

FRESH BREAD FOR JACK TARS.

British 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 introduction of "soft tack" into the sea service.

The weevily biscuits of Trafalgar days have long disappeared. Now the khaki-colored, flint-like squares which go by the name of ship's bread are to go also, and Jack 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

EX - REEVE'S RHEUMATISM CURED 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 and he evidently meant every word he said.

"It was the inflammatory kind of Rheumatism I had, and it crippled me up so that I could hardly get around to do my work in my store. I had the best doctors and everything in the line of medicines I could hear of, but nothing even gave me relief.

"Then I tried Dodd's Kidney Pills and six boxes cured me completely."

Dodd's Kidney Pills cure Rheumatism by curing the Kidneys. Rheumatism is caused by Uric Acid in the blood. If the Kidneys are right they will strain all the Uric Acid out of the blood and 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 ones.

A little modesty often hides a lot of vanity. He rejects all rewards who refuses moral responsibility.

The logic of love convinces more than the love of logic.

A golden heart is not gained by setting the heart on gold.

Many a man is breaking his back under a bag of shadows.

Getting on to the ropes of trickery ends 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 Bernardino 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 relief.

"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. My neighbors were amazed to see me gain so rapidly and still more so when they heard that Grape-Nuts alone had brought the change.

"My four-year-old boy had eczema, very bad, last spring and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

FEEDING FACTS



In ordinary feeding the steer consumes about 3/4 of its ordinary feed; the balance is undigested or wasted. This undigested balance can be made to give 1/2 to 1 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 Parnee's Vegetable Pills possess, besides regulating the digestive organs, is their efficiency in reducing inflammation of the eyes. It has called forth many letters of recommendation from those who were afflicted with this complaint and found a cure in the pills. It affects the nerve centres and the blood in a surprisingly active way, and the result is almost immediately seen.

Fond Father—So you want to marry my daughter? Ardent Admirer—Yes, sir. Fond Father—What are your prospects? Ardent Admirer—She is willing if you are.

What is the Best Thing to strengthen weak backs? "The D & L" Menthol Plaster. It will cure lumbago and rheumatism. \$1 rolls makes seven 25c plasters. Davis & Lawrence Co. Montreal.

"I'm taking my riding lessons in strict privacy." "Why not in public?" "So as to avoid the fierce light that beats about the throat!"

There is no medicine on the market that can compare with Bickel's Anti-Consumptive Syrup in expelling from the system the irritating germs that colds engender in the air passages. It is suicide to neglect your cold. Try the cheap experiment of ridding yourself of it by using Bickel's Syrup, which is a simple remedy, easily taken, and once used it will always be prized as a sovereign medicine.

"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, Blisters, Chronic Erysipelas, Liver Spots, Prurigo, Peoriasis, or other eruptions of the skin—what Dr. Agnew's Ointment has done for others it can do for you—cure you. One application gives relief.—35 cents—87

Grayce—"I wouldn't marry him if I were you." Gladys—"Why not?" Grayce—"He has such ugly ways." Gladys—"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.

Even the man who denounces capital as a curse never objects if the curse comes home to roost.

Eighty Years Old—Catarrh Fifty Years. Dr. Agnew's Catarrhal Powder cures him. Want any stronger evidence of the power of this wonderful remedy over this universal disease? Want the truth of the case confirmed? Write George Lewis, Shamokin, Pa. He says:—"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 excrescences as many have testified who have tried it.

HEAD OF THE OLD SCHOOL.

Capt. Ryan, the new British naval attaché, said at a dinner in Washington: "The strength of the heads of some of our old school farmers is quite incredible.

"At a harvest supper, a feast similar in its way to your Thanksgiving dinner, there was an old farmer who drank a good deal of champagne. The moment his glass was filled he would toss it off, and then, of course, it would be filled again.

"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 grey brows.

"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 thinking of nothing, will brighten up a woman who has been hard at it during the morning hours without a break. The muscles of the face relax, and the hard, set look which adds so many years to a woman's appearance will gradually fade away.

She—"Mr. Riche says very bitter things about those lazy sons of his, but his wife is always making excuses for them." He—"Yes, she makes excuses, but he has to make allowances for them; that's what angers him."

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

FARMERS!

This is the season of the year when you need to use every precaution with your stock. By the use of our **STOCK TONIC** and other remedies you have the best guarantee of health to your stock.

Valuable Advice Free

Use it and become your own veterinary surgeon.

THE VETERINARY SPECIALTY CO., Limited
556 DUNDAS ST., TORONTO, ONT.

