

JAMES MCPARLAND AGENT 339-341 King Street East

# 3.50 Recipe Free, For Weak Men.

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

offies of youth, that has cured so many to send a copy of the prescription ce of charge, in a plain, collinary se led

hink we owe it to our fellow man to send allures may stop dragging himself SPOT-TOUCHING remedy ever Remedy Co., 3838 Goodyear Bldg. Mich., and we wan sent you a copy of scription like this-but we send i



No choicer or purer sugar can be produced than St. Lawrence Granulated White

Pure Cane Sugar. Made from choice selected cane ogar, by the most modern and erfect machinery, it is now offered three different sizes of graineach one the choicest quality. St. Lawrence Sugar is packed in 10 lb., 25 lb. and 20 lb. scaled bags, and also in 5 lb. and 2 lb. cartons, dealers. Buy it by the bag.

ST. LAWRENCE SUGAR REFINERIES.

By Timely Use of Lydia E. Pinkham's Vegetable Compound.

Here is her own statement. Cary, Maine. - "I feel it a duty I owe



new woman. I had no pains, slept well. had good appetite and was fat and could do almost all my own work for a amily of four. I shall always feel that I owe my good health to your med-leine,"-Mrs. HAYWARD SOWERS, Cary,

en operation is necessary, but at once had its influence in the peace which art, the pluckiest rancher and hard- ears are also operated on regular

If you have the slightest doubt



THE ROCKS OF VALPRE

Price \$1.25. R. Uglow & Co.,

ring emotional story of a wilful country has embarked upon the debut light-hearted English girl, and velopment of a military spirit. Canstrong-minded English husband and early statesmen for. The writer bethe faithful, understanding French lieves that if the conscience of the artillery officer. The scene is partly Canadian people were laid bare the laid on the Breton coast, where the true convictions of the people in irresponsible young girl meets the 1914 would confirm the principles gay young officer. He shows her the of defence laid down in 1865. It is racial and religious prejudices of the cave among the rocks of Valpre, because the frothy elements, carried French throughout Canada must be where he is secretly working out an away by race pride and passion, have invention that will revolutionize the so warped and perverted the sober artitlery service of France and make sense of the people, that men are him famous. The cave is reached scared to utter these convictions. only at low tide, and so, when they The pamphlet closes with a strong linger too long therein, they are plea for peace: forced to spend the night there. This incident casts a shadow over for our own acts is it not bad enough their whole lives, and almost results that we have wandered so far from in a tragedy. A touch of the Drey- the high road of safety and moral fus tragedy lends the story addition- progress marked out for us with We have in our possession a prescription of all strength. The young onicer's section wisdom and strength and sold to another founders of this confederation? Why nanhood, failing memory and lame back, country, and he is publicly disgraced should we—out of a theory of loy-

been well drawn. She is of the type language-deliberately place on the powe and virility, quickly who never grow up, and who are backs of our children a load of the bound by that very circumstance, not | kind that is breaking the backs of only to be very unhappy themselves, the common people of Europe and but to make those dearest to them taking the heart out of their lives? unhappy also. She is pretty and Let us not deceive ourselves-since childish and thoughtless, totally un- the science of human government suited to her English husband, a was first developed the advent of the man, thoughtful, just and unyelld- professional soldier in government ing. The story abounds in strong has been the source of waste of maand telling contrasts of character terial resources, of the corruption of who love the girl, and her three ing or destruction of the people's brothers, are well-drawn characters liberties. When men say that educa-The author has made them individual and realistic to a marked degree. Emotional crises abound; and the interest never wavers, but is sustain- the highest authority to whom uniod to the very end.

author of this fascinating tale, will reiteration of nineteen hundred "The Way of an Eagle," a book that phic awfulness and fidelity to the won instant recognition.

