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Regina Earth Looks Good to
The North American Life
This Company, which is solid as the continent, has assets of $8,000,000, and is prepared to Lend on First Mortgages on good farms in this district.
They will insist on your having Fire Insurance on your buildings. Is your life not much more valuable? Certainly. Then see us at once about a Policy that will protect your family and your home.
W. D. McBride, Provincial Mgr.
Northern Bank Offices
P. O. Box 1028.

exercised to muzzle the ignorant and vicious press and individuals."

CATARRH IN HEAD

Pe-ru-na---Pe-ru-na.

MR. WM. A. PRESSER.

MR. WILLIAM A. PRESSER, 1722 Third Ave., Moline, Ill., writes:

"I have been suffering from catarrh in the head for the past two months and tried innumerable so-called remedies without avail. No one knows how I have suffered, not only from the disease itself, but from mortification when in company of friends or strangers.

"I have used two bottles of your medicine for a short time only, and it effected a **complete medical cure**, and what is better yet, the disease has not returned.

"I can most emphatically recommend Peruna to all sufferers from this disease."

Read This Experience.

Mr. A. Thompson, Box 65, R.R.I. Martel, Ohio, writes: "When I began your treatment my eyes were inflamed, **nose was stopped** up half of the time, and was sore and scabby. I could not rest at night on account of continual **hawking and spitting.**

"I had tried several remedies and was about to give up, but thought I would try Peruna.

"After I had taken about one-third of a bottle I noticed a difference. I am now **completely cured,** after suffering with catarrh for eighteen years.

"I think if those who are afflicted with catarrh would try Peruna they would never regret it."

Peruna is manufactured by the Peruna Drug Mfg. Co., Columbus, Ohio.

Ask your Druggist for a Free Peruna Almanac for 1909.

A Look Ahead.

In due process of time the battleship had reached the utmost limit of its development.

Likewise the manufacturers of deadly explosives had perfected machines capable of blowing a whole fleet out of water at any imaginable distance.

In great haste the powers summoned a conference.

"What's the use of carrying the thing any farther?" they said. "War has become so appalling and expensive that we can't afford to indulge in it any more."

Seeing that the jig was up they reluctantly inaugurated the era of universal peace.

Wise mothers who know the virtues of Mother Graves' Worm Exterminator always have it on hand, because it proves its value.

Germans introduced the shell button industry into Japan 20 years ago, and now Japan is shipping buttons into Germany.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

Walding, Kinnan & Marvin, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c. per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

The Thirteen Chicks.

How difficult it is to pick out truth or fiction from apparently straightforward recitals of the actions of animals is well shown in a communication sent to one of our foreign exchanges by a man who lays claim to long experience in breeding game birds. He stated in all seriousness that only two of his pheasant hens had hatched out seventeen of the eighteen eggs placed under each one in the nests. "It is a curious fact," he continues, "that both hatched off on the same day, and each hen immediately killed thirteen out of her seventeen live chicks by pecking their brains and laid them in a row in front of her, each exactly in the same way. I shall be glad to know whether such a singular case has ever been noted before."

So shall I; but, at any rate, in this case at least, thirteen was an unlucky number for both the chicks and their owners.—Forest and Stream.

When the Hair Falls

Stop it! And why not? Falling hair is a disease, a regular disease; and Ayer's Hair Vigor, as made from our new improved formula, quickly and completely destroys that disease. The hair stops falling out, grows more rapidly, and all dandruff disappears.

Does not change the color of the hair.

Formula with each bottle. Show it to your doctor. Ask him about it, then do as he says

Ayer's

The little book in each package gives the formula of our new Hair Vigor, tells why each ingredient is used, and explains many other interesting things. After reading you will know why this new hair preparation does its work so well.

Made by the J. C. Ayer Co., Lowell, Mass.

POWER OF WATER.

Under Certain Conditions It Is Practically Irresistible.

When a man goes in swimming at the seashore and slaps the water forcibly with his hand or takes a back dive from a pier and lands squarely on his back he realizes that the unstable liquid offers not a little resistance. Yet, says a writer in the New York Tribune, it would surprise almost anybody to see what water will do under certain conditions.

