

GRAND TRUNK RAILWAY SYSTEM Winter Tours

CALIFORNIA, FLORIDA AND THE SUNNY SOUTH. Fast trains leave Kingston daily, making direct connection at Detroit and Buffalo for Florida and southern points...

HOMESEEKERS' EXCURSIONS 1914 Round trip tickets to Western Canada via Chicago and North Bay, on sale March 3rd, and every other Tuesday thereafter until October 27th...

For full particulars apply to J. P. HANLEY, Railroad and Steamship Agent, Cor. Johnson and Ontario Sts.

CANADIAN PACIFIC HOMESEEKERS' EXCURSIONS

MANITOBA, ALBERTA SASKATCHEWAN Each Tuesday March 3 to October 27, inclusive Winnipeg and Return \$35.00 Edmonton and Return 43.00

From Toronto, and Stations West and North of Toronto. Proportionate fares from Stations East of Toronto. Returns limit two months.

REDUCED SETTLERS' FARES (ONE-WAY SECOND CLASS) EACH TUESDAY, MARCH AND APRIL

Settlers travelling with live stock and effects should take SETTLERS' SPECIAL TRAIN which leaves West Toronto each Tuesday during MARCH and APRIL after arrival regular 10.30 p.m. train from Toronto Union Station.

Settlers and families without live stock should use REGULAR TRAINS, leaving Toronto 10.30 p.m. DAILY, through Colorado and Tourist Sleepers.

Through trains Toronto to Winnipeg and West. COLONIAL CARS ON ALL TRAINS. No charge for Bertha.

Particulars from F. Conway, C. P. A., city ticket office, Cor. Princess and Wellington streets, Phone, 1197.

OCEAN STEAMSHIP AGENCY C. S. KIRKPATRICK 43 Clarence St. Phone 567

CUNARD LINE

CANADIAN SERVICE: From Southampton From Portland, Me. Feb. 28 ALCANTARA Mar. 14 Mar. 5 ALABAMA Mar. 21 Mar. 19 AUBURN APRIL 4 Steamers will call Plymouth east-bound. Return-Cabin (11) \$48.25 up 2nd class British east-bound, \$30.25 up Westbound \$20 up.

GO TO BERMUDA

S.S. "BERMUDA," (twin screw, 10,513 tons displacement, sails from New York on April 4, 11, 18, 25 Mar. 1, 8, 15, 22, 29 Apr. Submarine signals wireless, wireless, cinema, record trip 20 hours, 20 minutes. Fastest, newest, and only steamer landing passengers at the dock in Bermuda without transfer.

West Indies-New S.S. "GUIANA," and other steamers from New York at 2 p.m., 7, 21 March; 4, 18 April, for St. Thomas, St. John, St. Kitts, Antigua, Cr. St. Lucia, Barbados and Demerara.

For full information apply to J. P. HANLEY, or C. S. KIRKPATRICK, Ticket Agents, Kingston; QUEBEC STEAMSHIP CO., LTD., Quebec.

Advertisement for a medicinal product, likely Lydia E. Pinkham's Compound, with a circular logo and text describing its benefits for women's health.

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT! Try a sample order and be convinced. NOLAN'S GROCERY, Princess St. Phone 720. Prompt Delivery.

ALLAN LINE advertisement listing shipping routes to Liverpool, Glasgow, and other ports, with dates and contact information for Toronto agents.

Prince George Hotel advertisement located in the center of shopping and business district, with contact information for Sam H. Thompson.



Advertisement for 'Old Dutch Cleanser' featuring an illustration of the product tin and text describing its uses for various ailments.

THREE WOMEN TESTIFY

To the Merit of Lydia E. Pinkham's Vegetable Compound during Change of Life.

Streator, Ill. - "I shall always praise Lydia E. Pinkham's Vegetable Compound wherever I go. It has done me so much good at Change of Life, and it has also helped my daughter. It is one of the grandest medicines for women that can be bought. I shall try to induce others to try it."

Second St., W. S., Streator, Illinois.

Philadelphia, Pa. - "It was at the 'Change of Life' that I turned to Lydia E. Pinkham's Vegetable Compound, using it as a tonic to build up my system, with beneficial results."

