Laughter and Health.

"A Physician" writes in the London Chronicle:

If it were generally understood how salutary the act of laughing is to the bodily health there might be more laughter than lamentation in the world, and the farcial comedies prove more attractive to the invalid than physicians. The old adage, "Laugh and grow fat," is founded on a sound physioligical basis. It is commonly observed that fat men laugh with considerable facility. But they do not laugh because they are fat. They are fat because they laugh, the act of cachinnation having a profound influence in promoting appetite, oxidation of the blood, digestion—indeed, the entire and complex process of nutrition. Good nourishment produces the contented body. The fit temple of the contented mind, which is, we know on excellent authority, a perpetual feast.

The immediate physical results of indulgence in laughter are numerous. In the first place, the act of laughing involves the exercise of a large number of muscles, including many of those of the face, neck, chest and abdomen, which if they are exercised sufficinetly, often become correspondingly well developed, as do also all those glands, blood vessels, nerves and other tissues in timate connection with them. The facial muscles, for example, of the man who laughs often and easily are generally developed to a degree which gives him the facial rotundity of a contented child. But laughter accomplishes much more than the production of this mere outward appearance of well-being. It has a highly beneficial influence on those two vital organs, the heart and the lungs.

During what is called a "fit of laughter," the lungs may be almost compelled previously only stagnant air contained previously only stagnant air. Fresh air is then drawn in to the fullest extent of their capacity, inflating perhaps, those little used air cells which contained previously only stagnant air and bacilli—for in the shallow breathing we ordinarily practice comparatively large tracts of air cells are not used. During this process the general circulation is accelerated, impure air is hurried out of the system and fresh air hurried in. With the forcible ascent and descent of the diaphragm during inspiration and expiration the liver and other abdominal organs undergo a kind of kneading not unlike that undergone during massage, and this is of great benefit in rousing them from that torpor to which they are liable. The heart is also stimulated to more vigorous contraction during the active cachinnatory process. Persons who, so to speak, let themselves go, and laugh with a will, sometimes bring almost all the principal muscles of their body into play, twisting, turning and bending themselves almost double in sheer muscular exhilaration.

"Low spirits," or what is popularly termed "a fit of the blues," is a mental state often caused by a poisoning of the nervous state with one of those curious toxins which the body occasionally elaborates from the food supplied to it, and which perhaps a sluggish liver, (whose duty it is to guard the portals of the system and prevent the entrance of hurtful matters from the alimentary canal), has allowed to pass unchallenged. Laughter alone has been known to dissipate this kind of mental depression, by mechanically rousing the system, increasing the rate of oxidation of the blood, indirectly stimulating the organs by which such poisons are eliminated and by its beneficial action on the liver, arresting the absorption into the system of any more poisons. To do this, of course, the laughter must be hearty and prolonged—of that kind evoked by the well played farcial comedy. It is a matter of common knowledge that a man laughs more heartily when in company with others than he does by himself; that is because most of our emotional states are 'catching;" hence, in a theatre, an audience is easily seized with uncontrollable laughter, as it may be with equally uncontrollable panic. The most vigorous laughter, then, must be sought in company.

The spare, melancholy and miserable looking man is thin because he seldom or never gives way to healthy laughter. Mental worries, real or imaginary, will so prevent nutrition through the influence of mind on body, as to produce wasting of the muscular system and those other tissues which subserve it. If such a man would look on the lighter side of life and laugh a little more, his appetite and digestion would improve, and he would be able to acquire that minimum amount of fat which is necessary to the well-being of the body—fat being a necessary constituent of the healthy brain and nervous system. The laughing habit is one, therefore, that is worth cultivating. It is a matter of everyday experience that one feels the better for a good laugh, an explosion of laughter being, in truth, a nerve-storm, comparable in its effect to a thunderstorm in Nature (on a very small scale), doing good by dissipating those oppressive clouds of care which sometimes darken the mental horizon.

THE DEEP SEA FISH.

Some New Notions About the Coloring of the Skin.

