

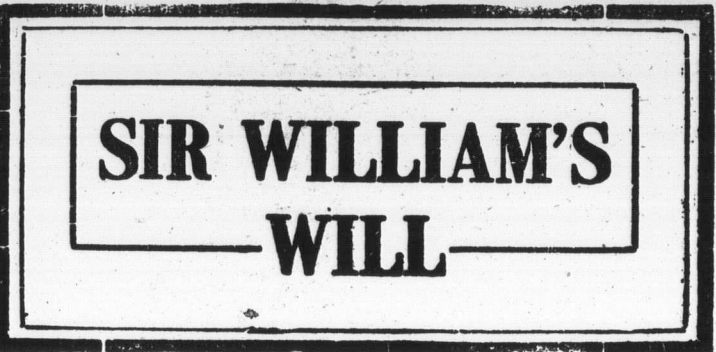
Don't Trust to Luck

When ordering Tea, but insist on getting the reliable



The Tea That Never Disappoints

Black, Green or Mixed - Sealed Packets Only.



The Mouse had remained motionless, so motionless that she might have been carved out of stone, and her face was like marble; only her eyes seemed alive.

She had covered the glass with the palm of her hand, so that nothing could escape from it; and she now placed it carefully on a table, and, having locked the door, examined the glass.

Presently she got up stiffly, as if her whole body had been held in some fierce tension, and, after carefully placing the glass in a cupboard, which she locked, went to the dressing-room where she usually worked.

"Miss Bramley was quite upset about being so late," she said; "she laugh and a shake of the head. 'Miss Mollie,' and she laughed indulgently, for Mollie was a great favorite with all the servants, who were always more than willing to go out of their way to humor her."

"I will be careful," said the Mouse. "Oh, so you are going to wait on me, Susan," said Clytie, when she came up to dress. "It is very kind of you. I expected to have to dress myself. I like you to help each other. And you have done my hair very nicely," she added, when the Mouse had finished. "How is that poor fellow, Rawdon, Susan?"

"Not that he has much chance of getting it," said the maid, with a laugh and a shake of the head. "Miss Clytie—what a dear she is! You couldn't have a better mistress—and, I say, Mouse, you may think yourself precious lucky that she took a fancy to you and engaged you!"

From Cherry-Blossom Land

The Japanese Give Good Example



It is a proverb of Cherry Blossom Land that beauty of face and figure depend on a healthy health.

What is it that makes our Canadian women often pale, sallow-faced, with dark circles under the eyes, and very old at forty-five when they should be in their prime?

Women suffer in girlhood from backache, spinache and headaches, followed by irregularities and as a result diseases of the womanhood are more common than any one but a physician in active practice could suppose.

ONTARIO WOMEN TESTIFY
Chatham, Ont.—"Dr. Pierce's medicines have been used in my family at home (especially by my father and mother) ever since I can remember. They always proved very satisfactory. Through overwork I at one time became all run-down in health, was on the verge of a complete nervous breakdown. I went on being for about two years, during which time I suffered terribly. I took Dr. Pierce's Favorite Prescription and it soon built me up in good health and cured me of the nervous condition. I consider it an excellent medicine for the ailments of women."—MRS. CHAS. MITUS, Jr., 28 Duke St.

Susan murmured: "Not at all, miss," and helped Clytie out of her frock and proceeded to brush her hair; but suddenly she stopped and, staggering slightly, let the brushes fall from her hand.

Clytie had been sitting with her head bent, her thoughts dwelling on Jack, the husband who had fled from her; now she awoke with a start, and, seeing Susan's face reflected in the looking-glass, uttered a cry of alarm.

"Susan! What is the matter? Are you ill?" she cried.
Susan was as white as death, her eyes half-closed, and she clung to the back of the chair as if to prevent herself from falling. Clytie sprang up and caught her, as she swayed unceremoniously, and managed to get her to a couch; then she ran to the bell; but she remembered that the other servants would be in bed by this time; and Susan, at the same moment, and in a feeble voice, begged her not to ring. Clytie caught up a bottle of salvolatile and gave her some, kneeling beside her and watching her.

