"I was Crippled, could hardly walk and had to Crawl

down stairs at times on my hands and knees. My doctor told me I had an acute attack of inflammatory rheumatism. I was in the hospital for weeks, but was scarcely able to walk when I left it. I read about

Dr. Miles' Nervine

bought a bottle and began to get better from the start, and for the past six months I have had scarcely any pain and am able to walk as well as ever." J.H. SANDERS, P. O. box 5, Rockaway, N. J.

Few medicines are of any benefit for rheumatism, but Mr. Sanders tells plainly what Dr. Miles' Restorative Nervine did for it. One ounce of salicylate of soda added to one bottle of Nervine makes an excellent remedy for rheumatism, which is now known to be a nervous disease and therefore subject to the influence of a medicine that acts through the nerves, as does

Dr. Miles' Nervine

Sufferers from rheumatism seldom fail to find relief in the use of Dr. Miles' Nervine, with salicylate of soda.

Sold under a guarantee that assures the return of the price of the first bottle if it fails to benefit. At all Druggists.

MILES MEDICAL CO., Toronto, Can.

Carriage Painting

SOME CLASS TO OURS.

This is the place to have your Auto repaired to stand all kinds of weather.

DUMPHY

Cor. Montreal and Ordnance Sts.

ROYAL ICE CREAM PARLOR

Best place for all kinds of Chocolates in Fancy Boxes, Ice Cream and all kinds of Fruits and Candy.

M. PAPPAS & CO., 184 Princess Street.

$3.50 Recipe Free For Weak Men

Send Name and Address Today—You Can Have It Free and Be Strong and Vigorous.

I have in my possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back, brought on by excesses, unnatural drains, or the follies of youth, that has cured so many worn and nervous men right in their own homes—without any additional help or medicine—that I think every man who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So I have determined to send a copy of the prescription free of charge, in a plain, ordinary sealed envelope to any man who will write me for it.

This prescription comes from a physician who has made a special study of men and I am convinced it is the surest-acting combination for the cure of deficient manhood and vigor failure ever put together.

I think I owe it to my fellow man to send them a copy in confidence so that any man anywhere who is weak and discouraged with repeated failures may stop drugging himself with harmful patent medicines, secure what I believe is the quickest-acting restorative, upbuilding, SPOT-TO-SPOT remedy ever devised, and so cure himself at home quietly and quickly. Just drop me a line like this: Dr. A. E. Robinson, 3838 Luck Building, Detroit, Mich., and I will send you a copy of this splendid recipe in a plain ordinary envelope free of charge. A great many doctors would charge $3.00 to $5.00 for merely writing out a prescription like this—but I send it entirely free.

COAL!

The kind you are looking for is the kind we sell.

SCRANTON COAL

is good Coal and we guarantee prompt delivery.

BOOTH & CO.

FOOT WEST STREET.

In Every Home

there is sure to come physical suffering at times—suffering hard to bear—suffering which will be followed by serious sickness, if the first symptoms are neglected.

But this suffering will soon be forgotten, and there will be no after consequences if relief is obtained from a safe, reliable, natural corrective medicine.

BEECHAM'S PILLS

ought to be on hand in every home ready for use at first sign of trouble.

This famous family remedy has proved in years and years of trial, its power to correct physical trouble and to ward off disease.

Try for yourself—or in your home, a few doses and see how the bodily system is strengthened and refreshed and how surely and effectively they

Relieve Suffering

Your druggist can supply you in boxes with helpful directions. 25c.

APPEALS TO CITIZENS

NEAR CITY GARDENING IS NOW VERY POPULAR.

Experience of Some City Men in Keeping Gardens Would be of Interest to the Farmers—The Real Value of a Truck Market to the Farmer.

Appreciating land nowadays is becoming a peculiarity of city people in Canada. In a country with millions of acres yet unoccupied, or even reached by railways, we are confronted with the growing city where vacant lots are, if not unknown, at least inaccessible for even baseball; with fast-developing towns in the west staked off on the environs for future speculation; with farms selling in some cases for five hundred dollars an acre—if the land happens to be along a lake front anywhere within half an hour's ride of a city limit, says The Canadian Courier.

