

Relief for Lung Troubles

The D.L. **EMULSION**

IN CONSUMPTION and all LUNG DISEASES, SPITTING OF BLOOD, COUGH, LOSS OF APPETITE, DEBILITY. The benefits of this article are most manifest.

By the aid of The "D. & L." Emulsion, I have got rid of a hacking cough which had troubled me for over a year, and have gained considerably in weight. I liked this Emulsion so well I was glad when the time came around to take it.

T. H. WINGHAM, C.E. Montreal

50c. and \$1 per Bottle

DAVIS & LAWRENCE CO., LTD., MONTREAL

SHORTHAND and ... TYPEWRITING

Are taught by 4 Practical and Experienced Stenographers at the

British American Business College

Co., Ltd., Confederation Life Bldg, Toronto

Write for Free Prospectus. Enter any date.

EDWD. TROUT, D. K. HOSKINS, President, Secretary.

Dale's Bakery -
Cor. Queen and Portland Sts.

BEST QUALITY OF BREAD

Brown Bread. Moderate Price.
White Bread. Delivered Daily.
Full Weight. Try it.

MISS HOVENDEN

NEW MILLINERY

.....AND.....

LADIES' TAILORING

SHOW ROOMS AT

113 King Street West

MRS. HAGGART
217 HURON STREET, TORONTO

Dressmaker

LADIES requiring garments made up first-class, in the latest styles, with promptness, at moderate prices, will find it to their advantage by leaving their orders. Dinner, evening, and reception gowns a speciality.

SWEET VIOLETS... Don't Miss Our Window Display

The ever fresh and always popular odor, and the fashionable one for this season. Our stock is complete, from different makers, ranging from 25c. to \$2.00 per ounce bottle. Any quantity you desire.

VIOLET PERFUMES

Le Grande's Violettes Du Czar (Russian Violet).

Pinaud's Reine and Parma Violettes.

Roger & Gallet Vera and Ambre Violet

Houbigant Bouquet de Violettes.

Breidenbach's Wood Violet.

Rimmel's Violettes.

Crown Parma Violettes.

Lubin's Violet and Wood Violet.

Atkinson's Violet and Wood Violet.

Giraud's Violettes and Wood Violettes.

VIOLET TOILET WATERS

Pinaud's, Rimmel's, Colgate's, Roger & Gallet's

Hooper's Parma Violet Tooth Powder, 5c.

VIOLET TOILET SOAPS

Roger & Gallet, Vibert, Pinaud.

HOOPER & CO., 43 and 45 KING ST. W. Telephone 358.

THE ENGLISH LANGUAGE.

We'll begin with a box, and the plural is boxes,
But the plural of ox should be oxen, not oxes.
Then one fowl is a goose, but two are called geese,
Yet the plural of mouse should never be menses;
You may find a lone mouse or a whole nest of mice,
But the plural of house is houses, not hices.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pan?
The cow in the plural may be cows or kine,
But a bow if repeated is never called bine,
And the plural of vow is vova, never vine.
If I speak of a foot and you show me your feet,
And I give you a boot would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
If the singular's this and the plural is these,
Should the plural of kiss ever be nicknamed keese?
Then one would be that and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother we never say methren
Then the masculine pronouns are he, his and him,
But imagine the feminine she, shis and shim.
So the English, I think, "you all will agree,
Is the queerest language you ever did see.

FISH AS FOOD.

Mrs. S. T. Rorer's "Cooking Lesson" in the March "Ladies' Home Journal" is devoted to the preparation of numerous kinds of fish for the table, and the distinctive value of the various kinds of fish for food. She contends that there has not been a sufficiently accurate analysis upon which to base any table regarding the chemical composition of fish at all reliable. "The albuminoid matter in white fish, as cod, haddock and halibut, is in about the same proportion as in beef and mutton. They contain, however, more phosphorus—the active fish, such as trout and pickerel, containing a still greater amount, due no doubt to their activity. The amount of carbon depends largely upon the amount of fat they contain. The white fish are, therefore deficient in carbon. If you should ask an intelligent cook what vegetable to serve with a boiled whitefish she would answer quickly, potatoes, as they supply the wanting carbohydrates.

"There are other kinds of fish, however, such as salmon, catfish and sturgeon, that are quite well supplied with carbohydrates, in consequence of which they are not so easily digested as the white fish. The more oil they have dispersed through the body, the more difficult the digestion. In the white fish the fat is held in the liver; in the dark fish it is dispersed through the entire flesh. From this fact we learn that dark fish make a much better diet for the active man. Many authorities affirm that the more active fish, as well as the more active animals, give better muscle-making food than their more indolent relations."

HITTING HOME.

Lawyer—Now, Mr. Thrift, describe to me the court the chickens that you charged my client, the defendant, with stealing.

Farmer Thrift goes into the details, but he is interrupted by the lawyer, who exclaims, "I have some chickens like those myself.

Farmer Thrift (resuming)—The chickens he took are not the only ones I have had stolen!—New York Herald.

Coleman's SALT

Best for Table use
Best for Dairy use

UNEQUALLED FOR QUALITY

Canada Salt Association
CLINTON, ONT.

Help

Is needed by poor, tired mothers, debilitated and run down because of poor, thin blood. Help is needed by the nervous sufferer, the men and women tortured with rheumatism, neuralgia, dyspepsia, serofolia, catarrh. Help comes quickly when Hood's Sarsaparilla begins to enrich, purify and vitalize the blood and send it in a healing, nourishing, invigorating stream to all the nerves, muscles and organs of the body.

Hood's Sarsaparilla

Is the One True Blood Purifier. All druggists. \$1. Prepared only by C. L. Hood & Co., Lowell, Mass.

cure liver ills; easy to take, easy to operate. 25c.

PYNY-PECTORAL

Positively Cures COUGHS and COLDS

in a surprisingly short time. It's a scientific certainty, tried and true, soothing and healing in its effects.

W. C. McCOMBER & SON, Bouchette, Que., report in a letter that Pyny-Pectoral cured Mrs. C. Garscan of chronic cold in chest and bronchial tubes, and also cured W. G. McComber of a long-standing cold.

Mr. J. H. Hurty, Chemist, 528 Yonge St., Toronto, writes: "As a general cough and lung syrup Pyny-Pectoral is a most valuable preparation. It has given the utmost satisfaction to all who have tried it, many having spoken to me of the benefits derived from its use in their families. It is suitable for old or young, being pleasant to the taste. Its sale with me has been wonderful, and I can always compound it as a safe and reliable cough medicine."

Large Bottle, 25 Cts.

DAVIS & LAWRENCE CO., LTD. Sole Proprietors Montreal.

Toronto Horse Exchange



The Toronto Horse Exchange is recognized by the fashionable people as the most reliable and best place to purchase superior classes of horses. 21 to 27 Sheppard St., J. D. GRAHAM & CO.

NOT A DOLLAR'S worth of real estate ever owned by the Company.

NOT A DOLLAR of interest in arrears on December 31st, in 1894, 1895 or 1896.

THE LOWEST DEATH RATE on record for a period of eleven years.

THE MOST RIGID AND CAREFUL economy in management.

These **FEATURES** Command

The Temperance and General Life Assurance Company

To the intelligent judgment of all thoughtful men.

HON. G. W. ROSS, H. SUTHERLAND, President, Managing Director.

Head Office... GLOBE BUILDING, TORONTO

Relieved with SORE EYES DR. ISAAC THOMPSON'S EYE WATER