

# How to buy an EDISON Phonograph

Do not buy an Edison Phonograph until you are convinced that you want one.

Hear it at the dealer's first. Hear it play a number of pieces. Hear it play the kind of music that you like—music that you have heard people sing and play—so that you can know how well it does it. Hear it play Amberol as well as Standard Records. You will decide that the Edison Phonograph is the best.

Then remember that it takes only a small amount of money to buy it. You can get a perfect Edison Phonograph at your own price, whether it is \$16.50 or any price up to \$162.50—one that will last a life-time, that will give pleasure every day, that will help you to educate your family, that will entertain your friends, and that will while away many hours that might otherwise be misspent.

Standard Records 40c  
Amberol Records (twice as long) 65c  
Grand Opera Records 85c

There are Edison dealers everywhere. Go to the nearest and hear the Edison Phonograph play both Edison Standard and Amberol Records. Get complete catalogs from your dealer or from us.

NATIONAL PHONOGRAPH COMPANY  
100 Lakeside Ave., Orange, N. J., U. S. A.

## Here's a Flour, Madam, That's Labor Saving

The question is:

"How can I dodge the command to 'earn my bread at the sweat of my brow'?"

How to make perfect bread without tiring yourself out in the "dough punching", eliminating hard labor.

Yes, Mistress Housewife, you guessed right—

By using that FIVE ROSES flour.

Not only because of its fine granulation, which, of course, makes your dough go together so quickly and easily, becoming lively and elastic.

But also on account of its uniform granulation, making your sponge rise evenly and smoothly, uniform and responsive.

Other reasons galore. Madam, continue to make FIVE ROSES the easiest worked and most versatile flour to use.

Requiring the least kneading in your bowl or mixer. In fact, you should never "overwork" your dough.

That's where FIVE ROSES scores heaviest. Being a fourfold saver—of time, work, worry, money. Making child's play of bakeday.

And then the joy of creating

such bread, Mistress Housewife. Which is the pride of the best cooks.

For FIVE ROSES while saving muscle in the sponge builds muscle in the loaf.

And the family keeps on eating—always ready for another slice.

Filling up on FIVE ROSES bread-stuffs, leaving the expensive stuff alone.

And the family well balasted with the brain-building, brown-building, bone-building elements in FIVE ROSES is bound to call on an even keel.

Save yourself worry, Madam, and work and waste. Learn 'the tricks of the trade'—feel the wonderful, smooth, soft texture, the consistency of a FIVE ROSES dough.

And use FIVE ROSES SOON.

LANE OF THE WOODS MILLING CO., LTD., MONTREAL.

All who use

# OXO

before going to bed say how nourishing and refreshing it is and how soundly they sleep after it, getting up in the morning fresh and vigorous, ready for a good day's work.

Try OXO CUBES—new and most convenient.

# SHREDDED

Good "cold day" news from the sunlight bakery

A delicious warm breakfast, prepared in a jiffy. Strengthens the whole system. Simply heat biscuit in oven, pour hot milk over it and salt to taste.

# WHEAT

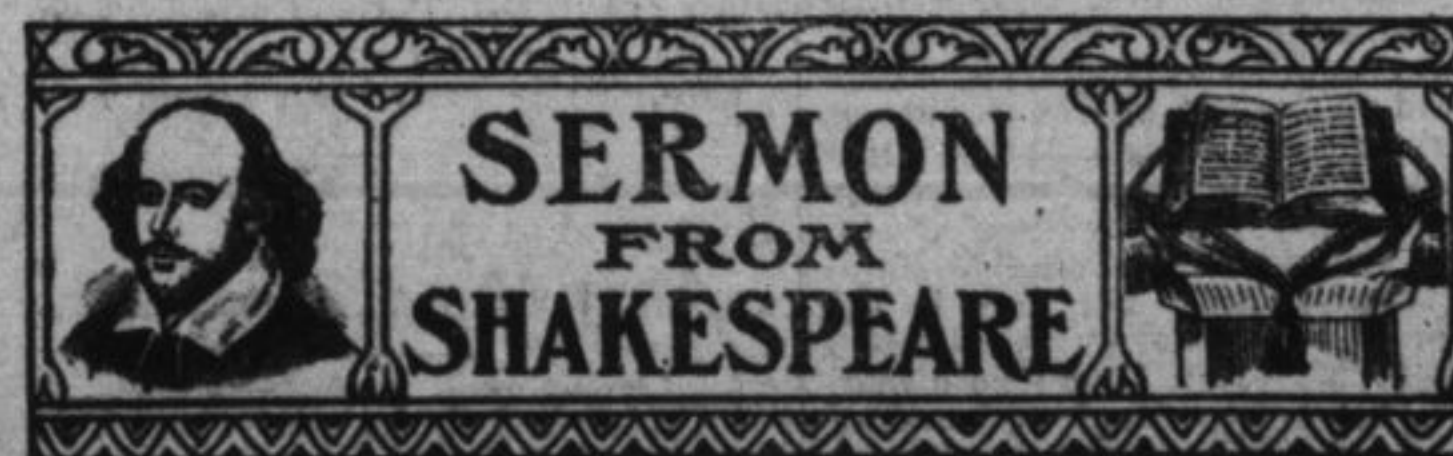
## ATTRACTIVE SPRING COSTUME.



