Synopsis of Canadian Northwest

HOMESTEAD REGULATIONS.

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

Application for homestead entry must be made in person by the applicant at a Dominion Lands Agency or Sub-agency. Entry by proxy may, however, be made at an Agency on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.

An application for cancellation must be made in person. The applicant must be eligible for homestead entry.

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

(2) A homesteader may, if he so desires, perform the required residence duties by living on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of his homestead. Joint ownership in land will not meet this requirement.

(3) If the father (or mother, if the father is deceased) of a homesteader has permanent residence on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of the homestead, or upon a homestead entered for by him in the vicinity, such homesteader may perform his own residence duties by living with the father (or mother).

(4) The term "vicinity" in the two preceding paragraphs is defined as meaning not more than nine miles in a direct line.

SYNOPSIS OF CANADIAN NORTH-WEST MINING REGULATIONS.

COAL.—Coal mining rights may be leased for twenty-one years at an annual rental of $1.00 an acre. Not more than 2,560 acres can be leased to one applicant. Royalty, five cents per ton.

QUARTZ.—A person eighteen years of age and over having made a discovery may locate a claim 1,500 feet by 1,500 feet. Fee, $5.00. At least $100.00 must be expended on the claim each year, or paid to the Mining Recorder. When $500.00 have been expended or paid and other requirements complied with the claim may be purchased at $1.00 an acre.

PLACER MINING CLAIMS generally, 100 feet square. Entry fee, $5.00.

DREDGING.—Two leases of five miles each of a river may be issued to one applicant for a term of 20 years. Rental, $10.00 a mile per annum. Royalty, 2½ per cent after the output 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.

FIRE ESCAPES!

All lengths, all sizes and to suit all conditions. Built to order and erected in place on short notice.

Estimates Furnished on Request.

Selby & Youlden, Ltd.
Kingston Foundry.

CABS!

The Old Stand and the Old Number
490
OFFICE NO. 1.
All orders promptly attended to, night or day.

The undersigned are the drivers using the above 'phone at the old place,

R. Boyd,	J. McQuaid,
C. Diamond,	P. Lawless,
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J. Coyle,	Wm. Boyd,
J. Sinott,	J. Nolan,
G. Boyd,	T. James,
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If you wish to be successful attend The
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Limited, head of Queen street,
CANADA'S HIGHEST GRADE
business school, Bookkeeping, shorthand, typewriting, telegraphy, and all commercial subjects thoroughly taught by competent experienced teachers. Day and night classes. Enter at any time. Rates very moderate. 'Phone, 440.
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Granite and Marble Works
First-Class Work Guaranteed. Satisfaction Assured. Lettering in Cemeteries Neatly and Promptly Executed.
372 Princess St
Opposite Y. M. C. A.

ONCE MORE WELL

"FRUIT-A-TIVES" ALONE CURED HIM

Clarence J. Placey is a farmer of Ulverton, Que., known as a man of integrity and good judgment. He writes in no uncertain terms of the great benefit he derived from taking "Fruit-a-tives" for a long standing kidney trouble.

Ulverton, Que.

I suffered for many years with kidney trouble, with bad pain in the back and all symptoms of disease of the kidneys. I took every known kidney remedy and kidney pill but nothing gave me relief and I was getting discouraged. I was advised to try "Fruit-a-tives" and I did so—and this medicine cured me when every other remedy failed. I used altogether fifteen boxes of "Fruit-a-tives" and from the outset they give me relief and I am now practically well again, no pain in the back, no distress, and all the symptoms of severe kidney disease have entirely left me. I am very thankful to be once more well and I freely make this statement for the sake of others who may suffer as I suffered and to them I say "Try "Fruit-a-tives."

151 (Sgd) CLARENCE J. PLACEY.

"Fruit-a-tives" — or "Fruit-Liver Tablets" are sold by dealers at 50c a box—6 for $2.50—or will be sent on receipt of price. Fruit-a-tives Limited, Ottawa.

PURE FOOD INSURES GOOD HEALTH
MAGIC BAKING POWDER INSURES PURE FOOD.
E. W. GILLETT COMPANY LIMITED
TORONTO, ONT.

