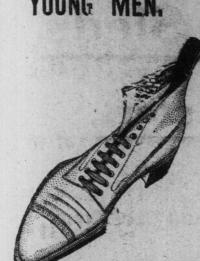
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We have a Shoe that is a great favorite with Young Men who are smart dressers, and who want all the style kinks that can be worked into a Shoe.

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This is the Shoe that fills the Young Man's fancy to

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Holy Water Fonts-Decorated and plain. Lace Pictures-

In Black and White and Colored

# Efficiency in Shopping.

shakkishhakkahakhakhakhakh

Are you tired shopping leaves you astonishingly

Don't let yourself get too tired

Five minutes spent in the rest roon

just relaxing would double your ef

ficiency for the rest of the forenoon,

When you begin to feel confused and

Don't let yourself get too hungry

unable to concentrate, get a cup of

they don't, they may start a train of

thought which will bring you some

Part Comers



of hearing about tired and out of temper, you may be t h e efficiency interested in them. movement, that One should always make out a list not only of articles to be shopped for but of places to be visited. Twice things in t h e during that day I went back to a shop another. It will certainly save time

applied to housework, and it has been man's time and energy can be saved. of a bag or a case to carry them in or

Now if the science of efficiency is useful in this department of woman's work, why can't it be applied to others? And in what possible direction could a study of energy and time saving be more valuable than in rela-

on't simply mean, do you get what much simpler everything seems. you are after. But do you get it without using an unduly large amount

It was after a morning of shopping which left me astonishingly tired and shopper. out of temper that I began to wonder then again, they may not. Even if if I might not use more efficient meth-

I went over the ground thoroughly a my mind and formulated some rules for more efficient shopping. If

Household Notes.

11 e adept in cooking does her work

Scald new brooms in hot suds

Fried bananas laid on a bed of

To keep away moths, scatter cloves

Clean nickel and silver pieces with

mmonia applied by a flannel cloth.

Milk puddings are the best des-

serts for children, but they should

Cheese is very wholesome prepared

with macaroni, potatoes or bread-

Regular bathing with hot water be-

fore bedtime is excellent treatment;

Always fasten the ends of the

threads when you finish a seam done

both onions and knife under cold

A three-cornered telephone stand

or table is a great saver of space, as

A velvet hat can be kept in condi-

When washing out the refrigerator

me washing soda in the water will

ute necessity to the woman who

Attention to detail-orderliness

and perfect cleanliness-make the

If canned pears are insipid, drain

kitchen a place of peace and beauty.

ion by wiping it with a piece

fits into a corner perfectly.

black stocking after brushing.

help to keep it sweet .

by a chainstitch machine.

running water while peeling.

ce makes a good luncheon dish.

bureau drawers and boxes.

ost acceptable sandwiches.

his will toughen the fibre.

ithout utensils.

OMAN'S TRIALS.

The burdens a woman has to carry through life are many but they can be lightened if she will turn to Dr. Pierce's Favorite Prescription. A soothing and strengthening nervine—subduing nervous excitability, prostration, hysteria, hot-flashes and the many symptoms which may be caused by distressing ills peculiar to women. For those "dragging-down" pains or distress and for the derangements and irregularities the "Favorite Prescription" has had many thousands of testimonials from people living in every part of America. Another important thing to every woman is that this medicine is made from efficient medicinal roots, without the use of alcohol, narcotics, or any inpurious agents. Full list of ingredients given on bottle-wrapper and sworn to by Dr. R. V. Rierce—who is President of the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y. Every woman is invited to write to this Institute and receive confidential and sound medical advice, entirely without cost from one who makes the diseases of women his specialty.

without cost from one who makes the diseases of women his specialty.

"I can cheerfully recommend your remedies, especially your 'Favorite Prescription,' for all female disorders," writes. Mrs. M. M. Morren, of Bluff City, Tenn., Route 2. "During the past seven years I suffered from pains in the back and ovaries. Tried many remedies but found only transient relief until I was persuaded by a friend to try Dr. Pierce's Favorite Prescription. After giving this remedy a fair trial. I found that it would do just what it is recommended to do. I used in all seven bottles. I cannot speak too highly of Dr. Pierce's remedies for all female derangements."

Dr. Pierce's Pleasent Pellets regulate liver Illa.

and drying it

will slip off easily.

dipped in linseed oil.

To peel onions without crying hold from soft coal, powder it small, wet

the juice and cover them instead

A soiled rubber raincoat can be

scrubbed with automobile soap, wet-

ting only a small surface at a time

A delicious gelatine pudding is

made with the juice of canned straw-

berries. Add the juice of an orange to

As soon as tongue is boiled ten-

over it for a minute; then the skin

When furniture does not actually

need polishing it is a good idea to

wipe it off thoroughly with a cloth

To rid a room of flies instantly, put

a few drops of carbolic acid on a ilve

shovel and wave the shovel around

it and sprinkle 1-2 cupful of

salt on a large hod of coal.

bit of flannel, then rub off.

sudsy watering of their roots.

where the elastic was.