"Recent researches," said a member of the United States Fish Commission, "tend to show that deep sea fishes are not black, as has customarily been ascribed, but are brilliantly colored, the black skin serving merely as an effective background to the varied tints produced by their luminous organs.

"Most of the deep-sea fishes," continued the scientist, "possess luminous organs, which, though they vary remarkably in details in the different species, yet show a general resemblance to each other and to the similar organs of cattle fishes. These luminous organs consist essentially of gland cells, which are entirely filled with secreting nuclei, and may be regarded as the source of light. Under these cells lies usually a thin layer of narrow and closely-packed cells, which act as a reflector. Between the luminous cells and the skin are interposed cells of strong refractive power, which may be regarded as forming a lens, and the whole organ is enveloped, except on the side nearest to the skin in a mantle of dark pigment cells.

"The luminous organs are found in various parts of the body, and occur both singly and in groups. Some of them are furnished with muscles which enable them to be turned inwards so that they may extinguish their light at pleasure, forming thus a sort of natural dark lantern. Their presence is supposed to indicate a corresponding diversity in the color of the light emitted by them. The exact purpose of these organs can only be conjectured. The structure of the eyes of deep-sea fishes is modified for adaptation to the phosphorescent light emitted by the luminous organs.

As these organs are distributed over the body, in an arrangement peculiar to the species, and shine with light of various hues, it is inferred that they serve, like the pigment cells of daylight animals, to form a characteristic specific pattern. So far from being black, then, these fishes must present weirdly gorgeous spectacles, illuminated as they are amid the dark surrounding waters.

"In some cases the luminous organs of deep-sea fishes shine not outward, but inward. Such illuminating organs are found most frequently in the eye cavity, and the probable interpretation of them is that they originally shone outward, but, becoming covered with skin folds, their purpose has become modified into supplying the eyes of the fishes with increased sensitiveness to differences of color between species."

ENGLISH SPAVIN LINIMENT

Removes all hard, soft or calloused lumps and blemishes from horses, blood spavin, curbs, splints, ringbone, sweeney, stifles, sprains, sore and swollen throat, coughs, etc. Save $50 by use of one bottle. Warranted the most wonderful Blemish Cure ever known.

Heroism's Reward.

The Carnegie Hero Fund Commission is not prodigal in its awards. To a girl who skated out on thin ice with a pole for the rescue of a young man who had broken through, it gave a bronze medal. To a boy who ventured three times into deep water to rescue another lad, being forced to give him up the first two times because the drowning one hampered him by clutching him too tightly, it gave a bronze medal. To a Coney Island ticket seller, who jumped into the ocean when the tide was running out and brought back a man who fought desperately to commit suicide, it gave a bronze medal. To an Ellis Island hospital attendant who swam 100 feet against the tide with a domestic who had tried to drown herself, it awarded a bronze medal. Of the 407 cases brought to the attention of the commission since the fund was established on April 15, 1904, it refused awards in 239 and granted them in nine, leaving 159 awaiting investigation. The nine awards announced in a message to Mr. Carnegie on Wednesday were the first made by the commission.

Four awards of money were made, the commission in three cases specifying the purpose for which it should be used. The widow of a South Portland (Me.) bridge tender who lost his life in the rescue of a boy about to drown, received a bronze medal and $500 to be used in paying an incumbrance on her home. A girl who swam under a float in the ocean near North Weymouth, Mass., and rescued an unconscious man, received a silver medal and $500 to be devoted by her to educational purposes, she being a student in the department of designing of the Boston Museum of Fine Arts. The girl also received a medal from the Massachusetts Humane Society for this rescue. The widow of a Springdale (Pa.) carpenter who succumbed to gas while trying to rescue a workman from a well, received a silver medal and $500 to be applied on a mortgage on her home. The unconditional money award went to the widow of a Lawrence Mass., man who lost his life i ntrying to rescue two little girls, who were drowned. It was $500.—Buffalo Express.

Helen's Prayer.