A stream from a fireman's hose will knock a man down. The jet from a nozzle used in placer mining in the west eats away a large piece of land in a day, toys with great bowlders as if they were pebbles and would shoot a man over the country as though he were a projectile from a cannon.

There is a story of an eastern blacksmith who went west and made a bet that he could knock a hole through the jet of one of these nozzles with a sledge hammer. He lifted his arms, swung the sledge and came down on the ten inch stream with a force that would have dented an anvil. But the jet, never penetrated, whisked the massive hammer out of the blacksmith's hands and tossed it several hundred feet away into the debris of gold bearing gravel beneath a crumbling cliff. After this the blacksmith left out iron when he spoke of hard substances.

There is also a power plant near Durango, Colo., where a United States cavalryman one day thought he had an easy job in cutting a two inch stream with his sword. He made a valiant attack. The result was that his sword was shivered in two and his wrist broken.

A little thinner jet of water descending 1,600 feet to a manufactory at Grenoble, Spain, and traveling at the moderate speed of 100 yards a second fractures the best blades of Toledo.

Of course some people will not believe such stories without having seen the thing, and one may think it a proof of the scientific imagination to say that an inch thick sheet of water, provided it had sufficient velocity, would ward off bombshells as well as steel plate.

Nevertheless many persons while traveling have seen a brakeman put a small hydraulic jack under one end of a Pullman car and lift twenty tons or so by a few leisurely strokes of the pump handle, and the experience of riding every day in a hydraulic elevator tends to remove doubts of the magic power possessed by water hitched to a machine.

SIMPLE FAITH.

A Burly Burglar's Confidence in an Editor's Business Acumen.

A man who admitted that he came direct from state prison tried to sell to the city editor of a New York newspaper a weird and startling story of a missing will which he declared had been revealed to him by a fellow convict. He was a burly fellow with a prognathous jaw, and he had lost an eye in battle. The mere look of him would frighten a timid citizen into tremors. Mr. White, the expert in criminology, cross examined the man as follows:

"Why were you in Auburn?"

"Highway" (meaning, of course, highway robbery).

"I suppose you were wrongfully convicted."

"Nuh; dey had me right."

Such engaging candor made Mr. White feel that the man was truthful, and he was greatly disappointed when strict investigation disclosed the fact that the story of the missing will was all fictitious. The man was disappointed, too, at the failure of his romance, but he went away from the newspaper office in cheerful mood, with some remark about better luck next time.

A week later Mr. White was summoned to the reception room of the newspaper, and there he found his friend, the burly highwayman, his shoulders broader, his single eye fiercer than ever. But his visit was quite friendly, although somewhat tinged with business. He evidently believed he could rely on Mr. White's good faith and business acumen. Fixing Mr. White with his glittering eye, the strong armed one plucked him by the sleeve over to a corner of the room and there in a loud, hoarse whisper inquired:

"Say, couldjer do anyt'ing wit' a couple o' watches?"—Harper's Weekly.

Bimini and the Fountain of Youth.

Bimini was a fabulous island firmly believed in by the Indians of the Antilles, though they could give no further clew to its location than that it lay some hundreds of leagues north of Hispaniola. On this island was the famous fountain of youth, giving perpetual health and vigor. It was the search for this fountain that led Ponce de Leon and Hernando de Soto to Florida, on the outskirts of which the island was generally supposed to be situated.

Concerning His Kissing of Her.

Only one person with a mean disposition would have figured out this little prose poem. It runs as follows:

Which do you think is the greatest slur?
DID he kiss her?
Did HE kiss her?
Did he KISS her?
Or,
Did he kiss HER?—Cleveland News.

A Hermit Peer.

The late Lord Stanley of Alderley, brother of the present peer, was a Mohammedan, and rather eccentric. During his thirty years' reign Alderley Park, the fine family place in Cheshire, was quite a hermitage; no entertaining was done there at all, and on the present Lord Stanley of Alderley succeeding to the title and estates in 1903 he had to spend a good deal of money on the place to make it presentable.

Fastidious Hunger Marchers.

