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Finest Motor and Horse Equipment.

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PRACTICAL FURRIERS.

Parnell's Quality Bread
The real sensible body - building kind of food that should appear regularly on your table.
Just to satisfy yourself try a loaf today.
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Youthful EYES
The eyes of youth need more care than those of older people. Latent defects are the source of more serious trouble than those which come with advancing years.
We handle the most difficult cases successfully.
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Wray's Jewelry
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have the stock of Jewelry and Photographs at prices to suit all purchasers.
234 Dundas St., London, Ont.

URIC ACID DOES NOT CAUSE RHEUMATISM!
Furthermore, I claim that Uric Acid is a NATURAL and NECESSARY constituent of the blood—that it is found in the body of every new-born babe—that without it we could not live! Strange statements? Yes—to you perhaps, because you have always been told differently.
But my book, *The Inner Mysteries of Rheumatism*, just published, tells you the real truth about Rheumatism. Tells what actually DOES cause it and how it is now being successfully treated by all its different forms and stages by entirely new, advanced scientific methods.
The writing of this unusual book is the result of my twenty years study, experimentation and research in this disease and I want every sufferer of GOUT, etc., no matter in what form or how chronic to read it. Therefore, although valuable, I will gladly send one complete copy only of the book absolutely free if you will send your name and address of any sufferer you may know, plainly written, to
H. P. CLEARWATER, Ph.D.
50th Water St., Hallowell, Maine.

Annual Discount Sale of WALL PAPER
For the balance of January and month of February we will give
25 PER CENT OFF
If you are going to have any work done have it done now before the spring rush is on. You can have it done cheaper and better.
G. A. BURDICK & SON
634 Dundas Street. Painters and Decorators.

Quiet Dignity Efficient Sympathetic Service Economical Costs
A. L. OATMAN
Director of Funeral Service
Phone 556. The Funeral Home.
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EMILE COUE'S OWN STORY
Control Coue's Philosophy and Guide Own Destinies
Notable Chemist Tells Individuals To Probe Mysteries of Force Intrusted by Nature and Become All-Powerful Within Limits of Human-Possibilities.

By EMILE COUE.
Monsieur Jourdain, the "Bourgeois Gentilhomme," spoke prose without knowing it. In the same way we all practice autosuggestion, but often without being conscious of it. To a certain extent autosuggestion may be automatic, in the sense that it may not be inspired or guided by deliberate reflection. But how much more potent a factor it must be in our lives when we have learned its mechanism, and discovered how to make use of it for our own ends? The act of breathing is automatic; yet we can modify it at will our manner of breathing; we can improve our health by learning to breathe in a certain way, and by doing regular breathing exercises. So it is with autosuggestion. Once we realize its force, and learn to control it we are the masters of our own destinies.
Let me give you an illustration of the automatic practice of autosuggestion. A new-born baby, in its cradle, begins to cry. Immediately its mother or father takes it in his or her arms; the infant stops crying, and is replaced in the cradle. Whereupon the crying begins over again, only to stop once more if the baby be lifted from its cradle. The operation may be repeated an almost unlimited number of times, always with the same result. The child—lacking conscious thought—is automatically practicing autosuggestion. It obtains gratification of its unconscious desire to be taken into its mother's arms by crying. If resisted, on the other hand, it left to cry along in its cradle its unconscious mind will register the fact, and the baby will not take the trouble to cry, because it knows it will have no effect.
And it is like that with everyone, from birth to death. We live by autosuggestion; we are governed by our subconscious mind. Happily, however, the science of autosuggestion has to be learned. It is a matter of educating oneself up to the point where complete control of the subconscious mind is attained. That means self-mastery, and health.
Prevention Better Than Cure.
Prevention is better than cure. The idea of good health begets good health, and if by accident we are attacked by disease, we are certain to have an infinitely greater chance of resisting and of rapid throwing off the malady by practicing autosuggestion than if we knew nothing of its principles. Have you not noticed this during epidemics? It is a well-known fact that persons who, in such times, go serenely about their business, not worrying for themselves, and not giving thought to the epidemic except to tell themselves that they are sure not to catch the sickness, are almost always immune and escape contagion. On the other hand, nervous people, frightened by the cases around them, and allowing their thoughts to run constantly on the prevailing malady, are certain to fall ill, despite all their precautions. Amazing instances of the power of suggestion are recorded in the annals of the faculty of Paris. Professor

