## Contracted a Heavy Cold.

## It Became a Lung Splitting Cough.

Mr. J. H. Richards, 1852 Second Ave. East. Vancouver, B.C., writes: "Allow me to write a few lines in praise of your Dr. Wood's Norway Pine Syrup. Last fall I contracted a heavy cold which left me with a hacking cough and every time I would get a little more cold this hacking cough would become a lung splitting one. It kept on getting worse and I kept on spending money buying different cough remedies until a friend asked me if I had ever triet Dr. Wood's Norway Fine Syrup. I told him I was willing to try anything I thought would cure, and on the same day bought two bottles. Before half the first one was used my cough heran to get much easier, and by the time I had used a bottle and a half my cough was gone. I am keeping the other half bottle in case it should come again, but I am sure I have a positive cure. Let boy and girl. Essays are submitted Syrup to all who suffer from a company pine by the boys and girl. Syrup to all who suffer from a cough or throat irritation of any kind."

So great has been the success of this wonderful remedy, it is only natural that numerous persons have tried to

Don't be imposed upon by taking anything but "Dr. Wood's."

Put up in a yellow wrapper; three pine trees the trade mark; price 25

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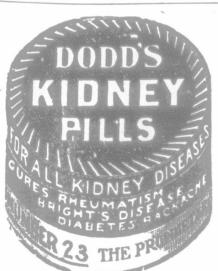
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Baldwin. Yellow Northern Spy, Blenheim Orange and

The visitors evinced great interest in all the varieties, but gave most praise to Grimes' Golden Pippin, Yellow New-One of the town and Northern Spy, the last a very popular variety in all our markets. This particular exhibit had come from Birmingham and Sheffield, and had re-



palm will grow away from sunlight, if

ceived the gold medal at both shows, and Leeds gave the same high verdict. The apples were part of the annual show of the Leeds Paxton Society. The d splay of flowers made a perfect riot of color, especially the thousands of crysanthemums, and enhanced even the stately beauty of the auditorium

of the Leeds town hall. These shows are a great feature of English life. Every town and village has its local floral society, and these societies are doing a most commendable national work in inculcating a love of the beauti-

ful in nature.

An especially praiseworthy feature of the shows is the opportunity given to school children to see the beautiful flowers and fruit. A small charge of one penny is made, and the children come in charge of their teachers. The eagerness with which they look around at the mass of glowing colors is good to see, and a fine antidote for pessimism. Five thousand children visited the Leeds show on the Saturday morning, and it was no mean feat to marshal and control such an army of the coming generation. How the boys and girls stared at those lovely British Columbia apples and only the eternal vigilance of the attendants prevented the moral downfall of many a boy faced with such a great temptation.

But a chance was offered not only to by the boys and girls describing what they have seen, and to the best prizes are awarded. Mr. Ellison generously added a box of apples as a prize for the best boy's essay, and another for the

The British Columbia government is doing an excellent work for the province by these fine displays of what can be done in growing the highest qualities

F. DEWHIRST.

#### KEEP FEW PLANTS AND CARE FOR PROPERLY

EDITOR FARMER'S ADVOCATE:

In driving through this western country, especially the newer parts, the farm houses do not, as a rule, give one the impression that they are homes. They are temporary abiding places, and there is so much work of absolute necessity to be done, and so little help and time in which to do it, the beautifying of our surroundings is crowded out.

In summer a few vines are a vast improvement. Sweet peas, wild cu-cumber, hops and Virginia Creeper make pretty screens, and, after plant- ness out of your back; it ing, require no care, except to be given support and occasional watering, should it be very dry.

Then, for plants for growing inside great strength builder; Newtown, the house, we need varieties that are not too tender and that do not require too much attention. Given a sunny window and a moderate degree of heat, it is possible, even in a shack, to

> One of the best is the geranium of any variety. Some have beautiful foliage and all bloom freely. For courage me now."
>
> winter blooming, take slips early in
>
> This is one among tens of thousands. summer, pot in rich soil and water when it gets dry, and you will have a profusion of bloom. Don't keep them until too old. If you want plants to branch out, pinch off the small leaves at the top. Geraniums can be pulled up, dirt shaken off, and hung up by the roots in the cellar until spring, when they make excellent bedding plants.

Fuchsias are not hard to grow. They require rich, moist soil and can be cut down to the ground and rested in the cellar, either in winter or summer, and when given light, heat and moisture will grow with renewed vigor.

For foliage, asparagus sprengeri is | one of the best with its long feathery leaves. It will grow from seed in almost any position with no particular care, and will withstand dry atmos-An umbrella plant or date



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Burning common coal oil the ALADDIN MANTLE LAMP generates gas that gives a light more brilliant than city gas, gasoline or electricity. Simple, odorless, clean, safe and durable.

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# This Man Is Young at 55 Years

He is a "Health Belt Man," Therefore Has the Vitality and Hot Red Blood of Youth in His Veins; He Towers like a Giant Above the Ordinary Difficulties of Life—Be a "Health Belt Man" Yourself— It Gives Manly Strength; It makes You Young and Keeps You Young All the Days of Your Life; It Takes all the Coward Out of Your Make-up — Let Me Give You of This Abundant Vitality. Then Nothing Can Ever Conquer You but Death Itself - 100,000 Men Have Taken My Advice. Why Not You?

The secret of lifelong youth may be summed up in one word—Vitality. If you have this great natural power in abundance years count for nothing. I use no drugs, I recommend none. Just the Health Belt. No privations, no dieting and no restrictions, excepting that all dissipa-tion must cease. Put the Health Belt on nights when you go to bed; let it send its power into your nerves, organs and blood while you are sleeping. It gives you a great flow of soft, gentle, galvanovital electricity during the entire night. One application and you are like a new being; it takes all the pain and weakmakes you answer the morning greeting with "I'm feeling fine!" It is a it overcomes the results of discretions, it gives you a compelling power, so that you are attractive to all women and men with whom you come in contact. W. B. Freel, East tact.

End, Sask., writes: "I am a man again, thanks to you. Nothing can dis-



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Dr. C. F. Sanden, 140 Yonge St., Toronto, Ont.

STRENGTH

THE GLORY OF MAN

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