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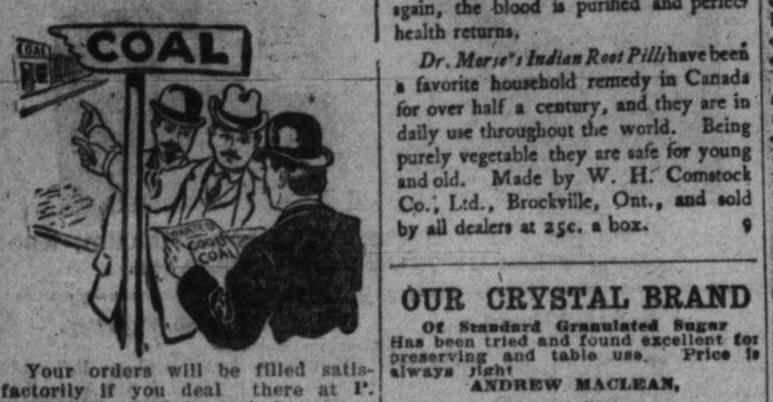
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factorily if you deal there at P. WALSH'S, 55-57 Barrack Street.

## You'll Sleep More Soundly FRENCHME If You Keep Bealthy With Dr. Merse's Indian Root Pill

THEY CONTROL NEARLY A THIRD OF DARK CONTINENT, The man or

woman with a good appetite, sound It is when the bowels become

trouble begins.

uric acid, which causes rheumatism, with all its sleep-destroying tortures. Dr. Morse's Indian Root Pills, taken regularly, induce sweet and dreamless sleep by keeping all these organs active and regular. The headache again, the blood is purified and perfect health returns,

Insomeia gees with

purely vegetable they are safe for young and old. Made by W. H. Comstock Co., Ltd., Brockville, Ont., and sold by all dealers at zgc. a box.

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OVER 2 MILLION PACKAGES SOLD WEEKLY

# You Need A Tonic

Mr. Business or Professional Man!

Excessive and constant mental occupation, protracted anxiety or care, continual work in the stuffy atmosphere of the office, causes rapid loss of nervous power, mental gloom and depression. YOU need a tonic and the very best preparation to be had on this market is

(A la Quina du Pérou)

It will promptly relieve prostration, nervousness and debility, renew energy, vigour and activity—it is the first and simplest preparation to tone up the In sickness or health, in business or pleasure, in prosperity or adversity

the benefit of Wilson's Invalids' Port is beyond comprehension, unt you have actually experienced the glowing invigoration it generates, Dr. J. DUNFIELD, Petrolia, Out., says: "I have used "Wilson's Invalids' Port" and have pleasure in recommending it as a tonic of rare quality for debilitated patients. It gives tone to the stomach by increasing the appetite and very greatly assisting digestion. I believe that it would alone cure many cases of "run-down" constitutions unaided by any other medicine."

Ino Dunfire

BIG BOTTLE

ASK YOUR DOCTOR





· Promise Annual

# "\$6. less for Flour! How did it happen?"

"I used 'BEAVER' Flour last Bread and Pies and Cake, that I did not have to buy so much

I am using it this year, too." DEALERS-Write us for prices on Food, Course Grain and Coreals. 111

THE T. H. TAYLOR CO. LIMITED, Challenn, Out.

digestion, and The Republic Is a Splendid Colonizing Nation and Is Doing Wonders In Developing Its Immense Holdings and in improving the People-Railroads Run All Over the North ern Territory. Nearly everything in Africa to-day is

minated by three great overlords-England, France and Germany. Great sluggish that the Britain and France together control about two-thirds of the continent, the British third being by far the most important. Germany owns only a on its steamship and trading interests entitle it to a voice in all African incils, writes Edgar Allen Forbes in the Review of Reviews.

France excels as a colonial power. No other mation has so many fine harbors in Africa. You expect these along the Mediterranean, of couse, but not along the western coast, which is pounded by a tremendous surf from Tangler to the Cape. The writer caught his first glimpse of Casablanca just after the French army of occupation had landed-and there was the beginning of a huge breakwater that would cost millions. He went into the hartor of Dakar (French West Africa) on a heavy cargo boat-and there were Dr. Marse's Indian Root Pillshave been docks that would be a credit to New Taylor-Smith was attached as chapa favorite household remedy in Canada York City. The big boat ran along-for over half a century, and they are in daily use throughout the world. Being purely vegetable they are safe for young branch railroad to connect with the place where the lain arrived at the place where it is sold, but he soon finds a late Prince Henry of Battenberg was and unloaded its freight on a capable that a Japanese man annually makes that the many places where the lain arrived at the place where the lain arrived at the lain arrived at the place where the lain arrived at the place where the lain arrived at the place where the lain arrived at the place where the lain arrived at the place where the lain arrived at the lain arrived at the lain arrived at the lain a branch railroad to connect with the near, and sent for Mr. Taylor-Smith, main line. This is the French waymain line. This is the French wayto provide excellent landing facilities
and safe anchorages. They do not
surpass the British in providing for
steamship service between colony and
homeland, but the Briton builds not
harbors after this fashion.

