

Troubled With Backache For Years.

Now Completely Cured By The Use Of

DOAN'S KIDNEY PILLS.

Mrs. W. C. Doerr, 13 Brighton St., London, Ont., writes:—"It is with pleasure that I thank you for the good your Doan's Kidney Pills have done me. Have been troubled with backache for years. Nothing helped me until a friend brought me a box of your Kidney Pills. I began to take them and took four boxes, and am glad to say that I am cured entirely and can do all my own work and feel as good as I used to before taken sick. I am positive Doan's Kidney Pills are all you claim them to be, and I advise all kidney sufferers to give them a fair trial."

Let Doan's Kidney Pills do for you what they have done for thousands of others. They cure all forms of kidney trouble and they cure to stay cured.

Price, 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering specify "Doan's."

Make Big Money Training Horses!

Prof. Beery, King of Horse Tamers and Trainers, has retired from the Arena and will teach his wonderful system to a limited number, by mail. **\$1200 to \$3000 a Year**

At Home or Traveling

Prof. Jesse Beery is acknowledged to be the world's master horseman. His exhibitions of taming manhandling horses, and conquering horses of all dispositions have thrilled vast audiences everywhere. He is now teaching his marvelous successful methods to others. His system of Horse Training and Colt Breaking opens up a most attractive money-making field to the man who masters its simple principles. Competent Horse Trainers are in demand everywhere. People gladly pay \$15 to \$25 a head to have horses tamed, trained, cured of habits—to have colts broken to harness. A good trainer can always keep his stable full of horses. If you love travel, here is a chance to see the world, giving exhibitions and making large profits. You will be surprised to learn how little it costs to get into the Horse-Training profession. Write and Prof. Beery will send you full particulars and handsome book about horses—FREE. Address Prof. Jesse Beery, Box 26, Pleasant Hill, Ohio.

Nothing Like Maypole Soap

— the Home-Dye that cleans while it gives fast, beautiful shades—quickly, easily, surely. Keeps the hands white—the kettles clean.

Colours, 10c. Black, 15c.

All dealers—or send 10c. for full-size cake (mention colour—for black, send 15c.) and free book on How to Dye.

F. L. Benedict & Co., Montreal.

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Traveling Salesmen earn from \$1,000 to \$25,000 a year and expenses. Over 600,000 employed in the United States and Canada. The demand for good Salesmen always exceeds the supply. We will teach you to be an expert by mail and our FREE EMPLOYMENT BUREAU will assist you to secure a good position. We receive calls for thousands of Salesmen and cannot supply the demand. Thousands of our graduates have secured good positions. Many who formerly earned \$25 to \$75 a month have since earned from \$100 to as high as \$1,000 a month and expenses. Thousands of good positions now open. If you want to secure one of them or increase your earnings our free book "A Knight of the Grip" will show you how. Write or call for it today. Address nearest office. Dept. 446 National Salesmen's Training Association Chicago, New York, Kansas City, Minneapolis, San Francisco.

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This famous rifle free for selling 20 pgs. ART Post Card \$1.00 per pkg. Send for cards today. When sold, send us \$2.00 and rifle will be sent you at once. BELMONT MFG. CO., DEPT. 8, CHICAGO

The Home Beautiful.

By W. A. McIntyre, LL.D., Principal Normal School, Winnipeg.

GOOD RESOLUTIONS.

In that thoroughly healthy and attractive play "The Man in the House," there is expressed the sentiment that any one in this world may have just what he wants, if he really wishes it with his whole heart. Let a man set his heart on gold and he will get it—get it until his pockets, his tills, his vaults are filled to overflowing. The gift of the Golden Touch is not only for King Midas but for every one who day and night thinks and dreams and gloats over his treasures.

But let the wish be for something else. Let it be for love and friendship, for the joys of home, and social communion. Then if the wish be only strong enough and steadfast and sincere, friends will be secured in plenty, love will follow into the soul until it overflows through numberless channels for the blessing of mankind. Home will become heaven, and the countryside a paradise. If a man only wishes it! That is the point. Everything comes to him who makes a strong, earnest resolve.

So with the coming in of the year it is well to set down our hopes and our aspirations. These will become for us ideals which we are bound to actualize if we but wish it with all our hearts.

THE FATHER'S RESOLUTIONS.

1. I resolve that in 1910, my wife shall have the easiest and happiest year of her life.

Yes, I agree to this resolution. When I spend twenty-five cents for tobacco I will put aside an equal amount for her, my helpmate. When I pay fifty dollars for hired help in harvest time I will arrange it that she may have a little help in her busy season. When I build a barn for the stock I will add a little comfort to the room in which she spends her few quiet hours. When I take a trip to the convention or the fair, I will arrange it that she goes with me, or that she has a holiday at some other time. Surely she is worth caring for. I made a promise with regard to her once. I will keep it in 1910 as I never kept it before. For I really wish her to be happy, and she will be happy indeed if I only wish it with my whole heart.

2. I resolve that in 1910 my children will mean more to me than money or lands or stock.

Cheerfully I subscribe to this. I recognize that a child's greatness consists not in what he has but in what he is. To this, end I will surround my boys and girls with the best of books; I will get for them the best teacher the country can provide; I will give them a home and a school that are fit dwelling places for those who are dearest to me. And in ordering my household affairs I will not forget them. They are not young men and women, they are only boys and girls. They love company, they love activity, they love just a little luxury, they love to read stories of heroes and heroines, stories of adventure and discovery; yes, they love to dream at times because Heaven lies about them in their infancy and the shades of the prison house have not quite closed about the growing boy. Because I love my children I will study their needs, and my first care will be to supply them. I have it in my power to make them happy, and useful and honorable and unselfish, if I but wish it with my whole heart. And because example is so potent, I will in my habits, my language, my actions, in private and public, so order my life that it will be for my children both a model and an inspiration.

