

THE STAIRCASE TEST

If You Cannot Pass It Your Health is Failing.

When you suffer acute palpitation of the heart, dizziness or faintness every time you go up stairs; when exertion of any kind leaves you breathless and trembling, it is a warning that your blood is defective—that you are anaemic. If these warnings are neglected worse disorders will follow—perhaps decline and deadly consumption. If you are in this condition you need the new, good blood of health that has been given to thousands of sufferers by Dr. Williams' Pink Pills. These pills banish all the ailments arising from poor blood, tone up the system and make weak men and women well and strong. Miss Elizabeth Campbell, Almonte, Ont., says: "I was living in Pembroke at the time my health failed me. I kept growing weaker every day until I at last grew so weak I could not walk up stairs without help, and I could not go down street without sitting down and resting. My mother got quite anxious about me and took me to a doctor who said he was quite sure he could restore my health. He gave me a little bottle of medicine, and I continued its use until I had taken four bottles, but instead of getting stronger I was growing weaker all the time, and was only a mere shadow of my former self. My parents believed I was in a decline and could not get better. My mother had heard so much about Dr. Williams' Pink Pills that she decided I ought to try them. I did not notice much change until I had taken five or six boxes, when a decided improvement set in, and from that on I grew stronger and stronger each day, until through a continued use of the pills I was back to my old-time health and strength. I believe Dr. Williams' Pink Pills the best remedy on earth for sick people, and cannot too strongly urge other weak girls to give them a trial."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

DOES IT WITH A SNAP.

"Peck's wife walks all over him. He's what you might call a telescope husband."

"What do you mean?"

"She draws him out, sees through him and shuts him up."

Often what appear to be the most trivial occurrences of life prove to be the most momentous. Many are disposed to regard a cold as a slight thing deserving of little consideration, and this neglect often results in most serious ailments entailing years of suffering. Drive out colds and coughs with Bickle's Anti-Consumptive Syrup, the recognized remedy for all affections of the throat and lungs.

OVERDOING IT.

"She married him to reform him."

"And what was the result?"

"He's so good now that he's shocked at nearly everything she does."

TRY MURINE EYE REMEDY for Red, Weak, Watery, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail. Murine Eye Remedy Co., Chicago.

He is truly a great man who can lose his money and still retain his friends.

Minard's Liniment Cures Distemper.

"What're ye comin' home with your milk-pail empty for?" demanded the farmer. "Didn't the old cow give anything?" "Yes," replied the boy; "nine quarts and one kick!"

The invention of a Birmingham engineer enables a passenger in the fastest train to talk with anyone on the telephone system.

DON'T LET THAT COUGH ROB YOU OF SLEEP

You probably know all too well how it goes. Just as you doze off, the tickling starts in your throat. A gentle cough, still asleep. A harder cough, and then another. First thing you know, you're wide awake, coughing your head off.

A few nights of that and you're so worn out and weakened that the cough takes a tight grip on you.

But why endure it? Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne will soothe that exasperating tickling, loosen the phlegm and cure the inflammation of the mucous membrane. It not only stops the cough quickly, allowing you to get sound, refreshing sleep, but it goes to the root of the trouble and drives out the cold completely. Children willingly take Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, because it tastes so good. Your Druggist has it or can quickly get it for you in 25c. and 50c. bottles. The National Drug & Chemical Co. of Canada, Limited. 115

Fashion Hints

SEEN IN PARIS SHOPS.

A fashionable new scarf is shown in satin material trimmed with three rows of marabou set close together in the border. In spite of many new popular materials the gowns of soft satin and of crepe meteor still hold their own for elegance and beauty. A frock is hardly considered finished without a cluster of artificial flowers at the waist or the shoulder to catch up a founce on the skirt. Many wedding toilettes will display a mingling of soft satin velvet brocades and plain velvet, together with lovely laces and filmy chiffons. Most of the fur coats this season are fashioned with straight, graceful lines and rounded at the front. Some are slashed at the side—not for beauty, but to follow fashion's latest whim. Their sleeves are generally long and close fitting and finished (without the gathers at the top) like those on a man's coat. Many lovely velvet frocks of soft colors are trimmed with plaitings and quiltings of silk in the same shade.

