I CAM DO IT

The grade is steep and the hill is long. But the pagine sings its merry song, I-can-dolt. I-can-dolt. I-can-do

The load it draws is far from light. But it polls with all its sturdy roigh

And its song re-colores clear and f-can-do it. 1-can-do-it. 1-can-do-And I will.

The grades of life are steep and long. But what of that if your heart strong? You-can-do-it. You-can-do-it. You -can-do-it; If you will.

The load you bear may hot he light, But beyond the hill is a vista bright So sing this song with all your might -oan-do-Ir. I -oan-do-Ir. I -oan-do-

-- Kmil Oarl Aurin.

BE FALE WITH YOURSELF

A young girl who had gone to her room to make ready for hed sat down for "just a chapter" in an exciting book abe bad brought from the lib rary. But when the chapter was fin ished the situation had become so in tenes that it did not soom possible for her to lay down the story until-she had penetrated more deeply into the mystery. By midnight things were no better, but every tick of the clock on the mantel seemed to reprove her. Who hesitated a moment, then rising, went to the mantel and stopped the clock, and while the hands continued to point to midnight, she sat down comfortably and finished her book. The act was illustrative of the fond-

ness for self-deception exhibited by great many people. Time went on just the same, though the clock had stopped, but the girl tricked borself into fancying it was still twelve o'clock because the hands had not moved past that point on the dial. "I don't see how you can bear said a girl to a friend who paid weekly

visits to a children's hospital, taking along picture books and games for entertaining the little ones, "I'm too sympathetic to see such suffering. The misery was in the world but by keeping away from it, she made her self believe that life was all sonshine for everybody, and incidentally obsatad berself out of the chance to be help-

Be fair with yourself .- Do not try to cheat the mind by tricking the eye.

NOW DORS YOUR WORK HANK How does your work rank in the ecsis of importance? Which do you consider most necessary, to take things easy, or to put your very best into the task in hand! Do you find it hard to turn your thoughts from some antipated pleasure to your work, or is difficult on the other hand, to force yourself to forget about your work as

you go to your vacation? When a young man's work ranks third or fourth in the scale of his i terests, it is not surprising that he le not very successful. If his comfort and convenience are first, his pleasures second, and his work a poor third, I is eafe to eay that he will never get to the top of the ladder.

As a vermifuge there is nothing . potent as Mother Graves' Worm Exterminator, and it can be given to the most delicate child without fear of injury to the constitution.

Children, Cry FOR FLETCHER'S CASTORIA

Our ideal is a life from .which strug gling has been eliminated, a life where everything good comes easily, and everything hard and unpleasant is barred out. But character is not de-

LHW ITEM LITTL MRVHC BLMIAIN

veloped in such a hothouse existence. For making men and women, the life which means striving and sacrafice is vastly superior to that where the sky is siways unclouded. Do no quarrel with God's plan for your best development. Do not find fault with His scheme for making you all that you ought to be. Don't get discouraged. History

full of "also rans." Life is a conundrum that everybody gives up sooner or latter. A sensible young man never throws altogether. himself at the feet of a girl who throws

berself at his boad. When one considers the press agent

acquires it or not. No one need endure the agony corns with Holloway's Corn Cure band to remove them.

QUAKER QUIPS

Success can seldom be bought on the bargain counter. The breath of scandal is the ill win

that blows nobody good. Don't strike a man when he is down Even an idea will seldem do that. It takes a mighty wise truthful and popular at the same

Love in a cottage is alright, provided it also supplies a town house for

BREAKING THE NEWS

Marion, who had been told to repor her misdeeds promptly, game to ber mother one day, sobbing penitently. "Mother-I-broke a brick in the offected. fireplace."

"Well, that len't very hard to res edy. But how on earth did you do it "I pounded it with father's watch."

-Pittsburg Pross. A YALAH STATEMENT

"M'kie was badly burt in that teal smash, waen't be, doctor?" ."Very. We had to amputate

HER DEFERDER.

A heart may beat true under the raggedest coat. That instinct of chivelry which rushes to the defende of the week and the oppressed ciwalle in every manty boy, be he rich or pour,

big or little. He wasn't very big, but he was t sturdy little chap, with a face that born the marks of much thinking and premature responsibilty. He was calling his evening papers good and loud on the corner of two streets.

