A Difference Where Difference Counts

Armour's Solid Extract of Beef

(POTTED IN CANADA)

is the Pure, Concentrated Essence of Prime Beef. Being solid, it cannot be adulterated, and is more economical, because it goes four times as far as other brands.

Other extracts and fluid beefs lack strength and quality. Fluid beefs contain water, salt and other ingredients.

Insist on Armour's, and you have what is best and most economical.

"CULINARY WRINKLES" is a booklet which tells numberless ways in which to use Armour's Extract of Beef. Send for it. It's free.

ARMOUR LIMITED - - Toronto

CANADIAN FACTORY—77 FRONT STREET EAST 60

LA GRIPPE

This distressing and unfortunately very common malady easily takes rank among the very "meanest" of the diseases to which people living in this climate are liable.

La Grippe is no respector of persons; it attacks the young and the old, the rich and the poor with the utmost impartiality.

Except in the cases where Pneumonia develops, La Grippe is seldom directly fatal; the real danger lies in the after effects. Even when the patient has fairly well recovered from an attack (and it is very hard to tell just when he has fully recovered) the muscles are relaxed, the nerves unstrung, the heart and lungs weak, the throat and bronchial tubes irritable and tender and the whole system depressed, run-down and in no condition to resist the attack of any other disease to which it may be exposed.

This condition is fraught with danger and demands instant and intelligent attention, the system must be built up and restored to a normal and healthy condition—advice easy to give, often very hard to follow.

The appetite is liable to be poor and the digestion impaired so that it is almost impossible to consume and digest sufficient ordinary food to do the work quickly and effectively. What is required is a concentrated food, palatable, easy to digest and containing the elements necessary to repair the waste which La Grippe has committed.

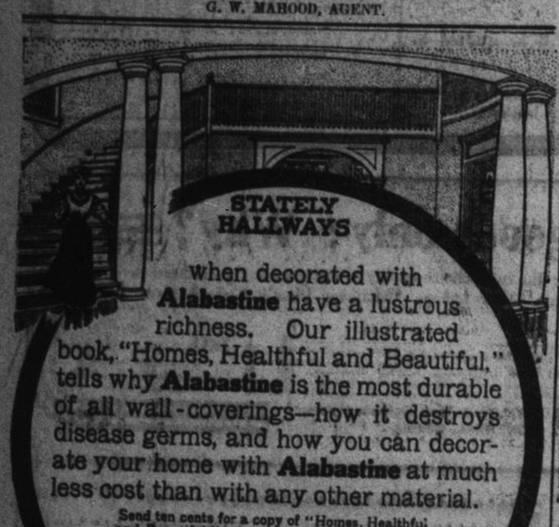
Just such a food is found in

FERROL

a scientifically prepared emulsion of Cod Liver Oil, Iron and Phosphorus, palatable, digestible and effective. FERROL contains just what the run down system needs and all it requires. Cod Liver Oil to restore the lost flesh and make what is left firm and healthy, Iron to enrich the impoverished blood and restore elasticity and firmness to the relaxed muscles, Phosphorus to tone the nerve and brain as nothing else will.

Two or three bottles of FERROL, taken after the acute stage of La Grippe has passed, will do more to repair damages than can possibly be accomplished in any other way. Try it and see.

G. W. MAHOOD, AGENT.



STATELY HALLWAYS

when decorated with **Alabastine** have a lustrous richness. Our illustrated book, "Homes, Healthful and Beautiful," tells why **Alabastine** is the most durable of all wall-coverings—how it destroys disease germs, and how you can decorate your home with **Alabastine** at much less cost than with any other material.

Send ten cents for a copy of "Homes, Healthful and Beautiful," with many dainty, new ideas for the decoration of your home.

Alabastine is sold by hardware and paint dealers everywhere—a 5 pound package for 50 cents.

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Corticelli Spool Silk

has held the World's record for Superiority for over sixty years.—Think what that means!