The paradox of the land is peculiar and it is becoming more acute. Seven miles west of the western limit of Toronto land sells not by the acre, but at twelve and fifteen dollars a foot. A mile or two east of Hamilton are the same conditions. In a few years Hamilton and Toronto will shake hands at twenty dollars a foot for country and suburban residences. So also are Winnipeg, Montreal and Vancouver surrounded by a belt of city farmers.

This may be a speculative value; but it is being paid. Every turn-over of a block of land means an increase in the average price. A few years ago land that sells now by the foot was sold by the lot. The man who bought three lots then is succeeded by the man who buys one lot; or he has sold two of his lots at so much a foot; and the inference is that the more people you can get on to a given area of land the greater the value of the land—which to the man desiring a comfortable, quiet life is an illusion.

So we persist in packing our towns and cities with people often at the expense of the rural parts. We build up big communities on small areas of high-priced land. The influence of the city community reaches out over the adjoining farm lands which go up in price for three reasons: sympathy with the value of town property, the rapid extension of the suburban subdivision, and the practical value of good land adjacent to a city for the market and fruit garden business.

Thus begins a backward movement to the land. City dwellers burdened with high rents and crowded quarters begin to acquire suburban and even country residences where the time and the money required for transportation do fall a margin below the cost of rent and of other items of living in the city.

The whole thing becomes a mathematical problem, whereby a man figures an hour each way on a suburban and street railway car as worth so much a week or a month to the extra cost of living in the town and allowing so much for the increase of comfort by living in the country.

One of the results of this backward movement is that the city man with a plot of land near his house learns to go gardening. He finds that with an hour a day in the summer he can tend his garden more or less, do a little casual hiring and produce vegetables and small fruits enough to supply his own tables with perhaps an occasional sale to friends of his in town.

The experience of some city men in keeping gardens and raising chickens would be of immense interest to farmers who have taken half a lifetime to discover that a real truck garden is absolutely necessary even on a farm; and of even more interest to the townsman who hankers to be delivered from the tyranny of monopolistic prices for vegetables and fruit. And it often happens that the townsman who turns himself to the problem of gardening is able to give lessons to the villager or the rural dweller who all his life surrounded by idle or half-idle land has to learn the real productive value of land from the man who has been living on the edge of a boulevard.

A Rugby Story.

Mr. Maitland McCarthy, ex-M.P., of Calgary, was formerly a great rugby football player.

A game was being played some years ago at Kingston between Queen's University and the Hamilton Tigers. The spectators kept crowding on the sidelines, and as the game was a hard one, McCarthy, who was the Tiger captain, lost his temper. He singled out a grey-bearded, elderly gentleman, and shouted at him: "Get out of here, whiskers; you ought to know better than crowd on the field like this!" Or words to that effect.

The elderly gentleman proved to be the late Principal Grant, and only the protection of the players saved Mac from being mobbed by the students, who had the greatest admiration for their president. As it was, the Tigers, as they drove from the field, were hooted and pelted with dirt and stones by the Queen's boys.

How Wilcox Won.

Mr. Oliver Wilcox, the Conservative M.P. for North Essex, had a hard time winning the seat in the recent Federal campaign. And they say that he only clinched his victory by "getting in right" with the colored population of Windsor. There are several thousand negroes there, and one night just before election day they had a big chicken feast, which Mr. Wilcox attended. The story goes that when called upon for speech he addressed the company somewhat as follows:

"Fellow countrymen, I am delighted to be with you at your great national feast. But I must remind you that if reciprocity carries you will have no more feasts — all Canadian chickens will be shipped across the border."

That was enough for the colored voters.

Canada's London.

As to the reproduction of London place names elsewhere, the city of London in Canada is far and away the most prolific example. Not only is it situated in the county of Middlesex and built on the banks of the Thames, but all the historic localities in old London—Pall Mall, Charing Cross, Cheapside, the Strand, etc.—have been appropriated in the naming of the new. Bendigo, Australia, also has a Pall Mall and a Charing Cross.—London Chronicle.