A party of forty of the Reading, England, "hunger marchers" arrived in Oswestry recently on their way to South Wales. At the police station they received tickets of admission to the workhouse, but on reaching that institution and being shown to the casual ward they refused to enter them on the ground that they were not vagrants.

THIS ATHLETE OF FIFTY-TWO YEARS

SAYS HE OWES HIS WONDERFUL ENERGY TO DODD'S KIDNEY PILLS.

Was Tortured With Rheumatism and a Cripple Till the Great Kidney Remedy Cured Him.

Six Nations, Ont., (Special).—Fifty-two years of age but still young enough to captain the lacrosse team, John Silversmith of this place can truly be looked on as a wonderful athlete. One would naturally think he was all his life a healthy man. But it was far otherwise and he unhesitatingly states that his wonderful energy and vitality are due to Dodd's Kidney Pills.

"I suffered from Rheumatism for over seven years," Mr. Silversmith says in telling his story, "and it finally made a complete cripple of me. My back was bent nearly double and when I tried to walk I had to use crutches. Latterly I could not get around at all and I suffered excruciating pain.

"Two boxes of Dodd's Kidney Pills gave me relief; sixteen boxes cured me completely."

Dodd's Kidney Pills always cure Rheumatism because Rheumatism is caused by disordered Kidneys and Dodd's Kidney Pills always cure disordered Kidneys.

Trusted, Busted, Dusted.

They hired a girl who was trusted,
To dust off a bust—but it busted.
Then she packed up each dud,
And away quickly scud—
Although trusted, she busted, then "dusted."

Its Virtue Cannot be Described.—No one can explain the subtle power that Dr. Thomas' Eclectric Oil possesses. The originator was himself surprised by the wonderful qualities that this compound possessed. That he was the benefactor of humanity is shown by the myriads that rise in praise of this wonderful Oil. So familiar is everyone with it that it is prized as a household medicine everywhere.

The unique collection of implements of the Bronze age formed by Canon William Greenwell, England, will probably at an early date find its way to the British museum, already extensively enriched during the past thirty years with gifts from the canon's antiquarian researches.

Minard's Liniment cures Garget in Cows.

PROGRESS OF NIGERIA.

Witchcraft, Trial by Ordeal and Tribal Fighting Are Passing Out.

A British White-paper gives an interesting account of the splendid progress of peaceful penetration in the provinces of southern Nigeria. Many of these rich districts were closed only a few years ago to all comers. The natives vigorously excluded the outer world, and gave themselves up to barbarous customs. In the Ibibio country of the eastern province incessant inter-tribal warfare was carried on until quite recently. Slave trading, twin-killing, human sacrifice and cannibalism were openly practiced. In the Omoduru, Ahvada and Bende districts a similar state of affairs prevailed.

Without bloodshed, or even military measures, the country has been civilized and developed. In the majority of the districts offences against human life is rare, and old customs such as witchcraft and trial by ordeal are being dropped. Even in the most uncivilized tracts the natives are speedily acquiring an appreciation of the justice administered through the native courts which have been established.

Altogether a remarkable transformation has been brought about in a short time, and great headway has been made against the evil influence of the Aros. They have a powerful hold over the natives, who are generally afraid to give evidence against them, and they indulge whenever possible in slave dealing. Despite their power, however, and their persistent attempts to spread evil reports about the intentions of the Government, their power is being steadily undermined, and the work of progress is going rapidly forward.

"I have taken *Scott's Emulsion* for six weeks and have found it a wonderful remedy. Before I took the Emulsion I had no appetite; was weak; had lost nearly fifty pounds of flesh, and now I eat well and am gaining every day. I find *Scott's Emulsion* to be very easily digested and a good food for all weak people."—FLORENCE BLEEKER, No. 1 Myrtle Avenue, Bridgeton, N. J.

This is only one of thousands of cases where

Scott's Emulsion

has given an appetite. It's so easily digested that it doesn't tax the digestive organs and they rest; yet the body is wonderfully nourished and built up. The digestion is improved—then ordinary food is sufficient.

Growing boys and girls, who need so much food to keep them well and strong, and also growing, should be given a bottle of Scott's Emulsion every few weeks. It does wonders for them. It prevents their getting run down and spindly. Nothing does them so much good.

