

The HOME CIRCLE

NURSERY NOTES.

Small children should be allowed to drink as much water as they like. It helps to clear the system of effete matter quickly and so keeps the stomach and bowels in good condition.

Thoroughly cleanse the nostrils before going to sleep. This gives a free nasal respiration, and with children prevents them from becoming mouth breathers.

Children that are delicate or ailing require a great deal of kindness, but a firm hand as well, or they will become unmanageable cranks.

Dry children's ears carefully, both in the folds and behind, using a very soft towel or old handkerchief. Careless drying of this delicate organ will produce deafness.

Dried grapes or raisins should be given with caution to children, and, indeed, they are better altogether without them, for they are liable to disorder the digestive organs.

Nursery furniture should be small, but it should be light in weight also. The little bent wood chairs are very good. They can be lifted and carried about by very small people, and they have no angles to bark shins on unawares.

There are still some intelligent women who after all that has been written on the subject insist on boxing children's ears. Why people should select the ears for this purpose is hard to tell.

WOMEN AND RUTS.

Do you live in a rut? Women are very apt to do so, although the majority of them are loth to admit it. Narrowmindedness, which is so often a result of a life spent within contracted limits, is common to women, they say, but the accused will answer, "Why, my life is not narrow! I have my house, or my profession, or my social circle. Do you call that living in a rut?"

Any or all of these interests may, however, result in stagnation, mentally and physically, and, what is worse, conversationally. Either a woman or a man is at liberty to devote all of his or her interest to a certain object. But what about the friends of that person? One may have a sympathetic interest in a friend's occupation or in her children, or in her bridge playing, but one occasionally becomes a little wearied of a repetition, a constant recurrence to that pet subject of the innocent but short-sighted woman who harps eternally upon one subject.

A schoolgirl is apt to be blamed because her conversations are limited to her school—her friends there and her studies and pleasures, which are shadowed by the walls of the schoolhouse. But is her mother free from blame when she herself finds a continual source of conversation in her servants and her household gods? Does it interest her friends any more to discuss the children's bright sayings, to praise her waitress' neatness and her cook's superiority, than to listen to a schoolgirl's prattle?

The society devotee is quite as apt to overdo the matter as her more domestic sister, and the woman with a profession talks "shop" entirely too much as a rule.

But she should not allow herself to dwell entirely upon one phase of life. There is plenty of interest in other people's affairs, there are gay and absorbing pictures in the vista of daily life, and every woman should watch herself carefully lest she should

To Enliven the Liver KIDNEYS AND BOWELS—TO PREVENT DISEASE BY CLEANING THE SYSTEM—YOU MUST USE Dr. Chase's Kidney-Liver Pills

There's a need in every home of a medicine that will promptly cure biliousness, kidney derangements and constipation. A medicine that by cleansing the filtering and excretory organs will remove all poisonous waste matter, and by so doing prevent fevers, colds and such deadly diseases as dropsy, diabetes and Bright's disease.

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No medicine satisfies this need as well as Dr. Chase's Kidney-Liver Pills. This is no idle boast, but an absolute fact that is backed up by the testimony of a hundred thousand homes.

The reputation of Dr. A. W. Chase as author and physician is the guarantee which first made this great medicine popular. Now it stands on its record of cures—a record which has seldom, if ever, been paralleled in the history of medicine.

As a treatment for backaches, headaches, indigestion, aching limbs, liver derangements, kidney disorders and constipation, Dr. Chase's Kidney-Liver Pills are prompt, thorough and effective.

Once their merit is rested they are kept in the house and relied on in cases of emergency. By keeping the liver active and the bowels regular they positively prevent serious disease.

fall into a rut of one sort or another. It is surprising to find how readily the habit is formed—more readily, of course, by women than by men, as the latter are thrown more into the world's happenings.

A woman should ever beware of making herself the central subject of her talk—her home, her profession, her health—how naturally she comes to consider them. And it is quite natural that she should. But before she burdens her friends too much with her history let her stop and wonder whether she would like to listen to her friend Mrs. X. and her personal problems for hours at a stretch.

It is not meant by this that one should not speak of or ask sympathy in one's own interests, but there is a limit to patience, and a woman must have a "hobby," she should not expect her friends to ride it continually, too.

THE MESSAGE OF SOME LIVES.

A few years ago an unknown young writer sent a little story to a great publishing house. She was divided between hope and fear, for it was a very simple story, and whether the busy throng would stop to give it a passing thought remained to be seen; but they did stop—and Mrs. Wiggs of the Cabbage Patch has become a household name.

