

We are all Liable to Colds

and their train of evils

Trace a cold back to its cause and the fact is found to be that it came through exposure when the vitality was low.

Therefore, the body should be well fortified by a generous diet. A cup of **HOT BOVRIL** at eleven or at five o'clock, or before going out into the wet or cold will impart strength and increase your power of resistance.

There is both pleasure and safety in

BOVRIL

6-11-09

O'Keefe's PILSENER



Insist that your dealer always sends

O'KEEFE'S "PILSENER"

"THE LIGHT BEER IN THE LIGHT BOTTLE"
(Registered)

The O'Keefe Brewery Co.
of Toronto, Limited

CANADIAN HOTEL DIRECTORY

The New Russell

OTTAWA, CANADA

250 rooms

American Plan \$3.00 to \$5.00.

European Plan \$1.50 to \$3.50.

\$150,000.00 spent upon improvements

La Corona Hotel

(The Home of the Epicure)

European Plan, \$1.50 up. Montreal

King Edward Hotel

TORONTO, CANADA

—Fireproof—

Accommodation for 750 guests. \$1.50 up.

American and European Plans.

Grand Union Hotel

TORONTO, CANADA

Geo. A. Spear, President

American Plan \$2-\$3. European Plan \$1-\$1.50

Hotel Mossop

TORONTO, CANADA. F. W. Mossop, Prop.

European Plan. Absolutely Fireproof

RATES

Rooms without bath, \$1.50 up

Rooms with bath, \$2.00 up

Calgary, Alberta, Can.

Queen's Hotel Calgary, the commercial metropolis of the Last Great West. Rates \$2.00 per day. Free 'Bu to all trains. H. L. STEPHENS, Proprietor

Oshawa Metal Ceilings

Fit for the finest building. Cost little enough. Reduce fire-risks. Two thousand designs for stores, halls, warerooms, churches, residences, etc. Write for handsomely illustrated book showing exclusive Pedlar designs.

PEDLAR People of Oshawa

Montreal, Toronto, Halifax, St. John, Winnipeg, Vancouver

In answering advertisements mention Canadian Courier

PEOPLE AND PLACES

A MESSAGE FROM ALBERTA.

THE other day an illuminative big man dropped in at the *Courier* office with a serious look and a face that stamped him off-hand as one with an eternal fund of good-humour. He was from Alberta and his name was MacGrath. He had a message. MacGrath usually has. Most Westerners usually have—messages. Most Albertans are just as liable to loosen up on a good square advertising talk as they are to eat. It's part of the optimism of the West.

But Mr. MacGrath was not advertising. He was just talking sense; spoke his name as soon as the writer entered the room.

"Oh, yes, you're from Alberta. Uh—"

"Now, I hope you're not going to tell me that the people in Alberta are the finest in Canada. While it may or may not be true, it's not good policy to say so."

This was a decidedly new note in a Westerner. Here was a man who was willing to be critical about his own province and country.

"Yes," he went on in a stately, slow sort of voice, "it becomes very wearisome to have people from other countries stand up in public and tell us we're the finest ever. The Britisher is the worst man for idle boasting. For years now we've been hearing palaver from these good-humoured talkers over the water. Every Englishman of note who comes to Canada for a visit thinks it's good form to wheedle us with a feeling of unctious colonial superiority. Even Kipling did it. Northcliffe does it. Beresford—laid it on thick. Scores of others have joined in the chorus—till at every Canadian club luncheon in the country we've been told in just about all the ways there are to tell it—that we are the people, the whole people and nothing but the people."

"And you think it's not so, eh?"

"Well, what's the use? We can't unmake history. We're doing well; but we're a young experimental lot and it's only a little while since we began the experiment of doing things off our own bat. Canada isn't the seat of empire. Canada is a great country with a few people earnestly endeavouring to work out a future. There's a great future for this country—no doubt of it. But why rush the prospect. Why not take stock in ourselves and try to find out exactly where we are in the scale before we say 'Hear, Hear!' to every orator that tries to tickle our vanity?"

"Have you read Emerson Hough's articles?"

"On Canadian assimilation and British population? No. I don't know that Hough had any particular knowledge of the subject."