Little Helen was a firm believer in prayer ,and was taught always to attend family devotions. During a season of drought, one morning her father said to her, "Do not let me forget to have a special prayer for rain to-night, as the want of it is causing much suffering and many deaths among the animals." Her father had hardly left the house when little Helen thinking she would do much good by anticipating her father's prayer for rain, ran upstairs and, falling on her knees, prayed for the much-needed rain. That afternoon the town in which she lived was visited by a severe electric shower—barns were unroofed and much damage was done. Helen, with the ready faith of childhood, thinking it was all in answer to her prayer, again fell on her knees, exclaiming: "Lord, what have I done?"

STOP THE PAIN, BUT DESTROY THE STOMACH.—This is sadly too often the case. So many nauseous nostrums purporting to cure, in the end do the patient immensely more harm than good. Dr. Von Stan's Pineapple Tablets are a purely vegetable pepsin preparation, as harmless as milk. One after eating prevents any disorder of the digestive organs, 66 in a box, 35 cents.—40

Costly Living in Gotham.

Every day in New York there is some fresh aggravation to matrimony cropping up in places affected by bachelors. It costs 10 cents more to be rubbed with alcohol than it did six weeks ago. Manicuring is 31 instead of 75 cents. For years the standard charge of the Turkish bath, chiropodist and barber shop has been 50 cents. It is now 75 cents all over the city. Cocktails in bath cafe were formerly two for a quarter. They are now 15 cents straight. Same way with cigars. Drug stores are charging men more for toilet articles. The tailor who used to press a suit for 50 cents now asks 75 and 35 cents instead of a quarter for pressing trousers. Charges for laundry work have gone up 20 per cent. In small expenditures alone it costs the man who has to look out for himself $3 a week more to live now than it did six months ago.

FREE! LADIES, send name and address and you will receive a sample of SLOCUM'S COMPOUND

PENNYROYAL TEA.

Every mother and lady should use it. Used successfully by thousands of ladies. 25c. size for sale by all druggists, or direct Dr. T. A. SLOCUM, LIMITED, TORONTO, CANADA.

Wanted Another Flood.

(Pittsburg Dispatch).

Tommy—Say, mam, were all the bad men destroyed by the flood?

Mamma—Yes, dear.

Tommy (who has just been licked by his father)—Say, mam, do you think there is ever going to be another flood?

Proper Sort of Son-in-law.

"Yes, sir; I love your daughter, and, while I am poor I am——"

"There, there, don't spring that old gag about being poor but honest."

"I wasn't going to; I was going to say that I was not honest enough to let it keep me from getting on in the world when I got my opportunity."

"That's the talk! Go and marry her and then come back here, I want to unfold a little scheme."

Mother's Ear

A WORD IN MOTHER'S EAR: WHEN BURDENS AS INFANT, AND IN THE MONTHS THAT COME BEFORE THAT TIME,

SCOTT'S EMULSION

SUPPLIES THE EXTRA STRENGTH AND NOURISHMENT SO NECESSARY FOR THE HEALTH OF BOTH MOTHER AND CHILD.

Send for free sample.

SCOTT & BOWNE, Chemists, Toronto, Ontario.

50c. and $1.00; all druggists.

Noble Through Baptism.

Nobility is usually a heritage, but in the case of one famous English showman the title was gained through baptism, and not through birth.

The circus business is hereditary abroad, and appreciating the advantages accruing from an unusual cognomen, the son of a circus proprietor was baptized "Lord George Sanger." Since his menagerie has several times shown before royalty, there are thousands who firmly believe that "Lord George gained his title as did Sir Henry Irving and other titled actors.

As a trade mark the name has been worth thousands of dollars to the exhibitor, and was responsible in a large measure for his early success—a success which continued until he was induced to form his circus into a stock company, on the Barnum and Bailey plan, when the interference of the directors prevented his unique methods of self-exploitation.

RAINY RIVER MAN HAD TROUBLES

Till Dodd's Kidney Pills Cured His Kidneys.

Then His Rheumatism and Other Pains Vanished Once and for All—His Case Only One of Many.