SKIRTS NARROWER.

Narrow skirts are narrower than ever, and there are skirts decidedly full about the feet—a fullness accomplished by means of an accordion plaited founce, or simply by a deep gathered one. But the narrow skirts are not tight; and the full ones are close clinging. The body, resolutely kept slender, is tightly corseted below the waist line, and all undergarments are suppressed. But this matter of tight skirts, full ones, high chokers, and long sleeves uncomfortablely dropping over the hands and cumbering the arms with thick folds, so plentifully presented to us by all the great designers, women will settle for themselves. The designers cheerfully acknowledge that they themselves do not know what will be the prevailing mode two months hence.

A WARNING TO MOTHERS

No mother can expect her little one to escape all the ills of childhood, but every mother who accepts fair warning as to the treatment of these little ills can save her baby such suffering. Thousands of mothers of young children keep Baby's Own Tablets in the house—all mothers should do so. The Tablets are a never-failing cure for all the minor ills of babyhood and childhood. They can be given with perfect safety—they always do good; never harm. Constipation, indigestion, colic, simple fevers, colds, etc., all rapidly disappear under treatment with the Tablets. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HAD TO QUIT EATING.

Wayburn—"Have you noticed your health improved since you have the automobile?"

Spinley—"Oh, yes. I think I'd have a fine appetite now if I could afford to eat."

Minard's Liniment Co., Limited. Gentlemen—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in case of inflammation. Yours, W. A. HUTCHINSON.

Minard's Liniment Cures Diphtheria.

People who see themselves as others see them never believe what they see.

Minard's Liniment Cures Diphtheria.

COUGH REMEDY.

A good old fashioned cough remedy is made of slippery elm, sugar and flaxseed. Soak a gill of whole flaxseed in a half pint of boiling water. In another dish put a cup of broken bits of slippery elm and cover this with boiling water. Let them stand for three hours, then strain them separately through a thin cotton cloth into a pan containing a pound and a half of granulated sugar. Squeeze out all the liquor possible and stir into the sugar until all is melted. Now boil it until it turns to candy. After it has cooked ten minutes add the juice of two lemons. When candied turn out into a well greased pan and mark into squares before it hardens. The children like it.

A handsome woman may look good to a man, but it takes a truly good woman to get a strange hold on his heart.

The moon is 238,000 miles away from the earth.

GRIPPE LEFT HIM A CONFIRMED INVALID

BUT HE FOUND CURE IN DODD'S KIDNEY PILLS.

Quebec Postmaster was confined to bed when he started to use Dodd's Kidney Pills—They cured him.

Tippins, Pontiac Co., Que., Nov. 27 (Special)—Postmaster F. Tippins, of this place, who for three years has been more or less of an invalid, and who for some time was confined to his bed, is up and around again, a healthy and hearty man. Dodd's Kidney Pills cured him.

"After recovering from an attack of Grippe," the Postmaster says in telling the story of his cure. "I took a pain in my back and I suffered for nearly three years, finally getting so bad that I was confined to my bed."

"One day I told my wife to go and get me some Dodd's Kidney Pills, as that would be the last medicine I would try. After using about half the box I began to feel better, so I kept on taking them. When I had taken two boxes I was able to get up, and ten boxes cured me completely."

The principal danger of Grippe is the after effects. The way to guard against this is to strengthen the Kidneys so they can strain all the dregs of the disease out of the blood. Dodd's Kidney Pills are always the last medicine anyone takes for Kidney Disease. It always cures and no other medicine is needed.

HIGHLY UNUSUAL.

Inspector Dick—"Did you discover any irregularities in the city hall?"

Inspector Sharp—"Yes; four of the employes were at work."

Worms sap the strength and undermine the vitality of children. Strengthen them by using Mother Graves' Worm Exterminator to drive out the parasites.

TO REDUCE MILK TO POWDER.

In reducing milk to powder a patented Swiss process evaporates about 85 per cent. of the water at a temperature of 50 degrees to 60 degrees centigrade. The milk is then exposed four seconds in a layer of an eighth or a quarter of an inch in depth on a surface heated to 105 degrees. The second heating removes 9 or 10 per cent. of the remaining water, and the resulting milk powder is not only sterile, but the albumen is not coagulated.

