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The following are examples of Canada Life Policies, in which the Profits added to same have more than doubled the original amounts.

Policy No.	Yearly Premium	Original Policy	Profits Added to 1910	Total Assurance to 1910
125	\$41.84	\$2,000	\$2,286.97	\$4,286.97
886	12.40	800	821.95	1,621.95
989	78.34	4,000	4,039.97	8,039.97
1,203	43.17	2,000	2,005.59	4,005.59
1,694	16.75	1,000	1,005.35	2,005.35
2,157	53.55	1,400	1,415.14	2,815.14

At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments.

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The Tie That Binds.

BY RUTH CAMERON.



If your only hold on some thing you loved very, very much were a slender chain, and if you were afraid the chain was getting too weak to hold, and if you knew that you would lose this precious thing altogether if the chain broke, would you give the chain a tremendously hard yank to see if that would break it? Or would you try to find some way of strengthening the chain? That sounds as if the answer were obvious, doesn't it? And yet, listen to this question from a letter friend: "It seems to me that my husband doesn't care for me as much as he used to," she writes, "and that he is growing altogether too fond of a young woman whom we both know my heart is breaking, for I love my husband devotedly, and I do not know what to do. Do you think I should tax him with paying too much attention to this woman and threaten to leave him if he doesn't promise not to have anything more to do with her?" In other words, do I think she should give the tie that binds this man to her a tremendously hard yank to see if it would break? No, Madame, I don't. For this reason—If you did that and the tie didn't break—as it probably wouldn't—your mind would be easier, but in all probability the tie would be weaker. For even the strongest tie is weakened by such

treatment, and whether your husband cares for the girl or not, that is likely to irritate and estrange him. There are two or three things which you can do, according to your strength. The best and hardest is to try to strengthen that tie in every way you know how, and then, if you still must make some saner test of its strength. But if the torture you are suffering is too keen for you to take such slow measures, the second best thing to do is to have a friendly talk with your husband. In all probability the torture chamber which you have built up for yourself has its foundation merely on a few thoughtless words or acts of your husband, and is constructed out of your own imaginations. Doubtless it is so unsubstantial that a few words from him will blow it to smithereens. And if you approach him in the right way and appeal to his tenderness, he will probably say those few words with eagerness and sincerity. But not if you threaten and antagonize him, and show yourself to him in all the ugliness of an attack of jealousy. Sometimes, you know, an atmosphere of constant jealousy and suspicion will produce the very thing it fears.

By the way, if you want help in convincing yourself of the groundlessness of your suspicions, suppose you read the greatest thing that was ever written on this subject.

In other words, glance over your Othello.

It may really help you to realize how foolish you probably are.

Ruth Cameron

Are the Fly and Mosquito Dangerous?

The fly, with spongy feet, collects the invisible germs of diseases, spreads them over our food and poisons us with typhoid and cholera. The mosquito with its bite injects into our veins malaria and yellow fever. The bacteria of consumption, or grip, are everywhere present for us to breathe into our lungs. The blood which flows through our veins and arteries is our protection. It should contain healthy red and white blood corpuscles—capable of warding off these disease germs. Dr. Pierce's Golden Medical Discovery is a blood medicine and alterative, made entirely without alcohol, a pure glyceric extract of bloodroot, golden seal, Oregon grape root, queen's root, mandarin and stone root, which has enjoyed a good reputation for over forty years. The refreshing influence of this extract is like Nature's influence—the blood is bathed in the tonic which gives life to the blood—the vital fires of the body burn brighter and their increased activity consumes the tissue rubbish which has accumulated during the winter.



"About forty years ago while in Newark, New Jersey, I had chills and fever," writes Dr. J. C. Pierce, "and in the spring of 1877 the chills and fever returned. Doctors and everything I tried failed to do me good. Finally I saw Dr. Pierce's Golden Medical Discovery advertised. I took one bottle of it and the chills vanished. In about a year afterward I felt them come back to me again, but I got another bottle and have never had any symptoms of fever or ague since. That is all of twenty years ago, for I had the chills about twelve years before I started to take 'Golden Medical Discovery'."

Dr. Pierce's Pleasant Pellets are for liver ills.

Household Notes.

White clothes not in constant use can be kept white by using borax powder freely. Put it on the top of window frames, on top and under the surbase, in closets and every crack.

When canning peaches, pour boiling water over them and the skins will slip off easily, leaving the fruit smooth and perfect. This method can also be used with tomatoes.

Flies can be driven out of the house by making the room very dark, excepting one crack of light leading into the out-of-doors. The flies will be attracted to the light and crawl out.

The ivory handles of table knives can be made like new in this way: Remove the stains with lemon juice and salt, wipe with a damp cloth and polish with a soft cloth and putty powder.

To clean furniture thoroughly and produce a fine luster, wring a cloth out in a pail of water in which a tea-cupful of coal oil has been mixed. Wipe the furniture with the cloth wrung very dry.

To make delicious iced coffee, use one quart of strong coffee, boil a quart of milk and add this to the coffee, and then pour in a pint of cream.

Teacher Cured of Barber's Itch

Barber's Itch is a form of Ringworm, which, when once started, is most annoying and unsightly, and most difficult to cure.

But you can cure Barber's Itch and keep the skin wonderfully soft and healthy by applying Dr. Chase's Ointment. Just read what this teacher has to say about the healing power of Dr. Chase's Ointment.

Mr. Chas. C. Polier, Upper Caranquet, N.B., writes:—"Two years ago while teaching at Shippegan I caught Barber's Itch. A friend told me Dr. Chase's Ointment would cure me, as it had him."

"Not only was I cured by that single box, but it also cured two of my pupils, and this too quickly to be believed. One of them, a girl, had a running sore on the chin, which the doctor had tried in vain to cure. The other had a sore on the ear; water running out of it all the time. I can certify to the cure of these cases."

Dr. Chase's Ointment, 60c a box, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

August 31, 1912.

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used for pudding, scalloped dishes, etc. Remnants of bread are dried in the oven and sifted, and are useful for crumbling croquettes, cutlets, fish, meat, etc.

To clarify fat, melt the fat and raw potato cut in quarter-inch slices. Allow the fat to heat gradually. When the fat ceases to bubble and the potatoes are brown, strain through a double cheesecloth placed over a wire strainer in a pan and set aside to cool.

Belvidere Collection.

The Rev. Mother and Community, St. Michael's Convent, Belvidere, beg to tender most grateful thanks for the following generous contributions towards the Orphans' Collection:—

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(To be continued.)

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- Women's White Cotton Bodices (or Corset Covers), Long and Short Sleeves, at 22c., 27c., 33c. and 40c. each.
- Children's White Cotton Vests, Short Sleeves, from 11c. each.
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- Children's Tan Rib Cotton Hose, guaranteed fast; all the sizes from 5 inch to 9½ inch, only 11c. to 15c. pair.
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- Women's Plain Black Fine Cotton Hose, only 13c. pair.
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- Just a small lot left of Women's Black Ribbed Wool Cashmere Hose at 22c. pair. These are some regular 40c. to 45c. value; slightly short in legs, clearing at this price.
- Men's Black and Tan Cotton Half-Hose, only 13c. and 18c. pair.
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- Men's Natural Balbriggan Light Summer Underwear; regularly sold at 45c. garment. Our price—35c. garment.
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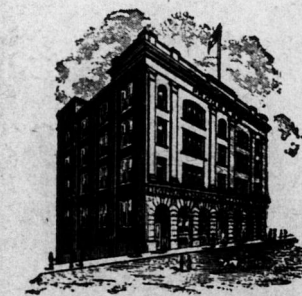
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