More or Less Automatic.
I remember another remarkable case of collective autosuggestion—more or less "automatic" this time. It happened in the hospital services of Dr. Renaud in Paris. A new serum an alleged cure for tuberculosis had just been discovered. It was tested on the patients. Apparently as a result of the injections all showed an immediate improvement. The coughing diminished and other symptoms disappeared and the general condition of all began to be very satisfactory. Alas! Shortly afterwards it became known that the famous serum, from which the patient hoped so much, was nothing but an ordinary drug, which had been previously tested with negative results. At once, with the fading away of their illusions, the sick men and women lost all the improvement gained, and their old symptoms reappeared.
Miracles happen in our time, as they have done in the past. I mean the things that are called miracles. For, of course, there is no such thing as a miracle. The modern miracle is worked by autosuggestion, the wonderful force entrusted to us by Nature, and which, if we will only probe its mysteries, shall make us all-powerful within the limits of human possibilities. Fatality, fatalism shall lose their meaning; nay, they cannot exist, save in our erring imagination. For it is we ourselves who alone shall shape our destinies, the things that are called by circumstance and conditions which from time to time may be thrown across our path.

EAT AND GET THIN
This is turning an old phrase face about, but modern methods of reducing fat have made this revision possible.
If you are overt and also averse to physical exertion; if you are like-winded of the table and still want to reduce your excess flesh several pounds, do this: Go to your druggist (or write the Marmola Company, 4612 Woodward Ave., Detroit, Mich.) and give him (or send them) one dollar. For this modest amount of money the druggist will put you in the way of satisfying your ambition for a nice, trim, slim figure. He will hand you a case of Marmola Prescription Tablets, compounded in accordance with the famous Marmola Prescription, one of which you must take after each meal and at bedtime, until you begin to lose your fat steadily and easily. Then continue the treatment until your weight is what you desire. Marmola Prescription Tablets are not only harmless but really beneficial to the general health. You don't need starvation diet or weakening exercises. Just go on eating what you like, leave exercising to the athletes, but take your little tablets faithfully, and without a doubt that fleshy flesh will quickly take itself to wings, leaving behind it your natural self, neatly clothed in firm flesh and trim muscles.—Adv.

GETS LIFE SENTENCE FOR SLAYING OF WIFE
R. Stevenson, York County, Sentenced On Verdict of Manslaughter.
Canadian Press Despatch.
Toronto, Jan. 15.—The last scene in a sordid domestic tragedy was enacted yesterday afternoon, when Robert Stevenson of York County, accused of the murder of his wife in April last, was sentenced to life imprisonment by Chief Justice Sir William Mulock. The jury was out 4½ hours before returning a verdict of manslaughter. Stevenson shot his wife after a series of domestic quarrels.
Chief Justice Sir William Mulock was sympathetic in his address to the accused. The crime was just one degree below murder, he said, otherwise the prisoner might very well have been sentenced to be hanged.
Stevenson took his sentence very calmly. During the morning he had appeared entirely unmoved, even smiling over remarks made to the constable at his side. As he left the court room after the sentence, however, he placed his arm on the constable's shoulder and leaned on him for support as he went out.
Stevenson's two brothers, James and William, and his white-haired father had waited in the corridors for hours to see him and bid him good-bye, but he was taken to the cells so rapidly that this was impossible. They will be given an opportunity to visit him tomorrow before he is sent to the penitentiary.

January Clearance
A Sale Day For Each Dept.
Some very important sales are listed for today. Particularly noteworthy are the clearing of all Ladies' Suits at half price, the sale of Ladies' Fur Coats, the sale of Corsets and the clearing of Corset Covers at half price, all on one day, will surely make this a day of opportunities.

Clearing of Ladies' Blouses Monday, Half Price
Crepe de Chine, Georgette, Habutai Silk, Voile, Dimity and Flannel—a wonderful assortment, divided into a number of groups and priced at half for a one-day clearance on Monday.
GROUP NO. 1, \$2.98
These consist of Voile, Georgette, Habutai Silk and Crepe de Chine. An assortment of odd and broken lines, light and dark shades. To clear at \$2.98
GROUP II, \$3.98
Another table of Blouses in Crepe de Chine, with a few lace-trimmed models, over-bouse style and tailored numbers. To clear \$3.98
GROUP III, 79c
White Voile and Dimity Blouses, trimmed with colored pipings and gingham collar and cuffs, lace-trimmed voiles and hemstitched models. To clear at 79c
GROUP IV, 79c
Middy Blouses of White Jean with colored collar and cuffs, or all-white models, Balkan style and regulation. Special 79c
GROUP V, \$2.98
Flannel Balkan Middies, trimmed with white braid on collar and cuffs and pocket, Balkan style. To clear at \$2.98
SECOND FLOOR.