ABSOLUTE SECURITY.
Genuine
Carter's Little Liver Pills.
Must Bear Signature of
Brent Good
See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.
CARTER'S LITTLE LIVER PILLS.
FOR HEADACHE.
FOR DIZZINESS.
FOR BILIOUSNESS.
FOR TORPID LIVER.
FOR CONSTIPATION.
FOR SALLOW SKIN.
FOR THE COMPLEXION
GENUINE MUST HAVE SIGNATURE.
Price 25 Cents. Purely Vegetable. Brent Good
CURE SICK HEADACHE.

Every Woman
is interested and should know about the wonderful
MARVEL Whirling Spray
The new Vaginal Syringe. Best—Most convenient. It cleanses instantly.
Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—sealed. It gives full particulars and directions invaluable to ladies.
WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

MONEY IN CANARIES
More profitable than poultry. Experience unnecessary. We give advice free. Our new 20c book, "Money in Canaries," tells all about it. With book, we send free, if you mention this paper, a 10c packet BIRD BREAD. Also, "How to Rid Birds of Lice," and "Bird Magazine." Send 2c. in-day stamps or coin. Refunded if you buy birds from us. Birds shipped anywhere any time. Write us before buying. Address:
COTTAM BIRD SEED
32 Bathurst St., London, Ont.

THE BARKER MOTOR
has from the first shown itself to be of superior design. Mechanical bliss of proven worth, combined with the best materials and careful attention to details make it
THE LEADER OF ITS CLASS.
C. L. BARKER, NORWALK, CONN.

There are many ups and downs in this dizzy old world. Some people are blown up by bombs and some others are run down by automobiles.

Nail brushes, new styles and shapes in real ebony at Gibson's Red Cross Drug Store.

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.

Won A Red Ticket.

Westport, May 11.—George W. Castle of this place, has been recently appointed a justice of the peace for Ontario. Capt. Thomas Lynch is one of the officers on the steamer Rideau King this season. Mrs. J. Williamson has returned from Lindsay. Mr. and Mrs. B. Mendels and H. A. Mendels, Montreal, arrived here to spend the summer. W. C. Fredenburgh attended the annual horse show held in Perth on Tuesday and brought home a blue and red ticket, which he won with his fast pair of roadsters.

Leaving Flower.

Flower, May 11.—Wilfrid Jackson has rented A. M. Deachman's house at Flower and moved his family here. Mr. Deachman leaves in a few days to join his family at Latchford. Their many friends are sorry to see them leave and wish them success in their new home. M. M. Appleby will act as secretary-treasurer for school section No. 4, in Mr. Deachman's place. Ross Lyon and Lyon Appleby have gone to Perth, where they will attend school. Harvey McGonegal has returned from McLachlin's drive. Robert McGonegal is home from Gillies Brow, drive. E. Farr, of Mississippi visited friends at Flower on Sunday.

Gave A Good Sermon.

St. George's Lake, May 12.—Our cheese factory has opened for the season with Mr. Bretnell, our former cheesemaker in charge. Rev. Mr. Tredinnick preached to a large congregation on Sunday in the Methodist church. Mr. and Mrs. J. Parr have moved to the farm near Sharbot Lake. A. McGinnis has purchased the Stone property and intends moving thereon. J. Wilson's infant child is still very low, and but little hopes are entertained for its recovery. A little boy has come to reside at B. Quamadore's. Visitors: Mrs. A. Murdoch, C. Clowbridge, Tichborne, at A. McGinnis'; T. Middleton, Crow Lake, at G. McKivor's; Mrs. J. Hollowood, Amherst Island, at B. Quamadore's; Miss Norah Miller, Oconto, was the guest of Miss F. McKivor on Sunday last.

Gift To Desert Lake Pastor.

Desert Lake, May 9.—A social gathering of the young people of this vicinity was held at the residence of E. D. Snook on Monday evening. The proceeds were handed to the Rev. Mr. Churchill, making a neat little purse, as a token of the esteem in which he is held by young folks. Miss Churchill was also among the number. The farmers are kept from seeding on account of so much wet weather. The feldspar mines are running full force. Other mines in the locality are expected to open soon. The general opinion here is that Dr. Spankie will take the seat for Frontenac in the next legislature. Mrs. J. Murphy is recovering, also Mrs. O. Snook is better. James Wilson expects to start his saw-mill soon.