ALL DRUGGISTS

Let us send you some letters and literature on this subject. A Post Card, giving your address and the name of this paper, is sufficient.

SCOTT & BOWNE
126 Wellington St., W. Toronto

A GLUTTON FOR WORK.

Story of the British Civil Service in the Last Century.

The British civil service during the middle of the last century was a delightful place for young gentlemen who wished a "job" with nothing to do. Mr. Arthur W. A'Becket in his "Recollections of a Humorist" describes his first day in the war office. After reading the Times through—no short task—and listening to the conversation of his colleagues for awhile he ventured to address his chief.

"Can I do anything?" I asked. "Is there anything for me to do?"

He seemed a little perplexed. The other denizens of the room paused for a moment in their conversation to hear his reply. It seemed to me that they appeared to be amused. My chief looked at me and then at the papers in front of him.

"Ah!" said he at last, with a sigh of relief. "Are you fond of indexing?"

I replied I was fond of anything and everything that could be of the slightest service to my country. If those were not the exact words I used, that was the spirit of my answer.

"I see, a glutton for work," observed my chief, with a smile that found reflection on the faces of my other colleagues. "Well, A'Becket, just index this pile of circulars."

I seized upon the bundle and returned to my desk. Oh, how I worked at those circulars! There were hundreds of them, and I docketed them with the greatest care and entered their purport into a book. From time to time my official chief, so to speak, looked in upon me to see how I was getting on.

"I say," said he, "there's no need to be in such a desperate hurry. I am not in immediate need of the index. You can take your time, you know. Wouldn't you like a stroll in the park? Most of us have a little walk during the day. We none of us stand on ceremony and are quite a happy family."

But, no; I stuck to my indexing and after some three days of fairly hard work found my labors done. I took up the bundle of circulars, now in apple pie order, and laid them on my chief's desk.

"I say, A'Becket," said he, "this won't do. You are too good a fellow to be allowed to cut your own throat, and for your brother's sake I will give you a tip. Don't do more than you are asked to do. Now, I gave you those circulars to index because you would bother me for work. I didn't want the index. Now it's done it's not the least bit of use to me. Of course it may come in useful some day, but I scarcely see how it can, as the lot are out of date. But of course it may," he added to save my feelings.

DEVELOPING A STAR.

How Mansfield Coached Margaret Anglin as Roxane.

Richard Mansfield in his preparation for "Cyrano" was unsparing of himself, and he was unsparing of others. Everything he had and everything he hoped for was at stake. Struggle and desperation were in the air. Nearly every one in the cast resigned or was discharged over and over again. Mr. Palmer's days and nights were devoted to diplomacy, and, thanks to his suavity, the heady heat of the day before was forgotten in the cool of the next morning.

An actress of international reputation and experience was engaged for Roxane. Rehearsals were under way when she resigned by cable. The orange girl's single line in the first act was being rehearsed by a young Canadian, Margaret Anglin. Mansfield had not seen her act, but he remarked the wondrous lovelliness of her voice, and his intuition told him she had temperament. "Can you make yourself look beautiful enough for Roxane?" he asked. "I think I might if you can make yourself ugly enough for Cyrano," she answered. The part was hers on the instant. He coached her relentlessly. Again and again she cried that she could not do it. He reassured her, but not with soft persuasions. "You can, my dear, and you must. Now, again!" After rehearsals she went regularly in tears to Mr. Palmer to resign. He appealed to Mansfield to be more lenient. "I am only kind," was his reply.

"Roxane is a great part. Only one who has suffered can play such a role. This girl has the temperament and the emotions, but she is young and inexperienced. I cannot persuade her spirit. I must rouse it." And every day she reached new depths and new heights.—Paul Wilstach in Scribner's.

A Multiplicity of Fathers.

Ardyce had been learning to sing "America" at school and was trying to teach it to Brother Wayne. One morning his father heard him shouting, "Land where my papa died, land where my papa died."

Ardyce interrupted. "Oh, no, Wayne, not that way. It is 'Land where our fathers died.'"

Wayne's expression could not be described as he tipped his head sidewise and in a very surprised tone gravely asked, "Two of 'em?"—Delineator.

