ore Strength
ur Food.

This richer nourishment, in turn, gives back more strength to the Bowel-Muscles, so that they need a smaller dose of Cascarets from time to time than the doses preceding it.

This reduction of dose continues till the worst case of Constipation is comfortably, naturally, and nutritiously cured.

But, one big dose won't take the place of ten small doses of Cascarets.

Because, it needs only one Cascaret at a time to stimulate all the Bowel-Muscles enough, without purging, discomfort or loss of nutrition.

Six Cascarets, at a time, would act like the Whirlwind Cathartic you are used to, but six would do less good than one Cascaret at a time.

Because, Six would drive the food through so fast you would get little nutrition from it, and would waste Digestive Juices needed for the next four meals.

If you want a "purge" with all the "gripes," burnings, inside irritation, weak feeling, and stomach upsetting, of common Cathartics, don't use enough Cascarets at a dose to produce that.

But, if you want the same natural action that a six-mile walk in the country would give you, (without the weariness) take one Cascaret at a time, with intervals between, till you reach the exact condition you desire.

* * *

Then, carry the little ten cent "Vest Pocket" box constantly with you, and take a Cascaret whenever you suspect you need it.

One Cascaret at a time will promptly cleanse a foul Breath, or Coated Tongue, thus proving clearly its ready, steady, sure, but mild and effective action.

A coming Headache can be warded off, in short order, by a single Cascaret, and the cause removed.

Heartburn, Gas-belching, Acid-risings in the throat, and Colicky feeling are sure signs of Bowel trouble from food poisons, and should be dealt with promptly.

One Cascaret will stop the coming trouble, move on the Bowel load, and free the Digestive Juices, if that one Cascaret is taken from the Vest Pocket box as soon as the first signs are noticed.

* * *

Don't fail to carry the Vest Pocket Cascaret Box with you constantly.

Form the habit!

Because, you know you won't walk to a Drug Store, nor back to your room, every time your Bowels ought to have a Cascaret.

Therefore, "Wear" them with you, like your watch, or your lead-pencil, and note the splendid effect on your Health and Spirits.

All Druggists sell them—over ten million boxes a year, for six years past.

You can try Cascarets FREE before you buy. Write for Free Sample and booklet, "The Curse of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul Street, Montreal. 663

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LIVERPOOL, LONDON AND GLOBE Fire Insurance Company, Available assets $61,157,215, in addition to which the policy holders have for security the unlimited liability of all the stockholders. Farm and city property insured at lowest possible rates. Before renewing old or giving new business get rates from Strange & Strange, Agents.

OUR POLICIES COVER MORE ON buildings and contents than any other company offers. Examine them at Godwin's Insurance Emporium, Market Square.

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ARTHUR ELLIS ARCHITECT, Office site of New Drill Hall, near corner of Queen and Montreal Streets.

POWER & SON ARCHITECT, Merchant's Bank Building, corner Brock and Wellington streets. 'Phone 212

HENRY P. SMITH, ARCHITECT, etc., Anchor Building, Market Square. 'Phone, 845.

SYNOPSIS OF CANADIAN NORTH-WEST.

HOMESTEAD REGULATIONS

Any even numbered section of Dominion Lands in Manitoba or the North-west Provinces, excepting 8 and 26, not reserved, may be homesteaded upon by any person who is the sole head of a family or any male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less.

Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader desires, he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situate, receive authority for some one to make entry for him.

HOMESTEAD DUTIES: A settler who has been granted an entry for a homestead is required to perform the conditions connected therewith under one the following plans:

(1) At least six months residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with his father or mother.

(3) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon the said land.

APPLICATION FOR PATENT should be made at the end of three years, before the Local Agent, Sub-Agent or the Homestead Inspector.

Before making application for patent the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa, of his intention to do so.

SYNOPSIS OF CANADIAN NORTH WEST MINING REGULATIONS.

Coal.—Coal lands may be purchased at $10 per acre for soft coal and $20 for anthracite. Not more than 320 acres can be acquired by one individual or company. Royalty at the rate of ten cents per ton of 2,000 pounds shall be collected on the gross output.

Quartz.—A free miner's certificate is granted upon payment in advance of $7.50 per annum for an individual, and from $50 to $100 per annum for a company according to capital.

A free miner, having discovered mineral in place, may locate a claim 1,500x1,500 feet.

The fee for recording a claim is $5.