ONE WOMAN'S JOB.

Mrs. Hayter Reed Is an Expert Improver of Big Hotels.

There are women in Canada earning large salaries at various occupations, but the most original method of obtaining the highest income seems to have been discovered by Mrs. Hayter Reed, whose home is in Montreal.

Independently wealthy, with a multitude of social duties, she still finds time to give enough attention to outside affairs to win a salary of $10,000 a year from the Canadian Pacific Railroad, in a field and in a position such perhaps as never before was filled by a woman of her prominence. She has no distinctive title on the railroad's payroll, but for want of a better one she may be called the arbiter of elegance and comfort.

Some one high in the councils of the Canadian Pacific discovered some years ago that there was one jarring note in its system of hotels. Architects might lavish their knowledge upon this structure or that, and might spend thousands of dollars to develop an idea of decoration, but somehow there was an incompleteness to the whole. No one of the hotels seemed perfect. One might appear to advantage in one particular line, but each had some marked defect. The man who discovered there was some error in the whole hotel plan was wise in his day. It was he who suggested that the company look for some one of fine artistic sense, of culture and refinement and of exquisite taste, to give his attention and services to the company.

They looked long and far for the man to fill the bill, but couldn't find just the one person who combined all the qualities they sought. Then somebody suggested that they might search America over and find no one so well fitted for this particular task as Mrs. Hayter Reed. The next thing to be considered was whether a woman of her social prominence would accept employment. The situation was put to her diplomatically and rather adroitly, and to the delight of the negotiator the idea appealed to her and she became an employe of the great railroad of the north.

Mrs. Reed was one of a large family. She has a sister, Grace, who is now Mrs. Gordon, of Seattle, and a sister, Dorothy, who married Edmund Bristol, M.P. for Centre Toronto. Another sister, Eliza Armour, became Mrs. John Drynan, of Toronto, and besides her brother, Dr. Donald Armour, she has another brother, Douglas Armour, K.C., a barrister in Montreal, and still another, Eric Armour.

She is tall and of handsome appearance, with small, well-formed features. Her manner is usually gracious and winning.

Aside from her social prominence and the unique character of her employment, her case has a wide significance and is of especial interest to girls and women. In schools of design, in art establishments of every sort throughout the country, in studios for the development of interior decorating, are thousands of women studying architecture, harmonies of color, periods of historic art, composition and all those things which go toward preparation for such work. To these girls the example of Mrs. Hayter Reed should be an inspiration and a spur.—Canadian Courier.

Two Trinities.

The modest poster exhibited to advertise Mr. Harry Lauder and representing the vaudeville comedian, Sir Walter Scott and Robert Burns, and the three gifts which "Scotland gave to the world" has caused considerable amusement. As one wit remarked: "Burns and Scott were dead lucky to get on the bill free of costs."

The incident recalls to mind a little anecdote told about Col. Denison. It is a well-known fact that Toronto's local chief magistrate is an admirer of the philosophy of Josh Billings. On one occasion after making a conviction in the police court, he remarked to the lawyer who was appearing on behalf of the prisoner: "These cases always remind me of Josh Billings' remark. He says: 'When a man decides to become a knave, he better examine and see if he isn't better fitted to become a fool'."

"That was not original with Josh Billings," replied the lawyer ironically, "Solomon said something to the same effect many years ago."

"That is just the point," retorted the magistrate, "you see, we agree perfectly, King Solomon, myself and Josh Billings."—Saturday Night.

Natural Turkish Baths.

At the town of Preston, Ontario, about seventy-one miles west of Toronto, natural Turkish baths are in operation. Near the town is a lake the waters of which are impregnated with sulphur and other chemical properties, so that the water, besides being available for the bath as such, has also medicinal qualities. The lake is Government property, and so far the cost to those availing themselves being sufficient to remunerate the services of the half-breeds preparing the bath. This is taken in what is locally called "a sweat lodge." The lodge is made by digging a hole four feet deep, lining it with small boulders and covering it with an airproof tent. A fire is then built in the hole and kept burning until the stones are thoroughly heated. Water from the lake is sprinkled on the hot stones and a steam arises, the steam being laden with medicinal properties.