Human Sacrifice In India.

Though the practice of offering up a human sacrifice is growing increasingly rare in India, it is still heard of occasionally in remote districts. Writing on Nov. 12, a correspondent of the Standard of Empire in Calcutta says: "Within the last few days a case of human sacrifice has come before the Sessions Court at Chota Nagpur. A bunia of the Ranchi district, on the Lohardaga plateau in this province, purchased one of the small hamlets which are dotted over the table-land. His fields turned out to be so fertile that he determined upon a sacrifice to the local goddess. With great craftiness he engaged a boy to catch birds for him, and then, luring the lad into the jungle, he set two of his cultivators on to commit in ceremonial form the sacrificial murder, and himself made the offering of blood to the goddess. The boy was missed, however, the police tracked down the men who set upon him, and on their confession the bunia was charged with the crime. The Sessions judge at Chota Nagpur accepted his plea that human sacrifice was part of his religion, and reduced the charge of murder to one of homicide. In the end the bunia was sentenced to transportation for life."

To Digest the Food

IS ONE OF THE SECRETS OF HAPPINESS; DIGESTION IS IMPROVED BY

Dr. A. W. Chase's Kidney-Liver Pills

Bile in the intestines is as important to digestion as are the gastric juices in the stomach and bile is only supplied when the liver is in active condition.

The serious and chronic forms of indigestion are cured by Dr. A. W. Chase's Kidney-Liver Pills because of their influence on the liver, causing a good flow of bile to aid digestion and keep the bowels regular, thereby preventing fermentation of the food, the formation of gas and all the disagreeable symptoms of indigestion.

Long standing cases of chronic indigestion yield to Dr. A. W. Chase's Kidney-Liver Pills after all else has failed.

Here is the proof:

"I was for many years troubled with indigestion and headache and derived no benefit from the many remedies I used. A friend advised the use of Dr. Chase's Kidney-Liver Pills and after taking four boxes the result is that I am once more in the full enjoyment of the blessings of good health."—Mr. Duncan McPherson, Content, Alta.

Dr. Chase's Kidney-Liver Pills don't relieve the stress of indigestion temporarily by the use of drugs, but cure the trouble permanently by assisting the deranged organs and causing to flow those juices necessary to thorough mastication of the food. One pill a dose; 25 cents a box, at all dealers or Edmanson, Bates & Co., Toronto. The portrait and signature of A. W. Chase, M. D., the famous Receipt Book author, are on every box.

Parliament house, Melbourne, is the costliest legislative palace in Greater Britain. A million has been expended on it, and it is not yet completed. It belongs to the parliament of Victoria, but since federation it has been the meeting place of the parliament of the commonwealth, its owners moving to a wing of the exhibition building close by.

ROSY CHEEKED BABIES.

Nothing in the world is such a comfort and a joy as a healthy, hearty, rosy-cheeked, happy baby. Babies and young children can be kept in perfect health by giving them an occasional dose of Baby's Own Tablets, which will keep the stomach and bowels in perfect order. And when sickness comes there is no other medicine will cure the minor ills of childhood as speedily and safely as Baby's Own Tablets. Guaranteed to contain no opiate or poisonous drug. Mrs. M. Romard, Eastern Harbor, N. S., says:—"I have used Baby's Own Tablets for the various ills from which little ones suffer, and find them a marvellous medicine. Thanks to the Tablets my baby now always enjoys the best of health." Sold by all medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A village blacksmith at Yarmouth, Eng., bankruptcy court said that he penciled the amounts his customers owed him on a board, and planed the entries off the board when the money was paid, the most novel system of single and double entry the court had ever heard of.

FURS FURS FURS
For best prices, ship to the old reliable N. W. Hide & Fur Co., Minneapolis, Minn.

A well-known Scotch author and a young friend had spent the whole day on the links and had had some close and exciting matches.

As they left for home the elder man remarked: "Do ye think ye could play again to-morrow, laddie?"

"Well," answered the youth, "I was to be married to-morrow, but I suppose I can put it off."—New York Herald.

