

THE BRITISH WHIG 91ST YEAR.



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Time you get your overcoat paid for—spring suits are on the market.

If gasoline keeps going up it may get high enough to drink some day.

Many a man who passes you with his auto is behind with his payments.

An old-timer's notion of dressing for dinner was to let his belt out two holes.

If all of us got everything we wanted, where on earth would we put it?

About the only way to assure an early spring is to buy two more tons of coal.

If changing clothes wasn't necessary some people would forget where they live.

An intolerant man is one who abominates your standards as you abominate his.

Well-formed girls get before the public eye much more often than the well-informed girls.

Horse races are held early in the morning in Manila, so the bettors can cause the rest of the day.

If his telephone voice is soft and respectful, you probably have the big boss on the line.

Nice thing about bobbed hair is you can claim one on your coat came out of your own head.

With 18 hours a day to worry some people spend it all worrying about how they look.

The wonder of the time is how to get another ten thousand miles out of last summer's suit.

There is hope for a people so long as it has enough respect for law to watch the traffic signals.

Nine times in ten the tough guy is bluffing. The hardest boiled egg is yellow on the inside.

The Germans are saving marks because if you get enough you can swap them for a cigar store coupon.

No cause is hopeless until it must depend for support on quotations from some great man long since deceased.

If something isn't done to conserve our timber supply the next generation won't have any material for billboards.

The alien is seldom a "menace to Canadian institutions" until he begins to make more money than you are making.

Correct this sentence: "The roses," repeated the husband; "why, have you forgotten that this is our fourteenth anniversary?"

Learning to write movie scenarios is like learning to write checks. Cashing in on either is the hard part.

It isn't pure wickedness that keeps city folk from going to church as villagers do. They don't even go down to the depot on Sunday.

BIBLE THOUGHT: THE FRUIT OF THE SPIRIT is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.—Gal. 5:22, 23.

FIXING OF EASTER.

This year Easter Sunday falls on the 29th of April, which is probably about the best time this great event in Christendom could be commemorated.

"SPRING FEVER."

One has probably heard of "Spring Fever" ever since infancy, and, like other morbidities, has doubtless blamed many a lazy afternoon on it.

In an article on "What to Eat in the Springtime," in the current issue of Physical Culture Magazine, Dr. Mathias D. Nicoll, Jr., writes:

"In the winter too many people shut themselves up in overheated and ill-ventilated houses and offices. At the same time they are apt to eat too much, and bathe less, than in warm weather.

To cleanse the body of these winter ashes in the shortest possible time, according to Dr. Nicoll, foods containing "Vitamin B" should be eaten.

HARD FIGHT TO "STICK."

To the members of the Canadian National Newspapers and Periodicals Association, an inspiring message was given recently by the Hon. J. S. Martin, minister of agriculture in the Ontario government.

"People tell me that I have arrived, that now my reputation is made I shouldn't have to advertise," said the Hon. Mr. Martin, adding: "But that's where they make a mistake. It is usually a hard fight to reach the top, but it is even harder to stay there."

WRITERS' BEST SELLER.

Wholesale booksellers in twenty-five large cities report that the best-selling new novel for the month of February was the "Coast of Folly," by Coningsby Dawson.

Dawson will be remembered by many readers as the young author who, after achieving fame with a romantic novel entitled "The Garden Without Walls," enlisted with the Canadian forces in the early part of the war.

His "Coast of Folly," which was published in January, is the first novel he has written exclusively about American characters and with an American setting for most of the chapters.

FORCE AND KINDNESS.

According to the Darwinian theory the fit survive and the unfit go to the wall. The strong persist because they are strong, the weak perish because they are weak.

No clearer evidence of this, Our Dumb Animals magazine declares, is to be found than that embodied in the work of the humane societies of the world. True it is, millions of

men and women kill animals for food, shoot them for sport, torture them that they may wear their beautiful coats; these are they who because strong use their strength for their own advantage.

But over against these are the other millions whose gracious spirit—the antithesis of that of those others—leads them to care for and protect the multitudes of weak, defenceless and speechless beings who are about them.

Double the Work. A patient came to his physician in great distress. His history was about as follows: He worked in an office where there were a great many other employees. Quite a number were doing exactly the same kind of work as himself.

PRESS COMMENT

Moderate Protection.

We believe that a moderate measure of Protection would be good for the country. But the country will not have it, and there is no more to be said.

Work for Thousands.

As a matter of fact there are many projects of a productive character which could be undertaken at home, and which would doubtless result in a considerable alleviation of unemployment.

In Cold Blood.

Radicalism is in the ascendancy and demagogues under the spotlight occupy the centre of the stage; groups who yammer to get at the public treasury are heartened to increase their efforts to raid the public purse.

THE CHINESE INVASION.

East Wind, West Wind, Winds of no direction, North Wind, South Wind—Quite a large selection. Mah Jong's crazy, Fung Chow's worse, Both fool names.

WHY GOOD MORTGAGE BONDS RANK HIGH

EXPERT JUDGES VALUE A-OF LAND B-OF EARNING POWER OF BUILDING

2-GOOD SECURITY A-LAND B-BUILDING 3-SUPERVISION OF A-INTEREST PAYMENTS B-SINKING FUND C-COOPERATION OF PROPERTY

The real estate mortgage enjoys one of the best records of any class of investment. Why?

There are three reasons why some of the real estate bond houses and banks have been so successful in real estate mortgages:

1. The houses are managed by men who have been in the business for years and consequently have become expert in choosing good security.

2. The mortgage itself is inherently safe. It is easy for any one to understand that land is fundamentally good security.

