

# A Bank

IS a real, active, valuable ally to business men: not as some people regard it, a selfish money-lender.

A sound progressive bank

- handles customers' deposit accounts with care and accuracy.
- discounts drafts and notes.
- gives its customers required accommodation.
- collects customers' accounts.
- transfers money by draft, telegraph or cable.
- buys and sells domestic and foreign exchange.
- issues Letters of Credit for Travellers and Importers.
- and in other ways serves those who employ its facilities.

## THE BANK OF TORONTO

- Assets, \$57,000,000
- Capital and Rest, \$11,000,000
- Established 57 years (1855)
- 116 Branches in Ontario, Quebec and the West.

Head Office: TORONTO

### British and Foreign

The Most Rev. E. Nuttall, D.D., Archbishop of the West Indies, passed through New York the other day on his way to Clifton Springs, N.Y., where he has gone for a course of treatment.

A 100,000 shilling fund has been started by the Churchpeople of Sheffield

whereby to pay for the cost of the erection of a new church in memory of the late Vicar of Sheffield, the Ven. Archdeacon Eyre.

Miss Winnington Ingram, daughter of the Archdeacon of Hereford and niece of the Bishop of London, has been appointed to the Ladies' College at Cheltenham for the training of Sunday School teachers. Miss Winnington-Ingram has for some time been superintendent of Sunday Schools in the Hereford Diocese.

Handsome new schools which have been erected at Harwarden as a memorial to the late Canon Drew, who was rector of the parish for 5½ years, and a son-in-law of the late Right Hon. W. E. Gladstone, was formally opened lately by the Lord Bishop of St. Asaph. They have been erected by the parishioners at a cost of £4,000.

### Children's Department

#### THE VERY BOY

##### A Story in Two Parts

"There's a boy in the electrical shops that I want to recommend to your attention," said the superintendent of the Eureka Manufacturing Company, as he and the president came down the steps of the office at the noon hour.

"What about him?" Asked that shrewd old gentleman.

"He has an inventive turn of mind, and has already made several suggestions that have saved us lots of money."

"How old is he?"

"Fifteen."

"Fifteen? He is a mere child!"

But he has a man's head on his shoulders. There he is now—the little fellow that just threw the handspring. He's the queerest possible combination

### HOW MAN'S EFFICIENCY HAS BEEN INCREASED BY THE J. B. L. CASCADE

Over 200,000 people have found that this new method of Internal Bathing keeps them always up to "concert pitch."

That by using it once a week their lower intestine is kept thoroughly clean—pure and sweet, as Nature intended it to be.

That biliousness, with its attendant nervousness, "blueness" and depression, no longer pulls down their efficiency, but they consistently feel bright, confident and capable—also that the more serious ills of constipation (appendicitis for instance) cannot progress where the J. B. L. Cascade is used.

It is aptly termed "Nature's Own Cure for Constipation," for its operation is just as safe and natural as washing your hands.

Until recently the J. B. L. Cascade has been obtainable only by sending to its inventor, Charles A. Tyrrell, M.D., of New York City.

The demand for it now, however, has become so universal, through the recommendations of those who are using it, that it has been decided to place it in the hands of leading druggists throughout the country.

The J. B. L. Cascade is now being shown and explained at The Owl Drug Stores: 770 Queen East; 491 Parliament St.; 282 College St.; 1631 Dundas St.; 990 Bathurst St.; 1219 Bloor West; 732 Yonge St.; and also at Rutherford's Drug Store, 2 King East.

They are also distributing a very interesting Booklet on Internal Bathing, called "Why Man of Today is Only 50% Efficient," which can be obtained on request, without cost, by writing to Chas. A. Tyrrell, M.D., Room 565, 280 College Street, Toronto.

tion of childhood and manhood that ever I saw. What in the world is he up to?"