The poor woman in her dingy little house in the Cabbage Patch was covered with confusion and thought people were "making fun" of her, for she little dreamed that she was at the height of the highest type. It was perfectly natural to her to add an extra cup of water to the potato soup and to break the bread in smaller pieces when a neighbor as poor as she came in, and she never stopped to question why she did it. But back of her loving acts and ministrations to others was a beautiful, generous nature schooled to put self aside and a grateful heart which took all gladly, the shadows as well as the sunshine.

And what are the lessons these lives teach? The first is that the more blessings people have, and a rule, the less they pause to count them, else why do we so seldom find a Mrs. Wiggs among the better class of people? They are too busy striving for what they have not to think how best they are in escaping the dreaded "hare-lip," and it is so easy to grumble, once the habit has been formed. Every woman is not a barn philosopher, but all can cultivate a cheerful disposition by resolutely looking on the bright side of things and by putting away care and worry as much as possible. If a neighbor comes in for a few minutes don't regale her with all your petty trials, she doubtless has plenty of her own and it is your duty to help brighten her life. Try being an apostle of sunshine for a little while and see if it doesn't pay a hundredfold even from a human standpoint—Western Watchman.

USEFUL TO KNOW. A sure test for turkeys is to feel the end of the breast bone, and if this is limber and like gristle instead of bone any woman may be sure that the fowl is a young one, but if the end of this bone is hard the turkey is usually fully developed and often old. The flesh around the breast bone should be soft and springy to the touch in a young bird and the scales on the legs should not be coarse or hard. Dried orange peel allowed to burn in a room will leave a pleasant fresh odor. Mud stains on black cloth will disappear when rubbed with a raw potato. Candles should be stored for six or eight weeks before being used; they will then burn more brightly and more slowly than when lighted at once. Bread crumbs are better suited to frying purposes than cracker crumbs. They are not so rich and not so apt to soak fat. The white of an egg into which are dipped oysters, croquettes and other articles to be fried before they are rolled in the last layer of crumbs should be thinned with water. The white of one good-sized egg, mixed with water, is enough for a dozen large oysters. Lamp chimneys cleaned with a cloth moistened with paraffine will not crack so readily as when dipped in water. An old rule for plain apple griddle cakes is half a pint of chopped apples into a quart of ordinary griddle cake batter.

PLAYING LADY. When sister wears mamma's old gown She steps so proudly up and down That one could never, never guess She's used to just the shortest dress. She rolls her hair up high and flat, And wears a tall comb top of that. Then, with her gloves and bang and fan, She looks as grown-up as she can. For sister's just a little vain, And, oh, she don't take care, she'll see! For, some time when she's feeling proud, Wearing her long dress in a crowd, And strutting up and down so great, I'll call out loud, "She's only eight!"

CHILDREN'S CORNER

ESSAY ON THE HORSE.

Here is a Bombay student's essay upon the horse: "The horse is a very noble quadruped, but when he is angry he will not do so. He is ridden on the spinal cord by the bridle, and sadly the driver places his foot on the stirrup, and divides his lower limbs across the saddle, and drives his animal to the meadow. He has a long mouth, and his head is attached to the trunk by a protuberance called the neck. He has four legs; two are in front, and two afterwards. These are the weapons on which he runs, and also defends himself by extending those in the rear in parallel direction toward his foe, but this he does only when in a vexatious mood. His footing is generally grass and grain. He is also useful to take on his back a man or woman as well as some cargo. He has power to run as fast as he could. He has got no sleep at night time, and always standing awake. Also there are horses of short sizes. They do the same as the others are generally doing. There is no animal like the horse; no sooner they see their guardian or master they always crying for feeding, but it is always at the morning time. They have got fail, but not so long as the cow and other such like similar animals."

THE STORY OF THE DIPPER.

