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Make your own choice from the 98 different styles of "Ideal" Metal Beds. At whatever price you decide to pay, from \$3.00 up, you will find a design that invites your admiration—and deserves it, too.

The prices of "Ideal" Metal Beds vary according to style—not according to quality. The quality is the same in all—there is but one grade of "Ideal" excellence, the best you can find. That is why we are proud to put our Guarantee label on the footrail.

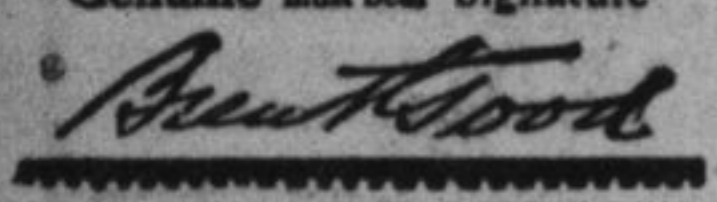
You will be relieved of uncertainty if you look for this "Ideal" Guarantee. Ask us to send you "The Philosophy of Sleep," a booklet you will enjoy reading, and we will tell you the name of the local dealer where you will find the "Ideal" line. Ask for Booklet No. 120.

IDEAL BEDDING CO. MONTREAL—TORONTO—WINNIPEG



### The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty. Small Pill, Small Dose, Small Price. Genuine must bear Signature.



### BLACK KNIGHT STOVE POLISH

saves the tired house-keeper work and worry. It is a convenient paste in a large can. A gentle rub with brush or cloth brings a beautiful, mirror-like shine that is not affected by the heat. For stoves, pipes, grates and ironwork. If your dealer does not carry "Black Knight" Stove Polish in stock, send us his name and town, and we will send a full size tin by return mail. THE F. F. DALLEY CO., LIMITED HAMILTON, ONT.

### THAT AWFUL BACKACHE

Cured by Lydia E. Pinkham's Vegetable Compound



Morton's Gap, Kentucky.—"I suffered two years with female disorders. My health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and Liver Pills and am enjoying good health. It is now more than two years and I have not had an ache or pain since. I do all my own work, washing and everything, and never have the backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

Backache is a symptom of organic weakness or derangement. If you have backache don't neglect it. To get permanent relief you must reach the root of the trouble. Nothing we know of will do this so surely as Lydia E. Pinkham's Compound. Write to Mrs. Pinkham, at Lynn, Mass., for special advice. Your letter will be absolutely confidential, and the advice free.

### HOPES FOR THE DAY

WHEN DISCHARGED PRISONERS WILL BE HELPED.

Not Just to Bribe Them to Keep Honest, But to Make Them Good Citizens—Food for Thought.

W. P. Archibald, Canadian Parole Officer.

The man, while remaining a criminal, is a constant menace to society, also the life and property of the individual; he is a tremendous burden upon the resources of the state, financially and ethically. He is an abiding heartache to anyone with a feeling of pity, or an aspiration for the nobility and progress of humanity. The criminal is not an isolated fibre, but a condition of life closely interwoven with all that goes to make our complex social fabric. He is not an isolated, but an associated factor. He is more than a relic of past ages. He is not a mere reversion to a primitive type of humanity, but an actual, if very imperfect, member of our present day society.

A man is not to be helped because he is a prisoner, but because he is a man and needs help. I have no sympathy with the theory that you must buy a man off from preying upon society as a criminal by making things too easy for him, or by waiving the gentle breezes of good fortune in his direction. Bribe-bought citizenship is worthless under any circumstances. Children who are controlled by candy and coaxing are subject to the early germs of criminality. Obedience soon becomes to be measured by the supply of sweets; obedience at so-much-percentage.

I have known a number of men on their discharge from prison so destitute of principle or conscience, that they enter the society—or the person doing the most for them by the way of "loaves and fishes." Prisoners of this class seldom, if ever, give the matter of reformation a serious thought. For one class of prisoners, the recidivist class, I frankly admit there is but little you can do for them. Yet there is a turning-point somewhere in their lives. As a rule, these prisoners use their time during imprisonment to plan "another job." Why should the recidivist criminal be given his liberty at all is a question often asked, but I have known a small percentage of this class to truly reform.

