

ARTICLES OF DIET.

Ordinary Person.

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Bread can do both, but it is better as a source of energy than as a repairer." Among nitrogenous foods instanced as good adjuncts in supplying the defects of bread are beans, cheese and fish. The white of an egg is stated to be a very essential element of food. If no meat is available at any time, bread, sugar and eggs are all that is wanted for "a very respectable support for the body." Un-der conditions of comparative scarcity, if a child is given its slice of bread with treacle "we are doing as well as we can for the child." Another illustration of the marvellous value of bread as a food



Has Its Cures Credited to Dodd's Kidney Pills.

John White Could get Nothing to Help his Rheumatism Till he Tried the Great Canadian Kidney Remedy.

Yellow Grass, Assa., N. W. T., Jan. 8. Yellow Grass, Assa., N. W. I., Jan J. - (Special.) - No place on the prairies but can furnish some proof of the splen-lid work Dodd's Kidney Pills are doing in wining out the Kidney ailments of day. That is to say, his food, if con-sumed in an engine, would raise 4,600 tons weight one foot high every day. This does not allow for waste.—London In wiping out the Kidney ailments of the west. It was near here that little Edith Harris was so wonderfully cured of Dropsy by them, and now Mr. John White is giving an experience almost as Express.

white is giving an experience the remarkable. "I think," Mr. White says, "I should In clearing the ground is ago it is the public know of the benefit I got little schoolhouse some years ago it from Dodd's Kidney Pills. I had Rheu-became necessary to remove a huge matism for years, and neither doctors hor medicines did me a bit of good till the village jack-of-all-trades set off hor medicines the benefit of the state of the window glass in the trade to the window glass in the hor medicines did me a bit of good till last spring I tried Dodd's Kidney Pills. They did me a great deal of good. I feel fike recommending Didd's Kidney Pills even stronger than I can talk." the set of the blood. They tone up the body to its highest standard of health and the blood the blood the blood the blood. They tone up the body to its highest standard of health and the blood the

energy.

AWFUL HEAT OF VOLCANOES.

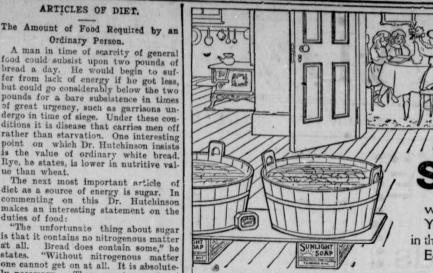
Melted Rock Attains a Temperature of 1,600 Degrees F.

In a recently published volume on volanoes Professor C. Doelter undertakes to tell why volcanoes have eruptions. Melted rock such as is flung from Vesu-

rest reaction of the second se Minard's Liniment Co., Limited Gentlemen,-I have used MINARD'S LINIMENT from time to time for the past twenty years. It was recommended to me by a prominent physician of Mont-real, who called it the "great Nova Scotia" Liniment." It does the doctor's work; it is particularly good in cases of tock which still remains solid, because the temperature is less than that of the melting point corresponding to the pres-rure under which it rests, and below that again there must be rock or mag-Rheumatism and Sprains. na in a state of fusion; it is to this

elter looks f

Yours Truly, G. G. DUNSTAN,



AGENTS WANTED.

W ANTED. \$7 TO \$10 PER WEEK CAN be earned working for us at your home; send name and address for full par-ticulars. The Dominion Knitting Co., Orillia, Ont

A GENTS. WE ARE PAYING LARGEST commissions of any company doing an honest business; we manufacture the high-est grade of flavoring powders in America; you can make from five to six dollars a day. Apply to us for particulars, Iwanta Manufacturing Co., Hamilton, Ont.

MISCELLANEOUS.

