



Baker's Cocoa

There are twenty-five to thirty different grades of cocoa beans, but Baker's Cocoa is made of high-grade beans only. That is one reason why it is better.

Walter Baker & Co Limited Montreal Canada

DO THIS AFTER SEVERE ILLNESS

How to Speedily Gain Strength and Put on Needed Weight.

Nothing like the wonderful vitalizing vitamins in Cod Liver Oil to help convalescing people to quickly get strong and well—everybody knows that.

But no body wants to take the ill-smelling, horrible tasting, stomach upsetting oil itself, so nowadays, up to date medical men are ordering a tablet of Cod Liver Oil and it surely has proved a blessing to thousands of people who have been sapped of their natural strength after a severe illness and especially after the Grippe or a stubborn cough or cold.



Ask Jas. B. McLeod, Mahood's Drug Store, or any regular druggist for a box of McCoy's Cod Liver Oil Compound Tablets. They cost but little, are sugar coated and as pleasant to take as candy.

Skinny men and women take them to speedily put on plenty of good healthy solid flesh and for this purpose they are so extremely good that thin men and women often take 5 pounds or more in 30 days.

Great for weak, skinny, backward, run-down children, too, and gives them a hearty appetite.

Be sure and ask for McCoy's, the original and genuine Cod Liver Oil Compound Tablets—60 Tablets—60 cents.

Dr. Martel's Female Pills. Have relieved scores of thousands of women suffering from irregularities, nervousness, headache, dizziness, etc.

WOMEN ONLY "Nupak" Enquire Lady Clerk. PRINCESS PHARMACY. Bring this ad. this week and get free sample.

NUXATED IRON. It is the organic iron in your blood that builds up your strength and gives you energy. It is absorbed into your blood, like the iron in your food, and gives you the same benefits.

Sunday Services in Churches

Regular Meeting of W.C.T.U. will be held Tuesday, April 14th, at 3 p.m., in Y.W.C.A. parlors. All ladies welcome.

Queen's University—The Baccalaureate Sermon will be delivered by the Reverend Principal Baker, of Albert College, in Convocation Hall, at 3 p.m.

St. Paul's—Holy communion, 8 a.m.; holy communion, 11 a.m. Preacher, Canon FitzGerald, M.A. Sunday school, 3 p.m.; evening prayer, 7 p.m. Preacher, Canon FitzGerald, M.A.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister. Public worship, 11 a.m., holy communion, 7 p.m. Easter message and music. Strangers cordially invited. Sunday school and Bible classes 3 p.m.

First Baptist Church, corner Johnson and Sydenham streets—Services at 11 a.m. and 7 p.m. J. G. Brown, B.A., D.D., McMaster University, will preach at both services. Bible school at 2.45 p.m. A cordial welcome to all.

Sydenham street—Easter Services. R. H. Bell, minister. 11 a.m., Lord's supper and reception service. Special music. 7 p.m., a musical service will be given by the choir. Welcome to all. Sunday school, 2.45 p.m.; class meeting, 9.45 a.m.

Princess Street Methodist Church—Rev. J. K. Curtis, B.A., minister. 11 a.m., Women's Missionary Society and annual service. 11 a.m., Curtis, speaker. Bible school, 2.45 p.m. You are cordially invited. 7 p.m., Rev. G. I. Campbell, B.D., Dept. Evangelism and Social Service, will preach. Special Easter music by the choir. Seats free, and a sincere welcome.

St. James' Church, corner Union and Barrie streets—T. W. Savary, rector, the rectory, 156 Barrie street. Easter Day, 7 p.m., holy communion; 8 a.m., holy communion; 11 a.m., morning prayer and holy communion. Sermon subject, "The Resurrection and the Life." 3 p.m., Sunday school service; 7 p.m., evening prayer and holy communion. Sermon subject, "Alive Unto God."

Christian Science, First Church of Christ, Scientist, 95 Johnson street—Services, 11 a.m. and 7 p.m. Subject, "Are Sin, Disease and Death Real?" Sunday school, 9.45 a.m.; Wednesday, 8 p.m., testimonial meeting including testimonies of healing through Christian Science. Free public reading room where the Bible and all authorized Christian Science literature may be read, borrowed or purchased. Open every afternoon except Sundays and holidays, from 3 to 5 p.m. All are cordially invited to the services and to make use of the public reading room.

