FRESH BREAD FOR JACK TARS.

3ritish Battleships Will Be Furnished With Bakeries.

The various changes in connection with the cooking arrangements of the Royal Navy, announced some months since, are about to materialize.

Not only is the gigantic battleship, the Dreadnought, to be fitted with a bakery in addition to her regular galley, but there is to be an all-round general inir aduction of "soft tack" into the sea service.

The weevily biscuits of Trafalgar days have long Lisappeared. Now the khakicolored, flint-like squares which go ':y the name of ship's bread are to go also, and lack is to have hot rolls for breakfast, dinner and supper, whether in harbor or at sea.

Great Britain has lagged considerably behind other sea powers in thus feeding her bluejackets on fresh bread.

As to the quality of the food in the British fleet, the statement in the Blue Book on the health of the navy that 13,000 men were medically treated for indigestion during 1904 awakens certain misgivings. Naval doctors, however, say this is due to the fact that the bluejackets are overfed nowadays.

HE MEANT EVERY WORD HE SAID

BY DODD'S KIDNEY PILLS.

Was so Crippled That He Could Hardly Get Around and Could Get no Relief from Doctors or Medicines.

Dresden, Ont., Jan. 22-(Special.)-"Dodd's Kidney Pills cured me of Rheumatism slick and clean." Mr. W. G. Cragg, the well-known merchant and ex-reeve of this place was the speaker cure lumbago and rheumatism. \$1 rolls makes and he evidently meant every word he seven 25c plasters. Davis & Lawrence Co. said.

"It was the Inflamatory kind of Rheuthat I could hardly get around to do privacy." "Why not in public?" that I could hardly get around to do as to avoid the fierce light that beats my work in my store. I had the best about the thrown!" doctors and everything in the line of medicines I could hear of, but nothing even gave me relief.

six boxes cured me completely."

by curing the Kidneys. Rheumatism is the cheap experiment of ridding yourcaused by Uric Acid in the blood. all the Uric Acid out of the blood and as a sovereign medicine. the Rheumatism will go with it.

SENTENCE SERMONS.

Fear is a poor kind of foresight. Every word of profanity is a prayer. Love lasts long after nity is worn out. Little duties are a school for larger

vanity.

moral responsibility.

the love of logic.

A golden heart is not gained by setting the heart on gold. Many a man is breaking his back un-

der a bag of shadows.

in getting into them. No man pays more for a thing than

he who seeks it for nothing. There is a remedy for ignorance but

none for knowing too much. The Judge may not ask what you have

done by why you did it. Morals to many mean only a chance

to meddle in other people's affairs. The man who carries a family bible under his arm may carry none in his

heart. People who try to get billed to riches on the short line find themselves routed through to ruin. Happy is the man who has a friend who

loves him enough to be willing to seem to be his enemy. It is a good thing to remember that

your celestial standing does not depend on your terrestrial tailor. Money has a mighty persuasive

tongue but a sadly deficient hand when it comes to delivering the goods.

THE LITTLE WIDOW.

A Mighty Good Sort of Neighbor to Have. "A little widow, a neighbor of mine,

persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernard-

ino Co., Cal. "I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In two months my weight increased from 95 to 113 pounds, my nerves had steadied down and I felt ready for anything. neighbors were amazed to see me gain so rapidly and still more so when they heard that Grape-Nuts alone had brought

the change. very bad, last spring and lost his appe- woman who has been hard at it durtite entirely, which made him cross and ing the morning hours without a break. peevish. I put him on a diet of Grape- The muscles of the face relax, and the Nuts, which he relished at once. He hard, set look which adds so many improved from the beginning, the ec- years to a woman's appearance will rema disappeared and now he is fat and gradually fade away. tosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will wil She-"Mr. Riche says very bitter lingly answer all inquiries." Name things about those lazy sons of his, but given by Postum Co., Battle Creek, his wife is always making excuses for

Mich. The Road to Wellville," in pkgs.

In ordinary feeding the steer consumes about 34 of its ordinary feed; the balance is undigested or wasted.

This undigested balance can be made to give 1/2 to I lb. extra gain per day, and at a profit, by adding the "salt, pepper, and gravy" to its food to make it "tasty."

You like these on your own food; why not the animal. Like ourselves the animal longs for a

"tasty" meal. It starts the "mouth watering" before eating, and the stomach fills with digestive fluids

to thoroughly dissolve the food, This extra amount of digestive fluid dissolves an extra amount of food. This is where the extra gain comes in.

