



### Girlhood Vigor Regained.

Every woman should take Psychine regularly. It creates an appetite and is the greatest of digestants. Psychine is a boon to run-down, tired and overworked women for there is LIFE IN EVERY DOSE. Mrs. J. T. Miller of 63 Notre Dame St., Winnipeg, proved this, for she says: "I am thankful for what Psychine has done for me. I was laid up with weakness. Oh, how I suffered. My appetite was very poor and my stomach was greatly disordered. Today I am strong and well, for Psychine has brought me permanent relief. I feel like a new woman now to what I did before taking Psychine. I feel the vigor of girlhood in my veins once more."

### HARD HITS AT MEN.

When a man admits that he is never too old to learn you may be sure that he is getting pretty old. A man usually begins to appreciate his wife about the time that he has killed her appreciation of him. Not one man in ten thousand leaves his impress upon his fellows, which probably is fortunate for his fellows. Some men achieve matrimony, some men have it thrust upon them, and others are lucky enough to escape it altogether. What a man knows will sometimes make a book, and frequently what he thinks he knows would make an entire library.

### RENEW YOUR YOUTH.

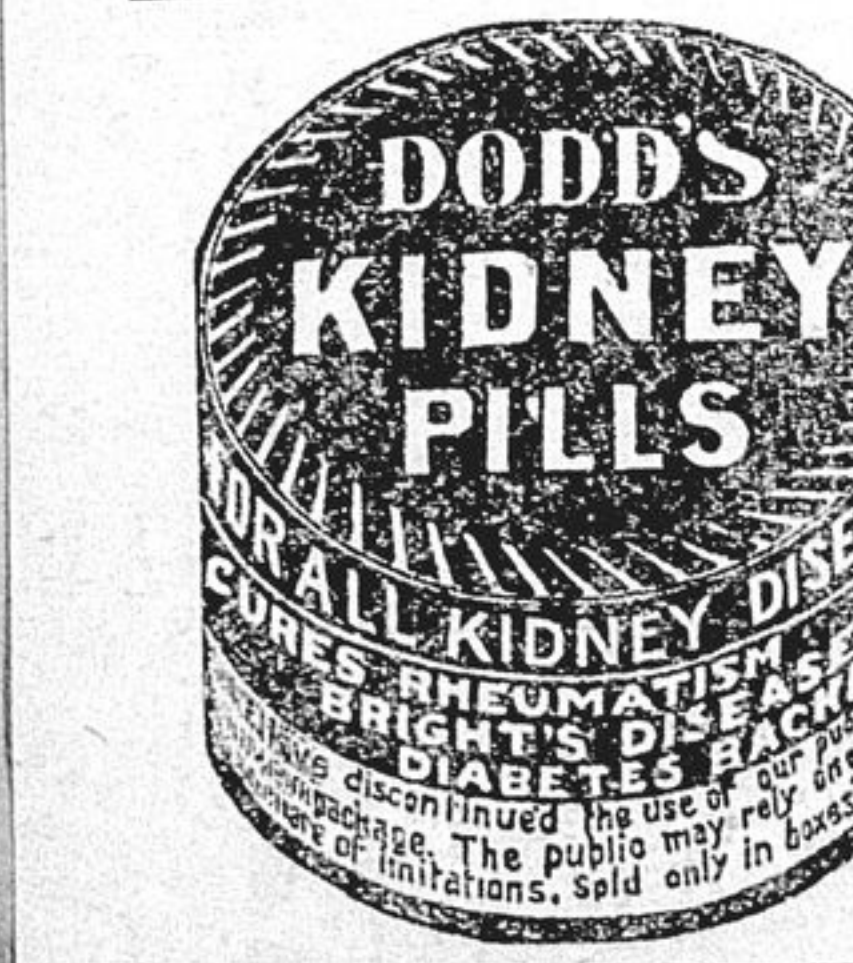
Never before has the struggle for social and commercial success been so keen as in our own day, and to the victor and the vanquished alike comes a time when nerves and body cry for rest. Nature and science have combined to produce an environment where tired men and women may renew their youth. On the main line of the Grand Trunk Railway System, at St. Catharines, Ontario, is situated "The Welland," where the ills of life are alleviated by bathing in the Saline Springs of the "St. Catharines Well," under proper medical supervision and attendance. Apply to 130 St. James street, Montreal, for booklet and further information.

### When a woman has occasion to visit her poor relations she always likes to talk about the trouble she has with her hired girl.

Biliousness Burdens Life. — The bilious man is never a companionable man because his ailment renders him morose and gloomy. The complaint is not so dangerous as it is disagreeable. Yet no one need suffer from it who can procure Parmelee's Vegetable Pills. By regulating the liver and obviating the effects of bile in the stomach they restore men to cheerfulness and full vigor of action.