The criminal is still a man, a something more than a curious anatomical specimen of humanity that some would have us believe. Whatever he may have done he is part of that corporate life in which we all live and have our being. I do not believe the criminal act to be a strange deed of a remote and non-human order of being, not the outcome of a satanic prompting, but a part of the conduct of one who is linked in his thousand and one ways with his fellows. The act is an individual, anarchic, distinctive and destructive, but to understand the actor we must revert to his social conditions and human relations. Likewise we trace our criminal problems to their roots, and treat them successfully only when we can understand the man in a broad and scientific viewpoint, seeing in the criminal a social unit not unified, a social factor not established, and an ethical possibility not realized. To understand the criminal you must set him in a frame of general history, illuminate him by a knowledge and a philosophy of human nature, and a psychology that takes account of all facts, and goes far beyond nerves and gray matter to reach the real man with a will, a hope, and a conscience.

From the experience and years that I have been engaged in this work, and from the study of the criminal at close hand, certain impressions and convictions have been the result. What strikes me most of all in the prisoners is not their resentful and ferocious dispositions so much as their infantile helplessness. They seem to be crime-poisoned and require tonic and training. It is a grievous social wrong to turn loose this rudderless craft upon the troubled bosom of life's sea, for I find a large number of our prisoners are incapable of using an unconditional freedom to their best interests without an oversight. I am striving earnestly for the day when patrons and friends will be on hand to receive every discharged prisoner, having employment ready, and a helpful environment to assist the unfortunate and bring into a life of good citizenship. It is an hour of need when a prisoner finds himself discharged from custody, and if opportunity is offered him it often proves the causeway of better days, and his ultimate redemption.

### Looking Into the Future.

Canadian Courier. Can any broad-minded man look over the situation with a keen, open mind, and not come to the conclusion that Canada is slowly passing from the list of protectionist countries? We are not arguing against protection or in favour, but simply trying to face the facts squarely. We are simply repeating our warning, that the advocates of free trade are doing broader and more effective work than the advocates of protection. If Canada move towards free trade as fast in the next five years as it has in the past five years, there will be a tariff-for-revenue-only instead of a tariff with protective features. When the democrats come into power in the United States Congress, as they likely will shortly, what is to prevent their enlarging the present reciprocity arrangement so as to include many other lines of manufactured goods? Is there any reason to believe that the farmers of Canada are likely to be content with their present victory?

### Now You Are Talking.

Peterboro Review. Eleanor Glyn, the author of a well known book, says that she has identified fifty varieties of red hair in women. If the heads of these women are as much red as the book Eleanor Glyn wrote, fifty varieties (not fifty-seven) ought to produce a burning sensation.

The man who can put to rout trouble and distress is one kind of an evangelist.

### PLAYS AT THE GRAND

"The Old Homestead" Will be Produced To-night.

In Denman Thompson's idyllic play, "The Old Homestead," there are memorable scenes that come home to all and anyone who has ever tasted the delights of rural life cannot fail to appreciate the remarkable touches of nature embodied in this New England idyl. Joshua Whitcomb himself is the epitome of honest, bucolic simplicity, confiding, sympathetic and brave, a character so cheery and wholesome that he brightens and lightens every other's burden. Then, too, there are the two "boys," Cy Prime, "high onto eighty," and Peth Perkins, who never grows old despite his years, both of whom are the exemplification of the adage applied by Joshua himself. These characters, together with Aunt Matilda, Ricketty Ann and the Ganney boy, harmonize with each other and are as natural as life itself. The famous quartette of farm hands will, as usual, entertain Uncle Josh's city visitors and the grand choir in the Grace church scene is said to be as impressive as heretofore.

### "The Lottery Man."

In "The Lottery Man," Rida Johnson Young has seized upon a prevalent custom of some newspapers to increase their circulation by various schemes. Mrs. Young has made her central figure in her now famous successful comedy, a newspaper reporter, Jack Wright, who owes his employer a sum of money and to square the account he agrees to turn in one of the most sensational scoops the paper has ever known. His idea is for the sheet to conduct a lottery with himself as the prize. The proprietor explains that lotteries are against the law. The promoter says that this point can be evaded because the law says: "Prize shall not be given away." As the prize is to be a person who will give himself away a clear sense of evasion is established. The lottery is announced. Thousands of old maids buy coupons. Heanline Wright falls in love with a charming girl. Naturally he fears that he may be won by someone else and he starts a crusade to get possession of as many tickets as his limited means will permit. Even his devoted mother pawns some family trinkets in order that she may help her son. "The Lottery Man" comes to the Grand on Thursday, Feb. 16th.

