seedy Stranger—Excuse me, sir, but can you change a dollar for me? Humanitarian—Why, yes. Seedy Stranger—Thanks. And now will you kindly tell me where I can get the dollar?

Minard's Liniment Cures Colds, etc.

Teacher of Physiology—"Now we will dissect this odd little animal. But first, Jimmy Phalig, will you tell me what we have here?" Jimmy—"Faith, and it's called a bat, sir." Teacher—"Very well. Now, how many kinds of bats are there?" Jimmy—"There are foive. The black bat, the red bat, the acrobat, the cricket bat, and the brickbat, sir."

Where Doctors do agree!—Physicians no longer consider it catering to "quackery" in recommending in practice so meritorious a remedy for Indigestion, Dyspepsia and Nervousness as South American Nerve. They realize that it is a step in advance in medical science and a sure and permanent cure for diseases of the stomach. It will cure you.—60

The young lawyer is a necessity, but frequently, like necessity, he knows no law.

Minard's Liniment Cures Distemper.

Pat—"Well, here's where ye live, Mike. What shall I do now?" Mike—"Plaze—hic—ring the doorbell first, and thin—hic—ring fer th' ambulance."

DR. A. W. CHASE'S 25c CATARRH CURE... 25c. Is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

NO LONGER ON THE MAP.

"What makes you so late?" asked Tim's father, who in the boy's absence had had to see to the evening chores himself. "Teacher kept me in."

"What for?" "Cause I couldn't find Moscow on the map." "Couldn't find Moscow? And I'd like to know who could, then! Why, I remember hearing tell o' Moscow being burned when I was a boy! It's an outrage to put such nonsensical questions to children what's there to learn something useful. I'll look into that, and let yer teacher know I ain't been elected on the school board for nothing!"

A landlord says a month's rent in hand is better than a dozen promises to pay.



"Pinto" Shell Cordovan

Used in H.B.K. Mitts, Gloves and Moccasins—tough as whalebone, flexible, soft, pliable, scorch-proof, wind-proof, boil-proof, crack-proof, tear-proof, rip-proof, cold-proof, almost wear-proof—certainly the greatest leather ever used in mitts and gloves.

Like buckskin it is tanned without oil, unlike buckskin it is not porous, it is wind-proof—will outwear three buckskins.

"Pinto" Mitts and Gloves never crack or harden, never get sodden, are always warm, pliable, soft and comfortable.

Sold at all dealers but never without this brand:—

H.B.K. BRAND HUDSON BAY KNITTING CO. Montreal Winnipeg Dawson 2

"He's boasting that he's got a 'sincure.' What does that mean?" asked Mrs. Browne. "Oh!" replied Mrs. Malaprop, "that means he thinks everybody's lookin' at him. Didn't you ever hear tell of a person bein' 'the sincure of all eyes?'"

Minard's Liniment Cures Diphtheria.

Doctor—I suppose when you go to work you ride. Patient—Yes, sir. I ride up and down. Doctor—Ah! thought so. That's the cause of your trouble. Sedentary habits. Stop riding. Patient—But I'd never be at work if I didn't ride up and down. I'm an elevator man.

Most people think too lightly of a cough. It is a serious matter and needs prompt attention. Take

Shiloh's Consumption Cure

The Lung Tonic when the first sign of a cough or cold appears. It will cure you easily and quickly then—later it will be harder to cure. Prices, 25c., 50c., and \$1.00. 311