Too Strong to Break

The Dressmakers Favourite Spool Silk

FOR A NOBLE CAUSE

WOMEN WHO EXTEND HELPING HAND.

The Life Story of Mrs. Robert Hunter in Her Work at New York.

By many women of wealth their good fortune is regarded largely as a means of accomplishing something for the benefit of humanity. They are women who do things—who gladly extend the helping hand to the less fortunate.

Mrs. Robert Hunter prefers aiding her husband in his work among the New York poor to enjoying her millions in the usual Newport fashion; her sister-in-law, formerly Rose Pastor, found, simply, greater means of helpfulness through her marriage to rich J. G. Phelps Stokes.

Although their early lives were strikingly dissimilar, Mrs. Robert Hunter and her sister-in-law, Mrs. Stokes, are now engaged in the same humanitarian work in New York city—an earnest endeavor to benefit in practical ways the condition of the poor of the metropolis.

As Caroline M. Phelps Stokes, Mrs. Hunter was reared in the lap of luxury. Her father, Anson Phelps Stokes, is many times a millionaire, and her grandfather, Anson Phelps, was numbered among the greatest of New York's many great financiers.

Her home on Fifth avenue was one of the most magnificent in that city of splendid mansions; liveried servants were always at her call; her every wish was gratified. Nothing that money could buy was denied her when she desired it. She is said to have a fortune of $10,000,000 in her own right.

Mrs. J. G. Phelps Stokes, as Rose Harriet Pastor, grew to womanhood in the bitterest poverty. When she became old enough to add her mite to the family income—and this, through dire necessity, began at an early age—she learned the trade of a cigarmaker, and toiled all day in a dingy little factory, inhaling air that was charged with tobacco dirt.

At times she was also compelled to work at night. Returning home, after the long day's toil, for a bite of supper, she would hasten to a smaller, dingier shop around the corner and labor there until nearly midnight.

The hearts of both these girls responded to the cries of distress welling up from every side in the districts of poverty. One knew all about it from actual contact, the other was touched by what she learned at longer range.

Blossoming into womanhood, Miss Stokes followed the example of her two brothers the Rev. Anson Phelps Stokes, Jr., and J. G. P. Stokes, and began work in the slums of New York's East Side.

She turned her back upon the usual pleasures of the rich and the invitations of her social set, and, with remarkable devotion to the cause set about alleviating the sufferings of those who were far less fortunate than herself.

It was while engaged in this work that she met Robert Hunter, a young man who had been brought from the west to take charge of a large university settlement work in the East Side.

He had nothing more to offer her than a clean heart a clear head, and a strong character that was all aflame with enthusiasm for the betterment of the lower strata of humanity, but Miss Stokes had not been impressed by the average young men in her social set. So the two were married.

Not long afterward their friends were astounded to learn that the Hunters had abandoned their palatial dwelling on Fifth avenue, and had gone down into the lower West Side of New York—a section that had been crying out for help for years—to make their home there.

While Rose Pastor was struggling with the adversities of her life, she was steadily improving her mind. In time, she secured other employment, and gradually drifted into newspaper and magazine work. As the field broadened, her sympathies for the unfortunate deepened, and she devoted much time to work among them.

It was while engaged in the duties of a settlement worker that she met J. G. Phelps Stokes, and last summer they were married.

But accession to riches seemed to Mrs. Stokes only an opening of the gateway to greater achievement of helpfulness than she had ever dreamed possible.

Few persons are devoting themselves with greater zeal to any cause than this young couple. The face of Mrs. Stokes is still familiar in the districts where she once fought the gaunt wolf of hunger. She is continually planning and doing, to help, to uplift, to cheer.

The beautiful Countess of Warwick is devoting her talent and means to improve the condition of the laboring people of England.

For a number of years Lady Warwick has had the reputation of helping people to help themselves. Upon her Essex estate she has established a school where poor girls are taught needlework. A scientific and technical schools for boys and girls has been founded by her at Reading.