NOT IN PROPORTION.

"I'm a self-made man," said the proud individual.

"Well, you're all right except as to your head," commented the other part of the conversation.

"How's that?"

"The part you talk with is out of proportion to the part you think with."

A Simple and Cheap Medicine.

A simple, cheap and effective medicine is something to be desired. There is no medicine so effective a regulator of the digestive system as Parmelee's Vegetable Pills. They are simple, they are cheap, they can be got anywhere, and their beneficial action will prove their recommendation. They are the medicine of the poor man and those who wish to escape doctors' bills will do well in giving them a trial.

An ounce of prevention is also worth a pound of regret.

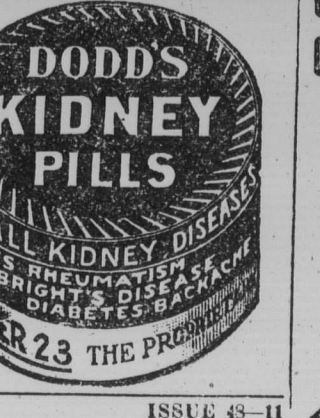
Smoking-carriages for women only have been introduced on Russian railway lines.

You will sneeze; perhaps feel chilly. You think you are catching cold. Don't wait until you know it. Take a dose of Hamlin's Wizard Oil and you just can't catch cold.

FEAR FOR KING'S SAFETY.

Visit to Eastern Subjects Fraught With Great Danger.

The anxiety felt by Englishmen in India over the King's trip and the risks attendant upon the visit



DODD'S KIDNEY PILLS FOR ALL KIDNEY DISEASES CURES RHEUMATISM BRIGHT'S DISEASE DIABETES BACKACHE 23 THE PROPRIETOR

are expressed by "An Englishman" there, who writes:—

"The King is doing a great thing in going to India, if only from the spectacular point of view. He goes to impress his subjects there with the actual appanage of the British throne. The event is one to fill both the mind and eye with all that makes for patriotic pride and faith in the race. But the natives of India will expect more than splendor and ceremonies glowing with Oriental colors. They will ask for largess in the shape of some great concession equal to a unique occasion. They do not understand his Majesty's constitutional position and will be disappointed that he can do so little. Were he to decree the abolition of the salt tax they would understand that, and bless his name forever. They cannot understand that that is purely a matter for the financial advisers of the Indian government. Yet unless something of the sort is done the visit will remain simply a series of spectacles."

"Finally, there is much personal risk to the King. He is a brave man and does not mind; but, then, we do. There are hundreds of fanatics in India who would, if they could, destroy the King though they themselves should be hacked to pieces the next moment. They have before them all the glories to be won by a martyr, all the fame of having done an unforgettable deed directed against the chief of the race which holds India in its iron hand. True, a guard of marine, gunners, all over six feet high, are to surround him, but that is only for show. The real defence will be the Indian police, and they have proved that they can barely defend themselves. One has only to recall the number of their officers who have been murdered and the outrages of which the perpetrators have not been punished or even detected."

Shiloh's Cure

STOPS COUGHS HEALS THE LUNGS STOPS PAIN PRICE, 25 CENTS

Ardent Lover—"Sir, I came to ask you to give me your daughter's hand." Fond Papa—"With pleasure! If you are looking for it, you will find it generally in my pocket!"

FREE TO BOYS

Splendid Magic Lantern (with twelve slides) Steam Engine (nearly one foot high) with whistle, fly wheel and everything complete for running; Guaranteed "Starr" double-ended Hockey Skates or guaranteed Watch free to any boy. Send in your name and we will send you 80 sets of Sarnia views and Christmas post cards to sell at 10 cents a set. When sold send us the money and we will send you whichever prize you choose. We prepare all charges. Address, HOMER, WARREN CO., Dept. 29, Toronto.

THE WORST.

The only time that ever I Am morbid quite and want to die, Is when I have my picture took And learn by proof just how I look.

Away With Depression and Melancholy—These two evils are the accompaniment of a disordered stomach and torpid liver and mean wretchedness to all whom they visit. The surest and speediest way to combat them is with Parmelee's Vegetable Pills, which will restore the healthful action of the stomach and bring relief. They have proved their usefulness in thousands of cases and will continue to give relief to the suffering who are wise enough to use them.

