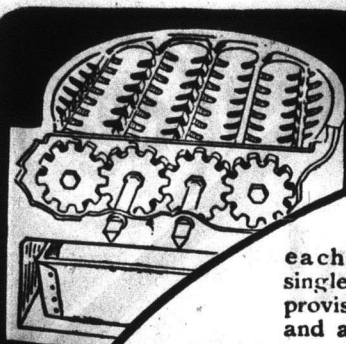




Sunshine grates have maximum strength

Sunshine Furnace has four triangular grate bars, each having three distinct sides. In the single-piece and two-piece grate no such-like provision is made for expansion or contraction, and a waste of coal always follows a shaking.

On the left- and right-hand sides are cotter pins, which when loosened permit the grates to slide out. These four grate bars are made of heavy cast iron, and are finished up with bulldog teeth. The teeth will grind up the toughest clinker; and

SUNSHINE furnace

because the grates are made in sections, not only can nothing but dust and ashes pass through, but after each shaking a different side can be presented to the fire. Also, with the Sunshine grate there is no back-breaking movements attached to the shaking. By gently rocking the lever, first on the left and then on the right, the ashes are released on both sides, and fall through into the pan.

McClary's

"The Unexpected Always Happens"

A hackneyed phrase—but with a deal of truth in it. It is to guard against the unexpected that the prudent man takes Life Insurance.

Here is a case in point. A large farmer in Alberta, wealthy in land and prospects, but heavily indebted to the Bank for cash to carry out his wide enterprises, was approached by The Great-West Life Assurance Company concerning insurance. For some time he refused an application. Like so many farmers he preferred to put all his available money into the farm. Like many—not farmers alone—he counted on future profits and took no account of the "unexpected."

However, after careful scrutiny of the Policy offered, he applied for a large amount.

Three days after the Policy was issued, the insured caught a chill, developed pneumonia, and within a week was dead. The widow has received full settlement of the claim—and is thus enabled to pay off the debt to the bank, hire a manager and continue the enterprises on hand.

The incident carries a double lesson. **TAKE INSURANCE WITHOUT DELAY—AND INSURE IN**

THE GREAT-WEST LIFE ASSURANCE COMPANY,

Head Office, Winnipeg.

Lowest rates—highest profits. Information on request.

Nothing purer or better made than

Cowan's

Milk Chocolate Sticks,
Medallions, Croquettes,
Cream Bars, etc. Have
you tried Maple Buds?

THE COWAN CO. LIMITED, TORONTO

The Home Doctor.

Have You a Headache?

Take the glass part of a thermometer out of the frame; hold the bulb under your tongue; wait one minute. Now look. It is 98 degrees. That tells you how warm your blood is. Now hold it against your foot. Don't be in a hurry; give it a chance to feel the exact state. Down it goes to 65 degrees. That tells you how warm your feet are,—33 degrees between your tongue and your feet.

Don't you know that equable circulation means good health, and the loss of it means bad health? Let us see. You have a headache. Your head is hot; it throbs. Your feet are icicles. Now put your feet in a pail of hot water. In six minutes you say, "Oh mother, how good I feel! That rush in my head is all gone!" You have headache about half the time? No? Well, then, pain in your side? No? Well, I venture that every day you have some bad feeling about the head and neck or chest or back? Now let me tell you something. It is very rare that a hot foot-bath will not remove all these bad feelings for the time being. What does this mean? Why, it means that there is too much blood in the head or neck or shoulders or back, and that there is a lack of it in the feet and legs. A hot foot-bath draws the blood down below, and takes the excess of blood from the upper parts. That's exactly the philosophy of it. Of course the hot foot-bath is a bad thing, but it serves to illustrate the law.

A Secret.

Now let me whisper in your ear. I will tell you a secret. If, during the damp and cold season, you will wear one or two pairs of thick flannels on your legs, and very thick woolen stockings, and strong, broad-soled shoes, and a sensible dress, you will have all the time that good flow of blood that the hot foot-bath gave you for the time being. This will keep the blood from crowding into the head and upper parts of the body, and will prevent those uncomfortable feelings.