W ANTED, YOUNG WOMEN OF GOOD education to enter Training School for Nurses. Three (3) years' course. Second term commencing Jan. 1st. Apply to Mias Kent, Superintendent Toledo Hospital, To-ledo, Ohio, U. S. A.

for the child." Another illustration of the marvellous value of bread as a food is given by Dr. Hutchinson. "One pound of beef," he states, "is only about half as valuable as a source of energy as an equal quantity of cheese, while a given weight of bread yields a third more en-ergy than its equivalent in beef," The amount of food required by an ordinary person is made with an en-Souvenir Post Cards 12 for 10c; 60 for 50c; 100, \$1; 200, \$2; 500, \$5; all different. Largest and finest stoer in Canada; 500 mixed, \$3; albums, all prices. W. R. Adams, Toronto, Out. ordinary person is somewhat remarked when comparison is made with an en-gine. A man requires to be supplied with about 4,600 foot-tons of energy a much is to say his food, if con-

A BSOLUTELY THE BEST; PITMAN OR Eclectic shorthand students write leiters after six weeks' private instruction. New term, Jan. 2nd. Complete course in shorthand, bookkeeping, typewriting, pen-manship, \$20. Write Toronto Business Col-lege, Yonge and Bloor, Toronto, Ont.

PICTURE POST CARDS, ENGLISH OR Scotch, 6 for 15 cents. Dominion Sup-ply House, King street, Hamilton, Ont.

Mrs. Winslow's Soothing Syrup should always be used for Children Testhing. It soothes the child, soothes the gums, curve wind colic and is the best remedy for Diar-phone

BELIEVE!

BELIEVE in the modest conceptions and n the purest ideals of humanity. BELIEVE always and in all circumstances n the final victory of justice, righteous-toes and truth pess and truth. BELIEVE in your own country, in its constitution, its laws, its principles and in boulder was rent in fragments by his first attempt. He knew where to place the dynamite. There are in the business BELIEVE in a great deal more than you can touch and handle and see with your

world a great many emulators of the un-practised villager. They so place their publicity blasts that the explosion makes BELIEVE in the force of the human will o do whatever is wise and necessary to be

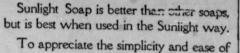
publicity blasts that the explosion makes a great deal of noise, but produces no desirable results. Advertising will shat-ter the rock of popular indifference if properly handled, as Times advertisers long ago discovered.

done. BELIEVE in the good of human nature, and of this, no matter how dark things seem, never despair. BELIEVE that the discipline of life, its chastenings, its hardshipe, its mysteries, are part of a great, wise plan. BELIEVE in the order of things, in the laws of nature are wise, wholesome and beneficent.

laws of nature are wise, wholesome and beneficent. BELLEVE in yourself, as sent into the world to do and to be something worth while and as able to accomplish this corl. BELLEVE in duty as an ever-present ob-ligation, for which no man or woman ever did or ever can escape without making inner or outer shipwreck. BELLEVE that man's richest, completest life needs soil and atmosphere, and that these are nourished and cherished by many things beside cold, hard, demonstrable facts. BELLEVE in the value of life, as a price-less boon of the Creator, and never con-sider for a moment the possibility of wast-ing it, throwing it away or of destroying yourself. of his wife.

Minard's Liniment Cures Distemper.

Queen Victoria's Sons-in-law. Queen Victoria was liberal in honors to her foreign sons-in-law, and she made



washing with Sunlight Soap in the Sunlight way you should follow directions.

After rubbing on the soap, roll up each piece, immerse in the water, and go away.

Sunlight Soap

will do its work in thirty to sixty minutes. Your clothes will be cleaner and whiter than if washed in the old-fashioned way with boiler and hard rubbing. Equally good with hard or soft water. đĐ.

Lever Brothers Limited, Toronto

a Bride.

(Stratford, Kan., Republican.)

Whiskey Shipped in Barrel of Appies.

The United States customs officials

have made an important seizure at New-

port at the office of an express company.

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The Tree of the Seauoz. LORD ABERDEEN'S COURTSHIP. Lucky Shot That Brought Down

It shows a white wood. It is the tree from Maine. It has been "it" for nearly 30 years. It was "discovered" by a party of

When Lord Aberdeen was 30 years of age he was still unmarried, and his friends laughingly said he would remain heartwhole all his days, says the Royal duck hunters. The farmers thought the shrewd New Yorkers crazy. The original Christmas tree syndicate Magazine. But fate willed it otherwise. He was

did not long enjoy a monopoly. Fir lands have gone up from \$100 for thousands of acres to \$10 to \$20 a single

It's the balsam fir.

is coarse grained.