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 precursors of mental and physical wreck. Nine hundred and ninety-nine times in a thousand food ferment (indigestion) is the cause. Dr. Von Stan's Pineapple Tablets keep the stomach sweet—aid digestion—keep the nerve centres well balanced—they're nature's panacea—pleasant and harmless. 35 cents.—88

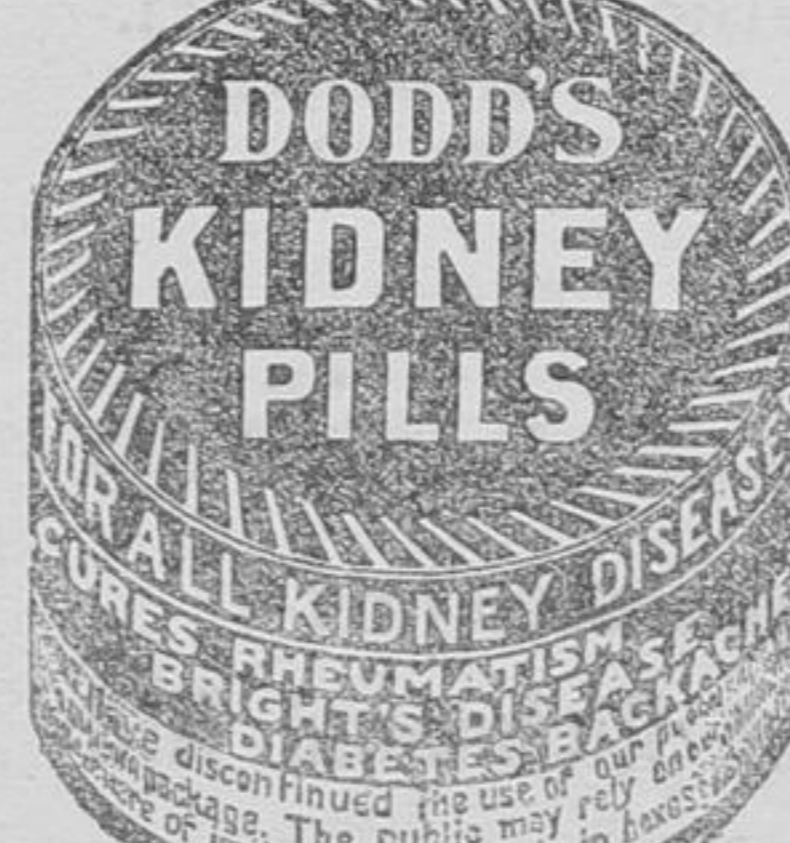
Bert—"A friend of mine tells me you called me a donkey the other day." Fred—"Yes, I believe I did." "Well, I think you ought to apologize." "So do I." "Then why don't you?" "Oh, don't worry yourself. I'll apologize the first time I meet a donkey."

They Drive Pimples Away.—face covered with pimples is unsightly. It tells of internal irregularities which should long since have been corrected. The 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. Parnee's Vegetable Pills will drive them all away, and will leave the skin clear and clean. Try them, and there will be another witness to their excellence.

Judge—You are charged with profanity. Prisoner—I am not. Judge—You are, sir. What do you mean? Prisoner—I was, but I got rid of it.

The Wretched Condition of thousands is due to the fact that they neglect the simplest care of their health. When in this condition "Ferrovin" will build you up and give you strength.

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



DODD'S KIDNEY PILLS

CURES RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE, GRAVEL, KIDNEY DISEASES.

Discontinued the use of our pills. The public may rely on the package. The public may rely on the package. The public may rely on the package.

PARTICULAR PEOPLE LIKE

Blue Ribbon

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



Wind, Water, Storm, and Fire Proof.

Locked on All Four Sides

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 manufacture 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,
MONTREAL, QUE. OTTAWA, ONT. TORONTO, ONT. LONDON, ONT. WINNIPEG, MANITOBA, S.S. 767 Craig St. 423 Sussex St. 11 Osborne St. 69 Dundas St. 70 Lombard St. 615 Pender St.

WRITE YOUR NEAREST OFFICE.

Head Office and Works, Oshawa, Ont., Canada

"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, "I 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 Wearer's Cerata, 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?" Jumpup—"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. Dr. 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 Disease.—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 these 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 assistant.

A Naggng 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 were captured in a kraal near Kurenegala, the greatest number of captives recorded at any one time since 1846. 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 to a tree. By raising a sudden alarm, 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 skillful pannikan is as 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 is building is separate from the hospital; it is comfortable and equipped for teaching. This school is registered 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,
Ottawa, Ont

RHEUMATISM CURED IN 30 DAYS



Are you a rheumatic? Have you Sciatica? \$1.00 will cure you 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 30 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 no chances, we guarantee the purchase money refunded on return of the Disc if it does not cure.

AGENTS WANTED.
ELECTRIC MAGNETIC RHEUMATISM CURE CO.
Sherbrooke, 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

Shiloh

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

Has Cured

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

"Last winter I coughed for three months 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."

SHILOH

25c. with guarantee at all druggists.

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