WHAT HE WANTED TO DO.

"What I want to do," said the economist, "is to persuade our young people to stick to the farm."

"It's a good idea," replied Mr. Cornstossel, "but it's out of season. Come around when gettin' up at 5 o'clock in the morning ain't such cold work."

Minard's Liniment Cures Colds, &c.

NOT TO BLAME.

Irate Woman—These photographs you made of my husband are not satisfactory and I refuse to accept them.

Photographer—What's wrong?

Irate Woman—What's wrong? Why, my husband looks like a baboon!

Photographer—Well, that's no fault of mine, madam. You should thought of that before you had him photographed.

PROFESSIONAL BLUNDER.

"Throw up your hands!"

"All right. Go through me as quick as you can. I'm on my way home from seeing a smallpox patient, and I want to change my—"

"Go on!"

Fair Girl—"My father made his fortune when he was a young man. Would you like to know how he did it?"

Gallant Youth—"Not particularly. But I should like to know if he still has it?"

The Highland regiment, the Black Watch, has been in existence nearly two centuries.

"Sportleigh is to be married today at high noon." "That's an appropriate hour." "How so?" "He's taking a 12 to 1 chance."

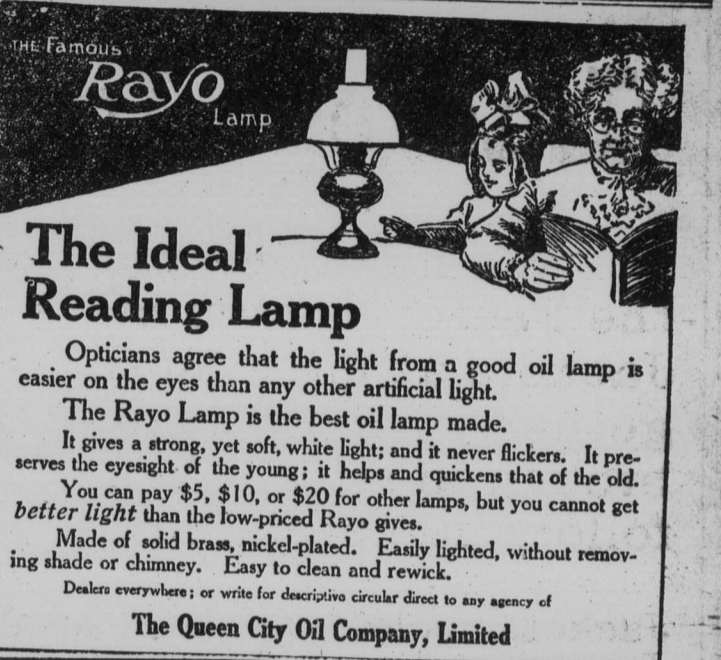
BONDS PAY BETTER INTEREST ON YOUR MONEY

In point of security and interest return, the small investor in bonds is on the same footing as the institution or individual with thousands or tens of thousands to invest. Until Bonds in their present form were devised, it was not an easy thing to find an investment, safe, easily convertible into cash, and simple in form, and yielding as high as 6 per cent. interest.

It is a matter of importance to you to know that we generally have on hand bonds in denominations of \$100 and upwards, paying interest of from 4 1/2 to 6 per cent. These are seasoned securities, bonds that have demonstrated their ability to pay interest and principal.

If you have any money, no matter what the amount, earning less than this, you should ask us how to re-invest it in a way to afford better interest with as good, or better security.

ROYAL SECURITIES CORPORATION LIMITED
BANK OF MONTREAL BUILDING YONGE AND QUEEN STREETS
R. M. WHITE TORONTO
Manager MONTREAL-QUEBEC-HALIFAX-OTTAWA-LONDON (ENG.)



THE Famous Rayo Lamp

The Ideal Reading Lamp

Opticians agree that the light from a good oil lamp is easier on the eyes than any other artificial light. The Rayo Lamp is the best oil lamp made. It gives a strong, yet soft, white light; and it never flickers. It preserves the eyesight of the young; it helps and quickens that of the old. You can pay \$5, \$10, or \$20 for other lamps, but you cannot get better light than the low-priced Rayo gives. Made of solid brass, nickel-plated. Easily lighted, without removing shade or chimney. Easy to clean and rewick. Dealers everywhere; or write for descriptive circular direct to any agency of The Queen City Oil Company, Limited.