Clydesdale Stock Food

is the "salt, pepper and gravy" that makes the animal's "mouth water." It is equally good for Horses, Sheep and Hogs. Nothing injurious in it and can stop feeding it without harmful effects. Human beings can take it with benefit. We take it every day. We

know its contents. It is made clean. If not satisfied your money will be cheerfully refunded by the dealer. TRY HERCULES POULTRY FOOD

CLYDESDALE STOCK FOOD CO., Limited TORONTO.

For Inflammation of the Eyes .-Among the many good qualities which Parmelee's Vegetable Pills possess, besides regulating the digestive organs, is their efficiency in reducing inflammation EX - REEVE'S RHEUMATISM CURED of the eyes. It has called forth man letters of recommendation from those who were afflicted with this complaint and found a cure in the pills. affect the nerve centres and the blood in a surprisingly active way, and the result is almost immediately seen.

> my daughter? Ardent Admirer - Yes, Q sir. Fond Father- What are your prospects? Ardent Admirer-She is willing if you are.

"I'm taking my riding lessons in strict The VETERINARY SPECIALTY CO., Limited

There is no medicine on the market that can compare with Bickle's Anti-"Then I tried Dodd's Kidney Pills and Consumptive Syrup in expelling from Dodd's Kidney Pills cure Rheumatism is suicide to neglect your cold. Try which is a simple remedy, easily taken, the Kidneys are right they will strain and once used it will always be prized

> "You say your wife doesn't say much to you when you stay out late at night?" "She doesn't say much, but the trouble is she keeps on repeating it!"

Have you a Skin Disease?-Either Salt Rheum, Scald Head, Ringworm, Eczema, Itch, Barber's Itch, Ulcers, Blotches, A little modesty often hides a lot of Chronic Erysipelas, Liver Spots, Prurigo, Peoriasis, or other eruptions of the He rejects all rewards who refuses skin-what Dr. Agnew's Ointment has done for others it can do for you-cure The logic of love convinces more than you. One application gives relief .- 35 cents-87

Grayce-"I wouldn't marry him if were you." Gladys-"Why not?" Grayce -"He has such ugly ways." Gladys-Getting on to the ropes of trickery ends "True. But he also has such handsome means!"

> Sunlight Soap is better than other soaps, but is best when used in the Sunlight way. Buy Sunlight Soap and follow directions.

comes home to roost.

Dr. Agnew's Catarrhal Powder cures ant and harmless. 35 cents .- 88 Want any stronger evidence of the power of this wonderful remedy over this universal disease? Want the called me a donkey the other day." Fred truth of the case confirmed? George Lewis, Shamokin, Pa. He says: you ought to apologize." "So do I." -"I look upon my cure as a miracle." It relieves in ten minutes.—89

Have you tried Holloway's Corn Cure? It has no equal for removing these troublesome excresences as many have testified who have tried it.

HEAD OF THE OLD SCHOOL.

Capt. Ryan, the new British naval attache, said at a dinner in Washington: our old school farmers is quite in-

"At a harvest supper, a feast similar in its way to your Thanksgiving dinner, good deal of champagne. The moment his glass was filled he would toss it off, -I was, but I got rid of it. and then, of course, it would be filled

"But the old fellow grew quieter and quieter the more champagne he drank. A frown settled on his forehead. His eyes flashed angrily under his heavy

"Finally, when the waiter filled his glass with wine for the twelfth or thirteenth time, he shook his head and said: "'James, when are you going to put the whiskey on the table? These minerals are getting tedious."

REFRESHING REST.

Five minutes' rest, lying down in a darkened room with closed eyes and "My four-year-old boy had eczema, thinking of nothing, will brighten up a

them." He-"Yes, she makes excuses, There's a reason. Read the little book, but he has to make allowances for them; that's what angers him.'

WALKING OUTING BUITS Can be done perfectly by our French Process. Try it

BRITISH AMERICAN DYBING CO. MONTREAL, TORONTO, OTTAWA & QUEBEC

Fond Father—So you want to marry FARMERS!

This is the season of the year when you This is the season of the year when you need to use every precaution with your

stock. By the use of our STOCK TONIC

guarantee of health to your stock. Valuable Advice Free Use it and become your own veterinary

556 DUNDAS ST., TORONTO, ONT. **デースナスナスナスナスナスナスナスナスナスナ**

NORTH-WESTERN FARMS

ON THE Grand Trunk Pacific

I have two sections of land for sale entire or in part, on line of Grand Trunk Pacific, now under construction just west of Portage La Prairie. Ploughing in the Northwest will begin as early as February. You can sow oats, potatoes and alfalfa on breaking and get big prices from railroad contractors on the spot. Then hire out your teams for railroad grading at \$5 per day. You won't get such a chance for a start another year. Don't waste any time, as there is practically no other land for sale of equal quality in such a situation on such terms and at so low a price. Price \$10.50 per acre; six year terms.

