DON'T BE FAT.

My New Obesity Reducer Quickly Changes Your Weight to Normal. Requires No Starvation Process and is Absolutely Safe.

TRIAL PACKAGE MAILED FREE

My new Obesity Reducer, taken at mealtime, compels perfect assimilation of the food and sends the food nutriment

The Above Illustration Shows the Remarkable Effects of This Wonderful Obesity Reducer—What It Has Done For Others it Can Do For You.

where it belongs. It requires no starvation process. You can eat all you want. It makes muscle, bone, sinew, nerve and brain tissue, and quickly reduces your weight to normal. It takes off the big stomach and relieves the congested condition and enables the heart to act freely and the lungs to expand naturally and the kidneys and liver to perform their functions in a natural manner. You will feel better the first day you try this wonderful home food. Fill out coupon herewith and mail today.

FREE.

This coupon is good for one trial package of Kellogg's Obesity Reducer with testimonials from hundreds who have been greatly reduced, mailed free in plain package. Simply fill in your name and address on dotted lines below and mail to.

F. J. KELLOGG, 4464 Kellogg Bldg., Battle Creek, Mich.

.....

.....

IRISH WHISKEY DISTILLERS

TO HIS MAJESTY THE KING.

Sir John Power & Son Ltd

ESTABLISHED AD. 1791.

"THREE SWALLOWS" IRISH WHISKEY

Famous for over a century for its delicacy of flavor.

Of highest standard of Purity.

It is especially recommended by the Medical Profession on account of its peculiar "DRYNESS"

MONEY IN CANARIES

More profitable than poultry. Experience unnecessary. We give advice free. Our new book is a mines in Canaries, poultry, our packet BIRD BREAD. Also, "How to Kill Birds of Lice," and "Bird Magazine." Send 2c. in stamps or coin. Refunded if you buy birds from us. Birds shipped anywhere any time. Write us before buying. Address:

COTTAM BIRD SEED

44 Dundas St., London, Ont.

A Remarkable Experiment

Proving the Danger That Lurks in the Air—La Grippe and Consumption Germs Floating Everywhere.

A noted Paris physician, to prove his theory that tuberculosis and kindred diseases were germ diseases and not hereditary, once stuffed with cotton the nostrils of all his nurses for twenty-four hours. At the end of that time he found millions of live la grippe and consumption germs, or tubercular bacilli, lodged in the cotton. He thus proved that the air is constantly full of these germs. And we are all constantly breathing them. We would all die of tuberculosis if our systems were not continually fighting and overcoming these germs. If our system becomes weakened or run-down by coughs, colds, la grippe, bronchitis, catarrh, pleurisy, pneumonia or stomach trouble, or indeed from any other cause, we are the prepared victims for this terrible white plague, ready to be sacrificed on the altar of our own criminal negligence. It is nothing short of criminal, in most cases, to allow these easily cured pulmonary troubles to develop into these advanced stages, when there is an ever-ready, never-failing and absolutely reliable remedy Psychine, that world-famed cure, at every drug store. Tens of thousands of lives have been snatched from the verge of the grave by Psychine.

"At the age of twenty-five my lungs were in a terrible state. I had La Grippe the year before; it settled on my lungs and I kept steadily growing worse till I got down so low I was in bed for six weeks. I had a consultation of doctors and they said they could do nothing more for me. Then I started to use Psychine. I took the medicine for more than a year. It certainly did wonders for me. I am now as strong as I was before my sickness.

Mrs. H. Hope, Morpeth, Ont.

Psychine, pronounced Si-keen, cures consumption and all the troubles that lead to it, to stay cured. Are you preparing to be the next victim of neglect? Psychine at all druggists, 50c. and $1. or Dr. T. A. Slocum, Limited, 179 King street, West, Toronto.

THINGS THEATRICAL

NOTES ABOUT PLAYS, PLAYERS AND PLAYHOUSES.

Lulu Glaser's Play Not Up to Expectations—H. B. Irving Back in England and Will Begin a Provincial Tour.

Mrs. Patrick Campbell is soon to appear in London in "Hedda Gabler."