PHOTO BY JOEL ZEPER

Big checks are again the styles for children's school frocks, and if simply made, as is the one in the illustration, will become the average child unless she is unusually fat for her years.

The wash guimpe worn with this dress gives it a dainty appearance that both mothers and young girls will like.



## SERMON FROM SHAKESPEARE

And you all know security is mortal's chiefest enemy.

Macbeth, Act II, Sc. 3.

The witches of Macbeth are the embodiment of the evil influences of the external world which are ready to prey upon unwary, wavering, or wickedly inclined souls. Banquo and Macbeth were equally tempted in the first place. Banquo resisted and kept a clean conscience; Macbeth yielded, and, from a trusted subject and noble soldier, became a disloyal traitor and a murderous villain. He thought that by tyranny and slaughter he could sit secure on the throne of Scotland. He sold himself to the powers of darkness, and they determined to lead him on to his destruction. A sense of security was to be his chief enemy. By their prophecies they gave him a confidence that was to be his undoing.

A feeling of security has been the cause of the downfall of many kings and statesmen. Caesar felt secure in Rome. He stood aloof from men of his own stamp. He was a star of which there was no fellow in the firmament. When Artemidorus attempted to warn him of his danger the strongest expression used was, "Security gives way to conspiracy." Careless, lack of caution on Caesar's part was enabling Cassius and the other conspirators to make head against him. Cromwell's success was due to the fact that he never felt secure. He was always on his guard. Had Caesar been a Cromwell the daggers of the assassins would never have reached him. Before the battle of Agincourt the French troops spent the night in merriment and feasting, the English in watching and praying.

"Secure in soul" The confident and over-lusty French is the low-rated English, stay at dice. Despite their vast superiority in numbers the French, through their sense of security, their over-confidence, were defeated by the watchful English.

It is not necessary to go to ancient history for illustrations of the evil effect of over-confidence. A sense of security caused the British tremendous loss of life and treasure in South Africa. A sense of security had much to do with the defeat of the Russian Goliath by the Japanese David.

In business life it is the same. The manufacturer is successful. He has built up a prosperous industry. He grows over-secure in his own mind. He forgets that reverses may come. He spends extravagantly, building palaces and purchasing pleasures that enervate. When reverses come he has not a sufficient rest fund laid aside and finds himself ruined. Even the farmer does not escape the evils of over-confidence. He has tilled and toiled to clear his ground. His broad acres are in seed and a bountiful harvest is promised. On the expectation of his crop he borrows and spends. Debt grows while the crop is growing. There comes a blighting frost, hail descends upon his fields and in a night the product of the labor of months is destroyed. But his debts do not cease to grow. Through security, "mortal's chiefest enemy," a burden of debt has been laid upon his shoulders, a burden that it may take years to shake off.

Every individual has witch-like voices speaking to him, endeavoring, with siren tones, to fill him into a

feeling of security that will ultimately cause him to become shipwrecked. The penitentiaries are filled with men who have listened to the "get-rich-quick" witch. An alluring voice is prompting to bet on this horse or buy that stock. The victims yield, the greater the risk the more secure they feel, and in an evil moment often misappropriate funds in their control, and the witches that hover over the stock exchange and the race-track laugh demagogically as they prepare their hell-broth for other victims.

So with sins of the flesh! Security, over-confidence has been the downfall of thousands. Men feel secure in their strength of will. They indulge in pleasures which, in moderation may be harmless, but which, if practised to excess, are baneful. Unless they are continually on their guard, ever watchful, the best will slip and their powers of resistance become weakened. St. Paul gave excellent advice to mankind when he said, "For when I am weak, then am I strong." There is always hope for a man who has his eye on the weak spots in his character. Men subject to temptation cannot afford for one moment to cease to guard against the tempter. The battle is not to the physically and numerically strong; it is to the watchful. A pygmy continually on guard has an immense advantage over a giant that sometimes sleeps. The individual who recognizes how fallible he is, who experiences a feeling of security that will ultimately cause him to become shipwrecked.

