

AT LAST, A CURE FOR RHEUMATISM

"Fruit-a-lives Cured Me" Says Mrs. Baxter.

"I was a helpless cripple from Rheumatism for nearly a year. All down the right side, the pain was dreadful and I could not move for the agony. I was treated by two physicians without help. I saw "Fruit-a-lives" advertised in "The Telegram" and decided to try them. After I had taken one box, I was much better.

When I had taken three boxes, I could use my arm and the pain was almost gone. After taking five boxes, I was entirely well again. The cure of my case by "Fruit-a-lives" was indeed splendid because all the doctors failed to even relieve me. "Fruit-a-lives" cured me.

MRS. LIZZIE BAXTER,
A HOME PLACE, TORONTO, Dec. 15, '09.



In hundreds of other cases, "Fruit-a-lives" has given exactly the same satisfactory results. It is the greatest blood purifying medicine in the world. "Fruit-a-lives" the famous fruit medicine regulates kidneys, liver, bowels and skin, and prevents the accumulation of uric acid, which is the prime cause of Rheumatism.

"Fruit-a-lives" will positively cure every case of Rheumatism, when taken according to directions. 50c. a box, 6 for \$2.50, or trial size, 25c. At all dealers or from Fruit-a-lives Limited, Ottawa.

PRINCE GEORGE HOTEL

Three Blocks from Union Station

In the centre of Theatre, Shopping and Business District.

350 Rooms
100 with Private Baths
EUROPEAN AND AMERICAN PLAN
A la Carte Restaurant
At Reasonable Prices.

SAM. H. THOMPSON, PROP.

OUR SHOW ROOMS Are Nearly Fitted Up

We invite your inspection. Let us show you our beautiful array of Electric and Combination Fixtures lighted up.

Showers from \$7.50 up.

Every home, new and old, should have electric light.

H. W. NEWMAN ELECTRIC CO.
79 PRINCESS STREET.
Phone 441.

DOCTORS FAILED TO HELP HER

Cured by Lydia E. Pinkham's Vegetable Compound

Pound, Wis.—"I am glad to announce that I have been cured of dyspepsia and female troubles by your medicine. I had been troubled with both for fourteen years and consulted different doctors, but failed to get any relief. After using Lydia E. Pinkham's Vegetable Compound and Blood Purifier I can say I am a well woman. I can't find words to express my thanks for the good your medicine has done me. You may publish this if you wish."

—Mrs. HERMAN SMITH, Pound, Wis.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and suffering women owe it to themselves to at least give this medicine a trial. Proof is abundant that it has cured thousands of others, and why should it not cure you?

If you want special advice write Mrs. Pinkham, Lynn, Mass., for it. It is free and always helpful.

Tips For Farmers

BY UNCLE JOSH.

Do not forget that young chickens require plenty of fine grit. Plenty of green food, a good supply of water, and feeding often on good nourishing food. Never give musty or damaged grain to chickens, it kills thousands.

A dry hen house is an essential in the poultry business. A damp house produces disease.

Chickens should always have a dry boarded floor to sleep on when with the hen.

The more exercise young chickens get the better. You will never do much with chickens kept in a cramped run.

There is a system of rearing chickens in limited quarters, but it is not in the same street with naturally reared chickens.

Mother nature is a just dame. We cannot break her laws with impunity, and you can take it from me that for health, vitality, and stamina, the chicken reared amidst natural surroundings with a good old "Biddy" hen to keep it warm, and supply it with warmth and protection, will break spots of an artificially reared one, first, last and all the time.

Wearing the Collar is Easy.

I took two colts from their mothers and kept them four weeks by themselves. When let loose they were soon sucking again, and I was perplexed, so much so that I thought to complete the job at once. I took the top part of an old shoe, cut it off at the counter clear around as far as the laces go. This top I fastened to nose-piece of halter, reaching from ring on one side to ring on the other side and below to cover nose and mouth completely. Then I took a 1 1/2 inch strap long enough to go across the bottom of this halter. I filled it with eight-ounce tacks. This I fastened to the leather at bottom with heads of tacks between the two so the tacks would not push out; put the halter on the colts and then turned them loose. The dams no longer loved them to nitre.—C. I. Miller.