Mrs. J. H. CAMPBELL, 206 N. Second St., Phila., Pa.

San Francisco, Cal. - "I have taken Lydia E. Pinkham's Vegetable Compound for many years whenever I would feel bad. I have gone through the Change of Life without any troubles and thank the Compound for it. I recommend it to young girls and to women of all ages."

Mrs. C. BARRIE, 3062 25th St., San Francisco, Cal.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. If you want special advice write to Lydia E. Pinkham Medicine Co. (consultant) Lynn, Mass. Your letters will be opened, read and answered by a woman and held in strict confidence.

The Chalice of Courage advertisement, featuring a story by Cyrus Townsend Brady and an illustration by Elsworth Young.

CHAPTER I - Edith Mattland, a frank, free and unspoiled young Philadelphia girl, is taken to the mountains by her uncle, Robert Mattland, James Armstrong's protégé, falls in love with her.

CHAPTER II - His persistent wooing thrills the girl, but her mother, and Armstrong goes east on business without a definite answer.

CHAPTER III - Edith hears the story of a mining engineer, Newbold, whose wife fell off a cliff and was so seriously hurt that he was compelled to shoot her to prevent her being eaten by wolves while he went for help.

CHAPTER IV - Kirby, the old guide who tells the story, gives Edith a package of letters which he says were found on the dead woman's body. She reads the letters and at Kirby's request keeps them.

CHAPTER V - While Edith is bathing in the river in fancied solitude, a big bear appears on the bank and is about to plunge into the water to attack the girl when a shot rings out and the animal is killed by a strange man.

CHAPTER VI - Edith is caught in a storm, her party's camp, and she is dashed upon the rocks and injured. This strange man who shot the bear finds her unconscious and carries her to shelter.

CHAPTER VII - Members of the camping party realizing that Edith is lost in the storm, undertake a frantic search for the missing girl.

CHAPTER VIII - No trace of her is found and word is telegraphed to her father. James Armstrong is asking the father for Edith's hand when the telegram arrives expressing the belief that the girl is dead. Armstrong says he will find her, and Mattland agrees to their marriage if he succeeds.

CHAPTER IX - Edith regains consciousness in the hut of the man who had rescued her from the bear, and she dresses her foot which had been severely injured.

CHAPTER X - The girl spends a fairly comfortable night, but her host in the next room as he lies awake over the days that are gone. He has some secret in his life.

CHAPTER XI - Morning finds Edith refreshed and ready for the substantial breakfast the man has prepared for her.

CHAPTER XII - Her rescuer goes in search of Edith's party, but returns at nightfall alone and unsuccessful. In his absence she discovers books which show him to be a man of education.

CHAPTER XIII - Edith finds that she must remain in the mountains until her foot is better and the mountain trails possible. She would never have given up, but she is James Armstrong, may I ask? burst forth the other truth.

"Why he-I-he is a friend of my uncle and an acquaintance of my own."

"Oh," said the man shortly and gloomily, as he turned away.

Edith Mattland had been very brave in his presence, but when he went out she put her head down on her arm on the table and cried softly to herself. Was ever a woman in such a predicament, thrown into the arms of a man who had established every conceivable claim upon her gratitude forced to live with him shut up in a two-room log cabin upon a lonely mountain range, surrounded by lofty and inaccessible peaks, pierced by terrific gorges, soon to be impassable from the snow? She had read many stories of castaways, from Charles Reade's famous "Foul Play" down to more modern instances, but in those cases there had always been an island comparatively large over which to reign with privacy, seclusion, opportunity for withdrawal; bright heavens, balmy breezes, idyllic conditions. Here were two uplifted from the earth upon a sky-piercing mountain. They would have had more range of action and more liberty of motion if they had been upon a derelict in the ocean.

And she realized at the same time that in all those stories the two castaways always loved each other. Would it be so with them? Was it so? And gain the hot flame within outvied the re of the hearth as the blood rushed to the smooth surface of her cheeks.

"What would her father say if he should know her position, what would he say, and above all what said Armstrong say. It cannot be said that her thoughts were left r and overwhelmingly dismayed.

"It must be thought of," urged the man. "You don't understand. It is either that or spend the winter here with me."