At least $100 must be expended on the claim each year or paid to the mining recorder in lieu thereof. When $500 has been expended or paid, the locator may, upon having a survey made, and upon complying with other requirements, purchase the land at $1 an acre.

The patent provides for the payment of a royalty of 2½ per cent on the sales.

PLACER mining claims generally are 100 feet square; entry fee $5, renewable yearly.

A free miner may obtain two leases to dredge for gold of five miles each for a term of twenty years, renewable at the discretion of the Minister of the Interior.

The lessee shall have a dredge in operation within one season from the date of the lease for each five miles. Rental, $10 per annum for each mile of river leased. Royalty at the rate of 2½ per cent collected on the output after it exceeds $10,000.

W. W. CORY,
Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

JUST ARRIVED FOR OUR
MID-SUMMER SALE

A large assortment of Extension Tables, golden oak finish, same as our $8.50. Sale price, $6.50.

Also Velour Cushions Morris Chairs, only $5.50.

Leather Seated Dining Chairs, in golden oak finish, only $1.50.

Brass and Iron Beds, in white enamel, only $4.50. Springs and Mattresses to fit.

Store Open Nights.

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Try Myers' for
Fine COOKED
MEATS.

AN AWFUL SKIN DISEASE

Sores Covered Neck and Cheeks—Itched Day and Night—Nothing Did Me Any Good—Was Growing Worse—Immediately Relieved and

SPEEDILY CURED BY CUTICURA REMEDIES

Miss Nellie Vander Wiele, of Lakeside, N. Y., writing under date of April 18, 1904, says: "I do wish you would publish this letter in the newspapers, so that others suffering as I have may see it and be helped. I suffered for many months with an awful skin disease, sores covering my ears, neck, and cheeks. Scabs would form and they would swell, and itch day and night. Then they would break open and blood and matter run out. I had tried many different remedies, but none of them did me any good. I was growing worse when I tried the Cuticura Remedies. The first application helped me, and when I had used two cakes of Cuticura Soap, three boxes of Cuticura Ointment, and three bottles of Cuticura Resolvent, I was completely cured."

TORTURING, DISFIGURING

Humours, Eczemas, Itchings, and Chafings Cured by Cuticura

The agonizing itching and burning of the skin, as in eczema; the frightful scaling, as in psoriasis; the loss of hair and crusting of the scalp, as in scalled head; the facial disfigurement, as in pimples and ringworm; the awful suffering of infants, and anxiety of worn-out parents, as in milk crust, tetter, and salt rheum,—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment, and Pills are such stands proven beyond all doubt by the testimony of the civilized world.

Cuticura Soap, Ointment, and Pills are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towns & Co., Sydney; Potter Drug & Chem. Corp., Boston, Sole Props.

"How to Cure Skin Humours." Mailed Free.

CARTER'S LITTLE LIVER PILLS.

CURE

Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, &c. While their most remarkable success has been shown in curing

SICK

Headache, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels. Even if they only cured

HEAD

Ache they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

ACHE

is the bane of so many lives that here is where we make our great boast. Our pills cure it while others do not.

Carter's Little Liver Pills are very small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for $1. Sold by druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

A KNOWING WOMAN KNOWS

That it is unwise not to look after her complexion. That a little attention every day keeps it free from lines and wrinkles and from looking faded and withered. That if she uses

PRINCESS SKIN FOOD

she can get nothing better or nicer for lines and wrinkles and keeping her skin youthful looking. Price, postpaid, $1.50.

SUPERFLUOUS HAIR, MOLES, WARTS, RUPTURED VEINS, BIRTHMARKS

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Use Big G for unnatural discharges, inflammations, irritations or ulcerations of mucous membranes. Painless, and not astringent or poisonous. Sold by Druggists, or sent in plain wrapper by express, prepaid, for $1.00, or 3 bottles $2.75. Circular sent on request.

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NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points In Eastern Ontario — What People Are Doing And What They Are Saying.

Will Begin Sawing.

Dead Creek, Aug. 28.—Miss Emma Campbell has resumed her duties as teacher of our school, after spending the vacation with her parents at Bedford. Hardy Veley and wife have returned from New Ontario, accompanied by Mrs. John Veley and Ross Shortt. George D. Hamilton has brought his boom of logs across the lake, and will commence sawing soon. Robert Loyst, Arden, has been engaged as cook at the mill. Percy Gaylord has returned home after spending a few days among friends at Enterprise and Yarker. Frederick Loyst and Elias Boomhous will start, to-day, for Bancroft, to work in the lumber woods. John Amey, employed at McLean, was home, yesterday, on a visit.