E. M. Holland, who made a great hit as the detective in "Raffles," is going into vaudeville.

E. S. Willard begins a two-week engagement in Chicago, March 4th. He starts off as "Col. Newcombe."

H. B. Irving and his company have arrived in London from their American tour, and will begin a tour of the English provinces.

James Carew, the leading man with Ellen Terry, is an American. He made his name, however, when Maxine Elliott played "Her Own Way in London."

Al. H. (Metz) Wilson, German dialect comedian, is to have a theatre in New York, next season, as a permanent house in which he will make all of his productions.

Clara Bloodgood has signed a three-year contract with the Shuberts. When Daly's opens, under the independent management, in May, Miss Bloodgood will be the attraction.

Lulu Glaser's comedy, "The Aero Club," has not come up to expectations. George M. Cohan is coming to the comedienne's rescue with a new play called "The Small Town Girl."

Arrangements have been made for Maude Adams to appear in a translation of "Les Bouffons," recently produced in Paris by Sarah Bernhardt. (The translation is by John Raphael.

The new musical play, "The Gipsy Girl," will be produced at the New Waldorf Theatre, on March 25th, and, if it is successful, the Shuberts will postpone the visit of Sothern and Marlowe until later in the year.

Lawrence D'Orsay has begun rehearsals of his next play, which is by Cecil Raleigh, and will be called "Lord Doncaster." His company will include Josephine Drake, Helen Robertson, Ida M. Darling, Margaret Dale, Howard Percy, Thomas Walsh, Sydney Mather, Harry Dodd, Emerson Mack, Lyster Chambers, and Harold Heaton.

Kyrle Bellew has never been forgiven by George Bernard Shaw for saying at a dramatists' dinner in London, last season: "Were I dictator, I would exile him (Shaw) beyond the borders of the empire, crowned with the faded roses of his last nocturnal debauch." Shaw made a furious reply, but the words stung him indelibly, despite his wonted callousness to criticism.

The German stage version by Franz von Schonthan, of Dickens' "Little Dorritt," was presented this week for the first time in New York at the Irving Place theatre. Miss Reimenteo's the title role while Max Hanseler was seen as William Dorritt. Others in the cast are Hedwig von Ostermann, Carl Machold and Friedrich Holthaus.

Arrangements with Gaston Mayer and an English syndicate for the presentation of "Mrs. Wiggs of the Cabbage Patch" upon a London stage were completed this week and next week the new scenic equipment of the play will be shipped from New York. The opening engagement will be at Terry's theatre on April 21st, to be continued there indefinitely should the piece strike the British fancy.

LETTERS TO THE EDITOR.

Grant Pyke Telling the Truth About the West.

Kingston, Feb. 28.—(To the Editor): Grant Pyke is having the prairie chickens after him. They evidently think he is a queer fish for finding fault with the glorious west. They would like to spear him for his ill-bred manners in running down their frozen bread and pancakes, and new settlers not being able to meet their debts. They are giving him a hard line when they say fish is only one and one-half cents a pound. Frozen pike usually brings seven or eight cents a pound at home. Well, Grant Pyke is certainly truthful, and is just telling people what he saw on his quick trip. Certainly he struck a hard winter, the severest in years, and no doubt some settlers not properly prepared for such are in great suffering. There is a bright side also, for the experienced ones, who were prepared for winter, would not suffer. Grant's word is certainly more reliable than some real estate agents, for he has no axe to grand. Hoping to read more of his entertaining letters.—READER.

AT THE GRAND.

"The Volunteer Organist" Seen To-Night.

Two of the strong scenes of "The Volunteer Organist," which comes to The Grand on Saturday, March 2nd, matinee and night, are the snowstorm scene in which a lost child is rescued by two St. Bernard dogs, and the interior of a church where the volunteer organist is seen at his post, and the choir boys, led by Master Willie Nelson, the wonderful boy soprano from the famous Trinity church, New York City, render "The Holy City," and "The Palms."

"Lovers And Lunatics."

