HOW MUCH IS HABITABLE.

Ernest Thompson Seton Says Hundreds of Miles Farther North.

That the suitability of all portions of the west for agricultural purposes is to be tested in the immediate future is apparent from some of the reports of settlement sent in within the last few months.

From Edmonton, for instance, scores of families have left on the long trek to Athabasca Landing and from that point onward to the Peace River country, and the vast area to the west, east and north.

A report is made from the heart of the Rocky Mountains to the effect that a considerable number of cars of settlers' effects were delivered during the past nine months at Salmon Arm, a station on the main line of the Canadian Pacific railway, about half way between Banff and the coast. A similar number of cars and settlers' effects were delivered in the same interval at Kamloops.

Hundreds of thousands of people who contemplate actual settlement are making the most careful scrutiny of all the existing maps with the view of securing information regarding sections of the country which are open for homesteading and worth acquiring. The agents of the Government are daily furnishing informative literature. The result of this activity is that the available locations are being discovered in parts not hereto-fore regarded as fit for settlement.

On the subject of the proportion of the area of the west which is fitted for human habitation a considerable difference of opinion exists. Ernest Thompson Seton recently expressed the conviction that settlement would be made in district four hundred miles to the north of any existing or contemplated railway.

Whether the country is permanently settled or otherwise, it is apparent from what has transpired during the past ten years, that there will remain eventually no portion of the west which has not been actually tested as the permanent abode of the white race. With the very rapid increase of population in the countries from which the present emigration to Canada is proceeding, it has become not a question of living in great comfort in the most favored portion of the world, but a question of sustaining life anywhere.

NERVOUS INDIGESTION.

A Severe Case Cured by Dr. Williams' Pink Pills.

"I suffered so much from nervous dyspepsia that I feared I would become insane," says Mrs. Alfred Austin, of Varney, Ont. "For months," says Mrs. Austin, "I was prostrated with this trouble. I got so bad I could not eat a mouthful of food without it nearly choking me. I was affected with such terrible feelings of dizziness and nausea that I had to leave the table sometimes with just two or three mouthfuls of food for a meal. My nerves were all unstrung, and I grew so weak that I could not even sweep the floor. In fact, my nerves affected me to such an extent that I feared to be left alone. I could not sleep at nights, and used to lie awake until I feared my reason would leave me. I was taking medicine constantly, but it did not do me a bit of good. I had used Dr. Williams' Pink Pills on a former occasion with good results, and at last I determined to try them again. I can say nothing better than that these pills have been a blessing to me, as they have made me a well woman. Every trace of the indigestion is gone, and my nerves are as strong and sound as they were in girlhood. Now I can eat anything that is on the table, and I get sound refreshing sleep at nights. All this I owe to the faithful use of Dr. Williams' Pink Pills, which I shall never cease to praise."

Dr. Williams' Pink Pills fill the veins with new, rich, red blood. That is why they strengthen the nerves and every organ in the body. That is why they cure all troubles due to bad blood or weak, shattered nerves, such as anaemia, with its grinding, wearing backaches, headaches and sideaches, rheumatism and neuralgia, heart palpitation, indigestion, St. Vitus dance, partial paralysis, kidney troubles, and those special ailments that render the lives of so many women and growing girls a burden. But you must get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

WHY DID THE COMPANY SMILE.

A pessimistic young doctor publicly deplored the impossibility of getting rich, and the difficulty of earning a decent living in the medical profession, without incessantly burning the candle at both ends.

"Stuff and rubbish, my lad!" a boastful old doctor cried. "There's as much money to be made now, in spite of competition, as ever there was. Take my case, for instance. I've lots of patients and I'm making money quick; but do I look overworked? Do I ever seem pressed for time? Have I not always plenty of leisure?"

"You certainly take life easily," the pessimistic young doctor replied, smoothly.

Then the company smiled, and the boastful doctor fell into a train of thought.

MANY TURN-DOWNS.

Nena: "You may not believe it, but I said 'No,' to seven different men during the past winter."

Gertie: "Oh, I don't doubt it. What were they selling?"

Stops Colic —and all stomach and bowel disorders. Makes puny babies plump and rosy. Proved by 50 years' successful use. Ask your druggist for it—

Nurses' and Mothers' Treasure

—25c.—6 bottles $1.25.

National Drug & Chemical Co., Limited Montreal.

48

HOPE FOR BALD HEADED

MAY BE CURED IF THEY BREATHE CORRECTLY.

Anxiety Need Not Now Weigh Heavily Upon the Unadorned Pate.