Star Corner Clippings.

Harvesting is nearly finished in this locality and a few have threshed. A party of young people from this place and Harrowsmith went to Kingston on Tuesday last, where they were joined by friends from New York and Trenton, and enjoyed a delightful sail among the islands on the Caspian. Mr. and Mrs. B. S. Guess left on Thursday for a visit with friends in Winnipeg and Carmen, Man. Michael McConnell leaves for Toronto in a few days to take a course in St. Michaels College. Miss Annie Shibley is rusticating with friends in Sydenham. Visitors: Mr. and Mrs. Cook and Miss Howe, Toronto, at A. Hunter's. Mr. and Mrs. Stanley Lake, New York; and Mrs. Bamforth, Trenton, at J. E. Shibley's.

Successful Examination

Chaffey's Locks, Aug. 24.—The beautiful weather, so also the tourists continues to flock to Idylwild hotel, to enjoy the splendid sport and bass fishing. A large party of hunters are expected in the next month for duck shooting. Mrs. W. H. Greenland, New York, is the guest of Mrs. Derry. Miss Rose O'Brien, Miss Gilligan, Mr. and Mrs. George Munroe, Montreal, are visiting friends and relatives. Miss Murphy has re-opened school. Congratulations are extended to Miss M. E. Fleming in the success of her recent examinations. Mrs. W. H. Fleming has returned from Kingston. T. O'Connor and little son, Kingston, have returned home. Mrs. J. W. Simmons spent a few days at Foster's Locks with her mother. J. Woodruff will soon have his grist mill in running operation. A picnic here on the 23rd inst., was well enjoyed by all present. A number from here intend to take in Westport picnic.

Yield Of Grain Great.

Moscow, Aug. 28.—Harvesting is about finished and many farmers have finished threshing. The yield of grain is great. Many from here will attend the Toronto exhibition next week. Everett Huffman, who was kicked by a horse, is getting along nicely. Frank Storms, who spent a few holidays at home, last week, has gone to Sydenham, to take a position as telegraph operator. W. A. Martin has gone to Toronto and other western cities for a few days. Maggie Montgomery, Kingston, is visiting her sister, Mrs. Amos Huffman.. In the absence of our pastor, who is enjoying a few well-earned holidays, Miss Wartman, Wesley, took charge of the Sunday morning service. She gave a report of the International Sunday school convention, which she attended in Toronto in June. Her address was much appreciated by all who heard her. Mr. and Mrs. Charles Ward and Miss Ward, Colebrook, spent Sunday at H. A. Baker's.

Toledo Tidings.

Toledo, Aug. 28.—The picnic held under the auspices of the Roman Catholic congregation here on Wednesday, the 23rd, was a grand success. Mrs. W. Murphy, Elgin, is visiting at her old home here. Our school re-opened on Monday the 21st inst, with a large attendance. Miss Mary Moran, Smith's Falls, is visiting friends in the village. Mrs. Hunter purposes leaving for Prince Albert, N.W.T., shortly, where she will spend the winter. Mrs. Sowards, Kingston, was the guest of Mrs. T. Murphy for a few days recently. Master L. Garvin, Westport, is visiting relatives in the village. Mrs. Stewart, Smith's Falls, is the guest at the home of her brother, A. Sadler. Miss V. Edgar purposes attending Ottawa Normal and will leave in September. J. Rape left on Thursday, for Utica, N.Y. Mr. and Mrs. T. Singleton visited friends in Carleton Place for a few days recently. R. Tallman, who has been on the sick list, is rapidly recovering. Miss O. Fodey, Brockville, is the guest of Miss Agnes Smith.

Florida Facts.

Florida, Aug. 25.—Our school opened last Monday with a small attendance. Mr. Hill, Toronto, who has spent a few weeks at H. Walker's, has returned home. J. B. Weldon and J. O. Redden each lost a valuable horse last week. Miss Leita Martyn has returned home after spending a few days at T. Caton's, Violet. Miss Grace Wallace is spending a couple of weeks at Elgin with her sister, Mrs. W. Topping. Miss Burt, Miss Caton and Miss Switzer passed through here, yesterday, selling tickets for the lawn social at Wilton next Tuesday evening. Lorne Storms spent Saturday and Sunday at Thousand Islands. D. Weldon and sister are spending a few days with their brother, J. B. Weldon. Visitors: C. Phillips and family, Yarker, R. Redden and wife, Harrowsmith, P. Manion and wife, at J. O. Redden's; Mr. Ackroyd, Inverary, Mr. Trusdale, Sydenham, at J. E. Stormes'; Misses L. and E. Trusdale, Miss Graves, Mr. Barstow, Harrowsmith, at Hiram Walker's; W. Shibley, at D. Babcock's.