As the superintendent passed a fair-haired, slightly built lad disentangled himself from a crowd of fifty or sixty workmen who were hurrying into the street and hid behind the corner of the building, peering keenly toward a figure coming slowly down the road. The object of his attention, a man of almost gigantic mold, was dressed in his working clothes, having evidently just come out of the rolling mill, where he had no doubt, been puddling iron. In spite of his dirt stained garments, he presented not only an imposing but an attractive appearance. His great head was finely poised upon his broad shoulders. His features were strong, his blue eyes keen, and his heavy shock of hair so fiery red that his shop mates called him the "Volcano." The boy permitted him to pass the corner, and then with an agile spring bounded onto his huge back and flung his arms around his neck.

"You little imp!" the two observers heard the giant exclaim, and they saw him hoist his evidently not unwelcome burden across his shoulders and start down the street on a run, the boy's musical laugh ringing out and the crowd cheering.

"That's his crony—Mike McGinnis," said the superintendent.

"Queerly mated pair," the president replied.

"Perhaps you never heard how they became friends."

"No."

"Well this little shaver's name is Alfred Atherton. He lived in a little town up in the State somewhere; and when his parents died, a couple of years ago, he struck out for himself, and came down to Cincinnati. For a few weeks he sold papers, then he got into the messenger service, and finally landed here. He was good natured and clever, making many friends, but exciting some hostility by his indomitable teetotalism. While he was not aggressive about his temperance

ideas, it became perfectly evident that he disapproved of his shop-mates' habits of 'rushing the growler.' They resented this, of course, ridiculing, abusing and tempting him cruelly. Nothing could move him, however, and they resorted to the scurviest trick you ever heard about.

"Fight or ten of the biggest and roughest boys in the shop devised a scheme to inveigle him into one of the saloons, and either persuade or force him to drink a glass of rum. Somehow or other they got him inside the door, and, failing to make him obey them voluntarily, began to threaten. 'We'll pour it down your throat,' they said. 'You will?' he cried with flashing eyes. 'We'll see! My father fills a drunkard's grave, and I promised my mother on her dying bed that I'd never drink a drop! Now make me break that promise if you can?' With these words still on his lips the little shaver flung off his coat and set his back against the wall.

(To be continued.)

## Now Feels Strong and Vigorous

And Fit for Any Amount of Work as the Result of Using Dr. Chase's Nerve Food.



Mr. J. Hurlbert.

It is so easy to overlook the warning given by headaches, indigestion, failing memory, lack of power to concentrate the mind, irritability and worry over little things, that many a man does not realize his danger until on the verge of breakdown.

Like the writer of the letter quoted below, you can call a halt to the wasting process and restore vim and energy to the nervous system by using Dr. Chase's Nerve Food. This great food cure has a wonderful record of cures.

Mr. J. Hurlbert, 28 James street, Brantford, Ont., writes:—"I was very much run down in health and as a consequence my nervous system was very much exhausted. Close confinement at my work, I think, brought on the trouble. I started using Dr. Chase's Nerve Food and by the time I had used up one box I felt a great improvement. The continued use of this preparation has thoroughly restored my system so that I feel strong and vigorous and fit for any amount of work. I have also used Dr. Chase's Kidney-Liver Pills and Ointment with splendid satisfaction, and recommend them at every opportunity." Dr. Chase's Nerve Food, 50 cents a box, all dealers or Edmanson Bates & Co., Limited, Toronto.



## Better! Even Better!

Think of any soup in the recipe-book—think of your favourite soup—arrange to have it for dinner to-day and make it better than ever before, like this:—

Prepare your soup in the ordinary way, and before you put it in to boil add a packet of "Edwards"—either the Brown, Tomato, or White variety.

When the soup is served you'll find it better and thicker, no more nourishing; in short, you'll have your favourite soup so much better that you'll want to improve every soup-recipe in the book by adding "A little Edwards." You can use Edwards' Soup as a basis for practically any soup you make. Although spoiled by a salt, Edwards' Soup blends so naturally with other soups that it seems like a part of the original recipe. Get a few packets of Edwards' Soup to-day.

# EDWARDS' DESICCATED SOUPS

5c. per packet.

Edwards' Desiccated Soups are made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup prepared from beef and fresh vegetables. The other two are purely vegetable soups.

Lists of dainty new dishes in our new Cook Book. Write for a copy post free.

W. G. PATRICK & COMPANY, TORONTO  
Representative for the Province of Ontario

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ESTMENTS

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