Junetown Jottings.

Junetown, May 11.—Mrs. Z. Purvis spent Thursday last in Brockville. W. Purvis is erecting a new house, to be occupied by his hired man. Frank Fortune made a business trip to Brockville on Saturday last. Owing to the heavy rains of last week seeding has been delayed. Several from here intend going west on the excursion, May 26th. Miss Maud Avery, Caintown, spent Saturday and Sunday at her home here. Mrs. Jacob Herbison spent Sunday with her daughter, Mrs. F. Chick. Mrs. William Taylor and children, Mallorytown, are this week visiting friends here before leaving for Medicine Hat, Alta. Mrs. John Tye and children, Winnipeg, Man., spent last week the guest of her sister, Mrs. J. C. Turner.

Bell Rock Reports.

Bell Rock, May 12.—There is a good prospect for an abundant crop of hay this year, if the old adage proves true, "A rainy May makes good hay." Several farmers in this district are shipping hogs at Enterprise, this week. The president of the mining company was in the village last week and made arrangements to start work in the spar mine here next Monday. Mrs. James Yorke is visiting friends in Belleville. Mrs. John Timmons is convalescent after a severe attack of bronchitis and heart trouble. D. Pomeroy is removing a barn from the Allen property, which he purchased recently. John Green is moving into the village this week. J. Pomeroy visited his father at Wesley on Sunday last. Mrs. W. Brooks is seriously ill. Visitors: P. Timmons, Moscow, at John Timmons'; Rev. G. Churchill and sister, Miss M. Churchill, at D. L. Amey's.

Crow Lake Items.

Crow Lake, May 11.—S. Jones conducted the prayer-meeting Sunday evening. R. Reynolds is off work in the mines, on account of being sick. George Bradshaw made a quick trip to Kingston on Saturday to secure some fixings for the boiler in the factory. The people are anxious to have it start. Mrs. William Gamble has returned to her farm here. Visitors: Mr. and Mrs. William Hicks, at O. Knapp's; Mrs. W. B. Tharrett, Mrs. R. Reynolds, Mrs. J. W. Knapp and Miss Alma Knapp, at Mrs. William Gamble's; Mr. and Mrs. James Mahon, at John Hicks; Miss R. Gendron, at Mrs. S. Jones'; William Reynolds, at the mines. The new flag for the school adds greatly to the place. On Arbor Day the grounds were nicely cleaned up; much credit to the teacher.

Arbor Day Observed.

Tichborne, May 13.—Arbor day was suitably observed by the teachers and pupils of Maple Leaf school. T. Duffy's mill has closed for the summer. A number of the young men have gone to Wilbur mines. Rev. T. Robinson preached to a large congregation in the Presbyterian church on Sunday. Miss T. Bradshaw has resigned her position as organist and Miss B. Harris is appointed to fill the vacancy. Visitors: Mrs. T. Duffy, L. Goodfellow, at F. Davis'; Mrs. T. Hempton, at T. McDermott's; A. McDonald, Mrs. A. Howes and W. Howes, at P. Ritchie's; Miss S. Cameron at her brother's, L. A. Cameron; Misses Irene and Gertie McKeever, W. McKeever and Ethel Allison, at T. Allison's; M. Thompson, Burridge, at D. T. Bridgen's; E. Swerbrick, at T. Harris'; Mr. and Mrs. W. Hanna, at T. Hanna's.

Want Toll Gates Removed.

Glenvale, May 12.—Owing to the continued wet weather very little grain has as yet been sown. A petition is being circulated among the farmers asking the county council to take action regarding the removal of the toll gates off the Portland road. Miss Ella Hamilton returned from the Kingston General Hospital on Friday where she has been under medical attendance for several weeks. There is an improvement in her health. Mrs. Hosea Campsall is on the sick list. A number from this vicinity attended the Smith-Ruttan wedding at Elginburg, last Wednesday. George Hamilton sold a valuable colt. Visitors: Mr. and Mrs. H. Watts, Kingston, at S. J. Watts'; Miss Yeomans and H. Caton, Odessa, at H. McCracken's; Miss Jessie Ball and Miss Hattie Watts, Kingston, at Edwin Clark's; John Hawkey, Watertown, at his father's.

