

Pure, Clean, Economical Preserved & sold only in Sealed air-tight packets to preserve its native goodness.

"SALADA"

Used in Millions of Tea-Pots Daily

A JEWEL IN THE ROUGH

Gradually for the last six months the lust for gold had been eating into his spirituality and destroying it.

He thought of the rich pans he had been getting out. There was no claim like his in the camp. There was no man more envied or considered more more lucky than he.

Then his thoughts strayed to the girl he had just left, and her bright, fresh face seemed to sway before him as he walked.

In the icy cold of that arctic night, great drops of sweat broke out hotly on Stephen's forehead as his brain was wrenched to and fro in the struggle.

The next morning, as soon as it was light, Stephen went out to his claims. None of his men had come up to work yet.

Stephen felt as only a man of his sensitive conscience could feel his defeat of the previous night. His heart, all his better nature was crushed under a sickening load of mortification.

had relinquished worldly ambitions, and find excuses for himself in her beauty, telling himself a hundred times she was worth it all.

That evening he could not stay in his cabin; he felt restless and ill at ease. A nervous sense of anxiety hung over him.

The little window made a square of yellow light in the darkness; the blind over it was drawn only half-way down.

Stephen stepped up over the bank of frosted snow and looked in. The great fire lighted up the whole of the small interior and threw its red light up to the cross logs in the roof.

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chill ran over Stephen from head to foot, and then he recognized how much he had really wanted to see her. His blood outside the door was long time; the row was quiet, and there were few passers.

red Stephen, meekly taking the cup. With a heroic effort he swallowed three parts of it, and color began to come back to his face.

Katrine passed that day wretchedly, too. She had been doing idling in one of the saloons through the afternoon, but the old resorts seemed to have lost their charm.

When the kidneys work properly pure blood is formed. This means nourishment and strength for the whole body.

Back aches and dragging pains are forgotten. Irregularities disappear, vital energy is restored, and happy, robust health is once more established.

For the sake of your kidneys, for the advancement of your general well-being, you can't improve on Dr. Hamilton's Pills, 25c per box.

He should be born in a log cabin, in the midst of luxury. He should early in life manifest a dominant leadership in boyish games and be of a quiet, studious nature.

He should be the uncouth, rugged strength of the backwoods and the acme of many grace and polish.

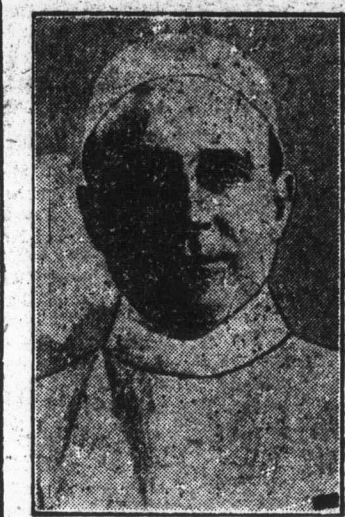
He should be a gentle, lovable book-worm and an enthusiastic traveller to the far ends of the earth.

His "keynote" acceptance speech should be a model of rippling, logical oratory and brilliant verbal pyrotechnics.

For years he has caused endless trouble, but when Putnam's Corn Extractor was applied, he came out roots and all.



(To be continued.)



DR. M. ARNOLD. French physician who has discovered the method of curing gassed and tubercular soldiers by inhalation of the essence of cloves and eucalyptus under steam pressure.

Sickly Woman Given Strength, Vigor, Spirits

Many of the woes of womanhood are due to kidney weakness. At first the back aches. Then pains gather around the hips and lodge right in the small of the back.

Dr. Hamilton's Pills for women's ills is the slogan of thousands to-day. Enormous benefit in many ways follow their use, and no woman or girl can use medicine that will do their general health more good.

For the sake of your kidneys, for the advancement of your general well-being, you can't improve on Dr. Hamilton's Pills, 25c per box.

The Candidate's Qualifications.

(Compiled after a perusal of the "Lives" of the Presidents.) (New York Life.)

He should be born in a log cabin, in the midst of luxury. He should early in life manifest a dominant leadership in boyish games and be of a quiet, studious nature.

He should be self-taught, and graduate at the head of his college class. In his early manhood he should not be interested in politics, and should carry his own ward by an overwhelming vote.

He should marry early and look around until early middle age before selecting a bride.

He should be the uncouth, rugged strength of the backwoods and the acme of many grace and polish.

His "keynote" acceptance speech should be a model of rippling, logical oratory and brilliant verbal pyrotechnics.

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SUNDAY AT HOME

GETTING OR GIVING A living wage—a place to serve, battles to fight and victories gain? The chance of a man great things to do— To live and labor through joy and pain? Thank God for the chance the world gives you!