A regged young girl was selling flowers near by, when a man, rushing to entob his car, knock her against the side of the building. Without stopping, probably without noticing what he had done, he continued his rush, when the boy stepped in front of him defiently : "Hay, what do you want to knock a girl down for? Hit me ! I'm big enough."

The man paused in surprise, and then glanced around. He saw the flower girl picking up her wares, and understood. Without a moment's hesitation he went back to her, gave ber enough money to make her eyes sparkle with joy, and said :

'I'm sorry, my dear, that I hurt you I didn't ser.' Then turning to the boy he continued: 'You said you were big snough, young man, but you're a great deal bigger than you think. Men like you will have a lot to do with keeping this world in a condition of

Then he caught his car, and the boy nd girl stood there wondering what be meant. - 'S. S. Messenger.'

HAD BAD SORE FOUR YEARS

HAM BUK HAS HEALED IT!

Mrs. Wilson, 110 Wickson Ava. Toronto, says: " About four years ago a sore spot appeared on the right side of my face. This spot increased in size until it became about half an inch in diameter and very painful. I went to a doctor, but the ointment be gave me did not have any good effect. The sore continued to dis charge freely, and was most painful. I had it cauterized, tried poultices and all kinds of salves, but it was no good, and I continued to suffer from it for four years!

"A sample of Eam-Buk was one day given to me, and I used it. Although the quantity was so small, it seemed to do me some good, so I purchased a further supply. good, and, to my delight, before I had

been using Zam-Buk three weeks, I saw that it was going to heal the sore. In less than a month it was "I know a lady in the east of the city, whose husband suffered for years with an open sore on his leg. On my recommendation, Kam-Buk

was tried in that case. The other day, when I saw her, she told me that it had healed the sore completely. "My daughter, who lives in Lethbridge, Alta., has also used Zam-Buk with the same satisfactory result. think it is, beyond all doubt, the finest healing balm known."

Such is the opinion of all persons who have really tried Zam-Buk. I is a sure cure for eczems, piles. abacesses, bleers, scalp sores, ringworm, cuts, burns, scalds, brulses, and all skin injuries and diseases. EQc. box, all druggists and stores, or post free from Zam-Buk Co., Toronto, for price. In ware of skin disease use also Tam-Buk Soap, 25c. tablet.

It takes a person who has known real misery to appreciate happiness. Experience isn't always the bee teacher. "A cat that has once sa down on a bot stove lid will never de it again; neither will she alt on a wold stove lid."-Mark Twain.

A Pill for Brain Workers,-The man who works with his brains is more liable to derangement of the digestive evaten than the man who works with hands because the one calls upon his pervous energy while the other applies only his muscular strength. Brain fag begets irregularities of the stomach Pills. They are specially compounded for such cases and all those who use them can certify to their superior he met with immediate objection.

Children Cry FOR FLETCHER'S CASTORIA

For Burns and Scalds .- Dr. Thomas Relectric Oil will take the fire out of & scald or burn more rapidly than any other preparation. It should be at hand in every kitchen so that it may be available at any time. There is no preparation required. Just apply the oll to the burn or scald and the pain will abate and in a short time coase

K. C. M. G. A pompous British politician who methods by which some people acquire | was proceeding to take over a Governfame, be doesn't care much whether he orship in one of the overseas dominions was approached on the promenade deck by an innocent-looking fellow passenger, who, relaing his hat, humbly inquired-"Would you mind telling me what 'K. C. M. G.' means at the and of your name, sir? It has possled

one or two-of us." "Knight Commander of St. Michael and St. George, of course," said the pompous one, as he inflated his cheet. "Oh I" said the innocent, "I thought it meant 'Kindly Call Me Governor !'

COATH HOL FEL VALONE TALK TO BER

SHE WAS SO NERVOUS. Diseases of the nervous system are very common. All the organs of the body may be sound while the nervous system is all upset, on account of the troubles and worry which fall to the lot of one who has to look after the troubles incident to housekeeping, and when the nerves become unstrufg the heart is also

In Milburn's Heart and Nerve Pills i combined a treatment that will ours all forms of nervous disorder as well as act on the heart itself, and for this reason we would highly recommend them to all

run down women. Mrs. Wm. Smith, Terra Nova, Ont. writes:—"I wish to tell you that I have used Milburn's Heart and Nerve Pills. I was so nervous I could hardly let anyone talk to me until a neighbour told me to try your Milburn's Heart and Nerve Pills. I got three boxes, and did not have to me and rooms as they completely for sale at all dealers, or mailed direct on revelpt of price, 50 cents per box, 3 boxes

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow ne one to deceive you in this. All Counterfolts, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops-and Southing Syrups. It is Pleasant. It contains neither Oplum, Morphine nor other Narcotto substance. Its age is its guarantee. It destroys Worms and allays Foverishness. It cures Diarrheen and Wind Colle. It relieves Toothing Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sloop-The Children's Panacce The Mother's Friend.