Innisville Notes.

Innisville, May 11.—Service was held here on Sunday. Two weeks from then Rev. Mr. Weagant will preach a missionary sermon in Holy Trinity church here. Mr. and Mrs. Thomas Cook, of the Lake Shore, have come to reside in our village. Mrs. Flannery has moved to another house, across the river. Mr. and Mrs. Knowles, Lanark, called on friends in the village on Monday. Mr. and Mrs. D. Donaldson and family have moved to their new home about three miles from the village. E. Giles paid a flying visit to our village on Friday evening. Miss Bella Craig paid a short visit to her old friends here last week. The fish are again at their best. People from far and near are here catching them, Monday being so warm they were taken away by the bagful. Miss V. Warren spent Saturday and Sunday with her parents. Mrs. B. Crampton's niece, Mrs. Dobbins, and her brother, of Alexandria Bay, are visiting here. J. Baird, Hopetown, paid a short visit to our village on Sunday.

Hinchinbrooke Happenings.

Hinchinbrooke, May 11.—The recent rains have made the roads very bad and put the farmers back considerably with their crops. The cheese factory has reopened, with a very good supply of milk, under the management of Arthur Harten. Thomas J. Kennedy has purchased a valuable horse from Ezra Thompson, Fish Creek. J. E. Campbell has disposed of a very valuable horse to Walter Hastings. We are pleased to see Thomas Coulter around again, after being confined to his house for several months with a broken ankle. Peter Bectour has moved into Silas Martin's house, lately vacated by Mrs. William Kennedy. Herbert Killins has left this vicinity for the west, where he intends railroading; also Thomas Shillington has gone to Cleveland, Ohio, where he is engaged in bridge building. James McMahon met with an accident while driving along the roads, but, fortunately, no damage was done, other than a slight breaking of his buggy pole. Chester Kennedy has purchased a fine colt from John Lee. Walter Brown is engaged framing Thomas Peter's barn. John J. Coulter has purchased some fine timber limits around here. Quite an number attended the anniversary sermon at Parham. A flag has been erected in our school yard.

A Promising Field.

Albert H. Gourlay, son of the senior partner of the firm of Gourlay, Winter & Leeming, Toronto, has arrived in the city, to take over the management of what was formerly the McMillan Piano company's factory. The business will be carried on as a branch of the Toronto firm, under the name that has made it so prominent in the musical world. Over twenty employees are now at work in the local factory, and already thirteen pianos have been shipped. Seven or eight more will be ready to go out in the course of a week. It will thus be seen that this enterprising Toronto firm has lost no time in getting down to business. They look upon the Kingston field as a most promising one, and the industry is almost certain to develop into splendid proportions.

Indian Consumptive Hospital.

Brantford, May 13.—At a special meeting of the Six Nation Indians council it was decided to erect a hospital for consumptives on the Reserve at a cost of $5,000, to be shared equally by the government and the council. Two large tents, costing $150 each, will be established for immediate wants.

"Crushed pineapple," crushed strawberry and Canadian cherries dispensed at the Red Cross Drug Store fountain.

Stephen S. Wyryda, a Pole, was arrested, charged with the murder of Heksab Loutick, in a bush, near Erindale.

Richard Cubbin, Toronto, was crushed by a pile of lumber on a Grand Trunk car, and died in the hospital.

Black Watch Remarkable for richness and pleasing flavor. The big black plug chewing tobacco.
2267

WILL SEEK FOSSILS

NATURALISTS INTERESTED IN VOYAGE OF BRIG.

Sailors Returning From Far Away Land Have Told of Strange Finds in Frozen Earth.

New Bedford, Mass., May 13.—The only vessel in the world which makes regular trips to far away Desolation Island, or Kergulen Island, as it is put down on the charts in the Antarctic ocean, the brig Daisy, Captain Benjamin D. Cleveland, will have a more important mission than the mere gathering of sea elephant oil, her usual cargo, when she starts on her cruise early this week.