### OVER THE LIMIT.

Crawford—"Do you ever try flattery on your wife?"  
Crabshaw—"Yes, and it always works except when she wants a new gown and I tell her she looks charming in her old one."



ISSUE NO. 4-09.

### HOW DO YOU SLEEP?

How Different Nations of the Earth Pass the Night.

The ordinary Canadian, in order to sleep well, likes to have a soft pillow under his head. The Jap, stretching himself out on a rush mat on the floor, puts a hard block of wood under his head, and is sleepless without it.

The robust man of this country likes to have the window open at night-time, both summer and winter. The Russian, on the contrary, likes no sleeping-place so well as the top of the big stove in his domicile.

The Laplander crawls, head and all, into a bag of reindeer-skin; and often the East Indian follows a similar custom, using, however, a more porous bag. This, it should be explained, is intended as a protection, not from cold, but from mosquitoes.

The German likes to have a feather covering, as well as to lie on a feather bed. The Chinaman prefers a low couch, scarcely above the level of the floor.

The people of Northern countries prefer to sleep where there is plenty of room in which to stretch; while the inhabitants of the tropics are prone to curl themselves up in a suspended hammock.

Diversity of method in sleeping! After this, we should think so.

### WOULD BE IN AWFUL SHAPE.

A woman went to a butcher-shop the other day to get a roast of beef. The butcher is a little old man, inclined to be cranky. He began to cut the roast. She thought he was sawing off too much bone.

"That roast will have too much bone in it, I fear," she said.

The butcher stopped and sighed. "Madam," he said, "that's the cow's fault. These cows would be in awful shape if they had to run around without bones."

The woman said no more.

Time tries all things, and as Bickle's Anti-Consumptive Syrup has stood the test of years it now ranks as a leading specific in the treatment of all ailments of the throat and lungs. It will soften and subdue the most stubborn cough by relieving the irritation, and restore the affected organs to healthy conditions. Use will show its value. Try it and be convinced of its efficacy.

Professional Faster—"I should like to undertake a fast of four weeks in this show of yours. How much will you pay me?" Showman—"I can't give you any salary, but I will pay for your keep."

There is No Such Thing as a harmless cough. The trouble goes from bad to worse unless checked. Allen's Lung Balm cures the worst of colds. It allays inflammation and clears the air passages.

She—"I see where a fellow married a girl on his death-bed, just so she could have his millions when he was gone. Could you love a girl like that?" He—"Where does she live?"

Useful at all Times.—In winter or in summer Parmelee's Vegetable Pills will cope with and overcome any irregularities of the digestive organs which change of diet, change of residence, or variation of temperature may bring about. They should be always kept at hand and once their beneficial action becomes known, no one will be without them. There is nothing nauseating in their structure, and the most delicate can use them confidently.

Mistress (to new servant)—"We have breakfast generally about eight o'clock." New Servant—"Well, mum, if I ain't down to it, don't wait."

A Haggling Cough drives sleep and comfort away. You can conquer it with Allen's Lung Balm, which relieves hard breathing, pain in the chest and irritation of the throat. Give it freely to the children.

### FOUL PLAY.

Two Irishmen were asking each other conundrums one day, and when their supply ran out Pat suggested that they should make some up.

"All right," said Mike. "Here's one. Phwat is thot goes around a barn-yard in feathers and on two legs and barking like a dog?"

"My, thot's hard. I give it up," answered Pat, after some moments of thinking. "Phwat's the answer?"

"A chicken."

"My, thot's foine; but how'd the barking of a dog get in there?" inquired Pat.

"Oh, I just put that in to make it harder."

### ENOUGH SAID.

"A man took \$11 away from me last night."  
"Have anything against you?"  
"Yep! a six-shooter."

### THIS ATHLETE OF FIFTY-TWO YEARS

SAYS HE OWES HIS WONDERFUL ENERGY TO DODD'S KIDNEY PILLS.

Was Tortured With Rheumatism and a Cripple Till the Great Kidney Remedy Cured Him.

Six Nations, Ont., Jan. 18 (Special).—Fifty-two years of age, but still young enough to captain the lacrosse team, John Silversmith of this place can truly be looked on as a wonderful athlete. One would naturally think he was all his life a healthy man. But it was far otherwise, and he unhesitatingly states that his wonderful energy and vitality are due to Dodd's Kidney Pills.

"I suffered from Rheumatism for over seven years," Mr. Silversmith says in telling his story, "and it finally made a complete cripple of me. My back was bent nearly double and when I tried to walk I had to use crutches. Latterly I could not get around at all and I suffered excruciating pain."

"Two boxes of Dodd's Kidney Pills gave me relief; sixteen boxes cured me completely."

Dodd's Kidney Pills always cure Rheumatism because Rheumatism is caused by disordered Kidneys and Dodd's Kidney Pills always cure disordered Kidneys.