JANUARY SALE OF NOTIONS
Clearing the decks for stocktaking of all odds and ends and broken lots. Perhaps just the very line you need is here. This is the sale in which you get a lot for little—the small things; the needed things; such as you always want but never have when wanted. Take your list Monday to the sale at Notion Counter, and get your supplies for the sewing season at January clearing prices.

Hair Nets and Combs
Peers Double Mesh Cap Nets, in mid and dark brown only. Price 9c each
Dandy Single Mesh Cap Net, in auburn, dark brown, black and a few mid brown. Price 9c each
Also a few Elastic Nets in light brown and black. Price 5c each
2 only, large Spanish Combs in shell, set with rhinestones. Price \$2.50 each
1 only small White Spanish Comb, set with rhinestones, in blue enamel. Price \$1.00
Plain Shell Spanish Combs and Large Barrettes. Price 39c each
Medium Sized Shell Barrettes, with rhinestone settings, also two prong pins. Price 59c each

Needles, Elastics, Etc.
Crescent Sewing Needles, in sizes 1, 2, 3, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100. Price 3 papers, 5c
Wooden Soak Darners. Price 5c each
"Coates" Mercer Crochet Cotton, in sizes 1, 2 and 3. Price 5c ball
Hose Supporters to attach to the corsets, good strong silk elastic, in white, pink and sky. Price 3c pair
White Silk Elastic, in ¼ and ½-inch widths. Price 10c yard
White Cotton Elastic, ¾-inch width. Price 5c yard
Good Strong Tape, measures 60 inches long, always handy. Price 5c each
Elastic remnants in black and white, also few shirred ribbon elastic remnants, from ¼-yard to 2-yard lengths. To clear at Half Price

Mendings and Sewings
Lotus Mending Wool, skeins, in black, white, natural, gray, brown, greens, navy, red, rose, champagne and open. Price 6 skeins, 25c
18 pairs only, Small Folding Pocket Sissors. Price 15c pair
10 dozen Spools, Coates 120-Yard Cotton Spools, size 50 and 60, black. Price 2 for 5c
45 papers Brass Pins, 30 pins in paper. Price 3 papers, 10c
91 cards medium-sized Shell Crimped Hairpins, 3 on a card. Price 5c card
180 cards Hooks and Eyes, small size only, in black and medium, and large sizes, in white. Price 3 cards for 5c
11 cards Linen Finished Button Thread. Price 2 for 5c
123 cards Osette Mercerized Mending Cotton, in black and white. Price 3 cards, 5c

SHOE LACES, KNITTING NEEDLES, ETC.
3 dozen pairs Brown Oxford Laces. Price 2 pairs, 5c
11 only, Nickel-plated Gauges. Price 5c each
16 dozen Shell Hair-Binders, to hold the hair in place while dressing it. Small, medium and large size. Price 5c each
White Celluloid Knitting Needles, 4 in set, sizes 10 and 6-inch length. Price 10c set
Knitting Needle Ends, for making knitting needle and crochet hook shields. Price 2c pair
Wire Hangers for making tie racks. Price 5c each
10-Inch Steel Hat Pins, in white, black and dull black heads, 4 in box. Price 3 boxes, 10c

CHESTERFIELDS AND CHAIRS IN THE MID-WINTER FURNITURE SALE
These Chesterfield Suites are all made on hardwood frames securely built. The webbing is the best imported Scotch webbing and best quality springs. All pieces have deep spring seats, and as well, Marshall cushions, which are reversible. The tapestry covering is of excellent quality. Sale prices, three pieces, \$149, \$169 and \$189 suite
One only Chesterfield Suite, solid walnut frames, in the design of the Spanish renaissance; the tapestry covering is of the best. This is the manufacturer's sample, bought at a big discount and now offered at less than regular wholesale. Furniture Sale price, Chesterfield and two chairs \$300
One only Chesterfield, manufacturer's sample, in very heavy tapestry, made with large spring arms and Marshall spring seats. Furniture Sale price \$150
One only Chesterfield or Living-Room Table, size 28x50 inches, in genuine walnut, almost half price. Sale price \$49
Two only Den Tables, one walnut, one fumed oak, 30-inch round tops, reversible, one side finished, the reverse side covered with green felt. Furniture Sale price, walnut \$24.75
The fumed oak one is slightly imperfect and is less than half price. Sale price \$17.75
ON SALE SATURDAY
Manufacturers' Samples Spring Underwear About 1-3 Off.
Second Floor.
SMALLMAN & INGRAM LIMITED
FURNITURE UPHOLSTERED
1-3 Off Cost of Work Now.
Fourth Floor.