#### SUNSHINE JANE

By Anne Warner. McClelland, Goodchild & Stewart, Toronto, publishers. 279 pages. Price, \$1.00. R. Uglow & Co., city,

"Sunshine Jane" is a delightful book by the author of "The Rejuvenation of Aunt Mary." The same produced a humorous fantasy enhappy strain runs through the new book-the same desire to befriend, Burton." Now, in "A People's to be helpful and to bring sunshine Man" he has delved into sociological and cheer into sunless and cheerless matters, and brought forth an en-

Jane was a "Sunshine Nurse," one of an order whose business it was "to do what the doctors can't at- of a rattling good story, ways do-make folk well." Mostly. it would seem, by preaching to them the "New Thought" gospel and by practising it herself. She comes to visit her two aunts in the dull country village, and the transformation begins at once. The cantankerous aust, who had "new asthma" in her Moses. He calls on the prime minisarm, which the doctor could "alli- ter, and falls under the spell of gator" but not cure, lost her ail- Lady Elizabeth. Conditions in Engments. "Sunshine Jane" speedily land are different from those in Amconverted all and sundry in the little erica, and he discards the revolutionvillage to her belief that "you can ary idea. A great upheaval has been get anything you want if you only brought about, transportation lines comes Lorenzo Rath, an artist, who lack of coal and the country in danwants Jane just this way. Here is ger of invasion. When Maraton dismaterial for a romance with Jane as covers he has been tricked by a secthe central figure, and it is very pret- ret agent of Germany, his patriotism tily worked out. The book is a wholesome, happy one, and should ough to save the situation. He bebe a source of good to every one comes unalterably opposed to miliwho reads it. It preaches the gospel tancy and in favor of constitutional of a glad optimism-of always look- methods of securing reforms. ing for the bright side, of expecting a cheerful story, containing much to -and, maybe, practice.

### THE DEFENCE OF CANADA

By Christopher West. A pamphlet, J. M. Dent & Sons, London and Toronto, publishers. Price, 10c.

a review of Canadian defence in the be relied upon to tell a gripping, or goes back to 1865, when the Duke in this case. of Newcastle, as colonial secretary. voiced the imperial government's THE LIGHT OF WESTERN STARS. recommendation that Canada should build up a military power in this country, but that such contributions should be, made permanent. The straighten up at danger then was greater than it is times. My back today. Yet what was Canada's ached, I had no ap- answer? Four commissioners went scene of this story is laid in the to build up a military system dis- Mexican "greasers" abound. tasteful to Canadians and not called | The heroine, Majesty Hammond, a

erican peoples to-day!" that Lydia E. Pinkham's Vegeta-ble Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, the Fenian raids, the total military art, who was drunk and out to in love with him.

quirements at \$18,792,381. What will happen when our administra-By Ethel M. Dell. William Briggs, tors have devised a "permanent nav-Toronto, publisher. 511 Pages! at policy"? The faith that Sir John in the ultimate triumph of intellig-"The Rocks of Valpre" is a stir-jand national pride, has gone, and the the love that came to her from her ada has a great deal to thank these

alty which our great fathers knew The character of the girl has to be false-and told us so in plain temperament. The two men civic life and in the end the weakention in the art of destroying human life is necessary to 'uplift the manhood' they deceive themselves, for versal man can appeal has described Miss Dale, the young English militarism in a phrase which all the remembered as the author of years has failed to deprive of its graabhorrent fact-the abomination that maketh desolate."

### A PEOPLE'S MAN

Ey E. Phillips Oppenheim. McClelland & Goodchild, Toronto, publishers. 365 pages. Price, \$1.30. R. Uglow & Co., city.

A few months ago Mr. Oppenheim titled "The Double Life of Alfred tirely different kind of book. No matter what theme he essays, however, the reader can always be sure

In this new volume the author has drawn one character with marvellous strength-that of Maraton, a socialistic leader. He comes to England from the United States to bring about a social revolution and he is bailed by his followers as a veritable vant it enough." Under this spell paralyzed, the navy crippled through asserts itself, and he is strong en-

One lays down the book with a and thinking only good, with the re- feeling that the author has attemptult that good is sure to come. It is ed too great a task-that he is too inexperienced in the subject. It is sketches, such, for instance, as that | peg and Vancouver. of the prime minister, the labor lead-

Co., Ltd., Toronto., publishers. 389 pages. Price, \$1.50. Uglow & Co., city.