CENUINE CASTORIA Bears the Signature of

The Kind You Have Always Bought Walter (to couch bushed of walter." In Use For Over 30 Years.

PLEASANT THOUGHTS

"Sorry, Brown," sald the doctor. fter the exemination. "You're in a very serious condition. I'm afraid I'll have to operate on you." "Operate I" grasped Brown. "Why baven't the mioney for operations; 'm only a poor working man.'

"Your insured, are you not?" "Yee, but I don't get that until after 'm dead." "Ob, that'll be all right," said the

"MY BACK HAS NEVER TROUBLED ME

Siace Yaking GIM PILLS

Lyons Brook, N.B., Peb. ofth "You are perfectly free to use I name in any way to benefit GIN PILLS, for they deserve the highest praise. My back has never troubled me since

taking GIN PILLS, and my wife feels much better after taking GIN PILIA for her back. She thinks GIN PILLS will make a complete cure." JAMES L. NAUSS.

GIN PILLS will always relieve Lame Back, Sciatica in Black and Legs, Rheumstism, Burning and Scalding Urine, Painful Urination, Wesk or Strained Kidneys, and always prevent taking cold in the kidneys and bladder. Rvery box is sold with a positive guarantee to give prompt relief or money refunded. Soc. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto.

Children Cry FOR FLETCHER'S CASTORIA

It is one of the most prevalent troubles THE SAME REASON d civilised life, and the poor dyspeptie and liver, and the best remedy that Young Betts had just told his mother cannot even enjoy a mealighthout distressed to be used is Parmelee's Vegetable of his engagement to a charming ingaster effects, for nearly everything that young woman who was not blessed enters a weak dyspeptic stomach acts as with much of this world's goods, and an irritant. Burdock Blood Bitters will regulate the stomach, stimulate accretion of the saliva, and gastric juice to "Now, mother, dear," said the facilitate digestion, remove acidity, and young man, "don't get angry with tone up the entire system. me for falling in love with her. Be-Man, writes:-"I have used Burdock Blood Bitters, with great success, for dyspepsia, indigestion and sour stomach. I was terribly troubled with my stomach.

sides, you were a poor girl youself when you first met father." "Yes," replied Mrs. Hetts, "so I was. But so was your father. And I man' ried him because I know he would auc-

"Well, mother," he said, "and she is going to marry me because she diddon't you see ?"

MOTHERHOOD SUGGESTIONS

Advice to Expectant Mothers

The experience of Motherhood is a try nit one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the hial of strength, and when it is over her buttom has received a shock from which it is hard to recover. Following right upon this comes the peryour strain of caring for the child, and

a distinct change in the mother results. There is nothing more charming than s happy and healthy mother of children. and indeed chiki-birth under the right conditions need be no hazard to bealth or beauty. - The unexplainable thing is that, with all the evidence of shattered perves and broken health resulting from an unpropared condition, and with ample time in which to prepare, women will persist

in going blindly to the trial. Every woman at this time should rely upon Lydia El Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism. In many homes once childless there are now children be-

that Lydia E. Plokham's Vegetable Compound makes \\\ healthy and strong. If you want special advice write to thin.

Lydia E. Pinkham Medicine Co., (could-dential) Lyan, Mast. Your letter will be eponed, read and answered by a woman and held in strict confidence.

cause of the fact 11

But a man len't necessarily selfmade because his mistakes are. Hoftly now-don't mention it-but the fact is, there is no graft equal to There is no hope for the misanthrope

HIS BORROWING CAPACITY

A well-known but broken-dow

received the prise insult of my life. A

"Well," said the friend, "twelve a

"Twelve a week-thunder !" exclaim-

SUFFER UNTOLD ARON

Dyspepsia.