Ontario's Lumber Cut.

Concerning Ontario's 1910 lumber cut, The Forestry Bulletin says that Ontario still produces over one-third of the lumber cut annually in Canada, but its annual cut, while increasing, is doing so more slowly each year.

In Ontario during 1910, 1,642,191,000 feet of lumber were cut, being worth $30,011,000. The diversified forests of Ontario have enabled it to hold the supremacy up to the present.

White pine of Ontario formed 85 per cent. of Canada's cut, and nearly half of the hemlock cut came from this province. Ontario provided 90 per cent. of the red pine.

Short cuts to fortune are often bottomless cuts.

That soul is truly lost that gathers darkness of the light.

No man ever saw his Father by climbing over his brother.

RURAL POPULATION LESS.

Urban Centres Have Grown at the Expense of Rural Sections.

There seems to be a widespread discontent with the census figures. Winnipeg, Saskatoon, Calgary, Edmonton, Vancouver, Port Arthur, Ottawa, Brantford, London, Woodstock, St. Thomas for instance, all claim to have a larger population than they are given credit for.

The Globe editorially points out the diminishing population of the rural districts in the east, saying:

In Ontario the total increase of population was 336,956. Toronto supplied within a fraction of half this total. The other cities and towns of over 4,000 population increased 176,553 during the decade. The number of persons actually living on the land or in villages and small towns was 7,798 less than a decade ago. It need surprise no one to learn that there are at least 100,000 fewer people cultivating the soil in this province today than there were ten years ago.

Quebec shows an increase of 351,799 during the census period. The growth of Montreal is responsible for considerably over half of the total. The total increase of population in Quebec cities and towns of over 4,000 has been 272,293, leaving 79,500 as the increase of population on the land and in the smaller towns. When the fecundity of the habitant is taken into consideration the census returns must be far more disappointing to the people of Quebec than they are even to the inhabitants of Ontario.

Nova Scotia shows a total increase of 2,273 in population, while the population of the cities and towns of over 4,000 has increased 28,033 in the decade, chiefly as the result of the growth of the steel industry of Cape Breton. In British Columbia there has been a total increase of 184,109 during the ten years, and 125,299 of this has been in cities and towns of over 4,000. It looks as if British Columbia were going to pattern itself after the States of the Australian Commonwealth, where a large proportion of the population is located in a few big cities. Of British Columbia's population considerably over a third is concentrated in Vancouver, New Westminster, and their suburbs. This is the most undesirable of all the unhealthy conditions disclosed by the census.

The bright spots are Saskatchewan and Alberta, where the rural population has increased at least half a million during the ten years, and where the movement toward the cities is not yet marked. The figures, taken as a whole, indicate that the man on the farm must get more of the attention of national and provincial legislators than he has had in the past.

Pictou's Celebrities.

A great many claims have been put forward as to the ancestry of Andrew Bonar Law, who has succeeded Rt. Hon. A. J. Balfour as the leader of the Unionist party in Great Britain, and a great many places have claimed the honor of being connected with his birth. It now appears that despite many conflicting statements published on the subject that the future Prime Minister of Great Britain is a great-grandson of John Dawson, one of the pioneers in the commercial life of Pictou, N.S., and his remains to-day lie in the old historic Laurel Hill Cemetery in that beautiful little town.

Heretofore Pictou has had preeminence in producing college presidents — Sir William Dawson, who so long and ably conducted the affairs of McGill University, was born at that place. Rev. George M. Grant, late president of Queen's University, was another Pictouian; also the Rev. D. M. Gordon at the present time principal of Queen's University; Rev. Dr. Forrest, ex-president of Dalhousie College, Halifax, N.S.; President A. Stanley McKenzie, at the present time principal of Dalhousie; the late Rev. Dr. McRae, one time principal of Morin College; the Rev. Dr. R. A. Falconer, at the present time president of Toronto University; the Rev. Clarence McKinnon, president of Pine Hill College, Halifax, and hosts of other prominent educational leaders at the present time carrying on highly important work in all parts of Canada, the United States, and Great Britain. Heretofore, this scholastic pre-eminence has been the one in which Pictouians have been most in evidence.