The original Christmas tree syndicate did not long enjoy a monopoly. Fir lands have gone up from \$100 for thousands of acres to \$10 to \$20 a single acre. The seaboard is stripped of them long since, so the tree of the season now grows far inland. About 1,500,000 trees a year are cut in the New England States. Three-fifths of these trees grow on the bleak hillsides of Northern and Eeastern Maine.

Farmers and timbermen do the great-er part of the harvesting these evergreen delights. An iconoclastic soul says it's the found any other use for it. With the dwarf great the found any other use for it.

Christmas tree because no one has ever found any other use for it. With the dwarf gray birch and the bitter willow shrub, it forms a final hedge of vegetation around the Pole Peary is searching for. It is said that it costs but two or three cents each to and the trees here. As they sell at from 25 cents to \$5, it would seem to be a good business. After the fir crop has been cut off the land will not produce anything un-til it has been burned over. Previous to this Christmas tree busi-ness the fir lands of Maine were exempt from taxation, because they were held valueless.

When for any reason whatsoever you get aggrieved at the editor, just rush into the office and order your paper discontinued. It will make you feel as if you had done something, and then you might go and stick your finger in a bucket of water and pull it out again. The feeling will be the same. It's all in the feeling.

PILES CURED IN 3 TO 6 NIGHTS .-

One application gives relief. Dr. Agnew's

Ointment is a boon for itching Piles, or Blind, Bleeding Piles. It relieves quickly and permanently. In skin eruptions it stands

without a rival. Thousands of testimonials if you want evidence. 35 cents.-23

Snapshot as Evidence.

A snapshot as brutence. A snapshot as brutence. In the over-mantel procured him the dismissal of a summons taken out by her at the West London police court, the magistrate observing that a husband must be either an angel or an idiot who would tolerate such conduct on the part of bis wife. Quebec, was opened and found to contain 32 quarts of sealed Canadian whiskey. A layer of apples covered the bottles.

Sunlight Soap is better than other soaps, but is best when used in the Sunlight way. Buy Sunlight Soap and follow directions.

Chances Galore for the Boy.

BETTER THAN SPANKING. Spanking does not cure children of bed wetting. There is a constitutional cause for this trouble. Mrs. M. SUM-MERS, Box 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child; the chances are it can's help it. This treatment also cures adults and aged people troubled with urine dificulties by day or night.

(New York Herald.)

ask your grocer for

E. B. EDDY'S

FIBRE WARE ARTICLES

YOU WILL FIND THEY GIVE YOU SATISFACTION EVERY TIME

THERE IS NO SUBSTITUTE

INSIST ON BEING SUPPLIED WITH EDDY'S EVERY TIME

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SPEED OF AN OSTRICH.

ISSUE NO. 3, 1906.

Slow Walker, But Makes Tremendous Leaps When Running.

Two feets is the usual stride of an ostrich when it walks, but when the bird is alarmed and begins to run it changes its mincing stride for fourteen-foot steps. which easily carries it over the ground at a rate of twenty-five miles an hour. Ordinarily an ostrich makes no effort to profit with legs less than a quarter as long habitually use a three and four-foot stride, for it seems to be one of the rules of nature that birds like ostriches, flamingoes and cranes extend their stride only when alarmed. The ostrich when it runs takes both feet off the ground at every stride: its progress being made runs takes both feet off the ground at every stride; its progress being made by means of a series of jumps so rapidly performed as to leave the observer under the impression that one foot remains on the ground until the other is placed.