Twenty-First Withrow Tour.

Feb. 3, LACONIA New York to Madrid, Gibraltar, Algeria, Nice, Monte Carlo, Naples. Then cruise to Sicily, Greece, Turkey, Asia Minor, Syria, Palestine, Egypt and DUBOYTTAR CASTLE, 100 A. and place of Sir Henry Lamb, Naples to London. Illustrated Program. F. Withrow, B.A., Methodist Book Room, Toronto, Canada.

H. H. NIGHTINGALE STOCK BROKER

Member Standard Stock and Mining Exchange LISTED STOCKS CARRIED ON MARGIN Correspondence invited. 43 MELINDA ST., TORONTO



When buying your Piano insist on having an OTTO HIGEL Piano Action

AGENTS WANTED. — A LINE FOR every home. Write us for our choice list of agents supplies. We have the greatest agency proposition in Canada today. No outlay necessary. Apply B. C. I. Co., 228 Albert St., Ottawa.

HELP WANTED.

SALEMEN—\$50 PER WEEK SELLING one hand Egg-Beater. Samples and terms 25c. Money refunded if unsatisfactory. Collette Mig. Company, Collingwood, Ont.

AT ONCE—MEN TO LEARN BARBER trade; expert instruction; constant practice; tools free; always sure employment for a barber. Write for catalogue. Aoler Barber College, 221 Queen East, Toronto.

MISCELLANEOUS. HAY AND FARM SCALES. Wilson's Scale Works, 9 Esplanade, Toronto.

SAWMILL MACHINERY, PORTABLE or heavy Lathes Mills, Shingle Mills, Engines and Boilers, Mill Supplies. The E. Long Manufacturing Co., Ltd., West Street, Orillia, Ontario.

DELHI TANNERY—CUSTOM ROBBE and Fur tanning. Cattle and Horse hides make best Rodes and Coats when properly tanned. Send them to me and have them dressed right. You will be well satisfied. B. F. Bell, Delhi, Ont.

CANCER, TUMORS, LUMPS, etc. internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman, Collingwood, Ont.

6 TON SCALE GUARANTEED. Wilson's Scale Works, 9 Esplanade, Toronto.

AGENTS WANTED. — A STUDY of other Agency propositions convinces us that none can equal ours. You will always regret it if you don't apply for particulars to Travelers' Dept., 228 Albert St., Ottawa.

SPECIALISTS' ADVICE FREE. Consult us in regard to any disease. Lowest prices in drugs of all kinds. Trusses fitted by mail. Send measurement. Glasses fitted by eye. Write today for anything sold in first-class drug stores to Dr. Bellman, Collingwood, Ont.

DYEING! CLEANING! For the very best, send your work to the "BRITISH AMERICAN DYEING CO." Look for agent in your town, or send direct. Montreal, Toronto, Ottawa, Quebec

"Whom does the baby resemble?" "Well, we haven's quite determined yet. To tell the truth, none of our relatives has very much money."

Photographer—What's wrong? Irate Woman—What's wrong? Why, my husband looks like a baboon!

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External application for man or beast. Everyone knows of the wonderful qualities in the oil of the STURGEON for sprains, lameness, etc. Dr. Dow's formula has it in its best form. For Rheumatism, Lumbago, Neuralgia, Swellings, etc., it cannot be equalled. Try it once and you will be satisfied. Price 25 cents. ASK YOUR DEALER. HE SELLS IT. The Brayley Drug Co., Ltd., Sole Props. St. John, N. B.



DR. DOW'S STURGEON OIL LINIMENT

External application for man or beast. Everyone knows of the wonderful qualities in the oil of the STURGEON for sprains, lameness, etc. Dr. Dow's formula has it in its best form. For Rheumatism, Lumbago, Neuralgia, Swellings, etc., it cannot be equalled. Try it once and you will be satisfied. Price 25 cents. ASK YOUR DEALER. HE SELLS IT. The Brayley Drug Co., Ltd., Sole Props. St. John, N. B.