There, too, she maintains a school where daughters of professional men are taught horticulture, bee and poultry keeping, house-keeping, laundry work and dressmaking. At Warwick she maintains a home for crippled children, to which unfortunates are admitted free for an unlimited length of time.

Miss Helen Gould devotes her large fortune to countless good works. During the United States war with Spain her efforts to alleviate the suffering of the soldiers attracted world-wide attention, although notoriety is a thing she least desires.

Especially interested in the welfare of working girls, she has done a vast amount of helpful work for them. She provides for and educates scores of children.

Near her home on the Hudson is an institution for little crippled boys, who receive the best of care and are taught by the best of instructors. Recently she began building another big home for boys and girls.

From her immense hothouses tons of flowers are sent to brighten the dwellings of the poor in winter. Her charities are almost limitless, and they occupy a great deal of her time.

Miss Gould's contributions to Young Men's Christian Association work are said to have reached over $750,000 in the last seven years. She has donated twenty-eight libraries to railroad associations, and has contributed liberally to the erection of eighteen buildings along the Gould lines.

FASHION'S FORM.

Rich Evening Gown of Cream Net.

A very graceful evening frock is shown in the drawing, the design being so arranged that a thin lace yoke could be adjusted on occasions where high neck is in order. The model frock was of a deep cream color net trimmed with net lace insertion and flouncing, and bias bands or folds of corn-color satin. The gown was made over white taffeta silk, with an interlining of cream-white mousseline. The bodice of the gown was joined to the skirt in princesse effect by a girdle made of insertion. A suggestion of empire lines was given by the folds of satin, which terminated at the top of the high girdle, back and front. Satin folds headed the festoons of lace about the lower part of the skirt, and a three-inch band was used as a hem for the net foundation.

Sir Percy Girouard.

London Daily Mail.

The responsible post of high commissioner and commander-in-chief of the protectorate of Northern Nigeria, which was recently resigned by Sir Frederick Lugard, has been temporarily given to Lieut.-Col. Sir Percy Girouard, R.E.

Sir Percy, who is a French-Canadian, has reached this post before the age of forty. While only twenty-five he attracted Lord Kitchener's attention as an engineer in Egypt, and was made chief constructor of the Soudan railway, which he completed within the time specified for £200,000 less than the estimate. Without this railway the Soudan could not have been reconquered.

On the outbreak of the South African war Col. Girouard was immediately called to the Cape, and was the only person admitted into Lord Robert's and Lord Kitchener's plans for the secret move on the Modder river. It was he who made possible the surprise of Cronje, and, according to the official history of the war, it was only his organization of the railways that ultimately brought the war to its conclusion.

They Rely On Wade's Ointment.

Wade's Ointment is depended upon in hundreds of homes for the cure of all injuries to the skin as well as the various skin diseases. There is not a family that would not find this ointment invaluable. Cures eczema, salt rheum, scaly or itching eruptions of the skin, pimples, blotches, dandruff, etc. In big boxes, 25c. at Wade's Drug store.

Tea-Drinking Festival.

The great annual tea-drinking festival in connection with the churches and chapels of Blackburn, England, was celebrated recently, the number of participants being estimated at twelve thousand.

Peary has got within 201 miles of the pole. That is 35 miles further north than Abruzzi, and 59 miles further north than Nansen.

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BAKER'S CHOCOLATE & COCOA

have stood the tests of time and service for over 125 years

Be sure that you get the genuine with the trade-mark on the package.

Directions for preparing more than one hundred dainty dishes in our Choice Recipe Book, sent free on request.

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Branch House, 86 St. Peter St., Montreal, Can.

The skin rids the system of more urea than the kidneys?

Nearly one fifth of the waste products of the body is eliminated by the skin. Suppose there is some unsuspected, unseen skin trouble—the pores are closed—the skin is unable to rid the system of its share of the waste.