Faith

You cannot be expected to have faith in Shiloh's Consumption Cure, the Lung Tonic, as a cure for Colds, Coughs and all diseases of the air passages, if you have not tried it. We have faith in it, and we guarantee it. If it does it costs you 25c. That's fair. Try it to-day. Shiloh has cured many thousands of the most obstinate cases, and we do not hesitate to any that it will cure any Cold, Cough. Thotat or Lung trouble. If we did not believe this we would not guarantee it. Shiloh has had an unbroken record of success for thirty years. It has stood every possible test without failure. Further

Proof is found in the many testimonials of those who have tried Shiloh and been cured Mrs. Archie Taylor, Asaph, Pa., writes:-

"Tooght a totle of Shilo's Consurgation Cure and found it very beneficial. I have two children, and they had a terrible cough. I gave them everything I could think of, butthey got no better, unil one everything to both of the children when they went to bed, and they algorit all night. It cured them completely. I shall always keep it in the bouse."

SHILOH 25c. with guarantee wherever medicine is sold

Wonders of the Wireless

Wonders of the wireless. Wireless telegraphy, from a marvellusjy interesting scientific demonstration, has be-come an accepted commercial fact. Nowa-days ehips on the seas, that once were as entirely cut off from communication with the land as though they were on another planet, are now constantly within speaking distance of some wireless station or some sister vessel. It is all wonderful and awe-juspiring, and recalls that day enly three-quarters of a century ago when the first pious message of wonderment was trans-mitted between New York and Washing-ton.

SOUTH AMERICAN KIDNEY CURE is the only kidney treatment that has prov-en equal to correct all the evils that are likely to befall these physical regulators. A barrel, supposed to contain apples, consigned to parties in Maryland from tive merits of this liquid kidney specific in cases of Bright's disease, diabetes irritation of the bladder, inflammation, dropsical ten-dency. Don't delay.-22

Professor's Wife, Too.

• While calling the other day on a friend While calling the other day on a friend who lives with a Professor's family 1 was astounded to hear the wife of the Pro-fessor call down the stairs to the servant, "Katie, Katie, put me on a couple of hot irons, please." My friends said he guess-ed Katie could do so with great joy. — Lippincott's Magazine.



valueless. Though pines, spruces and even hem-locks are used in different parts of the country as Christmas trees, in the East this superior and fragrant balsam fir is the tree of trees, forming 95 per cent. of the big Maine output. valueless. Minard's Liniment Cures Colds, &c.

the primary source of all volcanic activity. At the same time the depth at which this primary reservoir of magna-lies and the pressure under which it is Ites and the pressure under which it is confined are so great that a direct eruption from it is inconceivable, but when by movements in the overlying crust or stherwise a channel is opened the magna may rise to a depth where it is surrounded by rock at a lower temperature than the melting point. In these circumstances solidification begins.
From all volcances large quantities of steam, of carbonic acid and other gases are evolved, and the course of every tart atream is marked by clouds of steam evolved from the cooling lava. At one time—and the idea is still common—this steam was supposed to have been derived from sea water which has obtain.

igna that Profess

rived from sea water which has obtain-ed access to the molten lara while still undergrounl, but this explanation is now generally rejected, being impossible in ome cases and inadequate ir all, and the greater part of the steam and other em-anations from a volcane are now regard-ed as directly derived from an original store in the interior of the earth. How-ever this much be it is contain the the ed as directly derived from an original store in the interior of the earth. How-ever this may be, it is certain that the magna from which volcanic lava is de-rived is not merely a state of igneous fusion, but is combined with water gas-es which are given off as it solidifies, and by their escape frequently form min-jature volcances on the surface of lava to get away." Then you have to get down to the other goal as fast as you can go, dodg-ing and darting and taking every possible vantage of the groups of girls always standing around at recess, and very con-venient to sneak through and hide be-

Woman's Definition of Success.

ptreams.

Woman's Definition of Success, A Kanaas woman, Mrs. A. J. Stanley, of Incoln, has been awarded a prize of \$250 by a Boston firm for the best answer to the wrots: "He has achieved success " She wrots: "He has achieved success " She wrots and the respect of intelligent who has gained the respect of intelligent who has left the world better than he found it, whether by an improved poppy, a perfect packed appreciation of earth's beauty or fail-ied to express it; who has always looked for head bar in the was an inspiration; whose has it in the was an inspiration; whose has it is not a card in the beat he has it who has left the world better the success who has left the world better the success backed appreciation of earth's beauty or fail-ied to express it; who has always looked for head; whose life was an inspiration; whose head; whose life was an inspiration; whose

Good Pay of the Press Agent. (Washington Post.)