There is a story, told in an exchange, of how the seven stars came to form the Dipper: "Once, in a country far away, the people were dying of thirst. There had been no rain for months. The river and springs and brooks all had withered and dried. The birds were so hoarse they could not sing. The whole land was sad and mournful. One night after the stars had come out a little girl crept quietly out of the house and went into a wood near by. Kneeling down under a tree, she folded her hands and prayed that God would send rain, if it were only enough to fill her little dipper. She prayed so long that she at last fell asleep. When she awoke she was overjoyed to find her dipper full of clear cool water. Remembering that her dear mother was ill, and dying of thirst, she did not even wait to moisten her parched lips, but in her haste she stumbled and fell. Just then she felt something move in the grass beside her. It was a little dog, who, like herself, had almost fainted for want of water. She lifted her dipper, and what was her surprise to find that not a drop of water had been spilled. Pouring out a few drops in her hand, she held it out for the dog to lick. He did so, and seemed much relieved, but as she poured out the water the tin dipper had changed to one of beautiful silver. Hurrying to her home as soon as possible, she handed the water to the servant to give to her mother. "Oh," said the mother, "I will not take any. I shall not live anyhow. You are younger than I." As she gave the servant the dipper it changed to shining gold. The servant was just about to give each person in the house a spoonful of the precious water when she saw a stranger at the door. He looked sad and weary, and she handed him the dipper. He took it, saying, Blessed is he who gives a cup of cold water in His name." A radiance shone all about him, and immediately the golden dipper became studded with seven sparkling diamonds. Then it burst forth into a fountain, which supplied the thirsty land with water. The seven diamonds rose higher until they reached the sky, and there changed into bright stars, forming the "Great Dipper." So while we recognize that this is only a parable, yet it shall give us a sweet association with the constellation in the sky; and when we look at the Dipper as it points us to the north pole, the sweet story will point us to a pole-star of unselfishness."

CHRISTMAS AT THE RUSSIAN EMBASSY.

At the Russian embassy, a few blocks away, is Mademoiselle Rosen, the school-girl daughter of the Czar's newly accredited ambassador, who this year is spending her first holiday in this country. With her are several of her classmates, being initiated into the pleasures of a Russian Christmas. The girls were invited with great ceremony by Madame, and spent the night of Christmas eve under her roof—for that is part of the fun. Dreams had on that night are supposed to come to pass, and from the Russian standpoint, unlucky is the girl who has no dream to relate while preparing her morning toilet. Early service is attended in the embassy chapel (there is no Greek church in Washington), and then fortune-telling games become the order of the day.

HE CAN ATTEND TO HIS WORK NOW

MANTODDA MAN CURED BY DODD'S KIDNEY PILLS.

He Echoes a Statement Made by Thousands of the People of the Prairies.

Giroux, Man., Dec. 11.—(Special.)—Mr. Philias Normandeau, a well-known resident of this place, is one of thousands of Manitobans who have found relief from the pains and aches of Kidney Disease in Dodd's Kidney Pills. Mr. Normandeau is always ready to say a good word for the remedy that brought back his health. "Yes, I can tell you Dodd's Kidney Pills made a cure of me," he says. "I had Kidney Disease for three years. At times I got so bad I could hardly attend to my work. I took just five boxes of Dodd's Kidney Pills and my pains and aches are all gone and I can work as well as anybody. To anybody who has trouble with their Kidneys all I can say is 'use Dodd's Kidney Pills.'"

Dodd's Kidney Pills always cure sick kidneys. With well kidneys you can't have Bright's Disease, Diabetes, Dropsy, Rheumatism or any of those other fearful and fatal diseases that spring from sick kidneys.

BLOOD HUMORS

PIMPLES BROTTCHES ERYTHRODYS FLESHWORMS HUMORS

Many an otherwise beautiful and attractive face is sadly marred by unsightly blotches, pimples, eruptions, flesh worms, and various other blood diseases. Their presence is a source of embarrassment to those afflicted, as well as pain and regret to their friends.

Many a cheek and brow—cast in the mould of grace and beauty—have been sadly defaced, their attractiveness lost, and their possessor rendered unhappy for years.

Why, then, consent to rest under this cloud of embarrassment? There is an effectual remedy for all these defects, it is,

BURDOCK BLOOD BITTERS

This remedy will drive out all the impurities from the blood and leave the complexion healthy and clear.

Miss Annie Tobin, Madoc, Ont., writes: "I take great pleasure in recommending your Burdock Blood Bitters to any one who may be troubled with pimples on the face. I paid out money to doctors, but could not get cured, and was almost discouraged, and despaired of ever getting rid of them. I thought I would give B.B.B. a trial, so got two bottles, and before I had taken them I was completely cured and had had no sign of pimples since."

Burdock Blood Bitters has been manufactured by The T. Milburn Co., Limited, for over 30 years, and has cured thousands in that time. Do not accept a substitute which unscrupulous dealers say is "just as good." "It can't be."