Then the blood carries this waste product to the kidneys—immediately they are overworked—they strain to throw off the extra load. What the kidneys can't possibly eliminate, the blood takes up again and deposits on the nerves.

Then come the dull aches in back, hips and head—the nerves unstrung and irritated—the urine charged with impurities and highly colored—and you fear you have "Kidney Trouble."

Nonsense. Your kidneys are overworked—not diseased. What you need is "FRUIT-A-TIVES" to act on the skin.

Fruit-a-tives

(or Fruit Liver Tablets)

open the clogged pores—start up healthy skin action—and let the skin perform its natural function. This instantly relieves the kidneys of overwork—the back-aches stop and the complexion is beautified. There is no excessive waste matter in the blood to bring dull headaches—the urine is cleared—the bowels are opened and regulated—and the kidneys strengthened.

"FRUIT-A-TIVES" act directly on the three great eliminating organs—Skin, Kidneys and Bowels—make them well and keep them well. That is why "FRUIT-A-TIVES" cure so many cases of apparent kidney disease that are really skin troubles.

"FRUIT-A-TIVES" are fruit juices—in which the natural medicinal action of fruit is many times increased by the secret process of making them. Valuable tonics and antiseptics are added and the whole made into tablets—the finest formula known to medicine.

Buy them—try them—and cure yourself at home. 50c. a box—6 boxes for $2.50. At all druggists or sent on receipt of price. 108

FRUIT-A-TIVES Limited, OTTAWA.

CHURCH NEWS.

What is Heard From the Denominations.

Rev. W. J. Clark, London, Ont., has accepted the call of St. Andrew's Presbyterian church, Westmount.

The congregation of Simcoe Street Methodist church, Hamilton, has extended a call to Rev. Mr. Christie, Port Elgin.

The congregation of Barton Street Baptist church, Hamilton, extended a call to Rev. W. J. Brown, pastor of Shenstone Memorial church, Brantford.

Rev. W. H. A. French, of Uxbridge, has been appointed rector of St. James' church, Fenelon Falls, and St. Peter's, Verulam. He will assume his duties in the parish on April 7th.

Dr. P. S. Henson, the well-known Baptist preacher, proves that no one needs to reach the dead line unless he wills, for he has just passed his seventy-fifth birthday, and is in more demand than ever.

Provost Macklem, of Toronto, will be the special preacher in the parish of Camden East on Good Friday: At St. Luke's, 10 a.m.; Yarker, 1 p.m., two hours' devotion; Newburgh, 7.30 p.m.

Steps have been taken to erect a new Methodist church on the Gibson Indian reserve, near Bala, Muskoka. These were the Indians that came out from Oka under conditions of severe persecution twenty-five years ago, since which time they have been under the patronage of the Methodist church.

The report of the royal commission to inquire into the way prayer-book regulations of the Anglican church are observed in public worship shows that "traitorous ritualism," as a London daily calls it, is rampant. Some think that disestablishment may come as a result of the report.

The natives of the Cannibal Islands, in Melanesia, are now engaging in philanthropic work for the other islands. The people of Savo Island asked that teachers be sent them, and in response to the call four from Florida Island, formerly one of the most savage settlements, volunteered.

The highest Y.M.C.A. in the world is at Smuggler, Col., at the Tomboy, and Smuggler mines, in the Rocky Mountains, 13,000 feet high. The men work day and night in eight-hour shifts. There is no church nor Sunday here. The association has put in bowling alleys, billiard tables and talking machines, which are diverting the patronage from the saloons. The reading-room table used to do business in a faro game.

India's Prosperity.

Yorkshire Post.

Trade returns from India for the past year show that the country is enjoying extraordinary commercial prosperity at the moment, large increase in both imports and exports being reported for nearly every class of goods. The cotton industry was never in so flourishing a condition as it is to-day. A particularly satisfactory feature of these returns is the large growth in the imports of machinery from Great Britain, since this indicates clearly that more and more factories are being opened. This cannot fail to react favorably on the general condition of the Dependency. Much of the growth of the import trade of India is to be traced to the fact that new trade routes to Afghanistan, Thibet, and other parts of the interior are gradually being opened up and a demand is being created in the new markets there for British-made goods.