J. L. R. PARSONS, 92 Winchester Street, Toronto, Ont.

A Sour Stomach and a Sour Temper travel hand-in-hand and are the precusers of mental and physical wreck. Nine hundered and ninety-nine times in a Even the man who denounces capital thousand food ferment (indigestion) as a curse never objects if the curse the cause. Dr. Von Stan's Pineapple Tablets keep the stomach sweet-aid gestion-keep the nerve centres well bal-Eighty Years Old-Catarrh Fifty Years. anced-they're nature's panacea-pleas-

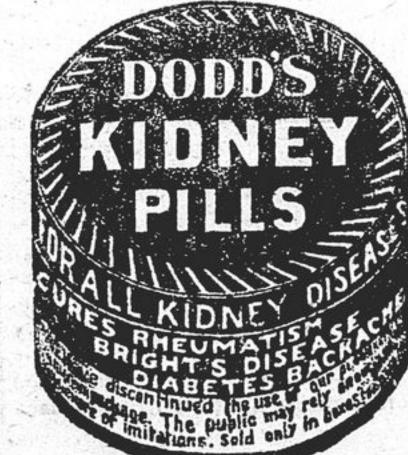
> Bert-"A friend of mine tells me you Write -"Yes, I believe I did." "Well, I think "Then why don't you?" "Oh, don't worry yourself. I'll apologize the first time I meet a donkey."

They Drive Pimples Away .- face covered with pimples is unsightly. It tells of internal irregularities which should long since have been corrected. liver and the kidneys are not performing their functions in the healthy way they should, and these pimples are to let you know that the blood protests. Parmelce's Vegetable Pills will drive "The strength of the heads of some of them all away, and will leave the skin clear and clean. Try them, and there will be another witness to their excel-

there was an old farmer who drank a ity. Prisoner-I am not. Judge-You gala, the greatest number of captives are, sir. What do you mean? Prisoner recorded at any one time since 1846.

> The Wretched Condition of thousands is due to the fact that they neglect the simplest care of antelope hide, having one end lastened their health. When in this condition "Ferrovim" to a tree. By raising a sudden alarm, will build you up and give you strongth.

The poorest people on earth are those who make the most of what they have and the least of what they are.



PARTICULAR PEOPLE LIKE

TEA because it is Tightly Sealed in Lead Packets, not lying about loose in all kinds of places like ordinary bulk teas. BLUE RIBBON is carefully watched FROM PLANTATION TO HOME

and pleases all. ONLY ONE BEST TEA-BLUE RIBBON TEA

"Oshawa" Steel Shingles Locked Wind, Water, on Storm, Four and Sides Fire Proof.

Made from Painted or Galvanized Steel, at prices varying from \$2.85 to \$5.10 per hundred square feet covering measure. This is the most desirable covering on the market, and is an ideal covering for Houses, Barns, Stores, Elevators, Churches, etc. Any handy man can lay the "OSHAWA" shingles. A hammer and snips are the only tools required.

We are the largest and oldest company of the kind under the British flag, and have covered thousands of the best buildings throughout Canada, making them

FIRE, WATER AND LIGHTNING-PROOF We also maunfacture Corrugated Iron in long sheets, Conductor Pipe and

EAVE TROUGH Etc. METAL SHINGLES, in imitation of brick or stone. METAL CEILINGS, in 2,000 designs.

Write for Catalogue No. 14R and free samples of "OSHAWA" Shingles. Write to-day. THE PEDLAR PEOPLE,

MCHTREAL, QUE. STAWA, ONT. TERONTO ONT. LONDON, CHT, WINNIPEG. VANCOUVER, B.G. 767 Graig St. 423 Sussex St. 11 Colberne St 69 Dundas St. 70 Lembard St. 615 Pender St. WRITE YOUR NEAREST OFFICE. Oshawa, Ont., Canada

Head Office and Works,

"Before you married me," he complained, "you used to say there wasn't another man like me in the world." "Yes; and now," replied the wife, bitterly, should not like to think that there was!"

Use the safe, pleasant and effectual worm killer, Mother Graves' Worm Exterminator; nothing equals it. Procure a bottle and take it home.

Use not to-day what to-morrow may want; neither leave that to hazard which foresight may provide for or care prevent.

Comfort by day and sound sleep by night follow the use of Weaver's Corate, for skin troubles, no matter how tormenting they be. This ointment soothes and cleanses.

Jasper-"I say, old chap, can you lend me a fiver?" Jumpuppe-"What! Are you broke again?" Jasper-"Oh, no; this is the same old fracture!"

Death Comes to All .- But it need not come prematurely if proper precautions are taken. "An ounce of prevention is worth a pound of cure," and to have prevention at hand and allow a disease to work its will is wickedness. Thomas' Eclectric Oil not only 'allays pains when applied externally, but will prevent lung troubles resulting from colds and coughs. Try it and be convinced.