The Duchess Palace.

It was to the Duchess of Sutherland the hostess of Stafford House, that Queen Victoria is reported to have said: "I have come from my house to see you in your palace." And Stafford House the magnificent is to be closely associated with the coronation festivities. On the night of the 23rd of June, that is to say the night after the coronation, the duchess will give a ball to be attended by the German Crown-Prince and Princess and all the royal and distinguished guests in London at the time. The ball is in honor of the debut of Lady Rosemary Lawson Gower, the only daughter of the Duke and Duchess of Sutherland.

Feeding of Pigs.

While with growing pigs liberal feeding is always best, it should not be so liberal that it is not always ready for its feed at the regular time.

As a rule, a well-matured sow if properly cared for, will farrow two good litters a year. But to secure these she must be fed well while suckling, and the pigs must be weaned after from eight to ten weeks.

It is a safe rule to commence feeding the brood sows loosening ration at least ten days before they are due to farrow. One of the chief causes of trouble at farrowing is due to constipation and by commencing to feed a ration of slops of bran and oats meal so as to keep the bowels open will lessen the liability to fever.

A pig needs 15 lb. kept on full feeding more nearly than any other class of stock raised for meat as not only is a better profit realized but the quality of the meat is better than when it is allowed to make a slow growth.

Why Keep Poor Cows?

It has been stated on good authority that the average yield of 17,000 cows in the famous Belleville, Ont., section for the fall season of 1910 was 3,480 pounds of milk. There are sections in Quebec where it is doubtful if the average is much over 2,500 pounds. The average income per cow in connection with one Quebec creamery was only \$19.60. As some patrons obtained as much as \$34 per cow, it means necessarily that some cows earned scarcely \$15. Some primary principles of dairy farming seem to need attention here. Records of each cow's production will show which cows should be beefed because unprofitable.

During 1910 the average yield of 1,100 cows in Quebec, cow-testing associations for the full period of lactation was 179 pounds of fat, double the above creamery average.

Two good records near Winchester, Ont., for January, February and March are 5,725 and 6,574 pounds of milk from two cows that freshened in December. Such cows, sources of keen pleasure and good profit, are found in increasing numbers, where cow-testing is practised. Plenty of individual cows in Canada are giving 10,000 and 12,000 pounds of milk and 300 to 400 pounds of fat in one season.

Why keep poor cows?

Kind of Dog to Own.

For best results one should get a young dog and teach him his future duties gradually. Never allow him to leave the homestead alone and you will never have a dog that strays. Never chain your dog. This is not necessary. Teach him his proper place or word he will not overstep his limits. Treat him like a brother, give him his food and cool water regularly and be kind to him and you will have a noble animal.—Byral Life.

From Many Farms.

Manitoba's new agricultural college will cost an additional million of dollars.

During 1910, cow testing associations in Canada had 11,850 cows upon record.

Ontario has 715 licensed stallions, of which 159 are pure-bred and 285 are grades.

A tract of 700,000 acres in the Peace River county has recently changed hands.

Saskatchewan has passed a law by which cooperative organizations will be able to warehouse grain.

There is a great shortage of flax, and there is said to be danger that some one will corner what is left, and run prices up to record proportions.

The state of Indiana produced during 1910, over seventy-two million dozen of eggs, of which over twelve million reached market in a spoiled state.

Face and mouth disease prevented English exhibitors from competing at the Dublin show, but total entries were 1,174, as compared with 1,078 for the event in 1909.

A large make-of-home cheese in Scotland reduced the quantity of Canadian cheese sold in that country by about 25,000 boxes for the past year, as compared with 1909.

Importations of horses into the United Kingdom for the past year totalled above 15,000 head. The greater portion of them were ponies. From Canada the total was 199 and valued at \$35,375.

Plowing matches are receiving a proper encouragement in the provinces of the Canadian west. During the coming season twice as many will be held in Saskatchewan as during 1910. Other western provinces are equally enterprising.

A series of experiments made at the Kansas experimental station, indicate that soft-shelled eggs are not due alone to lack of lime constituent in the food of the hen, but that presence of nervous organization and protozoary soft-shelled eggs as well.