### Testing the Flag-Wavers.

Montreal Witness. The best way to test the loyalty of the flag-wavers who are slandering the government and the majority of the people by accusing them of not being true to the British empire is to try them with another reduction of our tariff towards Great Britain. We have always presumed that such a reduction was behind this reciprocity movement. It was indeed implied in the assurances given to the country that nothing would be done that could lessen the British preference. The extremely disloyal, vicious and wicked attack that has been made upon all true Canadians by the organs of the interests seems to call for an immediate challenge. You want trade to flow east and west, do you? So do we. Then let us remove the shackles that you have imposed on our trade with England. Let us by all means have another slash at the anti-British duties.

### Slept All Forenoon.

A young boy got a job with a Scottish farmer. "Ye'll sleep in the barn," the farmer said, "and I'll expect ye out in the field five morn at four o'clock." "Very well, sir," said the boy. But the first morning he overslept a little, and it was half-past four when he reached the field. The farmer, leaning on his hoe, gave him a black look. "Where have ye been all the forenoon?" he growled.

Many a learned man has succeeded in making a fool of himself in several different languages. There's no use in getting angry; yet a man seems to get a great deal of satisfaction out of it. "Sweet castor oil," Gibson's.

# MAGIC BAKING POWDER

MADE IN CANADA  
Pure—Wholesome—Economical  
It is used by all the large Bakers and Caterers, as well as by the best home bakers and cooks. Food products that are produced in clean factories are best.  
E. W. GILLETT CO. LTD.  
TORONTO, ONT.

Bar Solder, Babbitt Metal and all Ingot Metals. We are headquarters.  
THE CANADA METAL COMPANY, LIMITED.  
OFFICE: 31 WILLIAM STREET, TORONTO.

## Shirriff's TRUE VANILLA

It is just what its name says it is. Order from your groceryman.  
CAUTION:—A smaller quantity required than of any other extract.  
Other delicious Shirriff's Flavorings are Lemon, Almond, Rose, Pineapple, Strawberry, Katakala, and many more.

## Afraid to Eat?

Does the fear of indigestion spoil the enjoyment of your meals? It needn't. Just take  
NA-DRU-CO DYSPEPSIA TABLETS  
and you won't know you have a stomach. They will see to it that your food is properly digested. They are among the best of the NA-DRU-CO preparations, compounded by expert chemists and guaranteed by the largest wholesale druggists in Canada. 50c. a box. If your druggist has not stocked them yet, send us 50c. and we will mail you a box.  
NATIONAL DRUG AND CHEMICAL CO. OF CANADA LIMITED, MONTREAL.

## 50 YEARS' EXPERIENCE

# Redpath

EXTRA GRANULATED SUGAR IS ABSOLUTELY PURE  
The first and great essential of a food product, is Purity; the Purity and Quality of our Extra Granulated have never been questioned.  
Once made a comparison with other Sugars and you will not be satisfied with any but Redpath.  
Dainty Tea Tables are always served with PARIS LUMPS to be had in RED SEAL dust proof cartons, and by the pound.  
The Canada Sugar Refining Co., Limited  
MONTREAL, CANADA.  
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## QUALITY CAKES

Ice Cream Cakes,	20c. Each
Florence Cakes,	25c. Each
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Brandy Snaps, fresh every week, at 10c. dozen	

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is not complete without Ice Cream. Order early from  
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## EDDY'S SILENT COMET MATCHES

A Vest Pocket Size of EDDY'S Famous "SILENTS" Every stick a match, every match a light, and every light a steady even flame. "De-Light" for the Smoker—Try a Box Always everywhere in Canada. Ask for EDDY'S MATCHES.  
The latest Match Creation of the Greatest Match Manufactory

## We Want to Thank

All those who patronised our Big Red Letter Sale, and announce that no sale goods will be exchanged after the 16th of this month. We are busy stocktaking, but want to announce the following lines that are certainly well worth investigating.

### 19 Pairs Women's Patent Colt Button

London Smoke Serge Top, a very smart, stylish \$3 Shoe  
To Close at \$1.79

### One Lot of Child's Button Lace and Strap Slippers

Mostly sizes 6, 6½, 7 and 7½, values \$1 and \$1.25  
To Close at 59c

## J. H. SUTHERLAND & BRO.

THE HOME OF GOOD SHOES

# MCCORMICK'S JERSEY CREAM SODA BISCUITS

Quality incomparable  
A Wholesome Food  
A Most Nourishing and Economical Food  
Rival Bread for Economy  
At Your Grocers  
For Large Families Try a Tin or Cardboard Package. Size, 25c. to 35c.  
For Small Families Try our Fancy Soda Package, 5c. and 10c.