Mr. MacGrath—has studied the subject. It was clear that to him population is not the whole law. Just what his views are on the immigration question he had not time to set forth. But he has a knowledge of it that very few men in this country have. He hails from a land where people are jostling one another in all sorts of strange ways: where the old nudges the new and the vacant land of to-day is the town of to-morrow; where there is a conglomerate, composite mixture of peoples alive with diversified notions about government and civilisation and sociology. The West is the great mixing-place. There sociology is to be studied anew. The Canadian countryside and the Canadian town are both a new thing west of Keewatin. It's going to be a serious deep study one of those days to discover precisely what the meaning of this new civilising aggregation is; where it's forces lie; what it's going to do for the structure not only of Canadian politics, but also of Canadian society based on capital and labour. It's the great democracy where the verified fact of now becomes the fiction of next year. It's the place where no man can lay down the hard and fast law without mental reservations, because the fixture you make to-day is too small to do the business by the time the next election comes round.

Of course Mr. MacGrath didn't say half of this; but he meant most of it and a good deal more besides. He has a lot of things up his sleeve about the making of the West and one of these days we shall know what they are.

THE MAN ON THE STREET.

THE street-corner solicitor and the dark-alley asker of alms is getting to be with us again in the cities, now that winter begins to flop her cold wings down the north. Last two winters have produced a large crop of these rather unwelcome people; and it is to be feared that many thrifty folk regard the street solicitor with a dim eye. As cities grow—even in prosperous times—we shall be less and less able to keep organised relief work abreast of the conditions. Besides there are many who prefer to take chances on the casual generosity of the man on the street to lining up in a relief department where every man gets so much and no more. There is an element of the gambler in many of these people. There are also many very decent old country folk as well as native Canadians who are compelled to pop out of a dark doorway on a stormy night and in the politest of accents ask the price of a meal or a night's lodging. No hard and fast rule can ever be made to apply to such cases. The man who never gives to a beggar is as liable to be wrong and wrong very often as the man who gives to all and sundry. We shall never be without these people. For that matter we have had tramps in the rural sections for nearly a hundred years.

THE ACTOR AND THE DOGS.

AT a luncheon tendered an English actor in Toronto the other day, the said gentleman was pleasantly reminded of a former occasion when he was given a midnight dinner of weiners and beer—with the family dogs all buried in the yard; being presented with a plate of weiners and this inscription:

Once in a "kennel" a party was gathered,

With beer and with weiners they prompted the bard;

And a man from the footlights sat by in the smoke there,

His name it was Hadfield—nine dogs in the yard!

The silentest man in the crowd was the actor,

They rhymed and they storied—but he listened hard;

For the corks they were harmless, the bottles were empty

And he sat rememb'ring—nine dogs in the yard!

The scenes they have shifted, the "props" have got straggled,

The stage has been altered—and here comes the card,

The dog and the bottle, the very same menu—

Miserabile dictu! No dogs in the yard."

AT THE WORLD'S FAIR, CHICAGO, 1893; GOLD MEDAL
AT THE AMERICAN EXPOSITION, 1901; GOLD MEDAL

MAC LAREN'S IMPERIAL CHEESE

WOULD DOES NOT
HARM CONTENTS
KEEP
IN A COOL PLACE

The BITE of the DAY

If you are preparing a hamper for any sort of outing, don't forget to include a jar or two of MacLaren's Imperial Cheese. It will add pleasure to the spread, and lessen the bother of preparation. Easy to serve—spreads like butter. In a jiffy you can prepare with it the most delicious sandwiches of bread or crackers, or as easily serve it in a number of other ways. And always it is "the bite of the day," a piquant, delightfully flavored dainty, that both sharpens the appetite and satisfies it. Imperial Cheese never becomes hard or dry.

Sold in opal jars at all grocers, prices from 10 cents up.

MAC LAREN IMPERIAL CHEESE CO., Ltd.
Detroit, Mich., and Toronto, Canada.

WOLSEY UNDERWEAR

is comfortable from the time it is first put on till the last day it is worn. It fits so well and feels so good that all who have once used it naturally prefer it to any other.

Guaranteed Unshrinkable

AT ALL LEADING DEALERS

ESTABLISHED 1743

WHITE HORSE WHISKY

ESTABLISHED 1742.

Great age and fine bouquet with guarantee of purity are its recommendation.

Always ask for **WHITE HORSE** specially if you want it.

Sold by all Wine Merchants, Grocers and Hotels.