

FEDERAL LIFE

Issues Best Investment Insurance Policies.

A Strong and Reliable Canadian Company.

HEAD OFFICE:
HAMILTON, - - CANADA.
DAVID DEXTER,
President and Managing Director.

The Dominion Life Assurance Co.
Head Office, Waterloo, Ont.
Full Deposit at Ottawa.
Paid-up Capital, \$100,000.

This Company offers insurance in a separate class to total abstainers—thus giving them all the advantage their superior longevity entitles them to. Its security is unquestionable, its ratio of assets to liabilities is unsurpassed in Canada, save by one Company (much older.)—It added a greater proportion to its surplus last year than any other.
AGENTS WANTED.
THOS. HILLIARD, Managing Director.

HEADACHE!

Neuralgia and Nervousness cured quickly by
AJAX HARMLESS HEADACHE AND NEURALGIA CURE.
No heart depression. Greatest cure ever discovered. Take no other, 10c and 25c. All dealers or direct from AUSTIN & Co. Simcoe, Ont. Money back if not satisfied

Memorial Windows

DOMESTIC ART GLASS.
Cheapest and Best. Send for References.

H. E. ST. GEORGE, LONDON, Ont.

FAVORABLY KNOWN SINCE 1826. BELLS.
HAVE FURNISHED 25,000
CHURCH, SCHOOL & OTHER
BENEVOLENT SOCIETY BELL-METAL
WEST-TROY, N.Y. PUREST BEST
CHIMES, Etc. CATALOGUE & PRICES FREE

W. H. Stone

UNDERTAKER

343 Yonge Street
PHONE 982

N.B.—Our charges have been greatly reduced in order to meet the popular demand for moderate priced funerals

THIS IS

ICE TIME

Order your supply to-day from the
Belle Ewart Ice Co.
5 Melinda St.—(Globe Building).
Telephones Main 14, 1947, 2933.

When writing to or purchasing from Advertisers mention
The Canadian Churchman

helped a horse pull a load of coal up the hill to-day."

"How did you do that?" enquired his father.

"Why, it was just this way," answered Robbie. "The hill was covered with ice, and the horse was slipping all around; but I went and got some ashes and sprinkled them under the horse's feet, and all the way to the top of the hill. The driver thanked me, too, and said that I had helped to pull that load of coal up the hill."

"Well, I think you did, myself," was the reply, "and I'm very glad my little boy is ready to help in a case like that. Keep that up as long as you live, Robbie, for it's a noble thing to help even a poor, dumb animal."

A SUNSHINE GIRL.

One Sunday Miss Lee told the primary class how to belong to the Sunshine Society. To keep on being a sunshine boy or girl, man or woman, one has to keep on doing kind things. That is all. Isn't it easy?

Among those who promised to make sunshine for somebody that week was Betty. She thought she was pretty small, and had not much chance, but she meant to try.

What do you suppose she found to do? They were just wee bits of things but then a sunbeam is not very big. That is the reason it can get through a crack and make a bright spot, where something bigger than a sunbeam could not get in at all.

One day she found a little boy who had tumbled down in the dust, and picked him up. She comforted him and sent him home with a sunshiny smile on his face instead of a shower of tears.

Another time she just smiled up into the face of a lady she knew, who was looking sorry as she passed. The lady smiled, too. The sunshine went through a crack, you see.

Another time Betty picked up baby's playthings, without mother's asking her, and made the room all neat. When mother came in tired, her face lighted up as if the sun had come out. It made her so happy to see that Betty thought of doing this herself.

Saturday, Betty went to ask a little girl to come to Sunday school, and the next day she went and took her to the class.

That spread sunshine all round, for teacher was glad, the class was happy, and Mary and Betty were both glad.

One day all Betty could find to do was to put her arms about father's neck when he looked tired, and whisper: "I love you!" Dear me! How the sun came out then!—Sunbeam.

THE WARM-HEARTED WORLD.

The last time that Frances E. Willard a Chicago bootblack who, with his kit on his shoulder, and a package of newspapers under his arm, stopped at the call of a man with a club-foot. He worked away at the man's shoes, giving them as fine a polish as he could, and when the job was done the man threw him double pay, saying, "No change; I made you more work than most folks do."