"Are you better?" she asked, anxiously. "What is it—faint?"
"Yes, miss," said Susan, evidently struggling against the deadly faintness; "it is only that. Please—please don't call anyone! I shall be better, quite well, in a moment or two."
"Oh, but you—frightened me!" said Clytie. "I must call Miss Mollie; she will not have gone to bed yet. Lean back—I shall not be a moment or two."
"Only Miss Mollie!" Susan begged earnestly.

Clytie nodded, and ran to Mollie's room and brought her. Mollie bent over Susan as Clytie bathed the girl's forehead with eau de Cologne.

"Why, Clytie," said Mollie, breaking the anxious silence, "she looks just as you looked when you had one of those attacks. She is faint and shivering, and her pulse is quite low!" Mollie had spoken scarcely above a hush, but Susan heard her, and her eyelids quivered. "Yes; exactly as you do!" said Mollie, with a puzzled frown.

"Clytie gazed at Susan with a perplexed worried air.
"Yes, she does," she assented. "I wonder what it can be. Poor girl! I am so glad she happened to be here and not alone in her own room. Are you better, Susan? Don't be frightened. It is only a fainting-fit. I have had several of these attacks several times, and thought all sorts of terrible things—but I am all right, you see. Don't be frightened, Susan!"

The girl opened her eyes and sat up, pushing the hair from her brow with a trembling hand.
"I am better now, miss," she said, "and I am not frightened. I must have eaten something that upset me. I am so sorry to have been so long."
"Oh, don't think of that," responded Clytie gently. "Can you remember eating anything that may have disagreed with you?"

Susan shook her head as she struggled to her feet.
"No, miss, nothing any different to the usual food."
"Do you think anything is wrong with the water?" she asked, turning to Mollie quickly.

"No," said Mollie thoughtfully; besides, you were taken ill in just this way at Weybridge; and there was nothing the matter with the water there, and if there is anything wrong here, at Bramley, why weren't we all ill? Do you think you feel well enough Susan, to go up-stairs?"
"No; she shall sleep in the next room," said Clytie promptly.

Susan's eyes filled with tears, and she protested that she was quite well again, and could not think of giving so much trouble; but the two girls swiftly made the necessary preparations, and got her to bed, waiting with her until she fell asleep. They sat up, talking in a whisper, in Clytie's room, for some time; but Mollie said very little, and looked grave and thoughtful.

"I will send for Doctor Morton quite early to-morrow morning," said Clytie. "And he will give her a tonic, as he gave you," said Mollie absently. "I shall stay with you to-night."
"No, no," Clytie replied. "It would only make poor Susan think she was causing more trouble and fuss. Go to bed now, dear."

In the middle of the night Susan woke, and starting up in bed, gazed at the unfamiliar surroundings with a sharp terror; then she remembered, and with a faint cry of alarm hurried to the next room and bent over Clytie apprehensively. Clytie was sleeping lightly, and woke to meet Susan's fearful, questioning eyes fixed on her.

"Oh, what is the matter, Susan? Are you ill again?" she cried, springing up.
Susan laid her hand on her mistress's arm soothingly.
"No, no, miss! I am all right, quite well."

Have Earned a Place In Canadian Homes

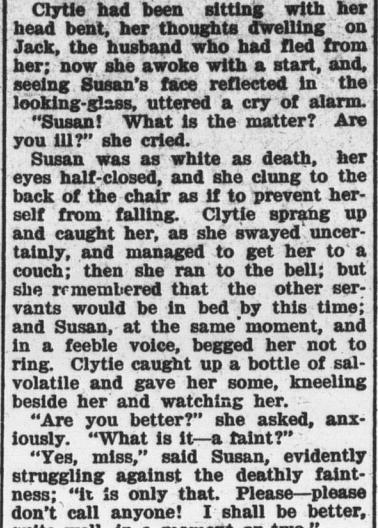
DODD'S KIDNEY PILLS GREAT WORK FOR WOMEN.

