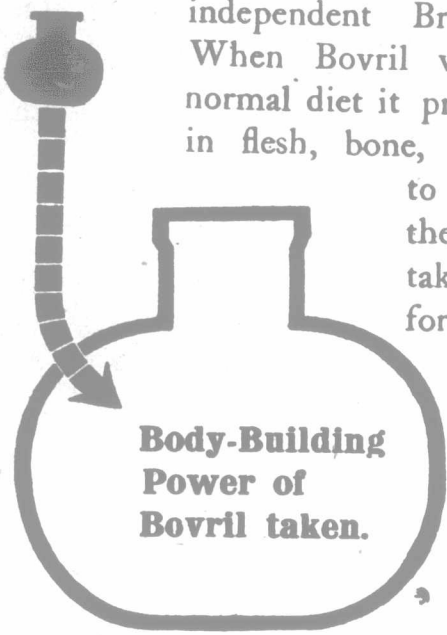


## The Body-Building Power of BOVRIL

Bovril  
taken.



In feeding experiments on Human Beings carried out by a well-known independent British Physiologist. When Bovril was added to the normal diet it produced an increase in flesh, bone, and muscle equal to 10 to 20 times the amount of Bovril taken. You are therefore sure of being nourished if you take Bovril.

No increase  
in price  
since the War.

### Skin Blemishes Removed

Whether disease or neglect has left disfiguring marks upon your face, our treatments, perfected by 25 years' experience, will positively cure or, in confirmed cases, greatly improve conditions. We successfully treat Pimples, Wrinkles, Redness of Skin, Blackheads, Blotches, etc. You should have our Princess Complexion Purifier, \$1.50; Princess Skin Food, \$1.50; White Rose Complexion Cream, 75c; Lily Lotion, 75c; FREE Sample Skin Food for 8 cents in stamps to cover postage and packing.

SUPERFLUOUS HAIR permanently removed by Electrolysis. Consultation FREE. Call or write.

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HISCOTT INSTITUTE, LIMITED

61A College Street, Toronto, Ontario.



good works. Until recently she attended to all her own shopping and marketing. Her one extravagance is the high-powered automobile in which she likes to speed over the country roads. The Astors might have imported a chauffeur to match their car, but they did not. They sent the son of one of the farm employees to New York City to learn the art of driving and he came back schooled in all the best traditions. The chauffeur also helps with the lawn-mower.

The Eden to which Henry Astor brought the gardener's daughter grows fairer year by year to them, and for twenty years, so far as any man in that region remembers, neither has been outside of the township. It has been more than two decades since Mr. Astor has seen anything of the Big Village. The reason for this is that New York has nothing which he really wants—not even money. He gets plenty of it, and his lawyer at Chatham looks after his business. Wealth is the last thing of which either Mr. or Mrs. Astor thinks.

"Money counts for little in this world compared with love and life," is one of the precepts of Henry Astor.

Although he and his wife have passed beyond the three score and ten mile-stone, there still remains within them the romantic attachment of their youth. Above the mantel in "the Big House" may be seen the portrait of the pretty country girl for love of whom Henry Astor thought he had given up a heritage of \$30,000,000, and did it gladly.

And now something of the properties which furnish the income on which he has lived in his distant Land of the Great Abundance. The records show that the

trust established for him was in 1869 re-committed to his brothers, John Jacob Astor and William Astor, and to Charles F. Southmayd, a well-known lawyer of this city. All of these are dead. They were succeeded by the present trustees, Henry Lewis Morris, Lewis Spencer Morris, and Charles A. Peabody. The fact that a few days ago they filed an account of their stewardship and asked for the approval of the courts disclosed to this day and generation the existence of Henry the Obscure, who is taking to himself the hire of such centers of the bright life of the metropolis as the Astor and Gaiety Theaters.

According to the schedules of the trustees the property involved is very valuable. It was once the old Cousine farm, which was acquired for a small sum, probably not much more than Henry Astor gave for his place at West Copake, when John Jacob Astor, merchant and capitalist, foresaw the greatness of New York.

In accordance with the trust deed Mr. Astor receives all the income from 125 parcels of productive real estate during his life. But, as he sits in his deep arm-chair talking with the woman who has been by his side through the years, he seems satisfied with the spot where he has dwelt so long unnoticed, save by the genial comradeship of the countryside.

A story not new, but worth repeating, is once again going the rounds in England. Two bootmakers, whose establishments faced each other in the village high street, were very distinctly rivals. One of them had a son at college, and, in the

first week of his vacation, there appeared in the shop window the motto, "Mens Conscia Recti". His rival over the way was for some time a little nonplussed, but, within a few days he rose to the occasion, and there appeared in his window a card bearing the legend, "Men's and Women's Conscia Recti."

#### Self-Control.

There are times in the life when one is incapable of self-control, when the emotions become rampant, and despair seems certain.

We are filled with discomfort, with doubt and remorse, with fear and grief and we know not how life can be endured. To live as we ought to live we must help ourselves.

We can do for ourselves what no one can do for us.

The movement may be slow and achievement uncertain, but we must learn to live in weakness as in strength.

We must study to endure, to persevere, and to conquer.

Most difficult, indeed, but not impracticable.

The almost impossible point is contentment with small results.

The very slowness is not without a degree of strength and sureness.

Nor should our expenditure be greater than our income, or how hope for final results?

Depleting our source and exhausting our powers tend to weaken resistance.

But with each small beginning we may scale a new height, and gain will be solid and certain.

#### An Old-fashioned Love Song.

He doth not render up his page to every curious mind,  
Nor strew the flowers of his thought to every passing wind.  
And yet to me my Love hath been most excellently kind.