Quick as a flash the little fellow handed back half the money, saying with eyes full of earnest sympathy, "Oh, mister, I couldn't make money out of your trouble."

For Present Time For Future Time For All Time ELGIN TIME

Every Elgin Watch is fully guaranteed. All jewelers have Elgin Watches. "Timemakers and Timekeepers," an illustrated history of the watch, sent free upon request to
ELGIN NATIONAL WATCH CO., ELGIN, ILL.

Not far from Washington there lives a boy who has to bear the heavy burden of deformity, but so bravely does he bear it that he is the very heart of his home, the brightest and the cheeriest and most hopeful one in the household.

A while ago he went out and hunted up a situation for himself, so that he might pay his share of the family expenses.

Somebody asked him, "Don't you find it rather disagreeable, going about as you have to, now?"

He looked up with his bright, flashing smile, and answered quickly, "Oh, no; everybody is kind to a fellow in my fix," with a slight gesture toward his back.

There is plenty of love and sympathy in the world, after all, if our eyes are open to see them.

CHEERFULNESS AT THE TABLE.

An old lady who looked as though she might have belonged to the "Sunshine Society" all her life, was asked by a friend for the secret of her never-failing cheerfulness. Her answer contains a suggestive lesson for parents. "I think," said the clever old lady, "it is because we were taught in our family to be cheerful at the table. My father was a lawyer with a large criminal practice; his mind was harassed with difficult problems all the day long, yet he came to the table with a smile and a pleasant greeting for every one, and exerted himself to make the table hour delightful. All his powers to charm were freely given to entertain his family. Three times a day we felt this genial influence, and the effect was marvellous. If a child came to the table with cross looks, he or she was quietly sent away to find a good boy or girl, for only such were allowed to come within that loving circle. We were taught that all petty grievance must be forgotten when meal time came, and the habit of being cheerful three times a day under all circumstances had its effect on even the most sultry temper. Grateful as I am for all the training received in my childhood home, I look back upon the table influence as among the best of my life."

Much is said and written these days about "table manners." Children in well-bred families, are drilled in knowledge of "good form" as to the use of the fork and napkin; proper methods of eating the various courses are descanted upon, but training in the most important grace or habit a child should have, that of cheerfulness at the table, is too often neglected.

The Orientals had no family ties of affection until they began to eat at a common table. Let the gathering at a meal be made the most happy hour of the day, and the influence on the children may be beyond estimation.

"CAN YOU DUST?"

"A shabbily dressed young man applied to the manager of a big department store for employment.

"What can you do?" asked the manager.

"Most anything," answered the applicant.

"Can you dust?"

"Yes, indeed."

"The fellow hadn't thought of that."

"Then why don't you begin on your hat?"

"Can you clean leather goods?"
"Oh, yes."
"Then it's carelessness on your part that your shoes are not clean."

"The fellow hadn't thought of that, either."

"Well, can you scrub?"

"Yes, indeed," was the reply.

"Then I can give you something to do. Go out and try your strength on that collar you have on. But don't come back."

Kidney Disease, Bad Circulation.

A License Commissioner, Who Suffered Dreadfully From These Ailments Entirely Cured by

Dr. Chase's Kidney-Liver Pills

Bad circulation of the blood, the usual cause of the extremely painful and dangerous diseases, arises from defective action of the kidneys.

The blood cannot possibly be pure and in a fit condition to nourish the body when the kidneys are diseased and fail to filter from it the poisonous waste matter.

Dr. Chase's Kidney-Liver Pills, by their direct and healthful action on the kidneys, not only overcome diseases of the kidneys, but by doing ensure a purifying of the blood.

Mr. William B. Best, License Commissioner for the County of Haldimand, and who lives in Cayuga, Ont., writes: "I have been troubled with cramps in my legs. I would awake from sleep in keen distress. The pain would seize me at the ankle and work up the leg almost to the body."

"Believing this trouble to arise from kidney derangements and bad circulation of the blood, I bought some of Dr. Chase's Kidney-Liver Pills at W. J. Quinsey's drug store and began using them. They benefited me from the very first, and by continuing their use I have been completely cured. I would recommend Dr. Chase's Kidney-Liver Pills to any suffering as I did. I was so bad that I would have to jump out of bed two or three times during the night."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.