(Washington Post.) he press gent of the Panama Canal id not be put out of business until he ains why the man who purchases sup-for the 20,000 men on the isthmus hd get twice the pay of the man who orms the same service for the 60,000 of the army.

Training the Apprentice.

A barber in the Commercial road, Step-mey, Eng., announces "Free shaving by an apprentice every Tuesday. Not re-sponsible for cuts or mistakes he should

Chartered Accountant. Halifax, N. S., Sept. 21, 1905.

royal highnesses of Prince Louis of Hesse, Prince Christian of Schleswig-Hol-stein, and Prince Henry of Battenberg within a few days of their respective marriages, and bestowed on each of them The girl who was "it" stood half way between the rest—any number could play, but usually there were eight — started out by getting in a row along the wall. But it wasn't long until they were distributed everywhere between and at the Order of the Garter. On the Mar the Order of the Garter. On the Mar-quis of Lorne, however, no special dis-tinctions wer showered. He is now the Duke of Argyll, in succession to his father, and he is a Knight of the This-father, and he is a Knight of the This-tle; but though more than thirty-four years have elapsed since he wedded Queen Victoria's fourth daughter, the Carter hear not hear given him - Mod

the two goals. You see, the girl who is "it" dares you to run by holding out her hands and coaxing "Pom-pom-pull-away! Any way Garter has not been given him.-Mod-ern Society, London.

of faith.

Minard's Liniment Cures Garget in Cows

Synchronization. (Albany Journal.)

Gray's Syrup **Red Spruce Gum** For Coughs and Colds.

BLIEVE that there were wise people be-BELIEVE that there will be such after you, and do not imagine that wisdom was born with you or will die with you. BELIEVE that the "Will to believe" can be strengthened, and that you can and ought to pass over once for all from the doubting mood into the strong, brave, fixed attitude of faith.

Bachelor, Widows and Hogs.

Bachelor, Widows and Hogs. Mr. J. K. Daniel, a thrifty bachelor of Walnut Grove tewnship, will do to tie to, and would provide a sumptious living for a good wife. He has just killed two pigs 14 months old that weighed 429 and 460. Won-der if there is another bachelor in the coun-ty that can beat him? We must say hurrah for the widows as well as the bachelors in raising big porkers. Mrs. Adeline Cash, of Duchville township, killed four pigs that made her 1,440 pounds of meat, and her neighbord, Mrs. Elizabeth Walker, also killel four that tipped the beam at 1,460. Not star to the treatment of the sound in the sound in doing its work. 60 in a box, 35 cents.-24 Scarcity of American Ships.

DEATH OR LUNACY seemed the only

alternative for a well-known and highly re-spected lady of Wingham, Ont., who had tra slled over two continents in a vain search for a cure for nervous debility and search for a cure for hervous declinity and dyspepsia. A friend recommended South American Nervine. One bottle helped, six bottles cured, and her own written testi-many closes with these words: "It has saved my life."-20

Jury's Peep Through a Window.

New Light for Photographers. The necessity of altering the law com-pelling jurists to view dead bodies was illustrated in an unusual manner in an M. Raoul Pictet, the well known Gen-evese inventor, states that he has discov-ered a new light by which photographs may be taken at night even better than inquest, says the London Chronicle. The during the day. Orange Blossoms

Cabinet the Lora Chancellor receives the highest salary, namely, \$50,000; the Prime Minister, the Ministers of the Interior, Exterior, Colonies, War, Fi-nance and the Secretary for Indian Af-fairs receives \$25,000 each, the Secretary for Ireland \$21,500, and the other mem-bers of the Cabinet a salary of \$10,000 ber sof the Cabinet a salary of \$10,000 each. The Lord Lieutenant of Ireland receives \$100,000 a year, the Lord Chan-cellor for Ireland \$40,000, and the first Secretary of Public Works, \$10,000. The three latter officials, however, hold ne nortfolio. no portfolio.