The world gives back as you give, my friend! A measure of life is large or small. According as you capacity show: Self doth but narrow the life you live. A generous heart will larger grow— What you can receive is all God can give.

THE GIVERS AND THE GIVEN Which are you, a giver or a giver? Do not let "What can I get? what can I get?" ring in your ears too insistently—watch out lest it be the funeral bell of your life, the death knell of your soul.

Getting is good if it does not crowd out giving. As long as life is well-balanced, as long as we think of others as well as ourselves, getting is a blessing. We have to get knowledge before we can give it. We have to take in before we can pour out.

Now for the sequel, for gratitude remembers. The traveller was a man of influence. Contract after contract for work he managed to get for that little factory until the kindly, big-hearted manufacturer was almost swamped with work.

Have you noticed how kindness flows back to you when you give kindness? Have you noticed how kindness flows in your life when you put a song of joy in the heart of another by a sympathetic or an appreciative word?

Count not thyself as poor, when heart of friend Beats with thine own! And thine with his; nor joy nor sorrow comes To thee alone!

Breathe Deeply, Then Listen For That Bronchial Wheeze

Dangerous to Neglect Troubles in the Chest, Throat or Nose At This Season.

Rough, wheezy breathing means danger ahead every day you defer treatment makes it harder to cure. Don't delay. Bronchial and lung troubles are all too frequent. Start to-day with "Catarrhozone," breathe in its pure balsamic vapor. Let its healing fumes do for you what stomach medicine never can.

SUN-KISSED FOODS. Some people say that to be happy one should eat only sun-kissed foods. By sun-kissed they mean all fruits and vegetables that grow above ground.

Every man and woman in daily life is sure to need the brightness of the sun in the stomach as well as the heart and home, declare the advocates of the sun-kissed fare, and there is no better way of getting it than through nourishing food.

ASTHMA—HAY FEVER

—sleepless nights, constant sneezing, streaming eyes, wheezy breathing—

RAZ-MAH brings relief. Put up in capsules, easily swallowed. Sold by reliable druggists for a dollar. Ask our agents or send card for free sample to Tomperton's, 142 King St. W., Toronto.

little meat, though poultry is used frequently and eggs are favored—poultry because it is at its best when the fowls have been reared in the sunshine and open air. Beef and lamb are considered more or less depressing.

Potatoes are carefully shunned, despite the great food value. They are grown in the dark earth, and never see the sun. They are apt to make one dull. Instead of potatoes rice is used freely, boiled, in croquettes or in puddings. Rice is full of nourishment—witness the Japanese nation. Its great merit is attributed to the fact that it is grown in a sunny climate and depends entirely upon the kisses of the sun.

Beets, onions, carrots, turnips and parsnips are entirely eliminated from the diet, as they are grown underground. Instead tomatoes—inclosed red ones—peas, beans, egg plant, cauliflower and cabbage are recommended, as they possess the warmth and radiant qualities of the sun.

THE TREASURE OF GOOD HEALTH

EASILY MAINTAINED THROUGH THE USE OF DR. WILLIAMS' PINK PILLS.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used; and from one end of the country to the other they have brought back to bread-winners, their wives and families the splendid treasure of new health and strength.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who owes present health and strength to Dr. Williams' Pink Pills. For more than a quarter of a century these pills have been known not only in Canada, but throughout all the world, as a reliable tonic, blood-making medicine.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root of the disease in the blood, and by making the vital fluid rich and red strengthen every organ and every nerve, thus driving out disease and pain, and making weak, dependent people bright, active and strong.

Dr. Williams' Pink Pills should be kept in every home, and their occasional use will keep the blood pure and ward off illness. You can get these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.



DR. SERGE VERONOFF.

Famous French surgeon, who originated the theory of extended life through the transfer of interstitial glands from anothroid apes to men.

OF COURSE. Edith—No, I didn't have a very good time. I wanted to talk, but there wasn't a man there.

They say the women are going to introduce pink teas in politics. "They are much more likely to introduce blue funks."—Baltimore American.

SUGAR --- 15c

St. Kitts Brown Sugar

200-lb. Sacks Delivered to Your Station

WE HAVE a limited quantity of the genuine Brown West Indian Cane Sugar, which we will dispose of in the original sacks of 200 lbs. each at 15 cents per pound, all charges paid to your station.

This is a rare opportunity for housekeepers, bakers, lumber operators, etc. It is the real old-fashioned St. Kitts Sugar—better than refined for baking brown bread, mince, meat, baked beans, dark preserves and pickles.

Samples will be sent to all interested.

WRITE FOR SAMPLE AT ONCE, OR WIRE YOUR ORDER.

Cane Mola Co., of Canada, Limited

1706 Notre Dame Street East, Montreal.

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