Is Once More Shown in the Case of Mrs. Robert Bell, Who Says She Can Never Thank Dodd's Kidney Pills Enough.

Golden Valley, Ont., Feb. 2.—(Special).—"I had kidney trouble. My nerves were bad. I felt tired all the time. I was run down."
"My troubles are all gone since using Dodd's Kidney Pills. My appetite is good and I am increasing in weight."

These are the statements of Mrs. Robert Bell, a well-known and highly respected resident of this place. They must be of interest to thousands of tired, suffering women in Canada. Thousands of other Canadian women who have used Dodd's Kidney Pills know them to be true.
For Dodd's Kidney Pills are no experiment. They are a household remedy in thousands of Canadian homes. They have earned their place by the pains they have relieved and the health they have brought. Ask your neighbors about them. You can hardly fail to find women who exclaim with Mrs. Bell, "I can never thank Dodd's Kidney Pills enough!"

Nothing better to care for your skin, hair and hands. The Scepto cleanser and purify, the Ointment to soothe and heal. Use them for daily toilet.



Let Cuticura Help You Look Like This

Nothing better to care for your skin, hair and hands. The Scepto cleanser and purify, the Ointment to soothe and heal. Use them for daily toilet.

all right; but—but I had a dream. I thought you were ill—in danger—I—I beg your pardon."

"You poor girl! You are quite upset," said Clytie pitying. "Why should I be ill? What should happen to me? Go back to your bed and try and sleep. And, mind, you are not to get up in the morning until the doctor has seen you."

"No, no! I don't want the doctor!" said Susan. "Please don't send for him. You won't, if I am quite well in the morning?"

(To be continued.)

THE LIFE OF GUNS

Is Dependent On the Process of Erosion.

The life of a gun depends upon the progress of erosion, which sooner or later is certain to impair the accuracy of fire. Erosion is caused by the action of the explosive gases at high temperature and pressure. The hot gases cause a thin film of steel to absorb heat. The film expands and becomes set. Upon the release of the pressure it contracts, which action causes minute cracks that grow larger with every discharge. As they increase in size they form passageways for more hot gas, and that tends to enlarge them still further. The inner surface thus becomes roughened and the bands begin to corrode.

Finally the bore becomes so enlarged that it allows the gases to escape. The shell does not then acquire its proper rotation, and its flight becomes erratic. All guns except small ones are now constructed with linings in the tube, which, when the bore is worn out, are removed and replaced by new ones. The cost of relining a gun is approximately 30 per cent. of the cost of the gun. There appears to be no limit to the number of times that a gun can be relined.

The small arms used by the United States army are considered to be constructed after 5,000 to 7,000 rounds have been fired. Small naval guns can be fired about 1,000 times before they are regarded as worn out. Large twelve-inch and fourteen-inch naval guns are considered to have a life, on one lining, of from 150 to 200 rounds. Low velocity guns, such as howitzers and mortars, have correspondingly longer lives than high velocity guns of the same calibre, because of the pressure they develop, and hence the lower temperatures.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send me money, but write me today. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

Mrs. M. Summers
BOX 1
WINDSOR, Ontario

BACHELOR'S MILK TOAST.

Milk toast is a pleasant and nutritious food. It should be properly prepared, but by following these directions any bachelor, natural or acquired, will be able to make it. Simplicity is the keynote, the kind that lifts talent to the plans of genius.
Milk toast is ordinarily a breakfast food, but it can be used for any other meal as well. What it needs at any time is plenty of milk. Also bread. If a loaf has been forgotten the rolls left over from last week will serve.
The bachelor should rise at his usual hour and after turning on the water for his bath he will proceed to the kitchen and light the gas stove. It is better to light two burners, for there may be emergencies.
In selecting the bottle of milk from the five or six that have accrued in the icebox be sure to take the paper stopper off and throw it away. Used in the preparation of milk toast, it imparts an exotic flavor disagreeable to some tastes. Also smell the milk or even taste it to see if it is sweet. Sour milk is used for biscuit.