What I have been saying about the legs is true of the arms. The extremities, both upper and lower, will, in our climate, during the damp and cold season, be sure to get cold, and thus the balance in the circulation is lost. Then comes fullness in some organ, or in the head or neck, with heat or pain, or some other uncomfortable feeling. This can all be prevented by keeping the blood flowing equably in all parts. In this climate we must depend upon clothing. Friction is good, exercise is good; but the main dependence is clothing. So you must, for eight months of the year at least, dress your legs and feet and arms with very thick woolen garments.

Just think how women dress. About the chest, the warmest part of the body, they put one, two, three, four thicknesses; then comes a shawl, and then thick-padded furs; while their legs, with one thickness of cotton, go paddling along under a balloon. They go to the family physician, and say, "O doctor, my head goes bumpity-bump. Doctor, it seems as if all the blood of my body is in my head and chest."

"Well, madam, how about your legs and feet?"

"O doctor, they are like chunks of ice."

"Ah, madam, if you ligature your body so that the blood can't get down into your legs and feet, where can it go? It can't go out visiting. It must stay in the body somewhere; and if it can't go down into the legs and feet, it, of course, goes into your head and chest."

Girls, most of you wear too much clothing about your shoulders, chest, back, and hips; but there is a sad lack of it about your legs, feet and arms.

Cure of Stammering.

Many years ago a famous professor came to our town, and announced that he could "cure the worst cases of stuttering in ten minutes without a surgical operation." A friend of mine was an inveterate stammerer, and I advised him to call upon the wonderful magician. He called, was convinced by the testimonials exhibited, struck up a bargain, paid the fifty dollars, and soon called at my office talking as straight as a railroad track.

I was astonished, and asked my friend by what miracle he had been so suddenly relieved of his life-long trouble. He informed me that he had made a solemn pledge not to reveal the process of cure.

I knew two other bad cases—ladies; and, calling upon them, reported what had come to pass.

They were soon at the professor's rooms, came away elated, raised the hundred dollars, paid the cash, and in half an hour were ready, had the question been popped, to say "Yes" without hesitation.

I was soon made acquainted with several other cures quite as remarkable, and resolved to turn on my sharpest wits and wait upon the magician.

He seemed an honest man, and in two days I had made up my mind to pay him a large fee and learn the strange art, with the privilege of using it to cure whomsoever I would. Those who had been cured by the professor were solemnly bound not to reveal the secret to any one, but my contract gave me the privilege of using the knowledge as I pleased. And now I propose to give my readers a simple art which has enabled me to make happy many unhappy stammerers. In my own hands it has often failed, but in three-fourths of the cases which I have treated, the cure has been complete.

The secret is this: the stammerer is made to mark the time in his speech, just as it is ordinarily done in singing. He is at first to beat on every syllable. He begins by reading one of David's Psalms, striking the finger on the knee at every word. You can beat time by striking the finger on the knee, by simply hitting the thumb against the fore-finger or by moving the large toe in the boot.

I doubt if the worst case of stuttering can continue long if the victim will read an hour every day, with thorough practice of this art, observing the same in his conversation.

As thousands have paid fifty and a hundred dollars for this secret, I take great pleasure in publishing it to the world.

Health Notes.

Red fruits are richest in iron and good for the blood.

Hot water is the best thing for a bruise or a sprain.

To make eyebrows heavy and glossy use a lotion of equal parts of glycerine and rose water.

A soft chamois or felt shield for corns and bunions affords immense relief.

Eat prunes and figs without stint if you wish to avoid taking salts and senna.

Everyone should drink at least two quarts of water each day.

Our bodies are to a large extent moulded and fashioned by our thoughts.

If you suffer from indigestion take a teaspoonful of pure glycerine in a little water after each meal for two or three weeks and be careful what you eat.

It Has Many Qualities.—The man who possesses a bottle of Dr. Thomas' Electric Balm is armed against many ills. It will cure a cough, break a cold, prevent sore throat; it will reduce the swelling from a sprain, cure the most persistent sores and will speedily heal cuts and contusions. It is a medicine chest in itself and can be got for a quarter of a dollar.