SCHOOL CHILDREN'S BLUNDERS

The historical and other "facts" given here are taken from school boys' examination papers.

Of whom was it said, "He never smiled again?" William Rufus did this after he got shot by an arrow.

My favorite character in English history is Henry VIII., because he had eight wives and killed them all. Edward III. would have been King of France if his mother had been a man.

Alexander the Great was born in the absence of his parents. What followed the murder of Becket? Henry II. received whacks with a birch.

The principal products of Kent are Archbishop's Canterbury. The chief clause in Magna Charta was that no free man should be put to death or be imprisoned without his own consent.

Where were the Kings of England crowned? On their heads. What were the three most important feudal dues? Friendship, courtship and marriage.

What do you know of Dryden and Buckingham were first friends, but soon became contemporaries. What is Milton's chief work? Milton wrote a sensible poem called, "The Canterbury Tales."

Give the names of five Shakespearean plays. Macbeth, Kikado, Quo Vadis, San Toy, Sign of the Cross.

An old classmate is a man who looks after your eyes, and a pessimist is a man who looks after your feet.

A man who looks on the bright side of things is called an optimist, and the one who looks on the dull side is called a pianist.

PROPER CARE OF BOOKS.

These rules should be framed and hung up in a library, says the Cleveland World-News:

Never hold a book near a fire. Never turn a book on the floor. Never lean or rest on an open book. Never touch a book with damp or soiled hands.

Always keep your place with a thin bookmark. Always place a large book on a table before opening it.

Always turn the leaves from the top with the middle or forefinger. Never pull a book from a shelf by the binding at the top, but by the back.

Never touch a book with a damp cloth nor with a sponge in any form. Never place a book, or anything else, upon the leaves of an open book. Never rub dust from books, but brush it off with a soft dry cloth or duster.

Never close a book with a pencil, a pad of paper or anything else between the leaves. Never open a book further than to bring both sides of the cover in the same plane.

Always keep books of a volume out of the reach of children and in a clean, dry place. Always keep books you have borrowed with a paper cover while in your possession.

Never cut the leaves of a book or magazine with a sharp knife, as the edge is sure to run into the print.

A SCIENTIST ON PRAYER.

An eminent scientist, Dr. Theodore B. Hyslop, speaking recently at a meeting of the British Medical Association, thus recommended prayer as the best of all cures for mental disease:

"As an alienist and one whose whole life has been concerned with the sufferings of the mind, I would state that of all hygienic measures to counteract disturbed sleep, depressed spirits and all the miserable sequels of a distressed mind, I would undoubtedly give the first place to the simple habit of prayer."

THE RHEUMATIC WONDER OF THE AGE Benedictine Salve

This Salve Cures RHEUMATISM, PILES, FELONS or BLOOD POISONING. It is a Sure Remedy for any of these Diseases.

A FEW TESTIMONIALS RHEUMATISM

What S. PRICE, Esq., the well-known Dairyman, says 212 King street east. Toronto, Sept. 18, 1902.

John O'Connor, Toronto: DEAR SIR,—I wish to testify to the merits of Benedictine Salve as a cure for rheumatism. I had been a sufferer from rheumatism for some time and after having used Benedictine Salve for a few days was completely cured. S. PRICE.

475 Gerrard Street East, Toronto, Ont., Sept. 18, 1906. JOHN O'CONNOR, Esq., Nealon House, Toronto, Ont.: DEAR SIR,—I had great pleasure in recommending the Benedictine Salve as a cure for lumbago. When I was taken down with it I called in my doctor, and he told me it would be a long time before I would be around again. My husband bought a box of the Benedictine Salve, and applied it according to directions. In three hours I got relief, and in four days was able to do my work. I would be pleased to recommend it to any one suffering from lumbago. I am, yours truly, (MRS.) JAS. COSGROVE.

256 1/2 King Street East, Toronto, December 16th, 1901. JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—After trying several doctors and spending forty-five days in the General Hospital, without any benefit, I was induced to try your Benedictine Salve, and sincerely believe that this is the greatest remedy in the world for rheumatism. When I left the hospital I was just able to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just over a week, I am able to go to work again. If anyone should doubt these facts send him to me and I will prove it to him. Yours for ever thankful, PETER AUSTEN.

Peter Austin, writing from Des Moines, Iowa, under date of July 2nd, 1905, says: "Enclosed please find M.O. for \$1.00, for which send me 1 box of your Benedictine Salve. Rheumatism has never troubled me since your salve fixed me up in December, 1901."