Next place the frying pan or spider, the terms are pseudonymous for the same household utensil on one of the lighted burners. Be sure the light is turned completely up in order to thoroughly cook the milk toast. Raw or partly cooked milk toast is held to be indigestible.
If the frying pan was used the night before for shampooing eggs put water in it. Do not let any account let the water boil.
Next, go back to the bathroom and turn off the faucets. The man who lives under you objects to having his bath room flooded.
Now return to the kitchen and feel the water to see if it is hot. It is not necessary to waste this hot water;

pour it from a small tin receptacle and place this on the burner not in use. It will do for the coffee. Now it may be left to boil.

Four the milk from the bottle into the empty frying pan, but be careful not to fill it to the brim.
While the milk is heating is a good time to take a bath. If the bell rings do not stop to dry before going to the door, but be sure to throw on a bath robe, as the superintendent's wife sometimes delivers the milk.
Return at once to the kitchen to account for a strange smell of burning rags. If there are no rags burning scrape the pan and throw in more milk. Then apply the bread, first slicing it.
While the bread is cooking, go to the ice box for butter. Put a bit of butter about the size of a chestnut on each slice of bread. Also sprinkle salt on the butter.
Next stiffen the milk toast with a handful of flour. The flour is one of a dozen round brown cans on the shelf. Taste the flour before using; as it may be sugar or salt.
Mash down the lumps of flour that coagulate around the milk toast. Use a spoon or a fork and not your fingers, as the milk toast is now hot.
Mash the lumps some more.
When the milk has been absorbed by the toast and the toast has turned a queer brown it is ready to eat.
Then dump it into the garbage can. Last, eat a peach and finish dressing.

A Wonderful Discovery Cures Catarrh Permanently

Formerly doctors prescribed stomach treatment for Catarrh and Bronchitis. They seldom cured and Catarrh has become a national disease. To-day the advanced physician fights Catarrh by medicated air. He fills the lungs, nose and throat with the antiseptic vapor of Catarrhoxone. It is easy then for Catarrhoxone to cure. It contains the essences of pure pine balsams, reaches all the germs and destroys the disease. Every case of Catarrh, Bronchitis and Sore Throat can be cured by Catarrhoxone. The dollar outfit lasts two months, and is guaranteed to cure; small size 50c; trial size 25c, all dealers, or Catarrhoxone Co., Kingston, Ont.

VERY HUMAN.

Amazing Incident in a Burmah Lumber Yard.

To prove how amazingly elephants are like human beings in the way they discipline their young, a French traveller tells the following regarding an incident witnessed in an extensive lumber yard in Burma:
While the adult elephants were faithfully at work the youngsters played about the yard. The elephant that attracted the traveller's particular attention was hauling, in her chain harness, huge tree trunks from the bank of the river. She had a heavy load, a fact that her offspring did not realize. Bent on playing a prank, he wound his little trunk about one of the chain traces and pulled back with all his strength. In consequence of the suddenly increased weight, the mother stopped and looked around. She saw the youngster and shook her head solemnly, but, paying no further heed to the teasing, bent again to her work. Meanwhile the little rascal, with his mischievous trunk, had loosened the ring that fastened the traces to the load.

While the mother was straining to set her burden in motion again, her rascally son pulled with all his might against her, and pulled so steadily that she was quite unaware that she had been disconnected from her load. Then, suddenly, the youngster let go. Naturally enough, the mother was thrown to her knees and her driver hurried in a wide circle from her back.
The culprit sought a huge woodpile that seemed to offer him at least temporary protection. His mother, however, was soon in pursuit, and he had to flee. Round and round the woodpile he dodged, but his mother, with her iron harness clanking noisily behind her, kept close to his heels.
Although the little one's greater agility gained some space for him at the corners, his mother eventually overtook him. The first blow of her trunk drew from him a howl of pain. At the second he sank, quite humbled, to his knees, and then he endured, without a murmur, although with many tears, a sound thrashing. Finally the mother let him up. With tears still streaming, and with drooping trunk, he took his disconsolate way out of the ward.
The little fellow had won the complete sympathy of the observer. Consequently he was overjoyed to witness during the noon hour a touching reconciliation. The mother did all she could to comfort the penitent little sinner; she caressed him with her trunk, cuddled him up against her, and looked at him as if to say: "You still have a mother who loves you."