Without A Teacher.

Parham, Aug. 28.—The trustees of this school section have not been able to secure a teacher. It is the first time in many years that such a state of affairs reigned; it is one of the largest schools in this part of the county. Rev. T. J. Fenton, ill last week, is around again, and he, with his family, went down to their summer resort, near Gananoque, on Saturday. In consequence there was no service in St. James' church Sunday evening. George Howes, Sr., has purchased a new wind-mill. Mrs. A. C. Wagar, visiting friends in Harrowsmith, has returned. W. D. Bertrim is improving his residence by the addition of a new coat of siding. The young folks of the town took an outing on Long lake, last Tuesday, and report an enjoyable time. Visitors: R. G. Armstrong at D. Goodfellow's; Mr. and Mrs. P. Ritchie, Dr. B. A. Smith, Mountain Grove, at A. Howse's; Miss Maggie Leslie, Godfrey, at W. D. Bertrim's; Mr. Kirkcum, Long Lake, and Mrs. W. Wagar, Wagarville, at M. Cronk's.

Preparing For Bishop.

Oak Leaf, Aug. 28.—Harry Hogle, Bath, is visiting his sister, Mrs. R. J. Green. Mrs. Merrick, Ottawa, is spending a few weeks at her brother's, David Johnson. Mr. and Mrs. Frank Sheldon spent a few days, last week with relatives at Portland. A few from here took in the excursion to Ogdensburg. Misses Gladys Suffel and Blanche Singleton were the guests of Miss Mary Sheldon, on Saturday and Sunday. A W.A. was organized in connection with Trinity church, last Friday night. Mrs. David Johnson elected to the presidency. Mr. and Mrs. Peter Johnson spent last Tuesday at W. H. Earl's, Philipsville. Services are being held Friday evenings in Trinity prior to the bishop's visit for confirmation services. Rev. Mr. Patterson's sermon on Sunday pertained to confirmation, "What Is It And What Is It For?" The pupils of the public school were delighted when school was re-opened by their teacher, Mr. Whaley, who bade them good-bye at the holidays. He purposed entering as drug clerk in a store at Kingston, but later decided to follow the teaching profession for a time. A number of farmers are having the threshing machine in order to make room for all their grain. Misses Mary and Jeanie Kendrick, Soperton, spent Sunday at Peter F. Johnson's.

Charleston Lake Doings.

Charleston, Aug. 28.—The party of Germans from Pittsburg, Pa., left for their home, on Monday, after a stay of two weeks at Derbyshire's Point. The death of their comrade, George Nimmo, had a tendency to spoil their pleasure, but all hoped to be able to return next year. Mrs. Henry Johnson received a telegram, on Wednesday, telling her that her daughter Emma had been married that day to George P. Chamberlain, Chilliwack, B.C. The ceremony took place at Revelstoke, B.C. Miss Johnson left on the 16th inst., for that place. She was accompanied as far as Carleton by her brother Albert and wife, her mother, Mr. and Mrs. O. Green, Mr. and Mrs. H. Johnson, and Mrs. W. J. Berry. Our school opened on Monday with a fair attendance. Miss G. Johnson resumed her duties as teacher at Glen Morris. The Decker family left on Thursday for their home in New York, after a stay of six weeks at King's Island. A great many attended the circus at Brockville on Monday. J. Foster, Sr., and Mrs. R. Foster attended the picnic at Toledo on Wednesday. Levi Southworth was in Brockville on Saturday. A little son has arrived at the home of Mr. and Mrs. J. Hudson. B. Flood and sister, Trevelyan, were visitors on Sunday. P. J. Flood, Trevelyan, is filling his place nicely behind the bar at Cedar Park hotel. Mr. and Mrs. G. B. Leeder and children, Trevelyan, were Sunday visitors. Mrs. P. P. Slack and Mrs. G. W. Beach were the guests of Mrs. (Dr.) C. M. B. Cornell, at Point Geraldine, for a week.