When a married woman begins to complain that all men are alike she might just as well pack up and go home to mamma.

on to do some one thing-than to-day. And every year that cry grows louder, more in-sistent. But the times demand men of large, liberal, energetle minds, and the man who insists on dcing business in the old-fashion-ed, humdrum way is as much behind the pro-cession as is the man who insists on trav-eling with an ox team instead of by rail-way. imps and t humps and beinside from horses, blow spavin, curbs, splints, ringbone, sweeney, stifles, sprains, sore and swollen throat, coughs, etc. Save \$50 by use of one bot-tle. Warranted the most wonderful Blemish Cure ever known.

The Calm "Bad Man."

The Caim 'Bad Man,' The bad man of genuine sort rarely look-ed the part assigned to him in the popular imagination. The long-haired blusterer, adorned with a dialect that never was spok-en, serves very well in eastern fiction about the west, but that is not the real thing. The most dangerous man was apt to be guist and smooth spoken. When an antag-onist blustered and threatened the most dangerous bad man only feit rising in bis own soul, keen and stern, that strange ex-ultation which often comes with combat for the man naturally brave.

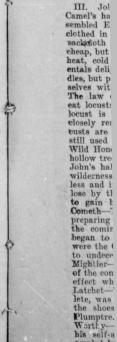
Minard's Liniment Cures Diphtheria.

(New York Herald.) Out of 4.217 arrivals of all classes of ves-sels from foreign ports at New York last year the American flag flew over only 760 ships. According to figures given out at the barge office recently 478 of the 760 ves-sels were steam powered, and there ware five ships, twenty-five barques, six brigs and 246 schooners among the salling vessels. In this time there were 2.844 steamships un-der foreign flags entered at the custom house, of which 1,355 were British and 521 German. Emigrants Could Be Spared. Emigrants Could Be Spared. Is it possible that England knows when she has enough? She has decided to part with Fanning and Washington Islands, in the Pacific, and offers them for sale. These recis to be sold have an area of 21 square miles and a population of 150. Suppose we buy them and use them as a ponal colony. There are various and sundry citizens of this nation who might obtain employment there, for they steadiastly neglect to find it here, except through dark and devious devisings. Put ashore with materials for building and with seeds for garden truck, they might be left to themselves to work or die, and really it wouldn't matter much to the rest of us which course they lected.

DURABLE,

LIGHT

SEAMLE



inquest, says the London Chronicle. The person had died from diphtheria, and the inquiry took place owing to the doctor being called in too late. The jury unani-mously refused to view the body when told to do so by the coroner, saying they were not going to run the risk of infec-tion. The village schoolmaster, who was on the jury, pointed out the danger of his spreading the germs among the scholars. The difficulty was ultimately got over by the jury standing in a garden and looking at the body through a window. That precious remedy, is a positive cure for all female diseases. Write for description circular and free sample. R. S. McGILL, Simcoe, Ont. FARMERS AND DAIRYMEN Salaries of British Ministers. Tub, Pall, Wash Basin or Milk Pan Of all the members of his Majesty's abinet the Lord Chancellor receives the

Mrs. Murphy-That's a folme boy you have here, Mrs. Maginnis; how ould is he? Mrs. Maginnis (with motherly pride)-He'll be two years ould to-morrow, an' he wor born on the same day as his father. If "it" grabs you and you pull away, and make your goal, well and good. But if she hangs on, you have to stay and help her catch the rest. Confession. As soon as all are caught, whoever was caught first has to be "it" and you (Buffalo Commercial.) (Buffalo Commercial.) (Buffalo Commercial.) The author had been dragged fainting from a crowd of shoppers. (Almost like my last book," he murmur-ed, recovering his senses. The listeners, being of delcate perception, knew then that the book had fallen dead from the press. (Buffalo Commercial.)