Barwick, Ont., June 5. —(Special)—That Dodd's Kidney Pills will cure Rheumatism or any other disease resulting from disordered kidneys is the experience of many of the settlers in this Rainy River country. The case of William John Dixon, of this place is a fair sample of the work the great Canadian Kidney Remedy is doing.

"I had Rheumatism so bad that I had to use a stick to walk. I had pains in my back and right hip, and I had no comfort in sleeping.

"I could no more than dress or undress myself for nearly two months, and I was for nearly three weeks I could not lace my right shoe.

"My brother advised me to try Dodd's Kidney Pills, and I did so. After taking three boxes I could walk around and lace up my shoes and do my work. Six boxes cured me completely."

Dodd's Kidney Pills are the one sure cure for sick Kidneys. Sick Kidneys are the cause of nine-tenths of the ills the human family suffers from.

Holidays on Saturday.

(New York Times.)

One of our correspondents has suggested that all holidays be celebrated on the Saturdays that come nearest their dates. There is something in this idea and is deserves consideration. We suspect however, that the consideration would end in the reaction of the idea. Of course holidays are a rather serious interruption to trade and industry, but it is far from certain that, in moderate numbers, they are as much of an injury as of an interruption, and a holiday celebrated on another than its natural historic date is robbed of most of its sentiment and enhusiasm.

HO! FOR NEW YORK!

Only $9.00 to New York and return, on Lehigh Valley Railroad excursion, Friday, June 16th. Tickets good for return until June 20th. Tickets good on regular fast express trains, leaving Suspension Bridge, June 16th, at 3.50 and 7.15 a. m., 6.20, and 10.15 p. m. Don't fail to go. For tickets, apply at Station Ticket Office, Suspension Bridge, or to Robt. S. Lewis, Canadian Passenger Agent, L. V. R., 10 King street east, Toronto.

Wealth of the Czar.

The Czar of Russia, it is said, has $25,000,000 in vested in English securities, and it is also declared that he would in an extreme crisis fly and live in England, as other troubled monarch have done before him. Then he has a second string to his bow in the $6,000,000 invested in American rails, iron and coal. So long as he remains in Russia, however, he draws, according to a French international almanac which was recently suppressed in St. Petersburg, $42,573,600 a year. That does not represent the total income of his family. The swarm of relatives account for a huge sum, the imperial appanages alone representing $10,000,000 a year.

CATARRH AND COLDS RELIEVED IN 10 TO 60 MINUTES.—One short puff of the breath through the blower supplied with each bottle of Dr. Agnew's Catarrhal Powder diffuses this powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures catarrh, hay fever, colds, headache, sore throat, tonsilitis and deafness. 50 cents.—41

The Owl.

His head it large.

Owls are nocturnal.

The owl has a meditative manner.

A snowy owl is the prettiest at the Zoo.

An owl steals noiselessly upon its prey.

In courting he dances most ludicrously

Many owls take and keep a mate for life.

He is more a case of stupidity than wisdom.

Mrs. Owl lays the most globular of eggs.

He occupies the same nest from one year to another.

Owls have been known to fix up an abandoned hawk's nest.

His eyes and ears are surrounded by a stiff fringe of feathers.

A look at the owl will show the most foolish person what a wise expression and silence does for one. Even the goddess of wisdom was fooled into adopting it for her own bird.

PRICE OF SHARK'S HEAD.

As High as $230 Offered for Those of the Man-Eating Kind.

The Marine Board of Trieste, Austria, has issued a circular in which all Austrian marine officers are instructed to stimulate the killing of sharks. Premiums are offered as follows: For each specimen of shark, of whatever species (the eatable ones excepted), up to 5 feet in length, $2.30; for larger ones, $4.60, and for very large specimens of the species Oxyrrhinna spaianzani and Odontaspis ferot, $11.50. For the capture of man-eating sharks premiums of from $9.20 to $230 are offered. Fishermen making application for payment are to exhibit the specimens to the nearest harbor officer.

PACIFIC COAST EXCURSIONS.

