

Rosy Cheeks or Pale Ones?

A moment's reflection with your mirror will give the hint as to the condition of your system. Pale cheeks, muddy complexion, dull eyes, show a poverty of blood. You require something to make a plentiful supply of rich, red blood course through your veins. To ensure this take

BEECHAM'S PILLS

the wonderful little blood-makers. Whatever your blood may need the stomach will supply from the daily food when it is in good working order. Beecham's Pills aid the stomach to digest its food and to assimilate the blood elements. They increase the supply and improve the quality of the blood. If you are pale, weak, languid, or anaemic, a few doses of Beecham's Pills will

Make all the Difference

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

"THE LAND OF THE BIG, RED APPLE"

Write us for information of the best of the Famous Okanagan Valley. Our booklet is free to those interested. Fruit lands at reasonable prices where irrigation is not required. Climate unsurpassed, rich soil, pure water, good schools—in fact everything one could wish for to make life worth living.

FISHER AND SAGE, ARMSTRONG B.C.

WEAK AND SICKLY MEN

Can Become Strong and Healthy

THIS IS HOW THEY FEEL

The men who had given up hope, who thought there was no cure for them, until they came upon Dr. McLaughlin's Electric Belt. Now they are full of life and overflowing with joyous spirits. Pains are gone, weakness has gone, and full vigor is in every action.

Do you want to feel like that? Then wear the grand, life-saving appliance for two months, at night. It will charge every nerve with electric life, and you will feel rejuvenated and invigorated. It puts steam into your rundown body, drives away pain and renews youth.

What's the use of dragging your legs about like a wooden person?

Feel like a person of spirit. Away with the pains and aches; off with this wretched feeling as if you were eighty years old and had one foot in the grave. Come and let me put life into your nerves; let me give you a new supply of youthful energy. Let me make you feel like throwing your chest out and your head up and saying to yourself: "I am STRONG AND HEALTHY!" Let me give you back that old feeling of youthful fire, vim, and courage. I can do it, so that in two months you will wonder that you ever felt so slow and poky as you do now.

Dear Sir,—I beg to advise you that your Belt has fulfilled its mission. I am entirely free from indigestion, for which I purchased the Belt. I delayed writing to see if the complaint would return.—A. SMITH, Methven, Man.

Dear Sir,—I am pleased to tell you that the Belt has helped me wonderfully. I have been free from backache and Weakness ever since I first used your Belt.—CHAS. ROLLINS, Melita, Man.

Dear Sir,—I can say that your Belt has cured me completely. It has been a godsend to me, and I can recommend it to anybody.—T. M. VANDRY, Spurgrove, Man.

You Run No Risk in Using My Belt. I Take All Chances.

Do you doubt it? If so, any man or woman who will give me reasonable security can have my Belt, I will arrange it with all the necessary attachments suitable for their case, and they can

PAY WHEN CURED

Dr. McLaughlin's Electric Belt Cures

Varicocele, Rheumatism, Kidney Trouble, Lamé Back, Sciatica, Stomach Troubles, Nervous Debility, Lost Vitality and every indication that you are breaking down physically.

Call or Send for this Book To-Day

If you can't call, cut out this coupon and mail it to me to-day. I will send you my 84-page book, together with price list, prepaid, free. Advice and consultation free. Call if you can.

Office hours: 9 a.m. to 6.00 p.m. Wed. and Sat. to 8.30 p.m.



FREE BOOK COUPON

Dr. M. D. McLaughlin, 112 Yonge St., Toronto, Ont.

Dear Sir—Please forward me one of your books, as advertised.

NAME

ADDRESS

during the season. In this way they may save the cost of the power outfit in a single season.

PERCHERONS CHANGE HANDS

Colquhoun & Beattie, Percheron filly, Abella, first in her class and champion female at Winnipeg, Brandon and Regina, to W. E. & R. C. Upper, North Portal, Sask. It is rumored that Messrs. Uppers are negotiating also for the two-year-old stallion, Halifax, grand champion at Winnipeg, and champion of his breed at Brandon and Regina. Robosse, the head of the Upper stud, has been used on the females for quite a number of years now, and his owners are looking for some fresh blood. In the stallion, Halifax, Colquhoun & Beattie have a Percheron of modern type, good quality and magnificent proportions. He will make a stud-header of the right sort, and should cross well on the females Uppers have been exhibiting so successfully at the leading fairs this year. A good sum was paid for the filly Abella. She is a female of substance and quality, iron grey, and with breed characteristics strongly developed. Hitched with her stall mate, Annette, she made the Percheron team that won the heavy-draft team prize at the recent Regina Exhibition. W. E. & R. C. Upper are strengthening their breeding division by judicious purchases, and are determined to be right in the front in Percherons in Western Canada.