Pretty girls who can sing and dance, comedians who are funny, costumes that for genuineness, have seldom been equalled in a musical production, and a wealth of beautiful scenery and effects is a brief summary of the many good things to be found in "Lovers & Lunatics," the big musical gaiety that comes to The Grand on Monday, March 4th.

In Bavaria, railway carriages are disinfected at the conclusion of every journey.

Mild steel has 0.15 to 0.4 per cent. of carbon in it; hard, 1.2 to 1.6 per cent.

It is contrary to Jewish usage to employ an organ or other musical instrument in a synagogue.

India's revenue is now £19,000,000, and exceeds expenditure by nearly £2,000,000.

FASHION'S FORM.

Hat Trimmed With Large Plume and Velvet Ribbon.

The model hat shown in the drawing was of sage green French felt, with a very long, full plume of the same shade, gracefully arranged across the front and left side of the brim. Three inch-wide velvet ribbon, in a warm, rather bright shade of brown, was arranged in a little plaited rosette in front, and a band of the ribbon was folded loosely across the back of the brim, the rather high crown of the hat being left untrimmed. The brim was wider at the left side than at the right, and was tilted up, the bandeau being covered with plaiting of brown tulle.

Saved Baby's Life.

There are many mothers throughout Canada who do not hesitate to say that Baby's Own Tablets have saved the lives of their little ones. One of these is Mrs. John Shortill, Georgetown, Ont., who says: "I have no hesitation in saying that I believe that Baby's Own Tablets saved my little girl's life. From the time my little girl was three months old she cried all the time with indigestion. She was frail and puny; her food did her no good, and I was literally worn out taking care of her. The doctor treated her for some time, and finally told us he could do no more for her, and we did not expect she would get better. It was then I learned of Baby's Own Tablets and decided to try them. Before I had given her a box of the tablets there was a great improvement. Her digestion was much improved, and her bowels, which had been terribly constipated, moved regularly. From that time she began to thrive splendidly, and is now as healthy a child as you could wish to see. We are now never without a box of the tablets in the house. Baby's Own Tablets will promptly cure all the minor ailments of babies and young children, and the mother has the guarantee of a government analyst that this medicine contains no opiate or harmful drug. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Railway Without Accidents.

London, March 2.—A remarkable record of safe "time" railway working was mentioned yesterday by Sir Charles Scotter, at the final meeting of the Waterloo and City Railway company, which has been taken over by the London and Southwestern Railway company. The railway was completed in 1898, and since then it has carried 41,000,000 passengers without accident.

It Must Cure Colds.

Wade's Cold Cure Tablets (Laxative), is a guaranteed remedy. It can be guaranteed because it has been thoroughly tested and has cured practically every time when faithfully used. You should try it and learn its value. Cures colds, la grippe, headache and constipation. In boxes, 25c. Sold only at Wade's Drug Store. Money back if not satisfactory.

Mediaeval Prison Discovered.

Edinburgh, March 2.—The excavation of the Elizabethan and Edwardian walls of Berwick by the Historic Monuments committee has revealed under the saluting battery, near the mouth of the Tweed, an underground passage and a strong vaulted chamber with walls eight feet thick and loop holes. It has the appearance of a prison.

Don't Harbor Coughs.

The tendency of coughs is to become chronic. If neglected, cure is difficult and the next cough comes easier. Cure all coughs, colds, sore throat or hoarseness quickly and thoroughly with The Diamond Cough Remedy. 25c. at Wade's Drug Store.

Woman A Firebug.

Manchester, March 2.—Mr. Justice Sutton, at the Manchester assizes, on Saturday, sentenced Eugenia Slowe, who pleaded guilty to setting fire to the arches beneath the Exchange Station, Manchester, to three years' penal servitude.

There's too much law for the good and not enough for the bad.

AWAY WITH WEARINESS!

Brace Up—Get Strong—Get Fat—The Cure is Simple.