Ordinary baldness is considered the consequence of inadequate chest breathing, in a recent paper by Dr. D. M. Parker, lecturer at the Detroit College of Medicine. The inadequate chest breathing allows a poisonous substance to develop in the lungs. This poisonous substance circulates in the blood. The roots of the hair are an indirect result of their situation over the cranium; but this deprivation is directly entailed by the poison generated in the upper chest, the circulation of the consequent poison through the body and the starvation of the hair roots because the flow of their normally scanty nourishment is thus totally checked. Dr. Parker has studied this hypothesis of his for years, treating baldness and experimenting on animals.

INADEQUATE BREATHING.

Inadequate upper chest breathing leaves residual air undisturbed in the air cavities of a portion of the lungs. The residual air in any portion of the lungs that is not made use of for breathing purposes must necessarily lie undisturbed in the lung cavities. The residual air left in the lungs by inadequate breathing is warm, and it is saturated with moisture. Whenever residual air or, what is the same thing, expired air, is kept chambered in the presence of warmth and moisture it invariably undergoes change, and develops a soluble poison that is capable, when present in the normal blood, of exerting a disturbance so far as concerns hair growth.

ACTION OF POISON.

It might be thought strange that a poisonous substance, circulating in the blood should limit its destructive action to the hair on the top of the head. This is explained by Dr. Parker's statement that the roots of the hair on the top of the head, lying over the hard, glistening, and practically bloodless occipito-frontal aponeurosis, are deprived of the nourishment that the roots of the hair of other portions of the head and of the face derive from the soft, blood-saturated tissue with which they are in close relationship. As a result, the hair roots of the top of the head are of comparatively low vitality, and yield readily to the action of the poison.

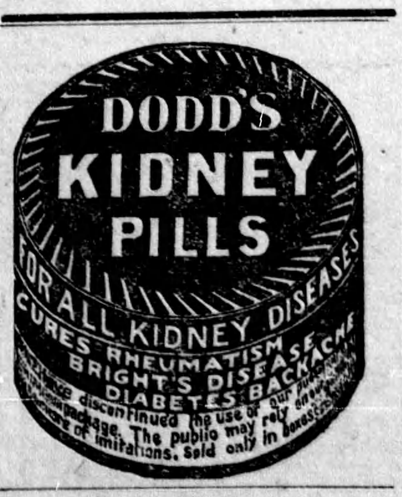
SIX WEEKS' CURE.

Observation applied to thousands of persons affected with common baldness developed, in Dr. Parker's experience, not a single exception to the rule that persons afflicted with common baldness do not employ upper chest breathing, and those not afflicted with common baldness do employ upper chest respiration. Moreover, persons suffering from ordinary baldness find a remedy in the practice of upper chest breathing. After one week dandruff entirely disappears. The hair begins to lose its dryness and harshness. In six weeks new hair begins to make its appearance. It is very fine, and first manifests itself at the edges of the bald spot. Craniums that had been bald for twenty years have developed hair after an amount of upper chest breathing. Of course, the practice must be steady and uninterrupted or there will ensue a relapse.

France has a nine-hour day for miners, but will have an eight-hour day in four years from now. In Belgium most miners work ten hours a day.

First Lieutenant: "How do you like the horse you bought from me last week?" Second Lieutenant: "Very much. He might hold his head a little higher, though." First Lieutenant: "Oh, that will come allright when he is paid for."

The barber's face must be his shaving mug.



ISSUE NO. 28—07.

Saves Time

Celluloid Starch needs no cooking—just cold water and 'tis ready. 'Twon't stick, yet gives a better gloss, with less iron-rubbing, than any starch you know. Its price is little. Your dealer sells it. Try it this week. 204

Celluloid Starch

THE DIFFERENCE.

"What's the difference between a person with no sense of humor and a thief?"

"Give it up."

"One takes things literally and the other literally takes things."

The never failing medicine, Holloway's Corn Cure, removes all kinds of corns, warts, etc.; even the most difficult to remove cannot withstand this wonderful remedy.

Bertie—"Pa, a little stream is a streamlet, isn't it?" Pa—"Yes, Bertie." Bertie—"Well, pa, is a cutlet a little cut, and a hamlet a little ham, and a gimlet a little gim, and a pamphlet a little pamph?" Pa—"Oh, go away Bertie; I want a little quiet." Bertie—"Well, why didn't you say you wanted a quietlet?"

SEWING-MACHINE NEEDLES

for all makes of machines at Five Cents per package, and everything else pertaining to sewing machines at greatly reduced prices. Look for the Red S. Singer Sewing Machine Co. **Write us at Manning Chambers, Toronto, for set of Bird Cards free.**

GOOD ADVICE.

"Yes," said the red-eyed clerk, "I'm a little late this morning, the midnight oil, you know——"

"Indeed?" interrupted his employer, "oil, eh? Well, the next time you paint the town I'd advise you to use water colors exclusively."

Mother Graves' Worm Exterminator does not require the help of any purgative medicine to complete the cure. Give it a trial and be convinced.