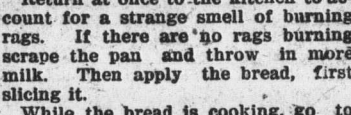
EMOTION IN ANIMALS.

Lower Types in Reaction Against Pain.

Scientists assure us that the question of what is meant by consciousness in animals is one of extreme difficulty. Most of us, probably without much reflection, are willing to infer consciousness when we see any things exhibiting behaviour that in ourselves would be associated with consciousness.
Some years ago an investigator placed single celled animals in a drop of water under the microscope. They were swimming actively when the investigator touched the surface with a red hot needle. One of the animals was killed soon a clear space was formed around the corpse.

NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try



Nothing else brings relief so quickly and so surely. Send for free sample to Templeton, 142 King St. W., Toronto. For sale at reliable drug-gists for \$1.04 a box.

An imaginative commentator called this a case of nekrophobia, suggesting that these minute creatures feared death! Later workers showed that a dead piece of protoplasm exuded into the water some substance different from the natural reaction of living protoplasm.
Most animals shrink or struggle when they come in contact with conditions that are unfavorable, behaving precisely as we do when we are feeling discomfort or pain. In many cases, before physical pain or mis-comfort can actually be felt, the higher animals show the symptoms that in our case we associate with fear. But do they feel pain, do they remember pain and consequently experience fear?

In our own case the capacity to feel, to remember and to dread pain is associated with the activity of the cerebral hemisphere of the brain, and if these be drugged we are unconscious. A frog whose cerebral hemispheres are destroyed, if placed in hot water will make a sudden and violent effort to escape. We ourselves, under a light anaesthesia that inhibits consciousness, will struggle violently to avoid pain. It certainly seems more probable that consciousness is something that may be added to the behavior of animals, not present at all in the lowest forms, and coming in slowly and gradually as the scale of life is ascended.

The supposed fear of death is one of the most salient instances of the fashion in which we are inclined to attribute our own sensations in animals. At the zoos animals that are kept together often die, and there is no instance on record in which (except among carnivorous animals which sometimes devour a dead companion) an animal has shown the slightest interest or apparent disturbance at the presence of its dead companion.
According to their individual disposition and habits animals react only to the immediate stimuli that reach them and pain would have to be severe, repeated many times and associated in the most direct way with a simple sense impression before the sense impression by itself would arouse in them shrinking or the sign of fear.

Thimble Lore.

Though the thimble is claimed to be a Dutch invention, somebody who knows says that they had them all the way back in the days when Hercules was. Sailors formerly wore a like device on their thumbs, and they called them thumb-bells or simply thimbles. Hence the origin of the present word.
You'd never think, would you, that it takes twenty men plus a great deal of expensive machinery to make one little thimble, would you? When John Sotting introduced them from Holland into England in 1895, he virtually introduced a new industry besides.

KEEP HEALTHY DURING WINTER

Colds and Diseases May be Avoided If the Blood is Kept Pure.

Do not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the fire restricted diet, are among the many things that combine to lower the tone of the body and deplete the blood. As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Dr not wait until the color has entirely left your cheeks, until your lips are white and your eyes dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mrs. E. Williams, Elk Lake, Ont., who says: "I take great pleasure in letting you know the benefit I have found in the use of Dr. Williams' Pink Pills. I was in an anaemic condition, and was very weak and run down. The least exertion would leave me breathless, and it was with difficulty that I did household work. I was advised to try Dr. Williams' Pink Pills, and after the use of four boxes I felt like a new person. In fact my system seemed filled with new energy and new life. I strongly recommend this medicine to all who feel weak or run down."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from had or deficient blood, as rheumatism, neuralgia, after-effects of the grip or fevers. The pills are guaranteed to be free from opiates or any harmful drug, and cannot injure the most delicate system.
You can procure Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.