Cooke's Church, Brock street—Rev. T. J. S. Ferguson, B.A., minister. Our motto: "The union of all who love in the service of all who suffer." 11 a.m., communion service; 3 p.m., Bible school; 7 p.m., special Easter service. Theme: "Where is Jesus who was crucified?" Music for Sunday evening: Anthems "Christ is Risen;" "Why Seek Ye the Living;" Male choruses—"Be-

At the Beautiful Gate of the Temple

By Wm. E. Gilroy, D.D., Editor-in-Chief of the Cosmopolitan. Loyalty to a great ideal and to a noble institution is often the ultimate test of a man's character. It marks the real man, his actual faith, and his devotion to principle, apart from the weaknesses, short-comings, meanness and failure of other men. Most of us tend to allow our loyalty and our devotion, even to the highest things, to be affected by the action of others. Some men refuse to go to church, or to join the church because many church-members are full of fault and inconsistency. Some men allow themselves to speak disparagingly of patriotism, because of the men in high place have made it a cloak for their own selfish schemes and purposes, have in fact so debauched and debased it that the great Dr. Johnson said ironically that "patriotism was the last refuge of a scoundrel."

Patriotism, of course, is no such thing, no matter how much self-seekers may drag it in the dust. It was the hope and refuge of men like Lincoln. And the church, no matter how deep the hypocrisy of some of its members, has been the home of saints and prophets. It represents for good men the highest things, regardless of the base uses to which worldly men have endeavored to prostitute it.

Note how splendidly this loyalty to the highest comes out in Peter and John, who, our lesson says, "went up together into the temple." This temple was the official centre of Jewish religion. But a few weeks before the official religious leaders had hounded their Master to death. How natural it would have been for Peter and John to say, "We'll have nothing to do with the temple; we'll never go near that place which symbolizes the religion and power of those who have crucified our Lord."

But, no. They saw in the temple the house of God—something that was holy in spite of the wickedness of Herod who had built it, and in spite of the priests and religious lead-

Treat your LIVER right

If you want to live your life—to work, to profit and enjoy your leisure. When digestion is difficult, your head heavy, your skin sallow and eyes dull—your liver needs attention. Stimulate it gently, safely, effectively by using BEECHAM'S PILLS

A few doses of this thoroughly tried family remedy—famous the world over, will make you feel better and look better. They regulate the flow of bile, clear the bowels, banish dizziness, nausea, headaches and bilious troubles.

BEECHAM'S PILLS

Sold Everywhere in Canada

They had nothing to give him, but themselves, and their faith. This Peter declares: "Silver and gold have I none, but such as I have give I thee."

And then, note the record. "He took him by the right hand and lifted him up."

Suppose that everywhere in the world to-morrow men and women of professing Christian faith and purpose should become thus thoroughly devoted to the suffering, the weak and the needy. Suppose that those who have silver and gold gave their treasure in full consecration to God and to humanity. And suppose that, in addition, those who had neither gold nor silver gave themselves. Could Christians then not say to suffering and bleeding humanity, "In the name of Jesus Christ of Nazareth rise up and walk," with full assurance of the manifestation of God's power?

But divine power and human agency go together in the accomplishment of great things. Peter's faith did not leave all the giving to God. He emphasized God's grace, but he said none the less, "Such as I have I give." And while he trusted in God's power, he didn't fail to make use of his own strong right arm, "He took him by the right hand, and he lifted him up."

BOOKS

THE SLEEPER OF THE MOONLIT RANGES. By Edison Marshall. 311 Pages. Price \$2. Cosmopolitan Book Corp., New York, Publishers.

"Deep, far-carrying, like the horn of an ocean god, the whistle of an inbound ship rolled in surging bursts out of the sea's mist." So opens Edison Marshall's new story of "The Sleeper of the Moonlit Ranges" on a note of mystery and suspense to which the whole novel is attuned. Out of the fog the ship brings to that lonely port in Bering Sea three strangers from the world outside. And to Breed Bert, who watches it from the dock, it brings a long-awaited destiny.

Reared among his squaw mother's people, Bert has never heard the expression: "When my ship comes in;" yet he has always felt that some day a ship's coming would change his life. For the white blood in his veins has cried for better things, though the fire of the white race seems to be the man's ruling passion. From the boat, he sees Grace Crowell arrive with her lover, Paul Fieldmaster, his life is changed. In that same hour, Bert saves Grace from a hideous death, and Paul, who has played the coward, hates the dark-skinned man for his courage. Thus their fates are interlocked.

Upon this odd triangle Edison Marshall has shaped a story of gripping force. It is the more effective because of the unusual scenes where it is laid—the Aleutian Islands which, on the map, spatter off the coast of Alaska like a Milky Way. The Fieldmaster party of three, guided by Bert in charge of the Indian packers, make their way toward Mt. Pavlov in the interior on a mission at once strange and dramatic.