Ottawa seed branch reports a great improvement in the seed, particularly red clover seed, which is being sold to the Canadian trade. This improvement is most particularly to be noted with respect to purity and freedom from injurious weed seeds.

Sachcharin, a well-known coal tar product, used as a substitute for sugar, has been placed amongst the articles classed as adulterants, when used in foods, by the U. S. government. Sachcharin is three hundred times as sweet as sugar, but contains no nutriment.

At the experimental farm, at Branchburg, N. J., the experiments in feeding steers in the open continue to give satisfactory results, and the lot which are being fed this year were recently reported upon by Superintendent W. S. McKillop, as showing satisfactory progress.

A real estate and ideal home show was held recently at the Madison Square Garden, N. Y., where models of ideal country and suburban homes were displayed. Several of the exhibitors illustrate "half-acre farm homes" with gardens, etc., attractively arranged.

Cold storage legislation is interesting the authorities in several of the American states at present. Some of the bills under consideration are extending to allow eggs, etc., to remain in storage for ten months, while others, notably the Heyburn bill, allow a limit of only three months.

R. B. Ogilvie, secretary of the American Clydesdale Horse Association, has recently issued a circular announcing the plan for exhibiting at the Chicago International for 1911. A total of \$2,950 is offered, of which \$2,050 is contributed by the Clydesdale Horse Association.

Crop correspondents' reports show that the wheat crop of Canada for the past year, totalled about 149,929,000 bushels of which 119,095,000 bushels were merchantable. The oat crop totalled 323,449,000 bushels, of which 301,773,000 bushels were merchantable. The barley yield was 45,147,000 bushels.

Peace and Quiet.

"Ah," said the city man, "often have I wished I could have as peaceful and quiet a life as you."

"Peaceful and quiet?" retorted the farmer. "I, gosh! I've raised a double set of step-children—eight boys!"—Indianapolis Journal.

Fraid Holes.

Language doesn't stand still. Kansas people know a man is a tenderfoot when he talks about "cyclone cellars." People in the cyclone belt always refer to them as "fraid-holes."—New York Tribune.

Literary.

"That boy," said the old farmer, "is a puzzle to me."

"In what way?"

"Well, by the way the old mule minds him it looks like his talent is for horse training, an' 'it he's just hungry an' lazy enough to be literary!"—Atlanta Constitution.

Mose's Finer Feelings.

Daniel Sully, the dethroned cotton king, made a trip through the south last winter, and when he came back

he told a story of an old negro who had been working for a cotton planter for many years. One morning he came to his employer and said: "Ise gwine to quit, boss."

"What's the matter, Mose?"

"Well, sah, yer manager, Mistah Winter, he kin't kicked me in de las' free months."

"I ordered him not to kick you any more. I don't want anything like that around my place. I don't want any one to hurt your feelings, Mose."

"Ef I don't git any more kicks Ise gwine to quit. Every time Mistah Winter used to kick and cuff me when he done git mad, he always git ashamed of hisself and gimme a quarter. Ise 'done los' enuff money a' ready wid dis heah foolishness 'bout hurtin' mah feelin'."—Philadelphia Ledger.

Dairy Notes.

Never expose milk or cream to foul air. Nothing injures the butter market more than an uneven product.

As a rule quick ripening of cream gives better result than slow.

Never overfeed the dairy cow, as overfeeding will decrease her appetite.

Rich foods should be withheld for a few days before and after calving.

Excessive crowding of the separator increases the loss of fat in the skim milk.

The dairyman must not only have good food but he must have cheap food.

In dairying one of the essentials in building up a good market is uniformity of product.

The ripening of cream has for its object the development of flavor and aroma in butter.

Selling direct to your customers means the elimination of the middleman and the saving of his profits.

The cow giving the largest amount of butter in the least milk is the most valuable for butter production.

It is very essential in cream ripening to agitate the cream frequently in order to insure uniform ripening.

Produce and Prices.

Kingston, May 20.—Market clerk reports the prices prevailing as follows: Carrots, 50c. to 60c. per bag; turnips, 50c. to 60c. per bag; cabbage, 6c. each; onions, \$1.50 per bag; potatoes, \$1 to \$1.20 per bag; celery, 5c. to 7c. per head; green onions, 5c.; radishes, 5c. bunch; lettuce, 5c. bunch.