CLYDESDALE AND HACKNEY IMPORTATIONS

Importations of Clydesdales have been heavy of late and promise to increase as the season advances. Among the horses recently received is a shipment of three stallions and eight fillies forwarded to Messrs. A. Neil & Co., Vancouver, B. C. Four of the fillies were bought in Aberdeenshire and in Wigtownshire. Two fillies were got by the Cawdor Cup champion horse, Hiawatha Godolphin (12602), and one of these was out of a mare by the noted prize and premium horse Rozelle (10638). A three-year-old was got by the Glasgow premium horse Carbrook (12080), a son of the great champion Hiawatha, and out of a mare by the favorite thick, well-ribbed horse Prince of Brunstane (9977), whose stock have done well in all showings. A three-year-old filly was got by Royal Citizen (11896), out of a mare by Scottish Crown (9851). Another three-year-old was by the big, strong horse Attractive Prince (11590), out of a mare by that noted big horse Sterling (9425), which bred well in Cumberland. A two-year-old filly was got by Prince of Marionburgh (10852), out of a mare by Dunblane (5729). The other three-year-olds were by Baron o' Dee (11264), the sire of Sam Black, out of a mare by the well-bred horse Scene Shifter (8978), and the H. and A. S. favorite first-prize horse Moncreiffe Marquis (9953). A very well-bred four-year-old mare was got by the unbeaten champion Prince of Carruchan (8151). The dam of this filly was got by the celebrated Macgregor (1487). The three stallions were the noted prize horse Crusoe (13428), and Marcellus Junior (14758), both got by the Cawdor Cup champion Marcellus (11110), one of the truest kind of Clydesdales exhibited for some years. The dam of Crusoe was got by the big Top Gallant horse Boy in Blue (5578), and the dam of Marcellus Jun, was by the big, well-bred horse Lord Stewart (10081), out of a Macgregor mare. If we mistake not, this mare was a prize winner in the North-eastern shows. The third stallion, Rossendale (14331), is by the very successful breeding horse Sir Hugo (10924), while his dam was by Pride of Blacon (10837), own brother to the celebrated champion mare Cheshire Princess.

Included in the shipment was a consignment of eighteen Hackneys purchased by the same firm. A number of these are noted individuals in the Old Land, and are bred from the leading strains of the breed.

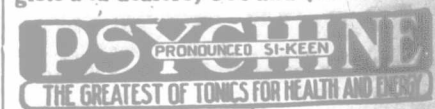


Lost Energy Restored by Psychine.

Mr. Geo. Pratt, of Clarkson, Ont., says: "Four years ago my son Wilbert was so run down, thin and emaciated, that we thought he was going into a decline and feared he would never pull through the severe cold of the winter months. The boy had no appetite and seemed to have lost all energy and interest in life. He was altogether in terribly bad shape. His condition caused us the gravest anxiety.

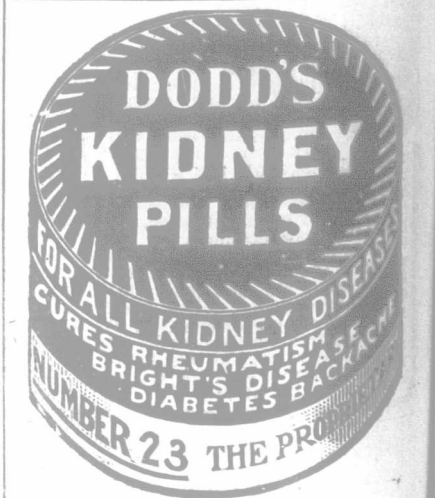
"Fortunately I procured PSYCHINE for him and this soon gave him a new lease of life. It is really remarkable how rapidly this splendid medicine brought about a change. After taking one or two bottles he was hardly recognizable as the same youth. PSYCHINE effected a speedy cure and he was soon able to work about on the farm again. To-day he is a robust young fellow, and if anything, stronger than his brothers. Nothing in the way of hard work seems to affect him. I cannot speak too highly of PSYCHINE. It certainly saved our boy and made a man of him."

Prevents the children taking cold, wards off that terrible malady La Grippe and completely fortifies them against disease. It should always be used for colds, a gripe, weariness, loss of appetite, etc. Send to Dr. T. A. SLOCUM, Limited, Spadina Ave., Toronto. Sold by all druggists and dealers, 50c and \$1.00.



Fish.—The following is taken from "Outdoor Life," and is a new way to me to keep fish fresh: "Clean the fish well, remove the heads, and, after washing thoroughly, dry well with a cloth. Now prepare a syrup of sugar and water and cook it until it begins to candy. In this syrup dip the fish, one at a time, and put on a board until they are glazed. Pack in a box. When ready to use, soak over night in cold water.

Philadelphia Scrapple.—Boil three or four pounds of fresh pork (quite fat) until very tender; then take out the meat, and season the water in which it was boiled, and thicken it with yellow corn meal, as thick as for hasty pudding, and let it cook a long time, to thoroughly cook the meal. Chop the meat tolerably fine, season well, and add it to the mush. When it is cooked, put it into square bread tins to cool; when cold, cut in slices, and fry in a spider until brown. It should not require any fat for frying.



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