

ANOTHER CASH PRIZE CONTEST ORANGE MEAT

Announces a New Prize Contest

MORE PRIZES THAN THE LAST

The First Prize will again be a LIFE ANNUITY OF

FIFTY-TWO DOLLARS CASH

Equal to One Dollar Per Week Every Week During Lifetime

A Second Prize of One Hundred Dollars Cash

Two Prizes of Fifty Dollars Each

Ten Prizes of Twenty Dollars Each

Ten Prizes of Ten Dollars Each

Twenty Prizes of Five Dollars Each

One Hundred Prizes of One Dollar Each

CONDITIONS are similar to the last Contest, except that all Orange Meat Carton Bottoms must be sent in on or before November 30th, 1909.

Full particulars on private post card in every package of Orange Meat. If you enter this contest, complete the blank space below with your name and address, cut it out, and mail it to Orange Meat, Kingston, Ont. It will count equal to ten carton bottoms.

To ORANGE MEAT, KINGSTON.

I desire to enter your prize contest which matures November 30, 1909.

Full name

Address

tions of strength to the muscles of the physical body. We know that if we really desire to develop these muscles of the body it is quite possible for us to do so. To accomplish this purpose, however, we cannot sit down and think about it to the exclusion of all action. Not only must we think that we want to increase our physical strength, but we must act in the matter. There are methods of procedure that, when followed literally, will enable us to practically remold our physical bodies. To accomplish such a physical regeneration, however, means lots of hard work in addition to the mental energy necessary, not only to start us going but to keep us going until the desired end has been attained.

And this will power of ours—these mental muscles—can be developed in quite a similar manner; yet, like the physical muscles, the mental longing for regeneration alone will not bring the strength desired. Instead, we must begin immediately to alter the conditions that we desire to correct. No man ever succeeded in overcoming the liquor habit until he actually stopped drinking. However good his intentions may have been, the act of weakness exhibited in taking 'just one more drink' invariably frustrated his ambitions.

This, too, is entirely in accord with the law governing such matters, for every time that the desire to reform is postponed until another day the power of the will is weakened and the actual change becomes correspondingly difficult. Every time we put off a good purpose because of some trifling excuse we take just so much power away from the mental muscles or the will.

At the same time, there are lots of people who are getting themselves into all kinds of trouble through these habits of procrastination, for even the less consequential acts of life may exert a very deleterious effect if they exhibit a lack of determination in carrying out the course intended. To take one of the commonest of all methods of weakening the will—even the inability to do or not to do the simplest things that we have determined

to perform acts as a weakening force upon these mental faculties. As one illustration, we might take our habits of reading. How many of us are guilty of making the mental resolve to stop such reading at the next page, or the next chapter, and then go on for another hour without stopping! But this little thing can't do any harm, you say! Oh, but it does do harm, for the only way in which we can strengthen the mental muscles is by getting into the habit of doing precisely what



Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

When writing to advertisers please mention the "Northern Messenger."

we have determined to do, and the slightest deflection from this rule will have exactly the same effect as though the matter in question was of far greater consequence. In other words, when you say that you will do anything, do it, no matter how difficult it may be to stop at the moment you have appointed. If you are playing some game, and you have determined that you will stop at a certain time—stop, regardless of the consequences. If there is some household duty to be performed and you have agreed with yourself that it shall be done at a certain time, see to it that this resolve is carried out, for it is in this way, and this way alone, that you can add materially to the force of will that is so necessary to your welfare.

THE NORTHERN MESSENGER.

ANNUAL SUBSCRIPTION RATES.

(Strictly in Advance).

Single Copies	\$.40 a year
Three Copies, separately addressed if desired, for	1.00
Four Copies, separately addressed if desired, per copy	.30
Ten Copies or more, to one address, per copy	.20
Four copies, separately addressed, one year for one dollar, if three are new.	

Six months trial at half the above rate.

Postage included for Canada (Montreal and Suburbs excepted), Newfoundland and the British Isles; also for Bahamas, Barbados, Bermuda, British Guiana, British Honduras, British North Borneo, Ceylon, Cyprus, Falkland Islands, Fiji, Gambia, Gibraltar, Hongkong, Jamaica, Leeward Islands, Malta, Mauritius, New Zealand, Northern Nigeria, Sarawak, Seychelles, Sierra Leone, Southern Nigeria, Transvaal, Trinidad, Tobago, Turk's Island and Zanzibar.

U. S. Postage 10c extra to the United States, Alaska, Hawaiian and Philippine Islands except in clubs, to one address, when each copy will be fifteen cents extra postage per annum.

Foreign Postage to all countries not named in the above list, fifty cents extra.

Samples and Subscription Blanks freely and promptly sent on request.

A SPLENDID GROUP—TRY IT!

The 'Witness' For over sixty years unrivalled in the confidence of the Canadian public. Latest news, market reports, etc., financial and literary reviews, good stories, home and boys pages, queries, etc., etc. Valuable departments devoted to farming interests. A clean commercial, agricultural and home newspaper. (Send for a sample.) \$1.00 a year.

With the 'Messenger' \$1.20.

'World Wide' A weekly reprint of the best things in the world's great journals. Reflects the thought of the times. Best cartoons of the week. The busy man's paper. Nothing like it anywhere for the money. Send for a sample. \$1.50 a year.

With the 'Messenger' \$1.75.

'Canadian Pictorial' Canada's popular illustrated monthly. High grade paper, high grade pictures. Interesting to young and old alike. Many of its full page pictures suitable for framing. \$1.00 a year.

With the 'Messenger' \$1.00.

The 'Northern Messenger' speaks for itself. A favorite for over forty years, and increasingly popular. A potent influence for good.

'Weekly Witness,' 'Canadian Pictorial' and 'Northern Messenger,' one year each, \$1.70

SPECIAL FAMILY CLUB.

'Weekly Witness and Canadian Homestead'	\$ 1.00
'World Wide'	\$ 1.50
'Canadian Pictorial'	\$ 1.00
'Northern Messenger'	.40

Worth.....\$ 3.90

All for one year, \$2.70

or the FOUR papers for FOUR months for \$1.01 anywhere in the "Postage Included" group (See above). For U. S. or abroad, special terms quoted on clubs.

Any one of the group may be sent to a friend AS A GIFT subscription, if so marked.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall and Frederick Eugene Dougall, both of Montreal.

All business communications should be addressed John Dougall & Son, and all letters to the editor should be addressed Editor of the 'Northern Messenger.'