Trooper Mulloy's Lecture.

Newboro, Aug. 28.—Miss Chamberlain, visiting here for some time, returned home on Monday. William Johnson, I.P.S., Athens, inspected the rural schools here last week. The steamyacht Aileen, brought a party of excursionists from Perth here, last week. James Moriarty is visiting friends in Bedford. Lawrence Kerr, the twelve-year-old son of J. R. Kerr, died at his home on Wednesday, after a weeks' illness with cerebro-spinal meningitis. The funeral services were conducted at the Methodist church, by Rev. William Pearson. The bereaved parents, brothers and sisters have the sympathy of all. A very large number from here, including the Newboro band, and baseball team, attended the Roman Catholic picnic at Westport on Saturday. The baseball match which was played between Newboro and Westport, and which would evidently have been a pitchers' battle, was called in the second innings with the score 6 to 0. Five of the six men out were struck out by the local slab artist, A. H. Tett. The opposing pitcher was F. Riley, Kingston. The St. Mary's church Sunday school will run an excursion on the steamer Jopl, to Chaffey's Locks, on Monday. The social in aid of the Methodist church on Tuesday evening was a grand success. The receipts amounted to $66. The Newboro band will play on the street on Saturday evening. Preparations are being made for Newboro fair which will be held on September 2nd to 4th. A large labor day excursion is expected from Brockville. Miss M. Ripley, visiting at Portland for some time, returned to town Wednesday. A. Morten, teacher here, tendered his resignation last week. Mr. Morten's host of friends regret his departure from the school. Trooper Mulloy and sister were in town last week the guests of Miss Pearson. While here the trooper delivered one of his interesting lectures on the funny side of life on the veldt. Visitors: Mrs. Gilson and daughter, Iroquois, at J. A. Shaver's; Miss M. Shaver, at J. A. Shaver's; Miss Harrison, at J. H. Singleton's; Miss Burns, Toronto, at Mrs. W. J. Hart's; George Taylor, Westport, at his home.

Wedding At Calabogie.

Calabogie, Aug. 28.—Devine and McGarry's campers have returned home to Renfrew after spending the summer months on the lake shore here. Mrs. Louis Berlaugnet has returned home after spending a week with relatives at Haley Station. Robert McGregor and his little daughter returned from Stewardville on Saturday. A very pretty wedding took place when Miss Maggie Legree, fifth daughter of William Legree, was united in marriage to Cyril Kerr, of Tatty Hill. The bride received a large lot of very valuable presents. Congratulations follow the young couple. To brighten the home of John Hart, a daughter, Mrs. Thomas White has returned home after a two weeks' visit among relatives in Hope Town. Quite a number from here attended the wedding at Springtown when Miss Hannah Wilson and Jack Dennison were married. Mrs. Richard Barry, Renfrew, is spending a few days with her mother, Mrs. W. McFarlane. Frederick Culbertson, Kearney, is visiting his sister, Mrs. Ezra Beach. Mrs. Grant and family are spending this week with her mother, Mrs. S. J. Dempsey. Mrs. Robert Houghton has a new son. John Corande has returned home from the drive. Miss Lizzie McIntyre is visiting her sister, Mrs. (Dr.) Cooper. We regret to hear of Rev. Father Duquette severing his connection with this parish, and all join in wishing the young priest success in his new parish. G. Ledgerwood, salesman for the National, Pembroke, paid a visit to the village. A crowd from here took in the excursion to Barryvale on Friday. Dr. Ballyntine, Ottawa, is spending a few days at the Legree house. F. Baxter, station agent, is laid up with a sore shoulder. John Crawford, Flower Station is taking Mr. Baxter's place. Mrs. R. Scullan and family, Sault Ste. Marie, paid a visit to friends Monday. Lyrus Holden returned home from New Ontario, where he was employed. Miss O'Rielly, teacher, has returned to Calabogie, after spending her vacation with her parents at Madoc. A. Craig is paying a visit with his wife and family of this place. Miss Mary Ellen Twollan is spending a few days in Barryvale. Miss Tiney Legree returned after an extended visit with friends in Renfrew. Mrs. J. S. Box returned from Cache Bay, where she visited her sister, Mrs. A. O. Bayne. Mrs. Charles Reid, former clerk of H. E. Braden's firm, has been appointed teacher for the Tatty Hill school.

Toronto Street Market.