The woman looked at him steadily. "And what have I to fear from you?" she asked.

"Nothing, nothing, as God is my witness," protested the other; "but the world?"

"The world," said the woman reflectively. "I don't mean to say that it means nothing to me, but it has caused enough for what it would fain say now." She came to her decision swiftly. "There is no help for it," she continued, "we are marooned—the old word of tropic island and southern sea—together. You have shown me that you are a man and a gentleman. In God and you I put my trust. When my foot gets well, if you can teach me to walk on snow shoes and it is possible to get through the passes, we will try to get back; if not, we must wait."

"The decision is yours," said the man, "and yet I feel that I ought to point out to you how—"

"I see all that you see," she interrupted. "I know what is in your mind. It is entirely clear to me. We can do nothing else."

"So be it. You need have no apprehension as to your material comfort; I have lived in these mountains for a long time. I am prepared for any emergency. I pass my time in the summer getting ready for the winter. There is a cave, or recess rather, behind the house which, as you see, is

built against the rock wall, and it is filled with wood enough to keep us warm for two or three winters; I have an ample supply of provision and clothing for my own needs. You will need something warmer than that you wear," he continued.

"Have you needles, thread and cloth?"

"And who is James Armstrong?"

she asked.

"Everything," was the prompt answer. "Then I shall not suffer."

"Are you that wonder of wonders," asked the man, smiling lightly, "an educated woman who knows how to sew?"

"It is a tradition in Philadelphia," answered the girl, "that her daughters should be expert needlewomen."

"Oh, you are from Philadelphia."

"Yes, and you?"

She threw the question at him so deftly and so quickly that she caught him unawares and off his guard a second time within the hour.

"Baltimore," he answered before he thought, and then bit his lip. He had determined to vouchsafe her no information regarding himself, and here she had surprised him into an admission in the first blush of their acquaintance, and she knew that she had triumphed for she smiled in recognition of it.

She tried another tack. "Mr. Newbold," she began at a venture, and as it was five years since he had heard that name, his surprise at her knowledge, which after all was very simple, betrayed him a third time. "We are like stories I have read, people who have been cast away on desert islands and—"

"Yes," said the man, "but no castaways that I have ever read of have been so beautifully provided with everything necessary to the comfort of life as we are. I told you I lacked nothing for your material welfare, and even your mind need not stagnate."

"I have looked at your books already," said the woman, answering his glance.

This was where she had found his name, he realized. "You will have this room for your own use and I will take the other for mine," he continued. "I am loath to dispossess you."

she asked. "Everything," was the prompt answer. "Then I shall not suffer." "Are you that wonder of wonders," asked the man, smiling lightly, "an educated woman who knows how to sew?" "It is a tradition in Philadelphia," answered the girl, "that her daughters should be expert needlewomen." "Oh, you are from Philadelphia." "Yes, and you?" She threw the question at him so deftly and so quickly that she caught him unawares and off his guard a second time within the hour. "Baltimore," he answered before he thought, and then bit his lip. He had determined to vouchsafe her no information regarding himself, and here she had surprised him into an admission in the first blush of their acquaintance, and she knew that she had triumphed for she smiled in recognition of it.

CHAPTER XIV. The Woman's Heart. That upper earth on which they lived was covered with a thick blanket of snow. The lakes and pools were frozen from shore to shore. The mountain brooks, if they flowed at all, ran under thick arches of ice. The deepest canons were well nigh impassable from huge drifts that sometimes almost rose level with the tops of the walls. In every sheltered spot great banks of white were massed. The spreading branches of the tall pine trees in the valleys drooped under heavy burdens of snow. Only here and there sharp gaunt peaks were swept clean by the fierce winter winds and thrust themselves upward in icy, naked and bare. The cold was polar in its bitter intensity.

The little shelf or plateau jutting out from the mountain side upon which the lonely cabin stood was sheltered from the prevailing winds, but the house itself was almost covered with the drifts. The constant fire roaring up the huge stone chimney had melted some of the snow at the top and it had run down the slanting roof and formed huge icicles on what had been the eaves of the house. The man had cut away the drifts from doors and windows for light and liberty. At first every stormy night would fill his laborious clearings with drifting snow, but as it became packed down and frozen solid he was able to keep his various ways open without a great deal of difficulty. A little work every morning and evening sufficed.