"George," murmured the young wife, "am I as dear to you as I was before we married?" "I can't exactly tell," replied the husband absent-mindedly. "I didn't keep any account of my expenses then."

The Greatest Tonic is "Ferrovim." It is pleasant in taste and contains just the nourishment and strength-giving qualities that are needed by those who are sick and weakly.

Australia holds an odd record. For nearly a thousand miles along her south coast not a single stream reaches the sea

It Has Many Offices.—Before the German soldier starts on a long march he rubs his feet with tallow, for his first care is to keep his feet in good condition. If he knew that Dr. Thomas' Eclectric Oil would be of much better service he would throw away his tallow and pack a few bottles of the Oil in his knapsack. There is nothing like it.

NO FLIES ON HIM.

A young couple were observed as soon as they entered a railway carriage, and immediately put down as a bridal pair. But they were remarkably self-possessed, and acted just like old married folk, so that after a short time the other passengers began to doubt their belief, after all.

As the train moved out, however, the young man rose to remove his overcoat, and a shower of rice fell out. The passengers smiled broadly. But even that did not affect the youth, who also smiled, and, turning to his partner, remarked audibly:

"By Jove, May, I've brought away the bridegroom's overcoat!"

A SLIGHT AMENDMENT.

The face of the young man was rueful, and the lawyer he was interviewing looked exceedingly grave. It was a clear case of breach of promise, and the man of law could see nothing but heavy damages as the ultimate outcome. And he lectured to some purpose to the young man, who waxed restive.

"Oh, yes," he said impatiently, "I know all about it! The same old song—'Do right, and fear nothing'!"

"No, no! that's not it at all," said the lawyer, smiling shrewdly. "What I meant to impress on you was 'Don't write, and fear nothing.'"

DISCHARGED WITH A CAUTION.

A laborer was charged with a petty offence.

"Have you anyone in court who will vouch for your good character?" queried the judge.

"Yes, sir, there is the chief constable yonder," was the reply.

The chief constable was amazed. "Why, your honor, I don't even know the man," protested he.

"Now, sir," broke in the accused, "I have lived in the town for nearly twenty years, and if the chief constable doesn't know me yet, isn't that a character for you?"

AH! THAT'S THE QUESTION.

Mr. Rentall was annoyed with Mr. Shorter. It was not only that Mr. Shorter never paid his rent—though that was bad enough—but he was extremely cool about it. Another Monday morning had come, and once more Mr. Shorter was "sorry, but he'd have to beg Mr. Rentall to excuse him for the time."

The long-suffering landlord's patience was at last worn out.

"Look here," he cried, "you're precious off-handed about it; but how on earth do you expect me to live if you don't pay your rent?"

Mr. Shorter smiled the surprised smile which cheers not but exasperates.

"That, my dear sir," he said softly, "is to my thinking, somewhat beside the point. The question is, rather, how do you expect me to live if I do?"

MIGHT LAPSE.

Harold: "Do you think you could learn to love me?"

Miss Sharpe: "Yes, but I'm awfully forgetful."

No one need fear cholera or any summer complaint if they have a bottle of Dr. J. D. Kellogg's Dysentery Cordial ready for use. It corrects all looseness of the bowels promptly and causes a healthy natural action. This is a medicine adapted for the young and old, rich and poor, and is rapidly becoming the most popular medicine for cholera, dysentery, etc., in the market.

"What are you crying for, my poor little boy?" "Boo-hoo! Papa fell downstairs!" "Don't take so on, my pet. He'll get better soon." "Sister saw him fall all the way. I never saw nuffin'!"

ITCH, Mange, Prairie Scratches and every form of contagious Itch in human or animals cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

"But," Tommy," said his mother, "didn't your conscience tell you that you were doing wrong?" "Yes, mummie," replied Tommy, "but I don't believe everything I hear."

Something More than a Purgative.—To purge is the only effect of many pills now on the market. Parmelee's Vegetable Pills are more than a purgative. They strengthen the stomach, where other pills weaken it. They cleanse the blood by regulating the liver and kidneys, and they stimulate where other pill compounds depress. Nothing of an injurious nature, used for merely purgative powers, enters into their composition.

Young Barrister (whose offer of marriage has just been accepted by his beloved): "What a relief! I feel as if I had just got three murderers acquitted."

Just a Word of caution; Where the skin is destroyed by burns or scalds apply Weaver's Cerate immediately: the sooner the better.

Wife—"Those new neighbors of ours seem to be awfully poor." Hubby—"How do you know?" Wife—"Whenever I want to borrow anything they never have it!"

For the Overworked.—What are the causes of despondency and melancholy? A disordered liver is one cause and a prime one. A disordered liver means a disordered stomach, and a disordered stomach means disturbance of the nervous system. This brings the whole body into subjection and the victim feels sick all over. Parmelee's Vegetable Pills are a recognized remedy in this state and relief will follow their use.