John McKay, Brock street, reports as follows: Hides, trimmed, 8c. per lb.; horsehides, \$3 to \$3.25; callskins, veals, 12c. per lb.; deacons, 75c. to 90c.; wool, sheepskins, from 90c. to \$1; tallow in cakes, 6c. per lb.; bees' wax, 25c. per lb.; ginseng, \$5 per lb.; wool, washed, 20c. per lb.; unwashed, 13c. per lb. Raw furs: Red fox, No. 1, large, \$6; No. 1, medium, \$4; raccoon, No. 1, large, \$2 to \$3; No. 1, medium, \$1 to \$2; mink, No. 1, large, \$6 to \$7; No. 1, medium, \$3 to \$5; spring rats, No. 1, large, \$1.50; No. 2, \$1.00; kits and culls, at value; springy rubbed skins at value.

J. A. MacFarlane, Brock street, reports flour, feed and grain selling as follows: Oats, 38c. to 40c.; local wheat \$1; buckwheat, 60c.; barley, 60c.; rye, 70c.; peas, 60c. to \$1; yellow corn, 55c.; flour, bakers, \$2.75 to \$2.75; farmers', \$2.80 to \$2.90; Hungarian patent, \$2.90; oatmeal and rolled oats, \$1.50 per bbl.; cornmeal, \$1.50 to \$2; bran, \$23 per ton; shorts, \$25; baled straw, \$7; loose, \$8; hay, loose, \$8 to \$9; pressed, \$9 to \$10.

Meat—Beef, (local) carcasses, 7 1/2c. to 8 1/2c.; prime western beef, 10c. per cwt.; by carcass, cuts, 10c. to 15c.; live hogs, 6c. lb.; dressed hogs, 9c.; pork, 10c. to 11c. by quarter; mutton, 10c.; lamb, 12c. to 13c. qtr.; veal, 5c. to 8c. lb.; ducks, \$1 to \$1.25 pair; turkeys, 20c. to 22c. lb.; fowl \$1 to \$1.50 pair; chickens, \$1 to \$1.25 pair; butters, creamery, 24c.; rolls, 17c. to 18c.; prints, 17c. to 19c.; eggs, fresh, 15c. to 16c.

Dormicum Fish Co., reports prices 15c. lb.; white fish, 12 1/2c. to 15c.; pike, 15c. a lb.; skinned digby herring, 20c. lb.; white fish, 12 1/2c. to 15c. lb.; pike, 10c. lb.; Chinook salmon, 20c. lb.; kippered herring, Yarmouth blisters, 40c. doz.; perch, 30c. doz.; Atlantic salmon, 30c. lb.; salt codfish, 7c. to 15c. lb.; halibut, 12c. to 20c.; fresh haddock, 10c. lb.; bullheads, 15c. lb.; red herrings, 20c. box; mackerel, 15c. a lb.; lake herring, 8c. lb.; sea bass, 12c. lb.

George Mills & Co., quote the following prices for raw furs: Spring Muskrats large, 30c. to 40c.; medium, 20c. to 35c. Mink, large, \$4 to \$6; medium, \$3 to \$4.50; small, \$2 to \$4. Raccoon, large, \$2.50; medium, \$1.50; small, 75c. Red Fox as to size, \$3 to \$6. Skunk as to size and length, of stripe, 50c. to \$2.—Weasel, 20 cents to 60 cents.

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Why Not Try It?

When you need a laxative, why not try Abbey's Salt?

It is pleasant to take—does not flake on top of the water—and effervesces slowly, without choking or blinding the user like seidlitz powders.

Abbey's Salt is used all over the world and is regularly prescribed by the leading physicians.

Why don't you find out what it will do for you?

The Unexpressive She.

As she has so slight a sense of humor, what animates her frequent laughter and smiles.

If it serious, or only affectation of mirth or amiability.

If suffrage is extended to her will she not become unhappy in possession of the last yearning of her heart?

Why does she remove her coat and hang it over her arm when she steps on the scales to be weighed?

If the general prohibition of liquor selling is enacted, will she relinquish tea, coffee, cream, soda, patent medicines, and other lawful beverages?

Is it true that she believes the advertisements on the panels of cars?