Mrs. Donnis Hebert, St. Boniface.

for months, and spent a lot of money

without getting any relief, until I hap-

pened to see about a woman using it.

and her trouble accord the same to

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Blears the Blensture of Chart Hitches

HE COULD WAIT A DAY OR BO

The nestness of the New England

ousekeeper is a matter of common

remark, and the husbands to that part

of the country are supposed to appre-

A bit of dialogue reported as follows

"Martha, have you wiped the sink"

"Yes, Josiah," she replied, "Why do

dry yet P" asked the farmer as he made

"Well, I did want; a drink, but

A LESSON IN STIQUETTE

The captain was trying so impr

pon the saller the importance of say

"Nor'-by-gast," answered the old tax

"Let me take the wheel," said the

"'Ow's her head?" roared the sallor,

"Nor'-by-east, sir," replied the cap-

"Keep her so, my man," said the old

skipper, "and you ask me the quee-

ng "Sir" in addressing his superior,

gruffly. Another trial was withou

"How's her head ?" he asked.

mers I can get along until morning."

final prepartions for the night.

howe that there may be another side

clate their advantage.

Mowark (N. J.) Star.

rou sek *

mine. I tried one bottle, and was so

thing I wish."

Cultivate it.

ed the old soribe. "I can borrow mor

than that right here in Detroit."

THOUSANDS OF PEOPLE

"Do you call that un insult ?"

week is better than nothing."

train hotel and said :

Mered me \$12 a week.

Detroit Free Press.

me a job.

who would rather believe a lie than Many people fail to understand the significance of a lame, weak, sore or aching the truth. Good-bys to Asthmis. Persons suffering from that extremely trying trouble known as asthma know what it is to

affected in some way. long with all their hearts for secape as from a tyrant. Never do they know when an attack may come and they know that to struggle unaided is valo With Dr. J. D. Kellogg's Asthma Remedy at hand, however, they can up to walk, and hardly able to sit down say good-bye to their enemy and enjoy life sgain. It helps at once.

deal better, and by the time I had used two boxes, I was cured. I have no besits Detroit newspaperman, who had been tion in recommending Doan's Kidney a power in his day approached an old friend the other day in the Pontchar-

"What do you think! I have just paper down in Muncle, Ind., offered

"Not the job but the salary." They, lost faith in himself. No man cep serve two masters-you

> cannot chum together. The Beauty of a Clear Skin.-The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blemishes on the akin. Parmelee's Vegetable Pills in acting upon the liver act upon the blood and a clear, bealthy akin will follow intelligent use of this standard medicine. Ladies, who will

this year, Joe P' asked one. "Only seven, Bilas," was the reply. "Got any handy "

nucli relieved, I bought five more, and And Silas sipped. "Well, what do you think of it " in-Manufactured only by The T. Milburn uired Joe. Bilas shook his head dublously.

Politeness pays the biggest divinit up, Joe ?" he asked. dends. It is nature's free capital. "Havon." "Well, Joe, 'If you'd had another

FELL AWAY TO

apple you might have made eight."

CONSUMPTION.

Bast, N.S., writes: "Y am schding you r testimonial of my cure by Dr. Wood'r Norway Pine Syrup. Last May I took a cold, and it settled on my lungs. I got so bad & could not rest at night. I had two doctors to treat me but got no relief "All of my people thought I had Consumption. I had fallen away to a ahadow. I had given up all hopes of over getting better again until my daughter went to a store one day and bought me a bottle of Dr. Wood's Norway Pine Syrup. After taking half of it I felt

the bouse." Dr. Wood's Norway Pine Syrup contains all the lung healing virtues of the famous Norway Pine tree which makes it the very best preparation for Coughs, Colds and all Throat and Lung Troubles. you sak for it. There are many imitations on the market.

Price, 25 and 50 cents.

NOT A BEHIVE

They were newly married and, or their honeymoon trip. They stopped at a sky-scraper botel. The beide groom felt a little indisposed and the hids said she would slip out and do little shopping. In due time she re turned and tripped blithely up to her room, a trifle awed by the number of doors that looked all affec. But she was sure of her own and tapped gently on the panel, "I'm back, honey, let me in," she

whispered. No answer. "Honey, honey, let me in," she call ed again, rapping louder.