During June, July, August and September the Chicago and North Western Railway will sell from Chicago round trip excursion tickets to San Francisco, Los Angeles, Portland, Ore., (Lewis and Clarke Exposition), Seattle, Victoria, and Vancouver, at very low rates, correspondingly cheap fares from all points in Canada. Choice of routes, best of train service, favorable stopovers, and liberal return limits. Rates, folders and full information can be obtained from B. H. Bennett, General Agent, 2 King street east, Toronto, Ont.

MOSQUITO HER PET COLOR.

Likes Dark Blue, But Will Avoid Yellow at All Times.

A young girl was talking about mosquitoes, She had spent the summer in a place where they were numerous.

"But I notice," she said, "that when I wore a yellow dress I didn't get a single bite."

"Did you notice that?" said the young scientist. And then he went on eagerly:

"I am glad you noticed that, for it is a verification of certain experiments that we have made.

"We made these experiments in a gauze tent, and their object was to ascertain the effect of mosquitoes of colors.

"We placed in the tent boxes lined with cloth of different hues, and we found that the little pests crowded frantically into the dark blue box, while the yellow box they would not under any circumstance enter.

"The experiments extended over several weeks. We had in the tent stone vessels for the mosquitoes to breed in. We discovered that, next to the dark blue, the mosquitoes sought the dark red box. After the dark red came brown, then scarlet, then black, then slate gray, then olive green, then violet, then pearl gray, then white.

"Thus we proved that mosquitoes notice colors, and we formulated two helpful hints for the inhabitants of mosquito-ridden districts.

"The first hint is to wear yellow to escape mosquito bites and to use yellow netting for bed canopies and window screens.

"The second hint is to use a blue-lined box if you want to trap mosquitoes. With this box in an infested region, you could easily catch and destroy thousands of the insects daily."—New York Herald.

Dummy "Horses."

The various departments of the Patent Office teem with odd and absurd devices, but one of the oddest ideas yet put forward is a dummy horse, for which a patent has recently been granted a Canadian inventor.

The object of this horse is to avoid trouble with nervous animals which are apt to run away at the sight of a motor car or carriage. It is intended to be attached to the motor car for the benefit of the real horse's nerves.

In order that the "horse" may serve its full purpose of utility, it is made with a hollow body, in which are to be stored the tools, extra gasoline and other things required by the motorman.

The automobile horn is fastened in the mouth of the dummy and at night the eyes are lighted up, one being green and eyes are lighted up, one being green and the other red, and are supposed to serve the same useful purpose as a port light upon board ship.

Test of Politeness.

(Boston Record.)

A Roxbury miss of seven years was introduced to her playmate's aunt from New York. In telling her mother of it afterward she said:

"I shook hands with her and she said she was pleased to meet me, and I said, 'I am pleased to meet you,' because I just wanted to show her that we are just as polite in Boston as they are in New York."

THE GOVERNOR'S WIFE A PRISONER.—Mrs. Z. A. Van Luven is the wife of the governor of the county jail, Napanee, Ont., and was a great sufferer from rheumatism. When the best doctors in the community and "specialists" failed to help her, she buried her skepticism of proprietary remedies and purchased South American Rheumatic Cure. 4 bottles cured her.—42

The Extravagant Sultan.

Turkey is one of the poorest countries in Europe, yet its ruler is one of the richest. His income stands third among ruling potentates. While his navy rusts into ruins, he is having built a yacht which is a miracle of beauty and art. All the principal rooms are panelled in the richest woods. The dining saloon is mahogany and amboyna; in the Sultan's cabin satinwood holds the principal place, and the imperial study is cedarwood. The imperial suite has been furnished by one of the greatest London firms in the eighteenth century Renaissance style and every appointment is as perfect as money and taste can render it.

Lifebuoy Soap—disinfectant—is strongly recommended by the medical profession as a safeguard against infectious diseases. 22

Offers a Simple Solution.

(Philadelphia Bulletin.)

"Give you a nickel?" said Miss De Style "Oh, no. I never dispense promiscuous alms. Why do you not obtain employment?"