Now it appears that the next Unionist Prime Minister of Great Britain will be descended from a Pictouian, Dawson by name. Bonar Law's great-grandfather came to Pictou from the parish of Irongrey, Dumfries.

Doctoring Under Difficulties.

Writing of the work of the Royal National Mission to Deep Sea Fishermen in "Canada," Mr. A. W. Wakefield says: Except for the mission staff there is no doctor in the northern peninsula of Newfoundland, or along the whose coast of Labrador from the Gulf of St. Lawrence to Cape Chidley! Instead of debating whether to call in Dr. Smith from the next street or Dr. Brown who lives two streets away, suppose you had to travel from Land's End to John o' Groats and back again to Carlisle, or from Halifax to Montreal, before you could reach a doctor! And then not in a railway train or motor car, but in a sledge drawn by dogs over the ice and snow, or in a small, rickety boat, along the wildest and roughest coast in the whole world.

Check Infant Mortality.

The chief medical inspector of Toronto, Dr. Struthers, is inaugurating a system whereby he hopes to check the greate rate of infant mortality in Toronto. Dr. Struthers states that nurses are at present visiting homes, and taking children to the hospitals and dispensaries that are attacked with disease. His plan is to continue this throughout the summer months, and combined with the new classes, it ought to prevent a great number of the infant deaths in Toronto.

Australian Fruits.

Experiments are being made in sending Australian oranges and lemons to Canada.

Friends do not freeze to a frozen heart.

Easy times often account for hard habits.

Big plans do not balance small performances.

WOMEN MUST BE TIGERS.

Madam Maeterlinck Says She Must Fight to Win Love.

Boston, Mass., Jan. 13.—To succeed in love according to Mme. Georgette Leblanc Maeterlinck, wife of Belgian poet and playright, who is here to sing in "Pelleas et Melisande," a woman must be a tiger.

"Every woman who is successful in love and whom men adore must have the baby tiger nature," she said tonight. "She must feel deeply, tensely, be ready to fight, but be soft and tenuous always. What men love in women is the strength, the will that is behind a pliable exterior."

"Do you ever regret that you have no children?" Madame Maeterlinck was asked.

"I have a baby," she added, "the only baby I have ever longed for and ever shall have—my husband. He is a big, over-grown baby, as every splendid man is. The greater the intelligence of a man, the more of a child he is in some moods."

World's Best Fish Story.

Henrik Dahl of Aalesund was a reader and follower of Darwin. Wishing to apply his theory to the limit of adaptability of a species to its environment, Henrik procured a herring from a neighboring fjord and carried it home in a tub of sea water. He renewed the water daily for some time, and gradually reduced the quantity, with so little inconvenience that the fish might, in time, learn to breathe air undiluted with water, like the cat and man. It turned out as he expected, and the water was finally emptied out of the tub never to be replaced. Henrik next removed the fish from its tub and placed it on the ground, where it flopped about very awkwardly at first, but soon learned to move freely and rapidly. In a little while the herring was able to follow its master without difficulty, and then it became his constant companion about the streets of the city.

On a certain unfortunate day, Henrik had occasion to cross a dilapidated bridge, which spanned an arm of the harbor. The herring, coming gracefully along, heedless of danger, now and again springing at flies, for which it has acquired a great fondness, missed its footing, slipped through a crack into the water and was drowned.—Boston Transcript.

Couldn't Eat it Anyway.

"Admiral Schley," said an officer of the navy department in Washington, "had no use for the unreasonable optimist—the optimist who won't contend against evil, excusing his laziness on the ground that all things work together for good, and so forth.

"Admiral Schley once tried to have certain reforms instituted in the navy. He found at headquarters a good deal of the optimistic or lazy spirit, however, and so, at a dinner one night, he rebuked a headquarters optimist with a story.