The persistency of naturalists and scientific men has at last won, and after years of importuning Captain Cleveland has promised to lend his endeavors to the work of revealing to the world the bird, fish, animal and vegetable life of the heretofore unfamiliar Antarctic region.

Captain Cleveland has been commissioned by the heads of several noted museums to collect such botanical, mineral and zoological specimens as he can and to bring back as many specimens as possible to the various museums. The Daisy has been stored with preservatives for the various kinds of life.

While Captain Cleveland's time has been for the most part taken up with the slaughter of sea elephants for their oil, which brings almost as good a price as whale's oil, he has still found opportunity from time to time to bring home unfamiliar specimens of life from the Southern Islands, which have aroused the curiosity of scientists.

Some large sized eggs of the birds of that region have been among his collections. He has brought back wings of strange birds, measuring seven feet from tip to tip, and a skeleton of a sea-elephant. His descriptions also disclose that the extreme Southern seas teem with fish life unknown or at least unfamiliar to Northern naturalists.

The island, which it is believed was once covered with great forests, is now buried under lava, and underneath this strata the men of the Daisy have at various times unearthed huge skeletons of strange animals. The curators of the Northern museums are curious to learn if something new to modern research will not be revealed if Captain Cleveland can bring home some of these fossils, at least in part.

LIVE POLITICAL ISSUE.

Way a Liquor Man Was Treated in Chatham.

Chatham, Ont., May 13.—A new chapter in the liquor question is recorded, here, to-day, by the sale of F. D. Sheldon's liquor business to Ald. James H. Massey. Mr. Sheldon was forced out of the retail liquor business, in 1905, but managed to secure a wholesale license since which time he has been agent for Windsor and Walkerville liquor manufacturers. This year, however, he was refused a wholesale license by the government, it being declared that no wholesale licenses were to be issued in Chatham. Mr. Sheldon has always been a staunch liberal worker. Ald. Massey is an out-and-out conservative and says he can get a license. The Sheldon liquor affair has developed into a live political issue in Kent.

Deceived The Classes.

Brantford Expositor.

The platform adopted by the conservatives at the provincial convention of 1905 contained two promises for labor—one to label convict-made goods as such, and the other to provide a measure to promote better relations between capital and labor. The latter promise was ignored, and instead of the other having been kept as soon as the party got into power it made a Central prison contract in which it was provided that cordage and binder twine made by convicts should not be so labelled. There is not much to be proud of in such a record.

It Hits Back.

Calgary Daily News.

The gerrymander or redistribution—or whatever you like to call it—will not help the Whitney government as much as would appear on the face of it. These things usually have boomerang results in certain quarters.

The Platform.

Regina Leader.

The opposition platform appears to be a purely negative one, as shown by the following typical planks:

Crops without seed.
Education without text-books.
Bridges without rivets.

The receiver for the Third avenue railroad, New York, reported that of $36,507,444 paid in only about $20,000,000 had been spent and that it would be useless to try to recover the balance.

Eleven persons were injured in a collision between two trains on the Third avenue elevated road, New York.

President Roosevelt, responding to a delegation of the National Prosperity Association of St. Louis, declared his willingness to aid the movement in every possible way.

Solon Palmer's violet perfume and satchet powder made in New York, are sold at Gibson's Red Cross Drug Store.

Negotiations were reported under way for a merger of the Chesapeake and Ohio with the Cincinnati, Hamilton and Dayton railroad.

Maple Walnut Sundae," is a specialty at Gibson's Red Cross Drug Store fountain. Try it when you are in the store.

If the innocent bystander had been attending to his own business it probably wouldn't have happened.

Japan's opposition party intends to make the financial situation the main question of the coming elections.

Crushed walnuts with maple syrup is very tasty at Gibson's Red Cross Drug Store fountain.

Lewis Nixon predicts a big increase in British naval expenditure.