Every day he had to go down the mountain stairway to the bottom of the pocket to feed and water the burros. What was a quick and simple task in milder, warmer seasons sometimes took him a half a day under the present rigorous conditions. And the woman never saw him start out in the storm without a sinking heart and grave apprehension. On his return to the cabin half frozen, almost spent and exhausted, she ever welcomed him with eager gratitude and satisfaction which would shine in her eyes, throbb in her heart and tremble upon her lips, control it as she might. And he thought it was well worth all the trouble and hardships of his task to be so greeted when he came back to her.

Winter had set in unusually early and with unprecedented severity. Any kind of winter in the mountains would have amazed the girl, but even the man with his larger experience declared he had never before known such sharp and sudden cold, or such deep and lasting snows. His daily records had never shown such low temperatures nor had his observation ever noted such wild and furious storms as raged then and there. It seemed as if Nature were in a conspiracy to seal up the mountains and all they contained, to make ingress and egress alike impossible.

A month had elapsed and Edith's foot was now quite well. The man had managed to sew up her boot where the knife had cut it and although the job was a clumsy one the result was a usable shoe. It is astonishing the comfort she took when she first put it on and discarded for good the shapeless woolen stocking which had covered the clumsy bandage happily no longer necessary. Although the torn and bristled member had healed and she could use it with care, her foot was still very tender and capable of sustaining no violent or long continued strain. Of necessity she had been largely confined to the house, but whenever it had been possible he had wrapped her in his great bear skin coat and had helped her out to the edge of the cliff for a breath of fresh air.

Sometimes he would leave her there alone, would perhaps have left her alone there always had she not imperiously required his company.

Insensibly she had acquired the habit—not a difficult one for a woman to fall into—of taking the lead in the small affairs of their circumscribed existence, and he had acquiesced in her dominance without hesitation or remonstrance. It was she who ordered their daily walk and conversation. Her wishes were consulted about everything; to be sure no great range of choice was allowed them, of liberty of action or freedom in the constraints with which nature bound them, but whenever there was any selection she made it.

(To be continued.)

CHAPTER XV. Patient Tommy. "Tommy," said a young lady visitor at his home, "why not come to our Sabbath school? Several of your little friends have joined us lately."

Tommy hesitated a moment. Then suddenly exclaimed: "Does a red-headed kid by the name of Jimmy Brown go to your school?"

"Yes, indeed," replied the teacher. "Well, then," said Tommy, with an air of interest, "I'll be there next Sunday, you bet. I've been lyn' for that kid for three weeks, and never knew where to find him."

There is only so much energy in the human body. A few people have an abundance, but more have not enough. Hence the necessity of conserving vitality.

If wasted by mode of living, disease or worry there must be a reckoning, and trouble is sure to come. It may be headaches and weak, aching eyes; it may be nervous indigestion, or it may be merely lack of energy and ambition, and feelings of fatigue or helplessness. Of course, sooner or later exhaustion of the nerves leads to prostration, paralysis or locomotor ataxia, but there is no need to let the trouble develop that far.

By using Dr. Chase's Nerve Food you can restore to the feeble, wasted nerve cells the energy they have lost. It will take some effort on your part to give up worry and anxiety, but you should realize your anxious condition. Rest and use this great food cure and you are bound to improve in health and vigor.

Dr. Chase's Nerve Food is sold by all druggists and health food stores.

Write for a free trial bottle to Dr. Chase's Nerve Food, 100 N. 3rd St., Philadelphia, Pa.