Toronto, Aug. 29.—Receipts on the street market to-day were light and prices were steady. About 100 bushels of white wheat sold at 80c. per bushel. One load of new oats sold at 36c. per bushel. About ten loads of hay were disposed of, old selling at $12 per ton and new at $9 to $10.

Dressed hogs were quiet, with quotations at $9 to $9.50, the latter for light weights.

Wheat, white, bush., 80c.; wheat, red, bush., 80c.; wheat, spring, bush., 80c.; wheat, goose, bush., 70c.; oats, bush., 41c. to 42c.; oats, new 36c.; barley, bush., 44c.; peas, bush., 65c.; hay, old, per ton, $10 to $12; hay, new, per ton, $9 to $10; straw, per ton, $10 to $12; dressed hogs, $9 to $9.50; apples, per bbl., $1 to $2; eggs, per dozen, 23c. to 25c.; butter, dairy, 19c. to 21c.; butter, creamery, 23c. to 25c.; chickens, last year's, lb., 13c. to 15c.; fowls, per lb., 10c.; turkeys, per lb. 15c. to 17c.; potatoes, per bush., 60c. to 75c.; cabbage, per dozen, 50c. to 75c.; celery, per dozen, 40c. to 50c.; beef, hindquarters, $8 to $9.50; beef, forequarters, $5 to $6.50; beef, choice, carcase, $8 to $8.50; beef, medium, carcase, $7.50 to $8; veal, per cwt., $8 to $9; spring lambs, each, $3.50 to $4.50.

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

Science Finds
The Perfect Food

A Grain of Wheat Contains Every Element Necessary For the Health and Sustenance of the Human Body.

Scientists have determined that the various food elements found in wheat are the identical elements of which the tissues and cells, the bone and brain, the blood and muscle of the human body are composed and with which they must be replenished if life and strength are to be maintained.

Every nutritive element, every one of those marvellous strength and tissue-building food qualities of the best white wheat grown is found in Malta-Vita. This famous food is the whole of the wheat, thoroughly steamed and cooked in absolute purity and mixed with the finest malt extract that can be made.

You understand, of course, that the cooking and steaming of the wheat gelatinizes its starch, and then the malt extract, a powerful digestive agent, quickly converts this starch into maltose—malt sugar. Maltose is great food, and the weakest stomach digests and assimilates it without effort. Physicians recommend it and Malta-Vita is rich in it.

The malted wheat having been rolled into little flakes, is baked under such intense heat that when it comes from the great ovens every flake is crisp, brown Malta-Vita—the most delicious food in the world.

"For many years," writes Mrs. Valley C. Regan, of 317 N. Church street, Rockford, Ill., "my husband has suffered from indigestion and extreme nervousness. We have been to great expense sending him to resorts where he might have the desired quiet; for the time being he would improve, but, after a few days, on returning to business, his sickness would become more troublesome than ever.

"Through a friend I bought the first package of Malta-Vita. It has been in our home ever since and will remain as long as it continues to do the good work. My husband is now in perfect health, his stomach seems strong, and his nights prove a source of rest instead of torture. He eats but little meat and pastry and claims that the "Vita" takes the place of both. I serve it in many different ways, and it always is tempting; far better, it leaves one feeling that he has had a plenty and still not overloaded. With fruit it makes delicious desserts."

A perfect breakfast is impossible without Malta-Vita and it's good three times a day. All grocers sell it. Now 10c. per package.

Ask Your Grocer About
Red Rose Tea

MOST good Grocers sell Red Rose Tea.

If a grocer recommends Red Rose Tea, it will be an honest opinion, because he makes less profit on Red Rose Tea than on most others.

When a merchant recommends an article upon which his profit is less than upon other similar goods, it is because he wants to sell satisfactory goods and to please his customers.

Your grocer knows he can recommend Red Rose Tea for its "rich fruity flavor" and its strength, and because

Red Rose Tea is good Tea

T. H. Estabrooks
St. John, N.B., Toronto, Winnipeg

Built to Defy Canadian Winters

Let the "bottom drop out of the thermometer," you will never feel the cold with a Peninsular Baseburner heating the house.

Each Peninsular Baseburner is furnished with a double heating attachment, which enables you to heat a room upstairs as well as the room in which the heater is placed.

Peninsular Grates cut out clinkers and dead ashes without disturbing the live coals.

Peninsular Baseburners

make an elegant appearance in any room, and are ornaments to any home.

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