Like many a recent novel, the |ril.

read and answered by a woman, expenditure was \$1,781,861. The "marry the first white girl he met." and held in strict confidence, estimates for 1914 placed the re- Her faith dragged him back from the estimates for 1914 placed the re- Her faith dragged him back from the

depths, and reformation is well portrayed. The book abounds in thrilling incidents, fights with sheriff's posses and with cuerillas, ambuscades and rescues-in fact, all the excitement that could be well imagined to happen in such a country. The central character is well drawn. and some of the descriptive matter is good, but one feels that here is

LANGUAGE AND NATIONAL UNITY

The British Review, Vol. V. No. 1 p.p. 55-63). By Francis W. Grey, D. Litt

In this article Mr. Grey, who is relative by birth of Earl Grey, and A. Macdonald and his associates had by mariage of William Wilfred Campbell, attempts to prove that the reason why the Freuch in Canada are jealous of the English is because of the English attempts to Anglicise. and still more to Protestantise them. The early Imperialists, he maintains. such as Bishop Inglis, of Nova Scotia, and Bishop Mountain, of Quebec, ought "unity of faith" under the raise of "unity of speech." Mr. Grey concludes from this that the respected, and concludes by a somewhat cryptic reference which seems to show him in favor of bilingual chools in the province of Ontario. The article is suggestive but slight, and reads rather as if it had been cut "In the light of this responsibility down by the editor.

Literary Notes Miss Leona Dalrymple, the author "In the Heart of the Christman Pines," "Uncle Neph's Christmas Inpiration" and "Traumerei," has een awarded the \$10,000 prize in the Reilly & Britton novel contest, or her book, "Diane of the Green Van," Miss Dalrymple is the daughter of Judge Dalrymple, of Passaic, .I., and in addition to her literary ctivities in the longer form is a contributer to magazines. The Copp Clark Co. will publish the Canadian edition on March 7th.

Some practical suggestions for reaching the public and bringing in trade are offered to managers of financial institutions in T. D. Mac-Gregor's "Bank Advertising Plans" (Bankers Publishing company). Aliend of all the other means of secoring publicity Mr. MacGregor puts newspaper advertising.



ABOLISH-THE-BAR ROWELL New picture of the leader of the beral opposition in the Outario house, W. Rowell, K.C.

HOMESEEKERS' EXCURSIONS

And Settlers' Trains to the West Per

Those taking advantage of above excursions should bear in mind the laugh over and a moral to remember an essay on English social conditions many exclusive features offered by which, at times, becomes long-drawn | the Canadian Pacific railway in conout and tiresome. The interesting nection with a trip to the west. It love story running through it all re- is the only all-Canadian route. Only deems the book. The author has line operating through trains to handled this well, and has also western Canada, and through standrawn some really good character dard and tourist sleepers to Winni-

Homeseekers' fares will be in ef-This pamphlet, which is No. 1 of ers, and a German socialist play- fect each Tresday, March 3rd to Octhe international good will series, is wright. Mr. Oppenheim can always tober 27th inclusive, and round-trip second-class tickets will be sold from light of Canadian history. The auth- readable story, and he does not fail Ontario points at very low fares for example, from Toronto, also west and north of Toronto, to Winnipeg and return \$35, to Edmonto and return \$43. Other points in proporcontribute more men and money to By Zane Grey. The Musson Book tion. Fares from points east of Toronto will be slightly higher. Return limit two months.

Homeseekers' trains leave Toronto each Tuesday during March and Ap-

petite and was so to England to confer with the imper- southwest, where the cowboy flour- April the Canadian Pacific will run Each Tuesday during March and nervous I could not sleep, then I would ial government on defence. They ishes and the ranching country rolls settlers' trains to Winnipeg and be so tired mornings that I could scarcely were Sir John A. Macdonald, George away to the foothills, where the west and for the accommodation of get around. It seemed almost impossi- Etienne Cartier, George Brown and wide-open spaces are alluring and settlers travelling with live stock le to move or do a bit of work and I Alexander T. Galt. They pointed out the sunsets are beautiful. Miss Grey and effects, a colonist car will be athought I never would be any better un- that volunteer organization alone has given us a vivid picture of ranch tached to the settlers' effects train. til I submitted to an operation. I com- was suited to the country, and that life along the Rio Grande, has shown This car will leave Toronto on regunenced taking Lydia E. The was a decided aversion to us the real heart and life of the cow- lar train at 10.20 p. m., and on aretable Compound and soon feit line a compulsory service." They declined boy and has revealed the dangers to rival at West Toronto it will be atto enter upon a lavish expenditure be encountered on the border, where tached to settlers' effects train as mentioned above.