Why is she so afraid of a harmless mouse and without fear of a dreadful man?

Are her guesses better than man's reason?

If one would securely hide a secret from her, would it not be well to incorporate it in an editorial article?

Why is it that she has no concern for past or future, but only for the present?

If she were never born, how would man fare?

Is it not so, that with all her faults we love her still—the stiller than usual the better?—New York Sun.

We can't help feeling sorry for the poor man who has to think twice before he can remember what his name was before he was married.

We can be extremely interested in dealing out both criticism and praise.

Why Not Try It?

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Abbey's Effervescent Salt

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Why don't you find out what it will do for you?

Semi-Steel Fire-Pot—Not Gray Iron

A FIRE-POT of a furnace should be able to endure tremendous heat and to resist the attacks of sulphur fumes.

The material commonly used for a fire-pot is gray iron. The Sunshine fire-pot is Semi-Steel.

Now, avoiding technical terms, gray iron has what may be called "open" pores. Through these "open" pores the destructive sulphur fumes attack the iron and hasten disintegration.

On the other hand, Semi-Steel is a close-grained material, with a smooth-as-glass surface which practically seals "closes" up the pores. Semi-Steel easily resists the attacks of gas fumes and thus greatly prolongs the life of the fire-pot.

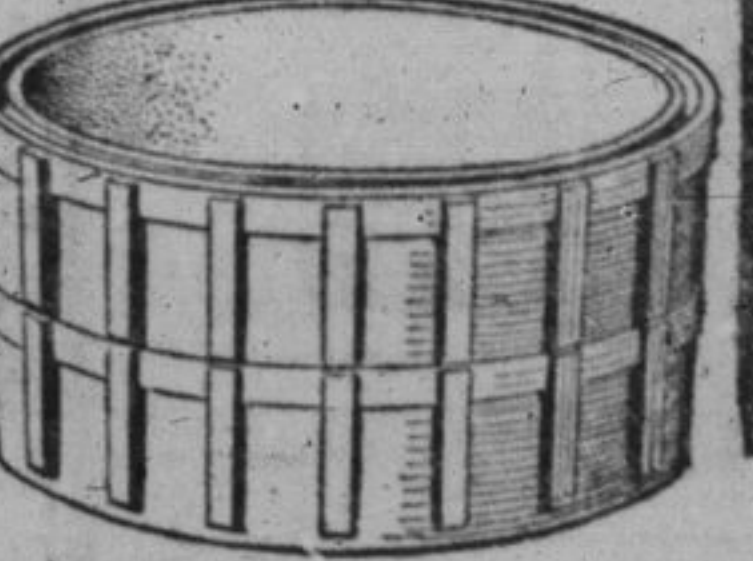
A Semi-Steel fire-pot weighs 20 per cent heavier than the same size and pattern in gray iron. It is therefore better able to endure tremendous heat.

Semi-Steel is made by an exclusive McClary process. You can only get a Semi-Steel fire-pot with a McClary furnace. That is one strong reason why you should have

the Sunshine installed in your home. Our agent in your locality will tell you many other reasons. Ask him.

Remember, the Sunshine is guaranteed by the largest makers of furnaces in British Empire, to heat your home to your entire satisfaction.

45



SUNSHINE FURNACE
McClary's
London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B., Hamilton, Calgary.

For Sale by J. B. Bunt & Company, Kingston

CEILING SENSE

CEILING SENSE

cover old plaster with them

You would not tolerate a plaster ceiling in your home or store, if you really knew how much better are Preston Steel Ceilings. For plaster cracks and crumbles—and these steel ceilings cannot. Plaster harbors dust, disease germs, vermin—and Preston Steel Ceilings cannot, because they have no crevices and can be washed like a pane of glass.

PRESTON

save on fire insurance

And, then, any fire insurance company will grant you a lower rate if you put in Preston ceilings. For they go a great way towards fire-proofing an interior. Of course they are damp-proof as well. You can have Preston Ceilings put on to cover old plaster ceilings. Easily done. We tell you how.

S T E E L

and they cost so little!