Take railroads. The writer found
trains to carry him all over French

North Africa, with two branch lines that actually run down into the Sahara Desert—and a telegraph line that goes all the way across that burning inland sea of sand. At Dakar he found a railroad running up to the mouth of the Senegal river, where the steamer makes connection and carries freight and passengers to the head of navigation on the Senegal. There another railroad picks them up and carries them across to navigable water on the Upper Niger and turns them ever to steamers that run to Timbuctu. And at Casablanca, in the land of no railroads, the first thing that he the surf boat was an embankment with steel rails on top—the beginning of a French military railroad. Massive bridges, macadamized highways, telephones, fine public buildings, electric railways-you meet them nearly everywhere you travel in France's African empire.

In educational policy the French are as advanced as in the material. In Tunis, for example, which is one of the younger French colonies, he found so many schools that he could not even classify them—schools for French, for Italians, for Jews, for Arabs; schools for Arabs to learn French and others for French to learn; Arabic: agricultural, schools, theological schools, normal schools to train native teachers. And what France has done for the Arab she is doing on a different scale for the black-skinned proteges of the west coast and of the

French official in all parts of this African empire. During all the time. that the writer was in Africa he never saw a French in uniform act or speak arrogantly toward a native. The Arabi and the French negro seemed to be on equal footing with the white man so far as public institutions and conhis priests, by whatever name called, old way, except in the case of grave misdemeanors. The Arab soon discovered that he could even put on the white man's uniform without racial or religious dishonor—and nearly all of French Africa is to-day guarded by brown and black-skinned men with French officers. The very fact that France entrusts her empire to the arms of the conquered races is very

strong evidence that she has learned how to administer government, in a land of strange prejudices.

The Frenchman expects to make his colonies pay, but he does not expect to make them pay in the beginning. Instead of raising moneys for vast railroad and harboriprojects by squeezing the colonies the money is raised in France and the projects quickly executed. He has confidence in the future and therefore builds immeasurably faster than a nation that takes no chances on what to-morrow may bring forth.

The Greatest Waterfall.

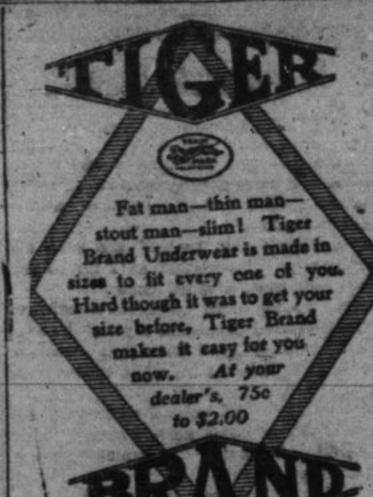
The largest of earth's waterfalls is the Victoria Falls of the Zambesi Riv-er, in Rhodesia, Africa. They are 386 feet high and more than a mile wide.
Niagara's height is 160 feet. The water power of the Zambesi Falls is estimated to be fully 35,000,000 horsepower, which is five times greater than that of Niagara. Some idea of the greatness of the Zambesi cataract may be got from the fact that the aggre-gate water power of all Europe cannot greatly exceed 35,000,000 horse-

Taken at His Word.

"I note that you do not appeal as often as formerly to the plain sense of the common people."
"No," answered Senator Sorghun
"I'm afraid I overworked that figu tuents to such an extent that they are disposed to rely on their plain sense instead of my advice."

It takes a diplomatic liar to make people sit around with open mouths when he talks,

You can please almost any mother by praising her children and roasting those of her neighbor.



When Bishop Taylor-Smith, Chap lain-General to the Forces, attend Andrew's University recently he was accorded the honorary degree of D.D.

Bishop Taylor-Smith is a powerful and striking prescher, admirably suit-"Wot I like about old Smith,

asion, "is that he doesn't care a pinch of snuff who he goes for."
During the Ashanti expedition, in

chaplain immediately visited the two royal ladies, who were then staying at Cimiez, and Queen Victoria asked him to Windsor. Later on her Majesty appointed him bishop of Sierra Leone, and after her death he became If anything could be higher than

Wreck on a Wreck,

an exciting escape. Her bow was ways new.
within a dozen yards of the rocks at Some one has discovered that there

The first pensions were granted to distinguished individuals for great services rendered the state, as to the Dukes of Grafton, Richmond, Marl-borough and others, in the sevenearly as 1781 England had a fixed volving an expenditure of over \$500. monproviding for those who had suffered for the state or who had contributed to its welfare was practically unknown, it being then an accepted doctrine that the individual belonged to the state, served her by right and had no claim against her for the business an hour-or two later, "will simple thing of doing of his manifest you go my security on a note for

Shifting Ministers.