You're nervous and uneasy.
Appetite is poor.
Sleep is hard to get.
Still worse, you are thin and fagged out.
Work must be done but where is the strength to come from?
Make your blood nutritious and you'll have lots of strength.
Your only hope is Ferrozone, an instant blood-maker, blood purifier, blood-enricher. It brings keen appetite, digests food and supplies nutrition for building up all the bodily tissues.
Ferrozone makes muscle and nerve-fibre, increases your weight, instils a reserve of energy into the body that defies weariness or exhaustion from any cause.
For men who toil and labor, for the office man, the minister, the teacher—to these will Ferrozone bring a new life of spirit and robust health.
For growing girls, women of all ages no tonic is more certain. Sold in 50c. boxes by all dealers.

A Cup of "Café Noir" on getting up.

To clear up your brains and make you feel gay, fresh and nimble, there is nothing like "Madame Huot's Coffee." It has obtained the endorsement of all connoisseurs. Our extra-choice grocery assortment will make your delight. Sent free on reception of $2.80.

We Pay the Freight in the Provinces of Quebec and Ontario.

2 lbs. Madame Huot's Coffee	75c.
1 lb. "Condor" Japan Tea } or 2 lbs. of either Tea at your choice	40c.
1 lb. "Condor" Ceylon Black Tea }	40c.
1 lb. Absolutely Pure "Condor" Mustard, with all its Oil	50c.
1 lb. "Condor" Baking Powder, unrivalled	25c.
1 lb. Assorted Spices 1-4 lb. tins, the highest qualities	50c.

FREE . . . on demand, our booklet: "The Art of Making Good Coffee and Good Tea."

THE E. D. MARCEAU CO., LIMITED, Wholesale Teas, Coffees, Spices, Vinegars, 281-285 ST. PAUL ST., MONTREAL, Canada.

THE ROARIN' GAME.

Perhaps It Was Brought Into Scotland by the Flemish Migration In the Sixteenth Century.

The Scottish people regard the history of curling seriously, as a chapter of interest and importance in the history of the nation. They claim that no other game so well illustrates the national character or tends so much to the healthy development of physical, mental and social qualities. They regard it as a valuable institution of civilized life, and trace its origin back four centuries, but it was only about the middle of the eighteenth century that it began to take on the dignity of a truly national game. During the last seventy-five years it has spread among all the English-speaking people in climates where winter bestows the necessary conditions of ice. The great bonspiels of Scotland draw 50,000 people on the lochs, and in Canada, where the climate is favorable, curling devotees are numbered by tens of thousands.

The game was originally played with rough bowlders. The smooth rounding of the stone occurred at the beginning of the nineteenth century, and the stones now used are polished works of art made of granite, and the twisting motion employed gives them a drawing power on corrugated ice of from three to four feet on either side of the ice, as determined by the inturn out outturn given in delivery. The variety and precision of the modern game place it in the rank of a science. Curling has taken a firm hold upon its votaries, and has drawn around it a delightful literature of narrative, poetry and anecdote.

The history of curling is given in large volumes, in which the etymology, history and literature of the game have been treated exhaustively. A cold climate and man's inherent tendency to throw stones make the foundation of the game, but its origin, like other origins, is uncertain. Though the game has been scientifically developed in Scotland, it had its origin probably in the Netherlands, which have had a great influence on the arts and industries of Great Britain. Many of the terms used in the game point to the Low Countries as the place where it originated. It was probably brought over to Scotland by the emigrant Flemings in the sixteenth century, and from that time its development as a game of science has been the work of Scotchmen of all professions.

The ministry is especially well represented in the history of the game. In Scotland the laird and the minister encourage this innocent and exhilarating pastime for the sake of its many moral and social influences. Curling is a manly sport; the associations of the game are honorable, and it has been noted that the character of curlers in public and professional life is kind and honest.

The first type of stone used was the kutting stone, without handles, with a hollow or notch for the finger and thumb of the player and probably thrown for a part of the course; they weighed from five to twenty-five pounds, and were generally picked from the channels of the streams, whence the old name of channel-stones. The ancient game resembled quoits, and the stone bore the name of kuting or quoiting stone. Specimens of the old quoiting stones are preserved, some of them dating back to the year 1600.