Preston Steel Ceilings never need repairs and seldom need re-decorating. They will outlast the building you put them in. Thus they are the cheapest ceiling money buys, in point of service. Even in first cost they compete easily with plaster. In the long run, plaster simply doesn't compare. Nor does it in beauty. For these ceilings come in hundreds of most graceful, eye-charming designs, that can be painted in any color scheme. Our skilled decorators advise you, free, about colors, if you wish.

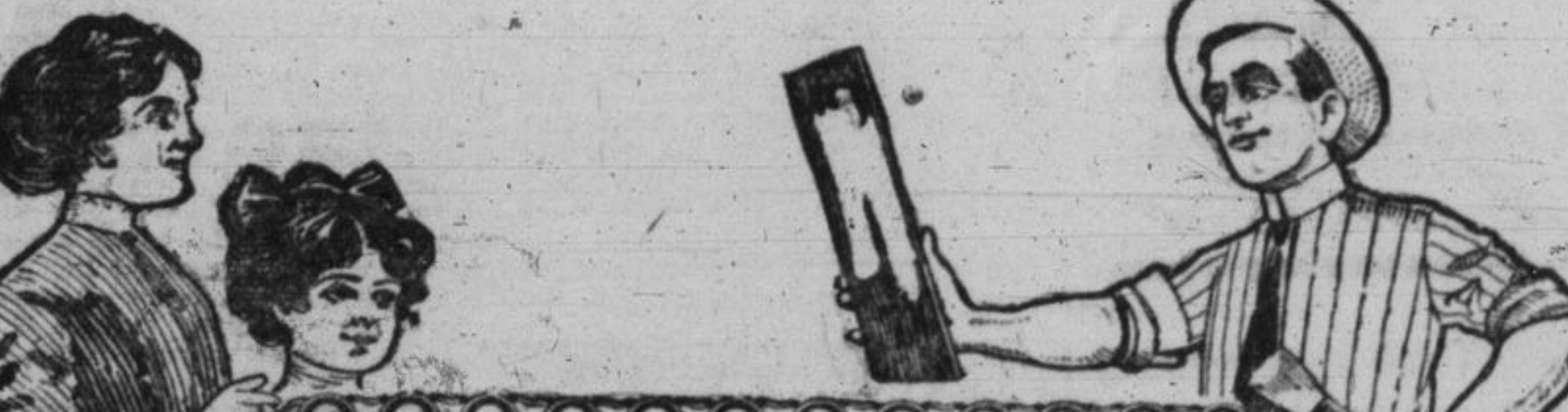
CEILINGS

name and address, please?

Before you build or repair indoors, allow us to talk with you by mail about this ceiling question. You will be interested—and will surely save money. Drop a line to Metal Shingle & Siding Co., Limited, Preston, Ont. Branch Office and Factory, Montreal.

PRESTON STEEL CEILINGS

In losing our temper we often times lose our self respect.



Much Painting Must Be Done at This Season.

PAINTING NEEDS

The House Verandah Steps Floors Furniture Outbuildings Garden Walk Wagons Buggies Farm implements etc.

The question is—What Paint will you use?

You want a paint that will wear well—a paint that will retain its appearance for the longest time.

You want a paint that is simple and easy to apply.

You want a paint that you know will give just the right effect.

Paint experimenting is expensive.

To secure the best results you should use "MINERVA" Pure Ready Prepared Paints—the paint with the reputation.

Minerva Paint is simply the best proven paint ingredients compounded and prepared under the most modern methods.

Great machines in the big Minerva factory thoroughly mix and grind to the greatest degree of fineness. In consequence—

Minerva Paint flows easily and spreads smoothly, insuring the greatest covering capacity. Minerva Paints are perfect—the best paint for any job—a real protection against weather and decay. Its high quality is the reason—yet Minerva Paints cost no more than many of the so-called "just as good" brands. You should insist on Minerva Paint for every job around the home. Look for the Minerva Trade Mark on the can—it is your assurance of good work.

There's a Minerva Paint, Varnish and Enamel for every purpose.

Sold by Prominent Dealers at all Points Including

J. B. BUNT & COMPANY
Hardware, Paints, Oils, etc., Kingston.

PINCHIN, JOHNSON & CO. (CANADA) Limited
TORONTO ONT.
ESTABLISHED IN ENGLAND IN 1852.
"IT'S SO EASY TO PAINT WITH MINERVA"