188 King Street East, Toronto, Nov. 21, 1902. JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—I am deeply grateful to the friend that suggested to me, when I was a cripple from Rheumatism, Benedictine Salve. I have at intervals during the last ten years been afflicted with muscular rheumatism. I have experimented with every available remedy and have consulted, I might say, every physician of repute, without perceivable benefit. When I was advised to use your Benedictine Salve I was a helpless cripple. In less than 48 hours I was in a position to resume my work, that of a tinsmith. A work that requires a certain amount of bodily activity. I am thankful to my friend who advised me and I am more than gratified to be able to furnish you with this testimonial as to the efficacy of Benedictine Salve. Yours truly, GEO. FOGG.

St. James' Rectory, 428 N. 2nd street, Rockford, Ill. Mr. John O'Connor: DEAR SIR,—Please send me three more boxes of Benedictine Salve, as soon as possible. Enclose please find cheque and oblige. Yours sincerely, (Signed) FRANCIS P. MURPHY. Cobourg, April 22nd, 1905.

Mr. John O'Connor, 197 King street, Toronto: DEAR SIR,—Enclosed please find one dollar (\$1), also postage, for which I wish you would mail to my address another box of Benedictine Salve. Hoping to receive same by return of mail, I am, sir, Yours truly, PATRICK KEARNS.

241 Sackville street Toronto, August 15th, 1902. JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—I write unsolicited to say that your Benedictine Salve has cured me of the worst form of Bleeding, Itching Piles. I have been a sufferer for thirty years, during which time I tried every advertised remedy I could get, but got no more than temporary relief. I suffered at times intense agony and lost all hope of a cure. Seeing your advertisement by chance, I thought I would try your Salve, and am proud to say it has made a complete cure. I can heartily recommend it to every sufferer. JAMES SHAW Toronto, Dec. 30th, 1901.

JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—It is with pleasure I write this unsolicited testimonial, and in doing so I can say to the world that your Benedictine Salve thoroughly cured me of Bleeding Piles. I suffered for nine months. I consulted a physician, one of the best and he gave me a box of salve and said that if that did not cure me I would have to go under an operation. It failed, but a friend of mine learned by chance that I was suffering from Bleeding Piles. He told me he could get me a cure and he was true to his word. He got me a box of Benedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after suffering so long. It has given me a thorough cure and I am sure it will never return. I can strongly recommend it to anyone afflicted as I was. It will cure without fail. I can be called on for living proof. I am, Yours, etc., ALLAN J. BOSTON LAUNDRY.

Rev. Father McDonald of Portsmouth, Ont., sent for a box of Benedictine Salve on the 11th of April, 1905 and so well pleased was he with the result of its use that he sent for more as follows: Portsmouth, 18th May, 1905.

MY DEAR SIR,—Herewith enclose you the sum of two dollars to pay for a couple of boxes of your Benedictine Salve. I purpose giving one to an old cripple and the other to a person badly troubled with piles, in order that they may be thereby benefitted by its use. Yours respectfully, (Signed) M. McDONALD. Kingston, Ont.

PILES

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JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—I wish to say to you that I can testify to the merits of your Benedictine Salve for Blood-Poisoning. I suffered with blood poisoning for about six months, the trouble starting from a callous or hardening of the skin on the upper part of my foot and afterwards turning to blood-poisoning. Although I was treated for same in the General Hospital for two weeks without cure, the doctors were thinking of having my foot amputated. I left the hospital un cured and then I tried your salve, and with two boxes my foot healed up. I am now able to put on my boot and walk freely with same, the foot being entirely healed. I was also treated in the States prior to going to the hospital in Toronto, without relief. Your salve is a cure for blood-poisoning. MISS M. L. KEMP. Toronto, July 21st, 1902.

JOHN O'CONNOR, Esq., Toronto: DEAR SIR,—Early this week I accidentally ran a rusty nail in my finger. The wound was very painful and the next morning there were symptoms of blood poisoning, and my arm was swollen nearly to the shoulder. I applied Benedictine Salve, and the next day I was all right and able to go to work. J. SHERIDAN. 34 Queen street East.

BLOOD POISONING

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JOHNO'CONNOR 199 KING STREET EAST, TORONTO

FOR SALE BY W.M. J. NICHOL, Druggist, 170 King St. E. J. A. JOHNSON CO., 171 King St. E. And by all Druggists PRICE 50 CENTS PER BOX