### STAMPS FOR SOLDIERS.

The Italian Government has introduced what may be called "military picture stamps." Each regiment of the Italian Army is now provided with a specially designed stamp for the exclusive use of its own soldiers. Each regiment has its own design. Thus the stamp of one regiment shows a portrait of its colonel, another bears the regimental colors, another the regimental motto, and so on. The Russian War Office is adopting a similar idea, and it is believed that these stamps at once increase regimental esprit de corps and heighten civilian interest in the army.

Worms derange the whole system. Mother Graves' Worm Exterminator deranges worms and gives rest to the sufferer. It only costs 25 cents to try it and be convinced.

Teacher—"Yes, children, when the war broke out all the able-bodied men who could leave their families enlisted in the Army. Now, can any of you tell me what motives took them to the front?" Bright Boy (triumphantly)—"Locomotive toys."

No Substitute for "The D & L" Menthol Plaster, although some unscrupulous dealers may say there is. Recommended by doctors, hospitals, clergy and everybody for pleurisy, stiffness, etc.

Sniggins (angrily)—"Do you know that your chickens come over to my yard?" Snooks—"I supposed that they did, for they never come back again."

A lady writes: "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried it have the same experience.

Gentleman Lodger—"I say, Mrs. Napper, I don't care for your bacon this morning! It doesn't seem fresh." Mrs. Napper—"Very strange, sir! The shopman said it was only cured last week." Gentleman Lodger—"Well, it must have had a relapse."

Children Will Go Sleighting. They come home covered with snow. Half a teaspoonful of Pain-killer in hot sweetened water will prevent any ill effects. Avoid substitutes, there is but one "Pain-killer"—Parry Davis'—25c. and 50c.

The teacher was explaining to the class the meaning of the word homicide. "If I went out in a boat," he said, "and the owner knew it was leaking, and I was drowned, what would that be?" Little Willie's hand shot up, and his face was split by an eager smile. "Please, sir, a holiday, sir," he said.



Why Not Both

Josh Billings, the quaint philosopher whose maxims are full of homely wisdom, once said: "The longer I live the more I believe a good set of bowels are worth more than a good set of brains." Gallery King makes good bowels. 25 cents at dealers or by mail. S. C. Wells & Co., Toronto.

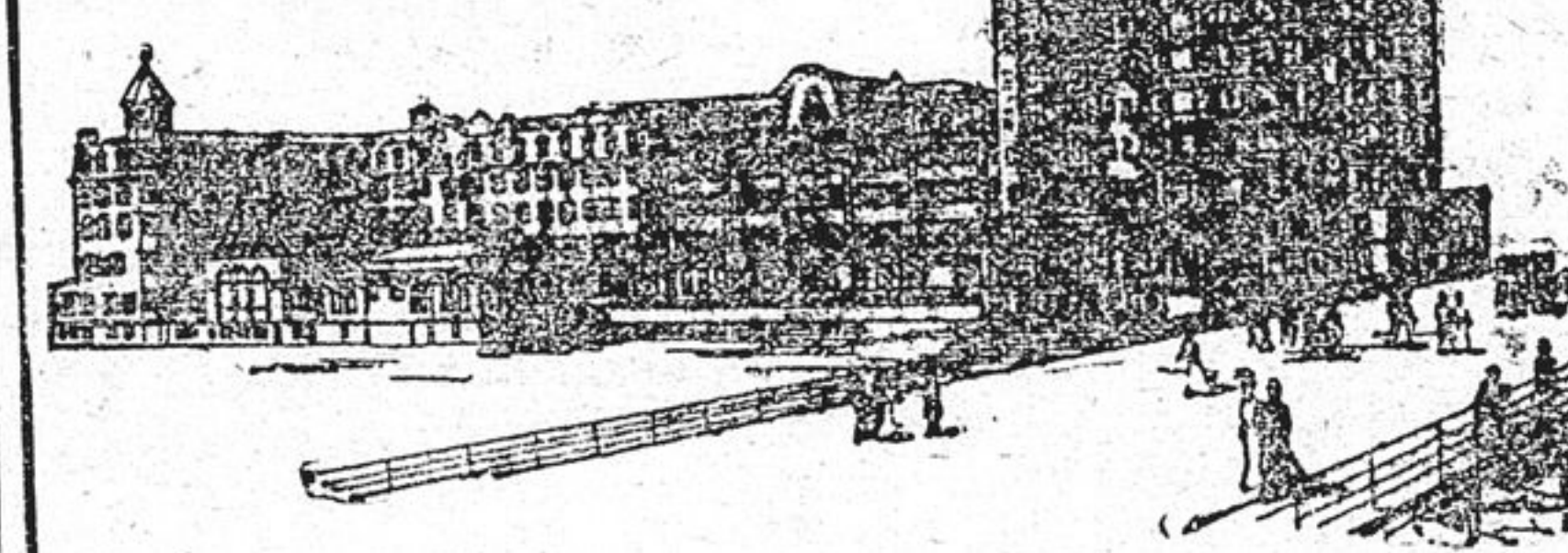
9 Per Cent. WHY Draw 3 Per Cent. Per Cent. 9  
You Can Have 9 Per Cent. AND ARE SECURED ALWAYS?