"You remind me, sir," he said, "of old Jimmy Traddles. Jimmy was a laborer. Noon sounded one day, and and he sat down and felt in his pocket for his lunch. But the pocket was empty.

"Boys," he said, "I've lost my lunch."

"Then he gave a merry laugh.

"'It's a darn good thing I've lost it, too,' he said.

"'Why so, mate?' a man asked.

"'Because,' said old Jimmy, 'I left my teeth at home.'"

Let Women Propose.

That women should propose was one contention of George Willis Cook before the School of Social Science.

He also said that modesty, which, like other so-called virtues, is not a matter of morals at all, but purely of convention, is no more characteristic of women than of men, and he told of instances of where men even now do the coqueting.

"To deny that the man now serves no other purpose than his original function of parenthood is no more preposterous than to assert the same of woman, as the educated woman proves," Cook said.

"Woman's hypocrisy and kindred faults exist only as the result of her subjection—and even her modesty is not feminine."

"The one that provides the home should take the initiative and become the wooer, and where this burden falls on both the convention ends."—Boston Dispatch in Milwaukee Journal.

Slap at Germany.

Paris, Jan. 12.—Up till noon, Theopile Delcasse, minister of marine, and formerly foreign minister in the Caillaux cabinee, had not replied to President Faillieries' invitation to be premier and form a new cabinet. In all quarters it is considered that Delcasse's appointment is a distinct slap at Germany.

J. A. Moran, of Smith's Falls, has entered an action against R. E. G. Burroughs, of the same place, for the loss of his son's eye.

If Your Milk Does Not Agree With Baby

—or if you have not sufficient to properly nourish baby — put the dear little one on

Neave's MILK FOOD (Starchless) FOR BABIES

It is a perfect milk diet—richer than cow's milk — easily digested — and absolutely free of starch. You can feed Neave's Milk Food from the day baby is born—and be sure that baby is getting the best possible substitute for your own milk.

Neave's Milk Food is sold in airtight tins by all druggists in Canada.

FREE TO MOTHERS—Write today for free tin of Neave's Milk Food and copy of our book "Hints About Baby," to the

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Mfgrs. J. R. NEAVE & CO., England.

OXO Cubes are not only foods in themselves—they add enormously to the value of other foods.

OXO Cubes tone up the digestive processes and enable the system to obtain the greatest possible value out of food partaken.

OXO Cubes are the greatest advance in food invention since men began to eat and women learnt to cook.

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10 for 25c.
4 for 10c.

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Twenty-sixth year. Fall Term begins August 30th. Courses in Bookkeeping, Shorthand, Telegraphy, Civil Service and English.

Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any time. Call or write for information. H. F. Metcalfe, Principal Kingston, Canada.

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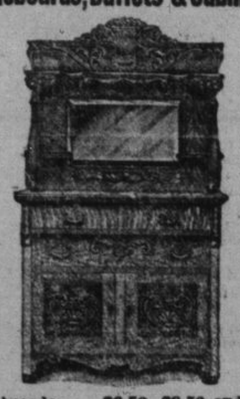

Sideboards.... $6.50, $8.50 and up.
Buffets worth $22.00 for .... $18.
Buffets worth $20 for $15.00
Only two of these left. .. ..

Extension Tables.. $6.50, $8.50 up.
In Golden Finish.
Big Line of Cabinets all reduced 10 per cent.

R. J. REID

The Leading Undertaker. 'Phone 577.

Whenever you feel a headache coming on take

NA-DRU-CO Headache Wafers

They stop headaches promptly and surely. Do not contain opium, morphine, phenacetin, acetanilid or other dangerous drugs. 25c. a box at your Druggist's. 125

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FLORIDA GRAPE FRUIT,
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Nickle Plated Tea Pots,
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Fancy Coffee Percolators
From $1.50 to $7.00
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The "Dainty Shrewsbury"

is what our friends call

Crothers' Shrewsbury Tea Biscuit

It will fill the final need for your afternoon tea. Insist upon having "Shrewsbury"

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