PILES CURED IN 6 TO 14 DAYS
PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

The oldest canal in England was originally a Roman cutting—the Foss dike—running its 11 miles from Lincoln to the Trent, near Torksey. Deepened in the time of King Henry I., it was allowed to decay until 1840, when the Edinburgh Stevensons both widened and deepened it.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

Hundreds of large roach and dace have been recently turned into the Thames at Henley, Eng., by the Henley Fish Preservation association, some of the dace being remarkably fine fish. About 20,000 roach and perch have also been placed in the Thames at Twickenham and Penton Hook by the Thames Angling Preservation society.

Minard's Liniment Co., Limited.
Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments, I can safely say that I have never used any equal to yours.
If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in twenty-four hours.
It is also the Best for bruises, sprains, etc. Yours truly,
Dartmouth. J. G. LESLIE.

"Well, if that ain't the limit," mused the postman, as he came down the steps of a private residence.

"What's the trouble" queried the passing citizen, who had overheard the postman's noisy thought.

"Why," explained the man in grey, "the woman in that house says if I don't come along earlier she'll get her letters from some other carrier."—Chicago News.

A WORKER IN GLASS.

Miss Mary Tillinghast, the Most Famous Artist In Her Line.

At a well known art gallery on Fifth avenue, New York city, there is on exhibition a stained glass window the subject of which is the "Revocation of the Edict of Nantes." This exquisite picture in glass is the work of Miss Mary Tillinghast and is to be presented at an early date to the New York Historical society by Mrs. Russell Sage.

Miss Tillinghast is the most famous woman worker in stained glass in the world. She was a pupil of John La Farge and of Carolus Duran and has lived and studied abroad the greater part of her life. With all her genius and reputation in the art world, this little woman is modest and retiring and almost shy when induced to talk about her work. In an interview at the gallery recently Miss Tillinghast said that the window, which is unusually large and contains a number of figures, took a year to execute and that the subject had been treated after the celebrated picture at Fontainebleau depicting the revocation of the edict of Nantes, before which canvas she had spent many inspiring weeks.

When asked about the mechanical end of her work she smiled and answered: "Why, that is the simplest part of it all. Of course you know," the artist continued, "the subject is usually suggested to me by the person giving the commission, and that these glass effects are made for a specific purpose and place makes the work easier. The subject matter settled, the next step is to get my inspiration. If the theme is allegorical I read, dream and make sketches of my fancies until they materialize into something workable. Should the theme be historical I haunt, as in the present instance, the country that gave rise to the scene.

"Then I make a rough draft and afterward work out the picture with living models. Another sketch is made from this and the lead lines, a most important part of the scheme, put in. Under my direction the dyes are made and the glass cut and put together by skilled workmen."

In reply to the statement that a worker in stained glass had to be not only an artist, but a special colorist, architect and mathematician, Miss Tillinghast pointed to a small "e" in the word "edict" and said, "Well, there are four sections in that fifth letter of the alphabet." Which clinched the matter of the exact science conclusively.

WHAT DREAMS MEAN.

Aids For the Raveling of Dreamland Lore.

Flying.—To dream you are flying is a very excellent omen. It foretells elevation of fortune. It also indicates that you will take a long journey which will turn out advantageous to you.

Injury.—To dream you receive an injury signifies that you have many friends and no enemies. If you dream of inflicting an injury you will both receive and dispense blessings.

Jockey.—If a girl dreams she sees a jockey riding at full speed she will have an offer of marriage made her very unexpectedly.

Legacy.—To dream of receiving a legacy denotes losing whatever you own that is in the hands of another.

Malice.—To dream that some one bears you malice foretells a pleasant prospect in your worldly affairs and that you will soon be advanced to some important station.

Money.—To dream of receiving money is a good omen, but to dream of losing it is a proof you will be deceived and unsuccessful in business.

Neighing.—To dream you hear horses neigh augurs that you will have new and powerful friends who will do you much service.

Paper.—To dream of paper is a good omen, but if it appears rumpled you will have to go through trouble of some kind.

HOUSEHOLD HINTS.

To remove grease spots from wall paper sprinkle baking soda over blotting paper, place over the spot and press a moderately warm iron against it for a few minutes. The blotting paper will absorb the grease, and the paper on the wall will be free from spots.