For those not travelling with live for by any circumstance they had wealthy New York girl, goes west to stock and effects, special colonist visit her cowboy brother, and from cars will be attached to regular "It was a time of provocation the minute she arrives life meant a trains from Toronto, running against Canada," said Mr. West, different thing to her. She buys a through to Winnipeg without change. "but can we now doubt that Can- ranch, and, through her woman's No charge is made for accommoda-If you are ill do not drag along until ada's amity towards her neighbors trust in him, makes a man of Stew- tion in colonist cars. Tourists sleeping take Lydia E. Pinkham's Vegetable reigns between the British and Am- est rider of them all. Then, of train leaving Toronto 10.20 p. m. course, she marries him-or, rather, Full particulars from any C. P. R. Upon this foundation, asks the wakes to the discovery that she had agent or write M. G. Murphy, district passenger agent, Toronto.

> If a girl bows to a young man three consecutive days he is certain she is

> And many a man is sold without getting his price.

A State of the second second second

The second of Many

The New Food-Invention that has revolutionized the ideas of convenience and economy After years of experiment the Liebig Company have succeeded by a new scientific process in condensing the rich body-building properties of their famous fluid-beef Oxo into the form of handy Cubes. EVERY MAN, WOMAN AND CHILD IS AF-FECTED BY THIS GREAT FOOD. INVENTION. Men, because a tin of Oxo Cubes can be slipped into the vest pocket, and used whenever a hasty meal is required,-or a Cube spread on a biscuit is both delicious and sustaining. Women, because Oxo Cubes do away in great measure with the drudgery of home-cookery. Soups, beefteas, gravies, stews, etc., can be made in a few minuteswithout trouble or inconvenience. Children, because Oxo Cubes are powerful nourishers and health-builders, and being deliciously flavoured are just what they enjoy. Everybody, because a daily cup of Oxo makes you feel worlds better-your brain more alert,and your body stronger, and more capable of sustaining the cold and rigours of a hard winter. A Cube to Oxo Cubes have a body-building power out of all proportion to the amount taken Tins of 4, 10, 50 and 100 Cubes 10 = 10 = 10 : - 0

# HANDSOMELY 97-Piece Dinner Sets



# GIVEN FREE TO-CANADIAN WOMEN By "EVERYWOMAN'S WORLD"

CANADA'S GREATEST HOME MAGAZINE

These beautiful dinner sets were made for us by one of England's most famous manufacturers. They are delightfully decorated in rich floral rose designs with garlands of foliage in the very newest patterns. EACH SET COMPRISES 97 PIECES, guaranteed full size for family use—an absolutely complete dinner service for a family

'EVERYWOMAN'S WORLD" wants 150 married ladies at the heads of homes to obtain these magnificent dinner sets. You are not asked to spend any money or buy anything in order to obtain one of them for your home. Read this offer if you want one of these sets. We want every Canadian housekeeper to become acquainted with

"EVERYWOMAN'S WORLD," Canada's greatest monthly home maga-SUBSCRIPTIONS TO THIS GREAT MAGAZINE, but We are not satisfied. We are determined to have 100,000 subscribers for 1914 and are sparing no expense to reward the ladies who will assist us in reaching this mark and who by their advice and suggestions for the improveonly as the greatest Canadian magazine, but to make it so necessary to every reader that it will become an absolute institution in every Cana-

ment of "EVERYWOMAN'S WORLD," will help us to maintain it, not with a few of your friends-will help us in this work and can gain for

"EVERYWO-MAN'S WORLD" is needed in every woman's home. It is a big, bright, breezy entertaining and instructive magazine, running from 40 to 52 pages a number. It abounds in charming short stories, live interesting articles, news of the day, advice on home management, the care of children, cooking, etc. It has an excellent fashion department and pattern service and shows each month the very latest fashions of New York, London and Paris It has departments of music, giving its readers each month a new and original sheet of music, departments of art, beauty hints, family health. money-making hints for women and many other features that make ! absolutely necessary to every home. "EVERYWOMAN'S WORLD" is delightfully illustrated by the foremost artists of both Canada and the United States, and its beautiful art covers in colors are always charming. In fact, no expense has been spared to make it the most interesting and useful magazine in Canada.

you one of these magnificent complete 97-place dinner sets. This offer is absolutely unique in the history of Canadian journalism. The wonderful thing about "EVERYWOMAN'S WORLD" is that this great magazine is sold at a subscription price of only 50c. per year. Just think-only 50c. for 12 whole months' subscription.