Most men say they intend to do a lot of things they never intend to do.

Dropsy is one Positive Sign of Kidney Discase .- Have you any of these unmistakable signs? Puffiness under the eyes? Swollen limbs? Smothering feeling? Change of character in the urine? Exhaustion after least exertion? If you have there's dropsical tendency and you shouldn't delay an hour in putting yourself under the great American Kidney Cure.--86

"What have you in the shape of cucumbers?" asked the would-be customer as he entered the shop. "Nothing but bananas, sir," answered the new sistant.

A Nagging Cough drives sleep, and comfort away. Allen's Lung Balsam relieves hard breathing, pain in the chest and irritation of the throat. Give it freely to the children.

ELEPHANT-HUNTING IN CEYLON. Every two or three years there is an elephant "kraal" in Ceylon, when 50 or 100 of the huge beasts are made prisoners. In 1902 no less than 104 elephants Judge-You are charged with profan- were captured in a kraal near Kurene-Another method of capture is by placing in the paths taken by the animals running nooses composed of ropes of antelope hide, having one end fastened Shilon the natives try to scatter a herd of elephants and in their flight some of the animals are sure to get caught by the nooses. The captives are imprisoned behind strong palisades, and held for sale. The hunters are not infrequently killed or terribly hurt, and they enjoy special distinction, under the name of "pannikans." A skilfull pannikan is as Has Cured much admired in Ceylon as a successful matador is in Spain.

UNDER CONSIDERATION.

A noted humorist had often petitioned the council of the town where he resides to fill up a mud-hole near his house, but

without result. One night he heard a spluttering noise and sundry loud ejaculations, and, going to his door, he found a respected member of the town council floundering

about in the mud-hole. "Good-evening, sir; I am glad to see you stirring in this matter at last," and so saying he closed the door and left the poor councillor to extricate himself as best he could.

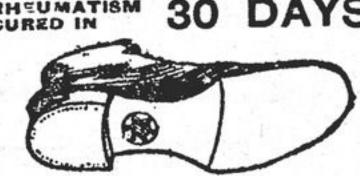
Nurses' Training School-The Lady Stanley Institute, Ottawa FOUNDED 1890.

Connected with the County of Carleton General Protestant Hospital, the Maternity Hospital, and the Isolation Hospital, Ottawa, offers to women a three years' course of nursing. The work is practical and thorough, and comprises a course in dietetics and in massage.
The school building is separate from the hospital; it is comfortable and equip-ped for teaching. This school is regis-

tered by the Regents of the University of the State of New York. Correspondence invited. For prospectus apply to THE LADY SUPERINTENDENT, The Lady Stanley Institute,

30 DAYS RHEUMATISM CURED IN

Ottawa, Ont



Are you a rheumatic? Have you Sciatica? \$1.00 will cure or your money back. We have cured hundreds, we can cure you. No medicine to take. You eat what you like. You get relief in 48 hours and absolutely cured within 80 days. Our rheumatic cure is an application of the curative principles of electricity and magnetism in the earth. Your system furnishes the acids and salts necessary in conjunction with our Disc to make a complete battery. You take ne chances, we guarantee the purchase money refunded on return of the Disc if it does not

AGENTS WANTED. ELECTRIC M/ CHETIC RNEUMATISM CURE CO. Shertir. 0:13, Que., Canada

AND IT IS YET.

A clever old lady who went into society in the days when conversation was more important than cooking, asked a niece on her return from a recent function if it had been enjoyable. "Very," replied the niece. "The menu was great." "My dear," said the old lady, severely, "it isn't the menu that makes a good dinner; it is the menu sit next to."

For 33 Years

Shiloh's Consumption Cure, the Lung Tonic, has been before the public, and this, together with the fact that its sales have steadily increased year by year, is the best proof of the merit of

as a cure for Coughs, Colds, and all diseases of the lungs and air passages. Those who have used Shiloh would not be without it. Those who have never used it should know that every bottle is sold with a positive guarantee that, if it doesn't cure you, the dealer will refund what you paid for it. Shiloh

thousands of the most obstinate cases of Coughs, Colds and Lung troubles. Let it

"Last winter I coughed for three menths and thought I was going into Consumption. I took all sorts of medicines, but nothing did me any good until I used Shiloh's Consumption Cure. Four bottles cured me. This winter I had a very bad cold, was not able to speak, my lungs were sore on the side and back. Six bottles of Shiloh made me well again. I have given it to several people and every one of them have been cured.—D. Joseph, St. Hyacinthe, Que."

25c. with guarantee at all druggists.

ISSUE NO. 4-46.