Judge—"And so you sacrificed name, honor, future, and freedom for the sake of two miserable dollars?" Thief—"Right you are, your worship! But what was I to do? There was not any more in the safe."

SECRET SKIN TROUBLES

Have you on some part of your body a sore, or eruption, or eczemous patch, which, hidden from the gaze of others, yet causes you hours and hours of pain and inconvenience? Have you tried this and that and the other remedy in vain, and are you feeling disheartened and discouraged?

If so, don't overlook this comforting fact—that Zam-Buk is daily curing just such chronic cases as yours! It heals skin diseases, ulcers, festering sores, ringworm and sores due to blood poison. Write Zam-Buk Co., Toronto, for free trial box, sending 1c. stamp. All stores and druggists sell at 50 cents a box.

Mrs. Gilmour, of Princess Street, Kingston (Ont.), says:—"I had an ulcerated leg for several years. The ulcers spread all round the limb, which was swollen to twice its normal size, and nothing would heal them till I got Zam-Buk. That cured me."

Zam-Buk

PEN-ANGLE Underwear

One kind of underwear, and only one, fits right, wears out slowest, and satisfies you from the day you buy it. That kind is trade-marked (as above) in red, and guaranteed to you by stores that sell it and the people who make it. Made in many fabrics and styles, at various prices, in form-fitting sizes for women, men and children. Look for the PEN-ANGLE. 207

STARTLING HOUSEHOLD INVENTION Sells on sight. Agents coining money with it. Salary or Commission. Bradley-Garretson Co., Ltd, Desk 15, Brantford, Ont.

Dyeing! Cleaning!

For the very best send your work to the "BRITISH AMERICAN DYEING CO." Look for agent in your town, or send direct. Montreal, Toronto, Ottawa, Quebec.

WILSON'S FLY PADS

One packet has actually killed a bushel of flies.

— SOLD BY —

DRUGGISTS, GROCERS AND GENERAL STORES

10c. per packet, or 3 packets for 25c. will last a whole season.

CREAM OF THE WEST FLOUR

A pure, hard Manitoba flour for bakers and others demanding strength, color and uniformity.

STRONG & WHITE

AT YOUR GROCERS

DEALERS EVERYWHERE SUPPLIED WITH FLOUR AND FEED. WRITE US.

WE ALSO MAKE 'QUEEN CITY,' A BLENDED FLOUR THAT HAS GAINED GREAT FAVOR AS A GENERAL HOUSEHOLD 'ALL PURPOSES' FLOUR.

THE CAMPBELL MILLING CO. TORONTO JUNCTION ONT.

QUEBEC STEAMSHIP COMPANY LIMITED.

River and Gulf of St. Lawrence

Summer Cruises in Cool Latitudes

Twin Screw Iron SS. "Campana," with electric lights, electric bells and all modern comforts.

SAILS FROM MONTREAL ON MONDAYS at 4 p.m., 3rd and 17th June, 1st, 15th and 29th July, 12th and 26th August, 9th and 23rd September, and fortnightly thereafter for Pictou, N.S., calling at Quebec, Gaspe, Mal Bay, Perce, Cape Cove, Grand River, Summerside, P.E.I., and Charlottetown, P.E.I.

BERMUDA

Summer Excursions, $35, by the new Twin Screw SS. "Bermudian", 5,500 tons. Sailing 5th and 19th June, 3rd, 17th and 31st July, 14th and 26th August, 4th, 14th and 25th September, 5th 16th and 26th October, 6th, 16th and 27th November. Temperature cooled by sea breezes seldom rises above 80 degrees.

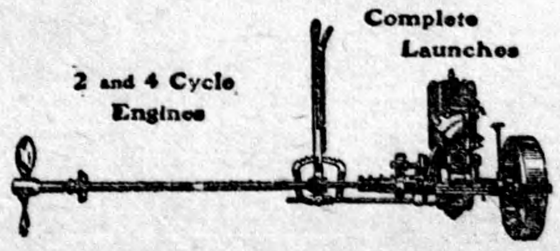
The finest trips of the season for health and comfort.

ARTHUR AHERN, Secretary, Quebec.
A. E. OUTERBRIDGE & CO., Agents, 29 Broadway, New York.

LIVING ON TWELVE CENTS A DAY.

Professor Landouzy, of Paris, says it is possible to live on twelve cents a day, and he guarantees you three meals. The first is composed of milk, three pieces of sugar, bread and butter. At midday you may have bread, smoked ham, vegetables, or fruit (in summer), and a cup of coffee, with three pieces of sugar; and for the evening meal you dine on soup, with lard and bread, haricots or lentils, chestnuts and wine. Total cost: Twelve cents a day.

MADE IN CANADA



HAMILTON MOTOR WORKS, Ltd.

HAMILTON, ONT.