The second type of curling stone was a rough block with a handle attached. Stones of this type were often unshapely, but the handle gave more power to the player, and many of these stones weigh as much as 75 and 85 pounds. One, called the Jubilee stone, weighs 117 pounds, and was used by three generations of the same family. There was no regulation weight, and the stones had an individuality of their own. Many of them are preserved in the Scottish museums and club collections, and some bear names suggestive of their history, structure or shape, as Black Meg, the Doctor, the Town Clerk, the Bailey, the Grey Hen, the Goose, the Girdle, the Grey Mare, and the Bible. There were giants in those days, and stories are told of strong players hurling a 75-pound stone across a mile of loch ice.

The third type of stone is the rounded and polished stone, which possesses a capacity not possessed by the old irregular shaped stones. The inventor of the circular curling stone is a great unknown. The stones of modern days differ in character, lacking the individuality of the irregular stones of olden times, on corrugated ice they give a precision and a variety to the game unknown before.

There have been changes from time to time in the distances and relative measurements of the rink of ice on which the stones are played.

The Cab Horse Won.

A gentleman who was anxious to catch a train hailed a hansom, gave instructions as to his destination and jumped in, but the horse made terribly slow progress, and the "fare" was afraid that he would miss his train.

"look here, cabby," he said, "can't you make your gee-gee go faster? I must catch the 3.45."

The cabman winked knowingly.

"Yes, sir, he can go faster," was the reply, "but it's like this: Yer see, my horse is an old racer, and the best way for you to make him go faster is for you to bet me half a crown he won't catch the 3.45. That'll put him on his mettle, and he'll fly like the wind."

The horse did it.—London Express.

Wrinkles are age tellers. Drive them away by taking Hollister's Rocky Mountain Tea. It's better than cosmetics. It does the business. 35c., Tea or Tablets. Mahood's Drug Store.

Malta-Vita

"The Perfect Food"

Same Big Package
Same High Quality

Now 10 cts.

Malta-Vita "The Perfect Food," malt life, as its name implies, stands for that intense vitality that results from the daily use of a food skilfully prepared from the whole of the wheat, of which, after being cooked, each kernel has been subjected to the searching digestive action of the diastase and other enzymes of barley malt. This makes it a *"predigested"* food of highest nourishment value, which explains the remarkable results obtained in cases of nervous debility, deranged stomachs and constipation. Besides, it is the best food to eat.

"We have used several boxes of Malta-Vita and think it the finest food we have tried yet. Having used different kinds, we find Malta-Vita has a flavor which excels all others. We had almost despaired to find something our baby could eat without being distressed. He had, since birth, been a constant sufferer. We began feeding him Malta-Vita he has improved wonderfully in health and is entirely cured of constipation. In fact, myself and husband realize a great benefit since using the food, as we have suffered from general debility. We find it gives life and tone to the entire system." Name given on request by Malta-Vita Pure Food Co.

MALTA-VITA is a food with a "taste." It does not belong to the tasteless variety of "flaked foods" and too great credit cannot be claimed for Malta-Vita on account of the fact that it contains its own sweetening agent—maltose always being present in a proportion exceeding eight per cent and sometimes ten per cent. This is a healthy, digestible sugar, formed by the action of the malt diastase upon starch and it causes the stomach no inconvenience. This is not the case with flaked foods that are sweetened by cane sugar, beet sugar, maple sugar, boiled cider, glucose or grape sugar, as all these cause acidity in the stomach and are seriously injurious.

Maple Leaf Rubbers

"If I were to return to earth again I would provide my entire family with 'Maple Leaf' Rubbers."—Wireless from "the old woman who lived in a shoe."

You see the "old woman" is somewhat of a philosopher. She knows it would take a pile of money to keep her big family supplied with ordinary, go-to-pieces rubbers.

But "Maple Leaf" Rubbers are different. They're long wearers—money savers.

Only the finest Para gum, which makes the toughest, longest-wearing, most waterproof rubbers, is used in the manufacture of "Maple Leaf" Rubbers.

They are not loaded with any cheap, stiff, tarry substance which makes ordinary rubbers split, crack, wrinkle and become prematurely old and worn-out before "Maple Leaf" Rubbers show a sign of wear.

Styles and sizes to fit all shapes and sizes of men's, women's, children's shoes.

F. G. LOCKETT, AGENT.