No twice-told love tales doth he tell, no vows assail mine ear,  
He only bids me creep into his heart, so near, so near,  
That well I know I am to him most exquisitely dear.

And when with eventide he comes, the long day's work well done,  
The silver sail of silence bears us on—and on—and on—  
And love and life are pledged anew—for life and love are one.  
—Marie Hemstreet, in the "Outlook."

#### An Evening Prayer.

Forgive us for the smiles we failed to give—  
Smiles on which saddened hearts may live—  
And yet—and yet we failed to give!

Forgive us for the words we've left unsaid—  
Words that feed hungry hearts like bread  
And yet—and yet were left unsaid.

And for the little deeds we've left undone,  
That might have cheered some lonely one—  
And yet—and yet were left undone.

Forgive us, Thou who knowest us so well,  
That we have failed our love to tell  
By smiles and words and deeds so well.

#### The Old Manure Pile.

Oh! The pile of manure that stood by the barn  
We remembered it well from a boy!  
How it smelled to the skies, plagued us with flies  
And took out of farm life the joy!

The pile of manure that stood by the barn!  
It didn't look pretty, I know.  
While sunshine and rain made fertility wane  
And flies made our milk check run low!

That pile of manure that stood by the barn!  
It is gone, we will see it no more.  
Our fields are more green, fewer flies are now seen  
And peace can be had while we chore!

Wisconsin Bankers' Farm Bulletin No. 48.

#### The Job of a Man.

It isn't the work we intend to do  
Nor the work we've just begun  
That puts us right on the ledger sheet;  
It's the work we've really done.

Our credit is built on the things we do,  
Our debit on things we shirk;  
The man who totals the biggest plus  
Is the one who completes his work.

Good intentions do not pay bills  
It's easy enough to plan;  
To wish is the play of an office boy,  
To do is the job of a man.

—System.

### Markets

Continued from page 1740.

supplies were a little excessive. Finest creamery was quoted at 43½c. to 44c., while fine preserves the usual range of 1c. below. Finest dairy butter was quoted at 38c. to 39c., and from this the price ranged down to 36c. for the lowest grades.

Cheese.—The Commission quoted the following prices.—No. 1 cheese, 21½c. per lb.; No. 2 cheese, 21¼c.; No. 3 cheese, 20¾c. per lb. Ontario country boards were reported cleared at 21 5-16c., made-up.

Grain.—The market for oats was weaker, and sales of car lots of No. 2 Canadian Western were made at 76½c. per bushel, ex-store, though some were quoting 77½c. There is evidently price cutting. No. 3 Canadian Western were quoted in the regular way, at 76½c., along with extra No. 1 feed; No. 1 feed, 75c. to 75½c.; No. 2 feed 72¾c. to 73c.; Ontario No. 2 white, 71½c.; Manitoba feed wheat, \$1.85, basis, ex-track Ft. William; Manitoba tough No. 3 barley, \$1.29 to \$1.30; No. 4, \$1.26 to \$1.27. Feed, \$1.25 per bushel, ex-store.

Flour.—Prices were unchanged, at \$11.60 per barrel, in bags, for Manitoba first patent flour; \$11.10 for seconds, and \$10.90 for strong bakers'. Ontario winter wheat 90% patents \$10.70 to \$11 per barrel, in wood, and \$5.20 to \$5.35 per bag.

Millfeed.—Bran was steady at \$35 per ton, in bags; shorts, \$40 to \$42; middlings, \$48 to \$50; mixed mouille, \$55 to \$56; pure grain mouille, \$58 to \$60.

Hay.—The market held steady, and hay was the one low-priced commodity. No. 2, \$12 to \$12.50; No. 3, \$11 to \$11.50 per ton, ex-track.

Hides.—Lamb skins were up to \$4 each; calf skins steady at 28c. for grassers, and 30c. per lb. for No. 1; beef hides, 23c, 24c. and 25c. per lb., Montreal inspection. Horse hides, \$6. Rough tallow scrap fat, 2½c., and abattoir fat, 5½c. to 6c. Rendered tallow, 16c. to 17½c. per lb.

#### Chicago.

Cattle.—Beefes, \$6.75 to \$17.50; western steers, \$6.25 to \$13.60; stockers and feeders, \$6.10 to \$11.50; cows and heifers, \$5 to \$12.15; calves, \$7.50 to \$14.

Hogs.—Light, \$15.75 to \$17.25; mixed, \$16.20 to \$17.50; heavy, \$16.15 to \$17.55; rough, \$16.15 to \$16.40; pigs, \$12 to \$15.25.

Sheep.—Lambs, native, \$12.25 to \$16.75.

#### Sale Dates.

Nov. 8, Elgin County Pure-bred Breeders' Association, St. Thomas, Ont.—Shorthorns and Herefords.

Nov. 28, H. Bollert, R. R. 1, Tavistock, Ont.—Holsteins.

Dec. 11, Niagara Peninsula Holstein-Friesian Club, Welland.—Holsteins.

Dec. 12, Oxford District Holstein Breeders' Club Consignment Sale, at Woodstock, Ont., W. E. Thomson, Secretary.

Dec. 19, Southern Counties Ayrshire Breeders' Club Consignment Sale, at Woodstock, Ont. John McKee, Norwich, Secretary.

Dec. 19, Brant District Holstein Breeders' Sale, Brantford, Ont.—Holsteins.

Mrs. Prentice: "How do you always manage to have such delicious beef?"

Mrs. Bywell: "I select a good, honest butcher, and then stand by him."

Mrs. Prentice: "You mean that you give him all your trade?"

Mrs. Bywell: "No, I mean that I stand by him while he is cutting the meat."