Dr. Chase's Nerve Food is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

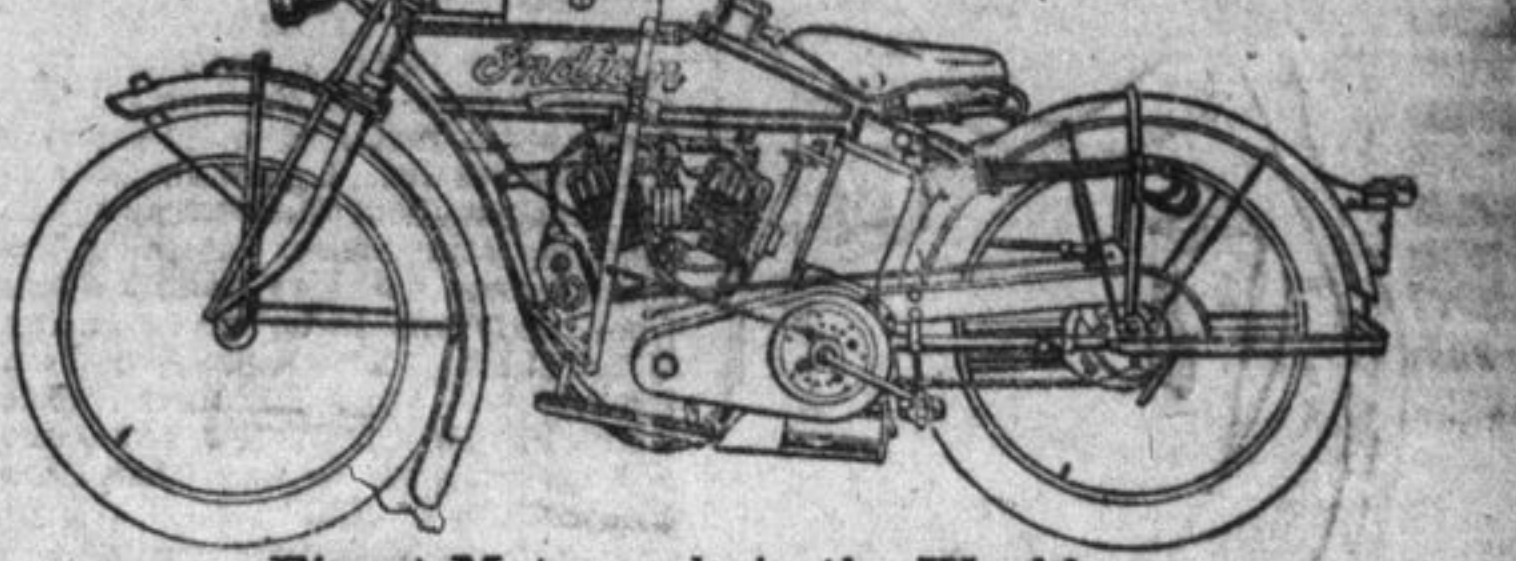
It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

Mott's 'E-life' Chocolate advertisement, featuring an illustration of a chocolate bar and text describing its quality and uses for cooking and drinking.

PUT YOUR ORDER IN NOW



Finest Motorcycle in the World. Treadgold Cycle and Sporting Goods Co.

NOTICE.

Anyone wishing to exchange Shoes, bought at our Red Letter Sale, must do so before

March 1st

We cannot exchange Sale Shoes after inventory is taken.

J. H. SUTHERLAND & BRO. THE HOME OF GOOD SHOES

Advertisement for Jan Kubelik, a Bohemian violinist, featuring a portrait and text describing his musical career and the New Scale Williams Piano Agency.

Nervous Energy is Limited

There is only so much energy in the human body. A few people have an abundance, but more have not enough. Hence the necessity of conserving vitality.

If wasted by mode of living, disease or worry there must be a reckoning, and trouble is sure to come. It may be headaches and weak, aching eyes; it may be nervous indigestion, or it may be merely lack of energy and ambition, and feelings of fatigue or helplessness. Of course, sooner or later exhaustion of the nerves leads to prostration, paralysis or locomotor ataxia, but there is no need to let the trouble develop that far.

By using Dr. Chase's Nerve Food you can restore to the feeble, wasted nerve cells the energy they have lost. It will take some effort on your part to give up worry and anxiety, but you should realize your anxious condition. Rest and use this great food cure and you are bound to improve in health and vigor.

Dr. Chase's Nerve Food is sold by all druggists and health food stores.

Write for a free trial bottle to Dr. Chase's Nerve Food, 100 N. 3rd St., Philadelphia, Pa.

Dr. Chase's Nerve Food is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.

It is the only food that contains the exact ingredients that nature uses to build up the human body.