One of Wesley's reason for shifting that I must never do anything of veniences were concerned. The religion of the Mohammedan received a hard blow when the Frenchman came, of course, but he quickly learned that the invader would not tread roughly apon his prejudices. The privacy of his mosques was safeguarded; the tombs of his holy men were whiteevening, "nor will the people come fear the sting ray most. It is poison-to hear him, whereas if he never stays ous and is to be found in very large more than a fortnight in one place he numbers when the river is low. That will find plenty of matter, and the is the time when boatmen have to

> Great Britain manufactures \$80,000,000 worth of steel pens annually. It
> is calculated that over 4,000,000 pens
> are destroyed daily. Waste in Steel Pens.

The curiously inclined are to greater or less extent meddlesome.

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TORONTO

WOMEN DIVERS OF JAPAN.

Femininity-Picturesque Shops Japan certainly controverts some of the Occidental ideas as to women's sphere, for in the province of Shima, on the south coast of the island empire, women are the sterner sex and not only do most of the field work

but are also employed as divers.

They enter the water at all seasons except during the coldest months of the winter, remaining under water sometimes for over a minute, and gather shellfish and tengusa, a kind of seaweed, which they place in a small net carried by each diver at the girdle

These female divers are extremely hardy. The life is, however, trying and the constant exposure causes those engaged in it to become very coarse in appearance and to age

The shops and booths of Japan are of unfailing interest. Here the green grocer and fruit seller has arranged his wares until it seems as though one looked upon a great bouquet There the flower shop blazes in brilliance and the lantern maker squats at his multi-colored task.

At the next entrance we perhaps see a man severing chicken meat from the bone, and he performs the operation as skillfully as the surgeon with his dissecting knife. Two or three paces further on one is confronted with a typical Japanese shoe

to whom he entrusted messages to his wife and to Queen Victoria.

When the prince died at sea the vegetable peddler carries loads heavy

the Parisienne's hat it is her heels. The low English heel has once or twice enjoyed a brief season's favor in Paris, but at heart the Parisienne The French steam trawler Magde in Paris, but at heart the Parisienne leine ran ashore in the dark near Hope dearly loves to add a cubit or so to Cove, Bolt Tail, South Devon, about her stature and she achieves it of twenty miles east of Plymouth, Eng. course with her beloved Louis XV. land, exactly at the spot where the heel. Perched thus on stilts with Elder-Dempster liner Jebba went the foot at an impossible angle le ashore in March, 1907. Local fisher footing becomes impossible and men, in fact, declare that the Magdeleine rests on the Jebba's boilers.

The trawler's crew of sixteen had is why her boots and shoes are al-

the cliff foot, and the crew managed to work their boat between the wreck and the rocks. Though it was dark they struck the path used by the Jebba passengers and without any guid-who trips in high ones will soar to unexpected altitudes of epigram and paradox. We know that great with the cliff. Then after wandering about fields, and insanity are near neighbors and they reached the village of Hope and the Germans putting the principle in practice are treating madness with a bare-foot regime. The contact of a bare-foot regime. The contact of the bare flat foot with Mother Earth is expected to bring back wandering minds to an every day plane and the experiment is naturally interesting.

A Useful Woman.

"Blennerhasset," said Mrs. Bliggins as he was about to start downtown, "can you let me have a little money, to run the house with to-

"You can have just 50 cents," he growled, flinging the coin at her and slamming the door behind him as he

"By the way, Bliggins," said s friend who dropped into his place of business an hour or two later, "will

people will hear him gladly. I know that were I to preach one whole year in one place I should preach both myself and my congregation to sleep."

—London Chronicle

get in the water to push their canoes over the shallows. They are often usually die unless medical assistance is promptly given. The ray cannot be seen, as it is of the same color as the sand on which it coils itself. The

Stuff-d Beef Heart Boil the heart three hours. When done have just enough water for gravy. done have just enough water for gravy.

Make a dressing of one-half cupful
of breadcrumbs, one-half teaspoonful
of salt, one-quarter teaspoonful of
pepper, one-half teaspoonful of sage,
one-half small onion, chopped fine;
one tablespoonful of butter and hot
water enough to moisten and, mix
thoroughly. Cut out the tough muscles and stuff the heart. Sew up and
put in oven with liquor. Thicken the gravy. Serve hot or cold.

Apple Grunt.

Peel and slice thin six large ripe. apples and put in deep pan for baking. Add one cupful sugar, one-half cupful water and nutmeg and stir thoroughly. Mak: thick batter of one large
cupful flour, one heaping teaspoonful
lard and one tablespoonful butter.
Then pour the batter over apples and
bake until done and nice and brown on top. Serve with milk and cream.

Candied Apples.

Put a cupful of brown sugar with a little water on to boil, and when it threads dip sound tart apples in the candy and cover thickly. Put a stick in the apple to hold by. You will have something to please the little ones, and it won't harm them either.

Fixing the Canal. the Suez Canal has been in progress almost constantly since its opening

In order to live a man must workeven if he only works somebody else. Necessity is the mother of invention and matrimony is the mother of con-



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come to your home? Let him show you the quick and easy way to shine the stoves.

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The Dividing Oven Strip guides heat equally all over the oven-a fine baking insurance. The Reversible Grate saves time and fuel-waste. These, with other star features make us proud to show the Gurney-Oxford line. Design—finish—workmanship—all these details we want to demonstrate to your entire satisfaction.



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