The action is motivated by the country's curious effect upon Paul and by Grace's very different influence over Bert. The vision of this radiant woman has worked a transformation in the outcast's brooding heart. But Paul's insults rankle. And when the supreme test comes, the event is doubtful.

While telling a story which has an exciting plenty of adventure and episode, Edison Marshall has suggested with some art Breed Bert as a primitive man, at war with nature and all created things, urged to supremacy by his inchoate dreams. This larger theme gives "The Sleeper of the Moonlit Ranges" a glamor not always found in romance of the wilderness. The ultimate happy outcome does no violence to logic in a novel which is frankly and refreshingly idealistic.

FAVORITE HYMNS AND THEIR WRITERS

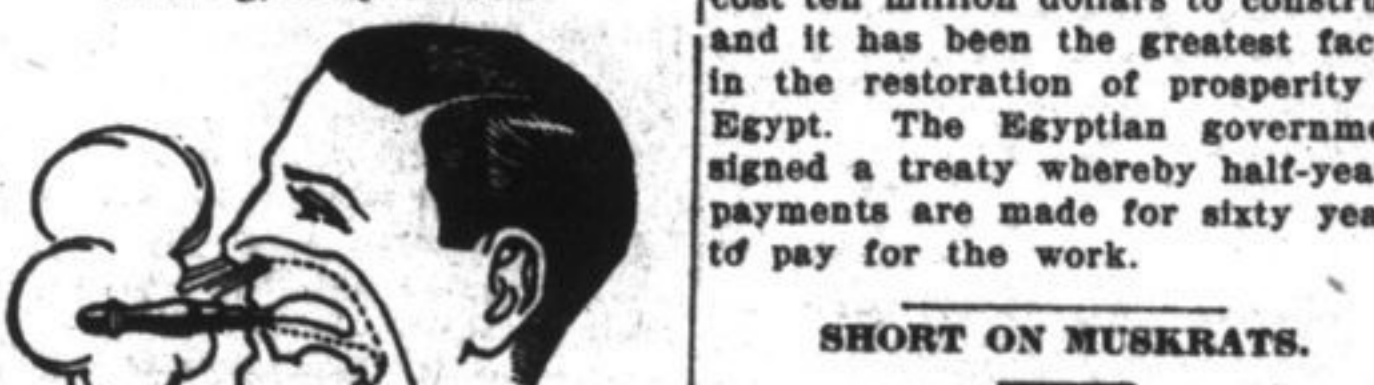
"WHAT A FRIEND WE HAVE IN JESUS."

It has been said that nearly all the great masterpieces of art and literature are sympathetic, and that is one reason for their enduring hold upon mankind. For the amazing popularity of this simple hymn, "What a Friend We Have in Jesus," one is led to place in the forefront its genuine sympathetic note, which makes its appeal universal.

Joseph Scriven, the author of the hymn, was born in Dublin, Ireland, in 1820. He was educated at Trinity College in his native city, and at the age of twenty-five he emigrated to Canada where he lived in a humble little home at Port Hope, on Lake Ontario. His people in Ireland were in comfortable circumstances and his early bringing up was such that the lonely life he lived in later years must have been very trying. Scriven was a man of very deep religious convictions, and also was inclined to follow literally many things in the Bible, which others, equally sincere, would interpret in a more liberal way. He gave to those who asked of him, and those who sought to borrow he did not turn away. During the twenty-one years he lived in Port Hope, his name became fragrant because of his simply gracious life,

Catarrh in the Nose Goes Away Quickly

Inhaler Treatment Effective. Stops Nasty Discharges, Improves the Hearing, Easy to Use.



No longer is it necessary to drug the stomach in order to remove Catarrh or a grippy Cold. By a new method you breathe a soothing vapor which is so heating that it drives Catarrh completely out of the system. CATARRHOZONE is the name of this wonderful remedy, and it is certainly giving grand results in Grippe, Bronchitis, Catarrh, Sore Throat and Nose Colds. Safe and easy to use. Pleasant, effective and sure; nothing surpasses Catarrhozone. Complete outfit lasts two months, \$1.00; smaller size, 50c. At all druggists, or by mail from The Dr. Hamilton Pill Co., 411 Notre Dame West, Montreal.

Few of Them Are to Be Found by Trappers. Camden East, April 9.—L. Hartman is repairing his barn roof. Miss Gladys Gehan, Napanee, spent a few days at T. Allore's. Mrs. Joseph Longmore has returned home for the summer having been with her son at Timmins, Northern Ontario.