3. The selling house keeps the property under continuous supervision. The installments to pay the interest and sinking fund on the bonds are usually paid monthly by the owner of the property, although

Red Dragon, White Dragon, Build the Chinese Wall. Sooner or later. The Bug gets 'em all. Sis says it's "subtle." Father says it's "fine." And even dear Mother Calls it "divine."

Pick up a Sparrow from the bottom of the sea. You get the bamboo, the drinks are on me; I suffer in silence this pother and pidge.

The while my heart yearns for a good game of Bridge! Down with the Chinese invasion!

—D. W. G. in Life.



That Body of Yours

By James W. Barton, M.D.

Double the Work. A patient came to his physician in great distress.

His history was about as follows: He worked in an office where there were a great many other employees. Quite a number were doing exactly the same kind of work as himself.

However, where before he was able to accomplish as much work as any of the others, he now found he was hardly as good as the average. Just a little below in fact.

He had always done office work and was only thirty-five years of age. His employers said nothing.

In fact when he stayed away a day or two on account of his "nerves," they were very sympathetic in the matter and advised him that perhaps he was working too hard.

"Now doctor," he said, "as a matter of fact I don't think I'm working too hard, do you?"

The doctor said "Yes, you are working too hard, but not for your firm."

"What do you mean?" "Well, you are a natural born worrier. You are over conscientious about anything. You'd go back to the office at midnight if you thought you had made one little slip.

You worry about your wife's health, your own health, the possibility of your losing your position. Am I right?" "Yes," answered the patient.

"Well you can't work day and night and expect to do justice to your work at the office. All this intense thought, worry, imaginings, are wearing out your nervous system.

Just the same as if you were doing hard mental work. You are an accountant. You have to concentrate on your work at the office because you can't afford to make mistakes.

Perhaps during your work in the office your mind will go off on some of these things that are worrying you. Your office work is not so efficiently, or so quickly done under such circumstances.

Then when you come home there is no mental rest, because your mind goes off and works just as hard on these "self" problems as it does at your work, perhaps even harder.

So you see you are really working harder than some of your fellow employees, but it doesn't turn out as much "office work."

"What shall I do?" "You don't need medicine. Just summon your common sense to your help. It will show you what a mistake you are making in trying to do "mental work" day and night.

MONEY AT WORK

Brief but important lessons in Finance, Markets, Stocks, Bonds and Investments

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—D. W. G. in Life.

BIBBY'S English Type Suits \$25, \$30, \$35. The Vernon and the Cambridge Top Coats \$25, \$30. GREY HATS \$3.50, \$4.75, \$6.00. BIBBY'S Where the New Styles Are Shown Early.

Queen's Hotel TORONTO. Opposite the New Union Station. There is a restful and home-like feeling the moment you enter its portals.

WHY THE WEATHER? DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tells How.

STOP IT! Why Cough Your Head Off. Make Your Own Cough Mixture for the Whole Family and Save Money. It's Easy.

FOR SALE. We have some attractive bargains in city property. A good list of farm and garden lands to choose from.

SPECIALS IN TALCUMS. Hudnut's "Three Flowers" Regular 35c. for 25c.

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Dr. Chown's Drug Store 185 Princess Street, Phone 848

Pure Clover Honey. In the Comb, 25c. per section. Extracted, 5 and 10. pails—15c. per pound.

THE FUEL WITH WHICH TO WIN THE FIGHT—IS COAL THAT'S PROVEN TO BE RIGHT!

CRAWFORD'S COAL QUARTETTE. WELL, our fuel has been proven to be right. Our prices have been proven to be correct.

Queen's Hotel

Opposite the New Union Station. There is a restful and home-like feeling the moment you enter its portals.

It is noted for comfort and refinement, combined with unexcelled cuisine.

American and European Plans. MODERATE CHARGES. Write us for booklet and rates. Henry Winnett, President

the interest to the bondholder is only paid semi-annually.

Winter Weather and Health. A recent statistical study made by the Metropolitan Life Insurance Company shows a clear correlation between low temperatures and the frequency of colds among its employees in New York City.

The colder the weather, the greater the number incapacitated. Similarly, a committee of the National Research Council, studying the atmosphere and man, found the coldest days in New York followed by a distinct increase in the death rate of the city.

Leonard Hill, an English investigator, has pointed out that cold, dry, windy weather is much more wholesome than chilly, foggy, calm weather. "In 1909 Glasgow experienced fogs which appear to demonstrate clearly their effect in increasing the death-rate from respiratory disease; the death rate for that period comparing unfavorably with seven other towns in Scotland where the conditions of life were similar and where the temperature was the same, but where, owing to their geographical positions, they had not fog when Glasgow had it."

When you can make in your own home a wonderful cough mixture far ahead of any you can buy ready made, why not do it?

This home made mixture will stop the most stubborn cough and is fine for chest colds and acute catarrh. Children love it.

Get from any druggist one ounce of Parmitin (double strength)—to this add a little granulated sugar and enough water to make half a pint—that's all there is to it.

Like a soothing, healing poultice one costly substance in this home made cough mixture spreads itself completely over the membrane of the throat. This causes the most stubborn hang-on cough to cease almost instantly. No ordinary slow-acting cough syrup contains this expensive ingredient.

Any remedy that overcomes catarrh, partially or wholly, is bound to be of benefit to those who are troubled with head noises and catarrhal deafness.

Get Parmitin and get better.

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CRAWFORD'S COAL QUARTETTE. WELL, our fuel has been proven to be right. Our prices have been proven to be correct. All this being true, why don't you send in your order and give us a chance to send you the finest fuel that was ever introduced to your stove or furnace.

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