"Please, mum," was the timid reply, "I have a small baby and people won't be bothered by a woman with a child."

"Then, you absurd creature, why not leave the child at home with its nurse?"

Speaking From Experience.

(Philadelphia Bulletin.)

First Truant—Say, Billy, ain't you going home?

Second Truant—Not much. If we goes home now we gets a licking, but if we leave it till after dark we gets kissed and cuddled and given cake for not being drowned.

Fortunate is the man who has a friend willing to listen to his troubles.

There are very few cleansing operations in which Sunlight Soap cannot be used to advantage. It makes the home bright and clean. 1B

Bargain Hunters and Store News.

The woman bargain hunter has for many years been regarded as the legitimate butt of the professional jokesmith. With characteristic American exaggeration she is habitually represented as buying what she does not want for cheapness' sake; but the truth is, as a writer in The Milwaukee Sentinel points out, that with the same allowance as her less prudent sister she "manages to dress better, to keep the children looking better, to keep the house better furnished and the table fuller." The bargain hunter reads the daily newspaper, and looks first of all for the store announcements, with mutual profit to herself and to the advertisers. Her husband may laugh at her, but he would be the first to protest if she should neglect to keep posted as to how to keep house economically.

Saving a Shade Tree

(Philadelphia Ledger.)

The right of a fine shade tree to live in Central Park, New York, has caused quite a controversy between the park department and the department of water supply, gas and electricity. The latter had started to dig a ditch for a water main that would have destroyed one of the maples in the park. The park department protested and the water men said that if the route of the ditch were changed it would cost the city $15,000. The park department replied that the maple was worth $15,000, and another route has been staked out.

FITS Liebig's Fit cure for Epilepsy and kindred affections is the only successful remedy, and is now used by the best physicians and hospitals in Europe and America. It is confidentially recommended to the afflicted. If you suffer from

Epilepsy, Fits, St. Vitus' Dance,

or have children or relatives that do so, or know a friend that is afflicted, THEN SEND FOR A FREE TRIAL BOTTLE and try it. It will be sent by mail prepaid. It has cured where everything else has failed.

CURED

When writing mention this paper, and give full address. For sale by all druggists.

The Liebig Co., 179 King St. W., Toronto.

Convincing the Skeptical.

There is a restaurant man in Brooklyn who makes a specialty of chicken croquettes. Time was when the public turned up its nose at the dish upon which he prided himself, and could not be induced to give it a trial. The suspicion prevailed that the regulation chicken croquette was compounded of scraps left on the patrons' plates—that it contained no chicken. The restaurant man knew better; his croquettes were honestly made, and he resorted to newspaper advertising space to prove it. A few common sense talks with the skeptical aroused interest and carried conviction. That man now has more calls for chicken croquettes than for any other item on his bill of fare. And he is a regular advertiser.

ISSUE NO. 24. 1905.

Mrs. Winslow's Soothing Syrup should always be used for Children Teething. It soothes the child, softens the gums, cures wind colic and is the best remedy for Diarrhoea.

FOR SALE.

FOR SALE—UNDER MORTGAGE, ON easy terms, valuable oil property in Petrolia, thirty acres, centrally situated; only $1,000 down or secured, balance at 5½ per cent. London Loan Company, London, Ont.

FOR SALE

TWO ELECTRIC MOTORS.

Direct current, 1½ and 8 horse-power. Address Box 10,

TIMES OFFICE, Hamilton.

I WOULD LIKE EVERY WOMAN to write for our New Styles and Samples of $4.50 and $12 Suits, in cloth, silk, linen and lustres; also raincoats, skirts and waists.

Manager SOUTHCOTT SUIT CO. LONDON, ONT. Dept. 11.

Send for samples of shirt waist suits in lawns, linen, etc., from $2.50 up.

R. & O. RICHELIEU AND ONTARIO NAV. CO.

Hamilton-Montreal Line

Steamers Belleville, Hamilton and Picton Leave Hamilton 12 noon and Toronto 7.30 p.m. on Tuesdays, Thursdays and Saturdays for Bay of Quinte, Montreal and intermediate ports.