How Harsh Physic Wrecks the Bowels

Irritate the skin in any spot frequently and that spot will grow calloused.
That is Nature's means of protection.
So with the bowels. When you irritate the lining with salts or "pills," the lining grows hard.
That so retards the natural bowel action that you come to need physic constantly.
And you need a constantly larger dose because of the callousted bowels.
You have the "physic habit."
Cascarets bring the same results gently and naturally—without irritation.
They restore the natural bowel functions, so you don't need them long. And the dose never needs increasing.
Their effect is the same as the effect of laxative foods—or of exercise.

They act exactly the same as right living would do.
If the bowels are already calloused, you may need two tablets a day for a time.
But, after that, take one at a time—when you need it.

Cascarets are candy tablets. They are sold by all druggists, but never in bulk. Be sure to get the genuine, with CCC on every tablet. The box is marked like this:
Cascarets
THEY WORK WHILE YOU SLEEP
The vest-pocket box is 10 cents. The month-treatment box 50 cents. 12,000,000 boxes sold annually. 813

BUCKLE SHOES ARE NEWEST

We have a complete stock of Women's Tan Buckle Oxfords, made on newest lasts 3.50
The "Saddle Ring" is also new. We have them in Tan and Patent Oxfords..... 3.50
Buckle Shoes in Gun Metal and Patent..... 4.00
Many other grades of Colored Shoes, ranging from..... 1.75, 2.00 to 3.50

You are invited to inspect our line at any time.

Abernethy's
DEPENDABLE SHOES

L. C. SMITH LEADS LIST

Big Dividends In Service.

Public opinion is the L. C. Smith Typewriters lead over all other writing machines.

The rapid rise of the L. C. Smith in popular favor is shown by the tremendous volume of sales and the ever-increasing demand.

Investors in L. C. Smith Typewriters all over the world are receiving enormous dividends.

These dividends are paid in the form of splendid service, which is just as good as the GOLD.

"Buy L. C. Smith's! Buy L. C. Smith's!" That's the cry of men who are posted on the "inside" facts of the typewriter situation.

There's absolutely no speculation in buying L. C. Smith Typewriters. The L. C. Smith is worth over one hundred cents on the dollar—never "passes" a dividend, never suffers a "slump," and always leads the list.

Shrewd, far-sighted men—the Bulls and Bears of Business—are equipping their offices with L. C. Smith Typewriters EXCLUSIVELY—Because the

L. C. SMITH TYPEWRITER (The Standard Visible Writer)

has an efficiency of 100 per cent. every day in the week and from one year's end to the other. It's as simple as A B C, and complete from A to Z.

It meets the need for rapid work with speed to spare.

It fits into any business groove as though it were built to order.

The L. C. Smith Typewriter original in design, perfect in construction brilliant in performance.

It has overturned all typewriter traditions and precedents—broken all records in the typewriter world—set up a new standard of results.

Have our demonstrator call and show you the machine, we bear all expense.

Keep your eye on the L. C. Smith!

J. E. FERGUSON CO., Eastern Dealers, 205 Queen Street, Ottawa.
—LOCAL AGENTS—
NEWMAN & SPRIGGS ELECTRIC CO., 79 Princess St., Kingston.

A full stock of Typewriter Supplies for all makes of machines always on hand. Second-hand Typewriters.

FREE HELP FOR MEN

The only remedy known to science which will positively cure lost manhood is "RESTORINE," the marvellous German Remedy discovered by Dr. Jules Kolff. It is controlled in this country by the Dr. Kohr Medicine Company, a concern which has the highest standing in the medical world. This treatment has cured thousands of men, young and old, when the best known remedies have failed. If you are suffering from diseases of the generative organs such as lost manhood, exhausting drains, nervous debility, the results of abuse, this remedy can and will cure you to stay cured. The headache, pimples, varicocele, pain in the back and failing memory, disappear completely in the worst cases in from one to two week's treatment. We make the honest offer of a cure or return your money. Thousands of testimonials. Correspondence treated strictly confidential. FIVE day's treatment sent free with a book of rules for health, diet and advice. Our greatest successes have been those who have failed with other treatments. This remedy is regularly used in the French and German armies, and the soldiers in these countries are models of strength and vitality. Write for sample free, securely sealed in plain wrapper.

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COWAN'S PERFECTION COCOA
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