We put up listed stocks as security. Don't let any one advise you against making money. Make your money work during the Winter months. We know the Banks want you to leave it in the Savings Department. And they are making money by lending yours to other people. Why not lend it yourself and get the profits? We guarantee every loan we make with CASH. Write us.

**PATRIARCHE & COMPANY,**  
BROKERS,  
Standard Stock Exchange Building, Toronto, Ont.

### HOTEL TRAYMORE

ON THE OCEAN FRONT.  
ATLANTIC CITY, N. J.



A magnificent ten-story fire-proof addition is just being completed, making this famous hotelery the newest and most up-to-date of Atlantic City Hotels. A new feature is the unusual size of the bed rooms, averaging 19 feet square.

Every room commands an ocean view, bath attached with sea and fresh water. Central glass in every chamber. Temperature regulated by Thermosadit, the latest development in steam heating. Telephone in every room. Golf privileges. Capacity 600. Write for illustrated booklet.

**CHARLES O. MARQUETTE,** TRAYMORE HOTEL COMPANY,  
Manager. D. S. WHITE, President.

RAW FURS and HIDES  
Write for Weekly Price Lists. Shipments Solicited.  
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BELL PIANOS  
WHY DO So many Institutions devoted to the higher Education select Bell pianos? The fact that they use and prefer the Bell is evidence of distinct merit! One follows professional advice in acquiring an education, why not follow professional custom in buying Bell pianos? The only pianos with the Unimitable Quick Repeating Action.

Send for (free) Catalogue No. 75.  
The BELL PIANO & Organ Co., Limited GUELPH, ONTARIO.

The tallest masts of sailing-vessels vary from 160 feet to 180 feet in height.

Always a Good Friend.—In health and happiness we need no friends, but when pain and prostration come we look for friendly aid from sympathetic hands. These hands can serve us no better than in rubbing in Dr. Thomas' Electric Oil, for when the Oil is in the pain is out. It has brought relief to thousands who without it would be indeed friendless.

Paper-hangings for walls were introduced into Europe from the East in 1675.

RAISE THEM WITHOUT MILK.  
CALVES  
Sibley, Brigg & Seed Co., Ltd., Toronto

BUY SHARES IN THE BEST MINE IN Canada's Greatest Gold Camp  
"SHEEP CREEK" situated some 25 miles south of Nelson, can undoubtedly claim this distinction. One year's development has produced four million, the greatest of which is the "Nugget." In one year this mine has taken out during development over \$80,000 in gold, actually paying for itself and the work done. A Four Stamp Mill is now in operation, producing from the second grade ore about \$10,000 per month. Some \$800,000 grade ore is now blocked out, and we can safely predict there will be over a million next spring. To effect more economic work it is necessary to erect a larger mill and tramway. For this purpose a block of 25,000 shares is now offered to the public at 75c per share. We invite fullest investigation.

**MIGHTON & CAVANAUGH,**  
BROKERS,  
Drawer 1082, NELSON, B.C.

RAW FURS,  
Shipments to us this year, to date, almost double last year. THESE ARE A REASON. Over two hundred trappers and shippers who had previously shipped elsewhere have been added to our list. WHY NOT YOU? We pay best prices, shipping expenses and remit cash same day. Price list on application.

**A. & E. PIERCE & CO.,**  
307 ST. PAUL ST., MONTREAL.

### WANTED.

Agents, Stores, everywhere; hand-some profits; sell our perfect, brass, kerosene, mantle, table-lamp; hanging or bracket-lamp; 100 candle-power; 1/2 kerosene used; a wonder; sells on sight; retails \$3.50.

**WEBSTER SPECIALTY CO.,**  
Waterbury, Conn.

**A. J. PATTISON & CO.**  
33-35 SCOTT STREET, TORONTO.  
Stock Brokers & Financial Agents  
**COBALT**  
and other stocks bought and sold on commission. Correspondence invited. Orders may be wired at our expense.

**CLEANING LADIES' SUITS**  
Can be done perfectly by our French Process. Try it  
**BRITISH AMERICAN DYEING CO.**  
MONTREAL, TORONTO, OTTAWA & QUEBEC

All the Strength of Prime Ox Beef is Concentrated in Bovril

### BOVRIL

is palatable, very nourishing, and easily digested.

It is no trouble to prepare.

A spoonful of BOVRIL stirred into a cup of boiling water is the finest tonic and pick-me-up.

**BOVRIL IS LIQUID LIFE**