LOW RATES ABOVE LINE.

TORONTO-MONTREAL LINE

STEAMERS TORONTO AND KINGSTON.

Leave Toronto at 3 p. m. daily, except Sundays. From July 1 daily, Rochester, Thousand Islands Rapids, St. Lawrence, Montreal, Quebec and Murray Bay, Tadousac, Saguenay River.

For information apply to R. R. agents or write H. Foster Chaffee, Western Passenger Agent, Toronto.

Deodand Law for Scorchers.

When the Marquis of Queensberry seeks in court a license to carry a gun to protect himself and his children from the deadly onslaught of the reckless automobiler, it is apparent that over-speeding and scorching through city streets is by no means an evil confined to strenuous Americans. Since fines are ineffective, it is now suggested that the ancient law of the deodand be revived and the punishment shifted to the machine that does the mischief. Under the deodand of yore a cart running over or occasioning the death of a "reasonable creature" was forfeited to the king for pious purposes. If for cart automobile be substituted and in place of the king a society for the prevention of cruelty to reasonable creatures a modern law of the deodand, the proposer contends, would prove a genuine blessing.

RUNNING SORES, the outcome of neglect, or bad blood, have a never-failing balm in Dr. Agnew's Ointment. Will heal the most stubborn cases. Soothes irritation almost instantly after first application. It relieves all itching and burning skin diseases in a day. It cures piles in 3 to 5 nights. 35 cents.—29

Horse and Woman.

The horse shares with woman the gift of the greatest animate physical beauty, and the classification does the lady no discredit. As for man, his partner in pulchritude is away down the line, probably a mule and maybe a burro. The horse ranks high in our admiration and appreciation not alone because he is handsome, but because he is patient, agile and useful.

ORANGE BLOSSOMS

That precious remedy, is a positive cure for all female diseases. Write for description circular and free sample. R. S. McGILL, Simcoe, Ont.

OUR LATEST

E.B.EDDYS "SILENT" PARLOR MATCH

NOISELESS. HEADS WON'T FLY OFF.

If dropped on the floor and stepped on, it will not ignite, as sometimes happens with the common parlor match. Will strike on any surface. the best yet.

ASK YOUR GROCER FOR A BOX.

The E. B. EDDY Company, Limited

HULL, CANADA.

MICA ROOFING

For steep or flat roofs, water proof, fire proof, easily laid, cheaper than other roofing.

Send stamp for sample, and mention this paper.

HAMILTON MICA ROOFING CO.

101 Rebecca Street, HAMILTON, CANADA.

$100.00

GIVEN AWAY IN CASH FREE

For Correct Answers to this Puzzle

Each of the four lines af figures in the centre of this advertisement spells the name of a large city in Canada. This is a bran new puzzle and can be solved with a little study, as follows: There are twenty-six letters in the alphabet and we have used figures instead of the letters in spelling. Letter A is No. 1, B No. 2, C No. 3 and so on throughout the entire alphabet. Can you think out the names of three of these cities? If so the money is surely worth trying for. Three correct answers win.

EACH ONE OF THESE FOUR LINES OF FIGURES SPELLS THE NAME OF A LARGE CITY IN CANADA. CAN YOU NAME THREE OF THEM.

THIS IS THE GREAT PUZZLE

13	15	14	20	18	5	1	12
17	21	5	2	5	3		
20	15	18	15	14	20	15	
15	20	20	1	23	1		

CAN YOU SOLVE IT FOR GOLD

It does not cost you one cent to try and solve this puzzle, and if you are correct you may win a large amount of cash. We do not ask any money from you. We are spending thousands of dollars to advertise. It does not matter where you live. We do not care one bit who gets the money. If you can spell out the names of three of these cities write them plainly, and mail your answer to us with your name and address, plainly written, and if your answer is correct we will notify you promptly. We are giving $100.00 for correct answers and a few minutes of your time. Don't delay. Send in your answer at once. Address THE GERMAN PINK PILL CO., Dept. 931 Toronto, Ont.

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