## This Free Sample Copy for You If you want to gain one of these beautiful dinner | and let them see what a magnificent magazine they sets, write to us to-day and we will send you postage | can bring into their homes for an expense of only

paid, absolutely without charge or obligation, a copy

50c. a year. Get their opinions on it. We want you of the current number of "EVERYWOMAN'S WORLD," which we ask you to read over carefully and prove to yourself that it is all we claim for it—
the greatest magazine value in Canada. Then take that "EVERYWOMAN'S WORLD" will give its

of among your friends and neighbors, show it to them I readers during 1914. To qualify for the awarding of one of these magnificent dinner sets we ask that you secure us eight yearly subscriptions to "EVERYWOMAN'S WORLD" from among your friends at 50c. each and remit to us the \$4.00 you will have obtained for same.

From your own opinions and the conversations and experience you have when getting your eight subscriptions, we will ask you to answer a set of questions we have compiled giving us your advice and suggestions on improvements in "EVERYWOMAN'S WORLD" which we have under consideration for 1914. HERE ARE A FEW EX-Wo send you a printed list of them. You will of course, understand them much better when you have read a copy of the magnitude.

"Should we publish more or less short stories?" "Should we publish long or serial stories, giving an installment each month, or do you think a month too long to wait between each EVERYWOMAN'S WORLD" ?"

can secure patterns of the jashions shown?" EVERYWOMAN'S WORLD" publishes an original sheet of music each month. Do you think this page could be better given to a "Do you approve of the family doctor department, which gives subscribers the free privilege of writing to the physician in charge for advice on matters of family health, hygiene, dietetics, and so forth, or do you consider that it would be better to encourage women to consult their family physicians on such matters?" Should we give more advice on household management and publish more articles on cutting down the cost of living? Do you think women like to receive advice of this kind which may be the very

"Do you find any advantage in a pattern service through which you

opposite to their own methods of doing things?" "Do you find that men read a magazine like "EVERYWOMAN'S WORLD," which is published primarily for women?"
There are 17 questions in all, of a similar nature to the above, that we want you to answer for us. You know we cannot go among !

EVERYWOMAN'S WORLD"

our people when they subscribe and ask them what they like best for "EVERYWOMAN'S WORLD," or what they would like to see us publish, so we ask you to do it for us. Thus by telling us just what you think and your friends say about "EVERYWOMAN'S WORLD" you will help us to keep it in its position of household favorite

You can easily give us the information we seek after having spoken to and secured eight new subscribers, for which we at once reward you handsomely, with your choice of several useful and costly gifts, and it is or the value of these suggestions and your advice to us that these 150 magnificent 97-piece dinner sets are being awarded. Bear in mind that Canada's greatest magazine, a journal with over 50,000 subscribers in all parts of Canada, is behind this offer. There are no strings or conditions of any kind attached to it. A photographic reproduction of the complete set will be mailed to you with your sample copy and the 150 complete 97-piece dinner sets, exactly as represented, will be awarded to the ladies sending us the best suggestions and answers to

This offer is open only to householders—married ladies who are at the heads of homes. Write to-day and get your free copy of "EVERY-WOMAN'S WORLD," together with the questions we want you to answer about the new features we will bring out during 1914. You take no risk and incur no obligation. You cannot fell to find eight ladies among your friends and acighbors, who will be glad to have "EVERY-WOMAN'S WORLD." WOMAN'S WORLD" every month for a subscription of only 50 centes. year. Success a two-cent stamp to pay postage on your copy and sign your full name (as Mrs. Frederick J. Brown or Mrs. Leouard T. Dawson, &c.) and give complete address.

We will pack each set in a strong case without charge, and prepay at Toronto, all freight and delivery charges. Write for your sample copy and further particulars of this great offer to-day. Address fully as below and mark corner of your envelope "CIRCULATION MANAGER." 16-18 Sheppard St., TORONTO, ONT. 10