Wonder Spots of the Empire

THE ASSOUAN DAM, EGYPT. When the western nations turned their attention to Egypt, engineers were engaged to report on the cause of its decline. They looked with pity upon the squalor and poverty existing amid the mighty ruins that told their mute tale of the great things of the past, but their practical work showed that the unrelenting Nile was at the root of the evil. The Nile would come down as a flood, sweeping all before it, to be followed by a season of low water, that was in turn remedied only by an abundance of rain in Central Africa.

By 1890, British engineers studying Egyptian irrigation, had definitely decided that the storage of the river water at flood tide was the need. This was no easy task, as the water carried so much silt and mud that any artificial storage reservoir would be filled up and become useless in a few years' time. Patient observation, however, had shown that the flood was practically clear by November, and remained clear until the following March, and that the mud and silt came down during the first two months of the flood.

Then the British engineers designed the most wonderful dam that has ever been built. It is known as the Assouan dam and will pass the entire flood waters for two months, and then close upon the precious torrent like a steel trap.

There are many women who have been invalids or semi-invalids so long that they accept their condition as a life burden. They have endured broken sleep, stomach trouble, nervousness, headaches and weakness, so long that they have given up hope of enjoying good health. In most of these cases a well chosen diet, fresh air and a tonic to build up the blood would do wonders. To all run-down nervous people the experience of Mrs. H. J. Cameron, Waterville, N.S., will be of deep interest. She says: "About two years ago I was in a miserable, run-down condition. I was unable to do my work, my head ached day and night, my nerves were all unstrung, and for three weeks I could not eat or sleep. I then decided to give Dr. Williams' Pink Pills a trial and got six boxes. By the time I had used half of them I felt much better, and when I had taken the six boxes I was as well as ever. I could work all day and not feel tired and have been strong and healthy ever since. I have never taken any medicine that did me so much good and will always highly recommend Dr. Williams' Pink Pills. You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

DO NOT GIVE UP HOPE OF HEALTH

Often All That is Needed is a Tonic to Build up the Blood—The Best of all Tonics is

Dr. Williams' Pink Pills

They Give New Vitality—and more.

DON'T LET YOUR BOWELS GET CONSTIPATED

A free motion of the bowels every day should be the rule of every one who aspires to perfect health, for once the bowels become constipated and clogged up, all the other organs of the body become deranged.

Keep Your Bowels Regular By Using

MILBURN'S LAXA-LIVER PILLS

They will clear away all the effects and poisonous matter which has collected in the system, give you a free, easy and natural motion of the bowels every day, start the sluggish liver working, and give tone and vitality to the whole intestinal tract. Milburn's Laxa-Liver Pills are for sale at all druggists and dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Has New Hair Kotalko Did It



When Mrs. Little's hair began to fall she tried to stop it by using various shampoos, oils and lotions, but her hair continued to come out. She perseveringly continued trying to get new hair, but no hair came. Her only hope seemed to be in having a wig. Luckily she learned about Kotalko and used it. Watching in her mirror she saw new hair developing. Faithfully she applied Kotalko and the hair continued to grow. It became long, strong and silk-like. The likeness above is from her photograph. Men also, who were losing hair for years, report new hair growth by KOTALKO. Many testimonials from men and women. You may buy a full-size box at Best's Drug Store, Kingston, or write for a

FREE Trial Box

If you have a bald spot or are losing hair, or if you are nearly or entirely bald, KOTALKO, Co., D-382, Station L, New York

CANADIAN PACIFIC

SAILINGS FROM ST. JOHN, N.B.

To Liverpool Apr. 17. To Montreal Apr. 17. To St. John's Apr. 17.

SUMMER SAILINGS From Montreal and Quebec

To Belfast-Glasgow Apr. 29. To Liverpool May 1. To St. John's May 1. To Montreal May 1.

Around America Cruise

Empress of France Vancouver, May 4—27 days From \$200 up, from any point in Canada return

Tamworth Tidings

Tamworth, April 8.—Rev. Mr. Wilson, Brighton, was here on Friday in the interest of Church Union. Mr. Ballantyne, Montreal, has been visiting his grandparents, Mr. and Mrs. Brown. Miss Henry, of Tweed high school, was in town last Saturday and is trying to organize a class in art. Michael Fitzgerald has sold his house and lots to William Barrett, Mr. Fitzgerald intends moving to Nanapan.

Henry Williams has sold his house and ten acres of land to Claude Williams, Arden. Mr. Bishop, Toronto, is the butter maker in the Bowes butter factory. Mr. Bradshaw is moving into Mr. Bradshaw's house. Mr. Baker is moving to Kingston.

Rev. Mr. Clark and Mr. Hunter were in Nanapan on Tuesday. Miss Halpeny and Miss Patterson will go to their homes for the Easter holidays. George Masoud, Kingston, was in town to-day.