3. I resolve that in 1910 my life shall mean to my fellows, my country and my God more than ever it has meant in the past.

I will subscribe to this with all my heart. Then will be ushered in the year of Jubilee, for where there is good desire, envy, strife and all ill-feeling must pass away, the affairs of the nation will

be established in righteousness, for all progress and peace are founded on willing service, and above all the day will be hastened when the Kingdoms of this earth shall become the Kingdoms of His Son; for in the millennium the disciples will join the Master in going about doing good. The true man finds his life in service. I know that if I wish it earnestly enough my soul may be aglow with the flame that is kindled by devotion to God and duty. But the wish must be from a full and earnest heart.

THE MOTHER'S RESOLUTION.

I will be a good wife. I have wished to be that all these years, but perhaps in spite of my wishes I have failed in some slight way. I have not had from my husband the appreciative words I yearned to hear, and I have grown despondent. My life has become formal and cold. But in the year that is to come, I will renew my efforts to do my full duty. I will remember that love is kindled only by love and that "a tart temper does not mellow with age; a sharp tongue is the only edged tool that is not dulled with constant use."

To be a comfort rather than a fault-finder, to be a help rather than a hindrance, to be as frugal as necessities demand and as generous as circumstances permit, all this I can pledge and more. My resolve is to so live with my chosen partner that we shall be one in aim, one in hope and one in the execution of our plans. Nor will I let my household cares prevent me from cultivating those graces of manner and those habits of speech and action which were my attraction in the days gone by. I wish it to be that as we grow older we can sing:

"John Anderson, my Jo, John,
We clamb the hills thegither,
And many a cantie day John,
We had wi' ane anither,
Now we maun totter down John
But hand in hand we'll go
And sleep thegither at the foot
John Anderson, my Jo."

2. I will be a good mother. Surely it is no harm to make this good resolve. My children are my life. This is why they are my anxiety and my pride. I must lose myself in them. During the year I will think of their comfort, their happiness and their lasting good. And I recognize that all happiness is not lasting good. When I am furnishing the home I will think of them. The girls must have a room of their own of which they may be proud. The very associations in that room must breathe refinement, taste and gentility. The boys, too, must have their room, and it will be furnished so that every book, every picture and every decoration will suggest manliness, courage and loyalty to truth and duty. Nor will I let my duties, many though they be, keep me from discharging the greatest duty of all, which is to preserve that spirit of communion without which a home is but a dwelling place, a mother but a walking-boss. Knowing as I do that the only real verities are those which are eternal I shall cultivate in my children the virtues of faith, hope and love. Then they will be rich indeed in that treasure which is not of earth, and which it is not in the power of man to steal or take away. And these things I believe with my whole heart.

3. I will be a good neighbor. Here again I can subscribe my name. I know what a good, pure, unselfish life may be in any community, and I know also how great is the damning power of a "woman with a serpent's tongue." There are about me those who have trials and tribulations, those who are burdened with secret sorrows. There is my opportunity. For me during the year every such opportunity is to be seized, so that in the circle of my acquaintance life may be lovelier, brighter and more completely filled with that enjoyment which is possible only in an atmosphere of good-will and brotherly-kindness. Nor shall scandal

Caught Cold By Working In Water.

A Distressing, Tickling Sensation In The Throat.

Mr. Albert MacPhee, Chignecto Mines, N.S., writes:—"In Oct., 1908, I caught cold by working in water, and had a very bad cough and that distressing, tickling sensation in my throat so I could not sleep at night, and my lungs were so very sore I had to give up work. Our doctor gave me medicine but it did me no good so I got a bottle of Dr. Wood's Norway Pine Syrup and by the time I had used two bottles I was entirely cured. I am always recommending it to my friends."

Dr. Wood's Norway Pine Syrup combines the potent healing virtues of the Norway pine tree with other absorbent, expectorant and soothing medicines of recognized worth, and is absolutely harmless, prompt and safe for the cure of Coughs, Colds, Bronchitis, Croup, Sore Throat, Pain or Tightness in the Chest, and all Throat and Lung Troubles.

Beware of imitations of Dr. Wood's Norway Pine Syrup. Ask for it and insist on getting what you ask for. It is put up in a yellow wrapper, three pine trees the trade mark, and the price 25 cents.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Deafness and Catarrh

Successfully treated by "Actina"

Ninety-five per cent of the cases of deafness brought to our attention is the result of chronic catarrh of the throat and middle ear.

The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones. Until these deposits are removed relief is impossible. The inner ear cannot be reached by probing or spraying, hence the inability of specialists to always give relief. That there is a scientific treatment for most forms of deafness and catarrh is demonstrated every day by the "Actina" treatment. The vapor generated in the "Actina" passes through the Eustachian tubes into the middle ear, removing the catarrhal obstructions and loosens up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the vibration of sound. "Actina" is also very successful in relieving head noises.

We have known people afflicted with this distressing trouble for years to be completely relieved in a few weeks by this wonderful invention. "Actina" has also been very successful in the treatment of la grippe, asthma, bronchitis, sore throat, weak lungs, colds and headache and other troubles that are directly or indirectly due to catarrh. "Actina" will be sent on trial, postpaid. Write us about your case. Our advice will be free as well as a valuable book—Professor Wilson's Treatise on Disease. Address Actina Appliance Co., Dept. 84C, 811 Walnut Street, Kansas City, Mo.

BETTER THAN SPANKING.

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 86, Windsor, Ont., will send free to any mother her successful home treatment with full instructions. Send no money but write her today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged persons troubled with urine difficulties by day or night.