## BRONCHITIS

Trouble.

Colds, Coughs, Catarrh and Throat. Every sufferer from coughs, colds, bronchitis, and all throat and chest ailments needs a soothing, healing medicine, which goes direct to the breathing organs in the chest and lungs, attacks the trouble at its source, disperses the germs of disease, and cures the ailment thoroughly. And this medicine is "CATARRHOZONE."

The germ-killing balsamic vapor mixes with the breath, descends through the throat, down the bronchial tubes, and finally reaches the deepest air cells in the lungs. All parts are soothed with rich, pure, medicinal essences, whereas if a liquid or tablet remedy were used, the affected parts could not be reached, and harm would result through bombarding the stomach with drugs.

## "CATARRHOZONE"

A Breathable 'Direct' Medicine.

No medicine brings such prompt relief, exerts such an invigorating influence, or so thoroughly and speedily cures, great troubles as "Catarrhozone." Doctors, hospitals, sanitarians—all say that for those who suffer from changeable weather, for those who are predisposed to catarrh, lung trouble, deafness or bronchitis, no treatment is so indispensable as "Catarrhozone."

For certain cure, for relief in an hour, use Catarrhozone, the only direct, breathable medicine. Two months' treatment, guaranteed, price \$1; smaller size, 50c, at all druggists, or the Catarrhozone Company, Kingston, Ont.

peers, but does not fear, plots, conspiracy, misfortune, is better fitted to fight the battle of life than one who is over-confident. When storms come to the latter and beat upon his house he will find that he has builded on shifting sands. Only eternal watchfulness makes nations or men secure. The nations who look to their fleets and armies in time of peace are the most likely to be the successful ones in time of war. The runner who keeps his body in training before a race is the one who usually wins the prize.

## THINGS THEATRICAL.

Notes About Plays, Players and Playhouses.

Robert Edson, starring in "A Man's Man," was once a clerk in a lumber mill in Bay City, Mich.

E. H. Sothern and Julia Marlowe are giving a performance in New York in aid of the Actors' Fund Fair.

Viola Allen will return to her old role of Glory Quayle in "The Christian" for a limited number of performances.

Maude Adams is slated to star in "Handicaps" when Charles Frohman produces it in America. She will have the role of the hen pheasant.

The Shuberts have made definite announcement that they have placed Fritz Scheff under contract for a period of three years.

Joseph Herbert has adapted "Madame Trombadour," an operetta from the German, which the Shuberts are to produce. Mr. Herbert will also play in the cast.

Lulu's Husbands, a farce adapted from the German, is being staged by J. C. Hoffman, for early production.

Mabel Harrison, Conroy, and Harry Conroy will be the stars.

May Irwin, Canada's most famous comedienne, will return to the stage in a new comedy, "Mrs. Jim," now being pieced together by those theatrical tailors, Booth Tarkington, and Harry Leon Wilson.

The Savoy theatre, New York, has closed for the season but may become a moving picture show. It has housed three failures this season, "The Nights," "The Faith Healer," and "Children of Destiny."

MacWatters and Tyson, who were featured with the Shuberts' production of "The Mimic World," have been added to the cast of "The Motor Girl," which will soon be seen in a tour of the Shubert theatres.

"The Midnight Sons" has established a new record for theatrical business in Boston. Receipts at the new Shubert theatre, where "The Midnight Sons" is playing, for Washington's Birthday week, were those to \$20,000.

Miss Bertha Galland, who has just brought her tour in "The Return of Eve" to a close, has accepted for early production a new play by an American author. She will remain under the management of the Shuberts.

Sam Bernard, while in Baltimore recently, recalled the fact that he was on the bill the opening night of the Auditorium theatre in that city, and the audience was made up of the Russell brothers, in a sketch called "Lafayette."

Marie Dorso's London success in "The Climax" raises the possibility that she will not return to America for a long time. Charles Frohman is expected to be her chief officer. Her success may be the means of making Dorso permanent London star.

Maud Granger, who is playing with Florence Roberts under the management of the Shuberts, was a member of the original "Two Orphans" company. Maud Granger is said to have discovered Ada Rehan—or at that time Crehan—in a stock company in Albany, N.Y.