The Call Of The Farm.

Cleveland Leader.

Oh I know the grass is budding and I want to watch it bud,
To see the polecats dam the streams with dams of sticks and mud;
To watch the grapenuts ripen, and to hive the huskin-bee—
For it's Spring and the old farm I know so well is calling me.

Maple Leaf Rubbers

"Save money on the family bill for rubbers by buying 'Maple Leaf Rubbers.'"
—Wireless from "the old woman who lived in a shoe."

Made of the toughest Para gum, and reinforced at points which receive the hardest usage.

"Maple Leaf" Rubbers outwear all others.

Don't have to buy a new pair so often.

F. G. LOCKETT, AGENT.

Leading All Competitors

KING EDWARD VII. SCOTCH.

Greenless Brothers Distillers, Argyleshire.

Dr. KOHR'S RESTORINE

The Remedy of the New Century,—the most wonderful Medicine ever discovered. It is astounding the medical world. 10,000 cases cured in one month in Paris. The National Medical Board has recommended this Remedy for use in the Insane Asylums where, as is well known, a majority of the male inmates are victims of lost Vitality in its most terrible form. In Europe the remedy is endorsed by all governments and is now used as a Specific in the great standing armies of both France and Germany. Stops losses in from seven to ten days so that they never return. Drains entirely cease after a few day's treatment. The skin becomes clean, the eyes bright. Confidence returns, step elastic, bowels regular. Rea-laches disappear. No more weak memory, the mind becomes bright and active. A Food for brain and blood. A permanent cure no matter how chronic the case. Just send us to-day your name and address plainly written and a 5 days treatment of Restorine will be sent FREE in plain sealed package. Do not hesitate a moment. We will treat you with success and with honest confidence.

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Get the biscuits that
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Men's rubbers 85c,
Women's rubbers,
Boy's rubbers, sizes
Boy's rubbers, sizes
Girl's rubbers, sizes
Children's rubbers,
Little Boy's rubbe
50c.

Aberne

PLAIN AND GOOD.

Here's a Straight Talk to You Men.

Lethbridge Herald.

Young man, did you ever think it is not manly or noble to m yourself appear tough? If you tough people will find it out soon ough without your trying to make so prominent. A gentleman is alw respected by a gentleman, while tough is respected by toughs.

Do you know that boys are m more particular who they go than girls are? You may think th strange statement, but it is so. A will go on the street with a boy gets drunk, but if a boy finds out the girl get drunk he won't go w her. We wish our girls would be particular about whom they go as the boys are.

If young boys and girls could understand how happy it makes th parents when they are doing well conducting themselves like ladies gentleman, it seems to us they wo make a greater effort than they do avoid evil deeds and acts. A gree part of the pleasures of this life parents, is found in the success welfare of their children going out their home. And much of the mis

Heart, Throat,

DR. AGNEW'S FOUR COMPLETELY THE WO PARTS—DREADFUL H IN THIRTY MINUTES.

Heart disease will affect people differen alarm. Dr. Agnew's Cure for the Hear upon in times of trouble. It will give re Mr. Thomas Petry, of Aylmer, Que., wa years, the pain, at times, being so sever other remedy failed until he tried D immediate relief, and his words are th remedy and am entirely free from every

A cold in the head need not be trifled wi and catarrh is not to be trifled with. clergymen, members of parliament, and testimony, drives away a cold in the hea shape of aggravated catarrh, producin permanent cure.

It is not always safe to take pills for liver troubles that are serious. Dr. Agnew removing all liver trouble, give no diffi are pleasant to take and cost only 10 cent

The faculty that Dr. Agnew has display in his Ointment, as in the other three re speedy and permanent relief in all skin piles. 35 cents.

"SOLD B