Hill no answer. "Honey, honey, it's 1, your Queenle, do let me in." There was ellence for several min ntee-then a man's volce cold and full of dignity, came from the other side of "Madam, this is a bathroom-not

highlan." laupromione. Miller's Worm Pawders more devised to promptly relieve children who suffer from the raveges of worms. le a simple preparation warranted to destroy stomachin and intestinal worms without shook or injury to the most sensitive system. They set thoroughly and painlessly, and though In some cases they may cause vomit ing, that is an indication of their

Master (to coachman) : "Go down to

powerful action and not of any name

ating property.

the wall, Thomas, and fatch Bridget Thomas: "Beg pardin, sir, but I was engaged to drive 'orses, not to fetch water for the cook." Master: "Very well; just harness the horses and drive Bridget to the

Suffered With A Lame Back COULD NOT STRAIGHTEN UP.

it is a warning that the kidneys are Heed the warning, cure the back and

dispose of any chances of serious kidney Mr. C. Grace, Hamilton, Out., writes: -"I was suffering with a lame back, and for two weeks was not able to straighter for the pains in my back, hips, and legs I had used different kinds of pills, plas ters, liniments and medicines, without any relief. One day I read about Donn't Kidney Fills and decided to try them. Before I had half a box used I felt a great

Price, 50 cents per box or 8 boxes for \$1.25, at all dealers, or mailed direct or receipt of price by The T. Milburn Co. Limited, Toronto, Ont.

When greering specify "Doen's."

No man le down and out until he has

must choose between boose and busi-When we laugh at our troubles we lighten them. Troubles and smiles

fully appreciate this prime quality of these pills, can use their with the

RATHER THIN

Two farmers were comparing notes bout the elder they had manufactur-"How many harrels have you put up

"Certainly." And Joe went down into the cellar, returning soon with some of the apple fluid in a big tin dipper. "There," he said, "try that."

"How many barrels did you say you

WODAKE

All Her People Thought She Had

Mrs. Wm. Martin, Lower Ship Harbor better, so I got two more, and thanks to them, I am well to-day, and able to do my bouse work. I cannot say too much in its praise, and I shall always keep it in

See that the name, The T. Milburn Limited, is on the yellow wrapper.

2000000000

E ALL ADVERTISE. A man adverwisdom by his words or by his silence. A merchant's store, stock and windows speak either well or ill of his business. So when a man says "No, I do not advertise," he knows not what he says. What he really means is that he does not publish printed advertisements.

Some proclaim this as though it were a virtue-yet spend much effort and invest much money in advertising their business through mediums other than the printed word. They may make their wares fit for a king-yet hesitate to introduce them to Brown or Smith. This is inconsistency .- Advertisers' Bulletin.

The NEW SPRING HATS

	1852		11/2000			
he Ha	wes Vo	n Gal :	at		••••	\$3.00
	rsilina l					\$3.50
he Mo	rlev H	at at			w	\$2.50
elson's	Speci	al at .				\$2.00
T	he bes	t Hat \	Values	in the (rade.	

R. E. NELSON Merchant Tallor Wyndham Street Mon's Furnisher

Bank Merchants

OF CANADA Hvery person who receives and pays out money should have

a chequing account. Payment by cheque is the most practical, convenient and safest method of handling all financial transactions whether of a business or personal character. The return of cancelled cheques are vouchers for every sum pald out; they show what disbaraements have been made and to whom. Deposits are received by this Bank subject to choque withdrawal. We pay the same attention to small depositors as we do to large ones and encourage their accounts.

Interest allowed on all Savings accounts, compounded half

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381,928,962.49

ACTON BRANCH: Manager F. A. MacLean

Warmest Kind For Cold Weather

Tougher horsehide will never be found, because the best is used for Storey's Gloves and Gauntlets. And yet the skin, because carefully tanned by the chrome process, is made pliable, insuring extraordinary



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IS NOT A MYTH WITH US

To the contrary, we make it the most important factor. So, if you favor us with your patronage, you will enthusiastically endorse us.

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THE GRAND TRUNK RAILWAY



No. 4 6.12 a.m. | No. 17 11.37 a.m.

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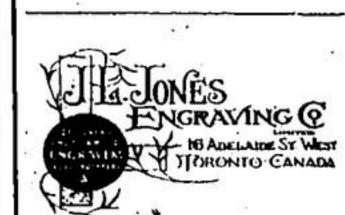
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