Fenny Ward, whose husband is an English millionaire, but who insists that she is equally wedded to her art, is finding some difficulty in getting bookings in Yaleville for the condensed version of her play, "Van Allen's Wife." It was a failure in the legitimate.

Maude Adams has received the racing motor boat Peter Pan, which the 1,000 employees of the Michigan Steel Foot company, New York, has sent it to Indian Harbor, the famous summer home of Commodore E. U. Benedict (Grover Cleveland's friend), at Greenwich, Conn., where it will be laid up in the Commodore's boat-house until spring.

In her new farce, "The Girl He Couldn't Leave Behind Him," Hattie Williams plays the part of a Spanish dancer, who has made her old sweetheart promise that throughout his married life he will spend one day each year with her. The story of the play, of course, takes place on that day, and the complications which arise are funny.

Twenty of the stage hands at the Bijou theatre, New York, where Cyril Scott is starring in "The Lottery Man," are planning to give a special matinee performance of "Lida Johnson Vostag's" farce, with the scene shifters and stage hands of other theatres and their friends for the audience.

The proposition is to give this special matinee performance as a benefit half of the receipts to go to the hospital fund of the stage hands and half to the actors' fund.

The Conduct of Oppositions. Toronto Globe.

The account of the proceedings in the Manitoba legislature, where a member, in making a charge against Mr. Roblin, undertakes to prove it at the peril of his own seat, must be read with great satisfaction. He does not whine about "partizan" commitments, but tells the house that, whatever the composition of the committee, he will go before it and prove his case. There is something decidedly refreshing about this, and D. A. Ross, the member who thus showed his appreciation of how a charge against a fellow-member should be made, has performed a public service.

Made Big Profit. Ottawa Journal.

Dan Mann, of the Canadian North-west, by a judicious investment in British Columbia real estate a short time ago, has cleared several million dollars profit. Which recalls Andrew Carnegie's saying that modern and future fortunes will be largely made through real estate, and that the plan to follow in making a fortune in real estate is to buy cheap land, in close proximity to valuable land.

And it is well worth noticing that all these conditions may be found, in and about Ottawa in almost ideal conjunction.

## The Finest Flavoured Tea

"SALADA" is hill-grown tea—grown on plantations high up on the hills in the Island of Ceylon. The leaf is small and tender with a rich, full flavour.

# "SALADA"

—is always of unvarying good quality. Will you be content with common tea when you can get "SALADA"?

# Do You Realize?

That despondency in women is a mental condition often traceable to some distinctly female ill!

Women who are well do not have the blues, neither are they irritable and restless. Derangement of the female organism breeds all kinds of miserable feelings such as backache, headache, and bearing-down feelings. Try Lydia E. Pinkham's Vegetable Compound. There is no doubt that it has made many remarkable cures of female ills after all other means had failed. There is hardly a day that some woman does not write us that this simple old medicine, made only of roots and herbs, has cured her of a severe illness after several doctors had done their best and failed.

Here are two such letters—read them—they are genuine and reliable.

Belleville, Ont.—"I was so weak and worn out from a female weakness that I concluded to try Lydia E. Pinkham's Vegetable Compound. I took several bottles of it, and I gained strength so rapidly that it seemed to make a new woman of me. I can do as good a day's work as I ever did. I sincerely bless the day that I made up my mind to take your medicine for female weakness, and I am exceedingly grateful to you for your kind letters, as I certainly profited by them. I give you permission to publish this any time you wish."—Mrs. Albert Wickett, Belleville, Ontario, Canada.

Rockland, Me.—"I was troubled for a long time with pain in my back and side and was miserable in every way. I had doctored until I was discouraged and thought I would never get well. I read a testimonial about Lydia E. Pinkham's Vegetable Compound and thought I would try it.

"After taking three bottles I never was so well in my life. I am recommending Lydia E. Pinkham's Vegetable Compound to all my friends."—Mrs. Will Young, 6 Columbia Avenue, Rockland, Me.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.



## In Touch with the Office



THE business man can be in two places at the same time if he uses the Bell telephone.

It provides him with the means of keeping a watchful eye on the progress of the day's work. He can consult his partners, give instructions, make appointments, and hold personal interviews, though confined at home.

If he wants to do business in distant cities, the everywhere-reaching lines of the Bell system will afford immediate communication.



THE BELL TELEPHONE CO. OF CANADA.

## THE BEVERAGE FOR ALL WEATHERS.

"Epps'" means Excellence **EPPS'S COCOA** A delicious food and drink in one.

Grateful A cup of Epps' at breakfast warms and sustains you for hours. As a supper beverage it is perfect. Comforting