Scraps of meat "leftovers" may be utilized by chopping fine and adding enough water to cover, then cooking a few minutes with a little salt, butter and pepper. Thicken as you would gravy. Line muffin or gem tins with pie crust and bake, then fill with mixture and serve hot.

When cleaning pantry shelves fold together at least three sheets of newspaper the longest way of the full sheet. Place the fold to the front of the shelf, fit carefully and when next clean papers are needed slip a silver knife in the fold of the outer sheet, cut along the entire length and remove the soiled part. In this way your shelves may be cleaned often and with little labor.

If one has a bedroom wall on which butterflies or certain varieties of flowers predominate as a decorative figure, then rugs, following this same idea, are easily made to order at any of the places where this work is done. A genuinely effective and unusual rag rug had butterflies of pale yellowish and brown across the border of a yellowish and brown rug. The butterflies looked as though they had been worked in afterward, for they were a closer weave than the body of the rug. The same idea was carried out in a bird design for a border on a studio rug. For dens and studios these quaint door mats are most attractive.

The fund for providing meals for necessitous school children in London, which has received a donation of $250 from the Prince of Wales, is now spending about $3,300 per week and feeding no fewer than 21,000 children.

There is a growing sentiment among the produce dealers in New York city in favor of selling goods by weight instead of by measure. The present method of varying, uncertain measures makes a great deal of dissatisfaction among the consumers.

Heard Her Death Sentence

To obtain temporary relief when suffering is a great boon, but to be permanently cured and restored to health after being assured that one has not a year to live, is an experience that cannot fail to bring joy to any heart. Yet this is what Mrs. A. E. Ternan, of Norwich, Ont., says PSYCHINE accomplished in her case.

Writing on August 11th, 1908, she says: "It is ten years since I took PSYCHINE, and I have not taken ten dollars' worth of medicine since. I should not have lived out the year had it not been for PSYCHINE. I am now in excellent health." Can any testimony be stronger than this?

If you are feeling worn out and run down, try PSYCHINE. You will be surprised at the result. PSYCHINE thoroughly builds up the system, and imparts new life and vigor.

The greatest of tonics, PSYCHINE restores the throat, lungs, heart, stomach, digestive and blood-making organs to perform their proper functions. The only specific known that will cure chronic weakness, catarrh and decline. Sold at all druggists and stores. 50c. and $1. Send for a free sample to Dr. T. A. Slocum, Limited, Spadina Ave., Toronto.

It is perhaps, not generally known that swallows can be trained to rival carrier pigeons as messengers. An Antwerp trainer of pigeons sent up some pigeons and swallows at the same time from Compiegne, in France, 145 miles off. The swallows arrived at home in one hour and seven minutes. The pigeons took rather more than three times as long.

A Sure Corrective of Flatulency.—When the undigested food lies in the stomach it throws off gases causing pains and oppression in the stomachic region. The belching or eructation of these gases is offensive and the only way to prevent them is to restore the stomach to proper action. Parmelee's Vegetable Pills will do this. Simple directions go with each packet and a course of them taken systematically is certain to effect a cure.

The Japanese system of licensing individual opium smokers has greatly reduced the number of drug fiends in Japan, and especially in Formosa.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"Strive on, little man," said the benevolent old gentleman, "and some day you may be President."

"Ah, that's a pipe," scoffed the youngster in the green sweater. "Me parents spoiled me chances long ago."

"And how did they spoil your chances?"

"Why, dey forgot to name me Bill, dat's how."—Washington Star.

Minard's Liniment Cures Distemper.

Rats, which have of late become a great nuisance to the London tubes by attacking the coverings of electric cables have been driven from their haunts by means of a virus which, when eaten by rats or mice, causes them to be overcome with the desire to get into the outer air and to drink cold water.

A. R. Horwood, of the Leicester Eng., museum, remarks that the colors of birds' eggs can in a large number of cases be traced to the necessity of "protective resemblance." White eggs are usually laid by birds nesting in holes in trees, or in dark situations. Most birds nesting on or near the ground lay eggs of an olive green or brown ground color.

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If everything else in the house did its share of the work as well as

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Always ready for use for Stoves, Grates and other Ironwork.
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