If you wish to get the utmost heat

A good polish for patent leather

shoes is one part linseed oil and two

of cream, well mixed. Apply with a

Soapsuds should always be saved

Lace theatre caps which are out of

bags by running cords and tassels in

An appetizing change for break-

fast is slices of dried-out bread quick-

ly browned over a very hot fire, and

Arabian lace curtains can be

A hat should never be set flat on

eaten dipped in hot salted water.

for the garden-roses, vines and fruit

trees all thrive with an / occasional

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Curtains, Laces, Muslins, Blouses, Dresses and

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EVERYWHERE 250., 150. & 100

### Seven a Day Killed.

In Greater New York During the Past Year.

New York, Jan. 29.-In the twelve months of 1912 there were 2,712 nersons killed in Manhattan by shotting, stabbing, assaults, selfinflicted wounds or from injuries re ceived in falls and other mishaps. This made an average of more than figures are given in the annual report of Antonio d'Alessandro, chie

One hundred and forty-six persons tomobiles, or fifty-five more than in the previous year. There were 114 homicides by shooting and 198 homi

The antiquated horse cars still in ise killed ten persons in the year, ten parently harmless bicycle killed three. Horse drawn vehicles killed 108, su face cars 62 and the subways 14.

Accidental burns killed 267 persons, and of these fourteen children were burned by playing with mat death by bonfires, and seventy-four children were scalded to death by pulling pots of hot water, soup and coffee down upon themselves.

Five persons were killed by jumpng from windows at fires, fifty-nine were burned to death in fires, and twenty-three were burned to death by their clothes catching fire. Interesting figures are revealed in

the list of deaths by suicide. Thirtyeight persons chose the method of leaping from windows or roofs, while only two employed the supposedly easy method of drowning. Fifteen with the juice of oranges well sugar- hurled themselves in front of trains or automobiles; thirty-two hanged When kitchen towels wear thin, themselves; sixty-seven selected poistitch two of them together around the edges and diagonally across the themselves and twenty-eight used

death by food; 229 were accidentally drowned, three were accidentally shot and 52 were killed by accidentally taking poison. Ten persons were killed by falling into the holds of vessels tied to piers; 102 were killed by falling from chairs and beds; 60 were killed by being hit by bricks der, it should have cold water run and other material falling from buildings; 39. fell down elevator shafts; 35 fell off roofs, and 34 fell off street Of the 97 killed by falling from

> windows, 36 were children, and of the 55 who fell off fire escapes 43 were children. Rabies killed eight persons, and etanius or lockjaw killed six. Eighteen persons died immediately follow-

### Quinine? No! Pape's Best for Bad Cold.

ing surgical operations.

First dose of Pape's Cold Com pound ends grippe

It is a positive fact that a dose of doses are taken, will end the Grippe fashion can be turned into charming either in the head, chest, back, stomach, limbs or any part of the body. It promptly relieves the most mis-erable headache, dullness, head and nose stuffed up, feverishness, sneezing, sore throat, running of the nose mucous catarrhal discharges, sore-

Take this wonderful Compound as directed, with the knowledge that there is nothing else in the world, which will cure your cold or end out any other assistance or bad aftereffects as a 25-cent package of Pape's Cold Compound, which any druggist can supply—accept no substitute— contains no quinine. Belongs in every nome. Tastes nice—acts gently.

FOUR PRISONERS -- The police the floor of its hat box Place a little drunks and two others disorderlies A nice way to prepare fruit for the Two were released yesterday on makluncheon basket is to divide an oring the usual deposit, as an earnest ange into sections, dip it in powdered of their appearance in court.

Minard's Liniment Cures Diphtheria,

# The Canada Life.

F. B. McCURDY @ CO.,

C. A. C. BRUCE, Manager.

Members Montreal Stock Exchange.

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\$100

In each of the past four years the Canada Life has earned a LARGER SURPLUS than ever before in its history.

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C. A. C. BRUCE, Manager,

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Can win the approbation of those accustomed to the luxuries of life. Their approval is not lightly given. The unstinted praise accorded OLD HOME TEA by tea-drinkers of this class clearly proves its vast superiority.

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Very Choice DUTCH CHEESE. 3 lb. tins BAKED BEANS, 12c. BLANC MANGE POWDER.

LARGE KIPPERED HERRING. FRESH EGGS, STUFFED OLIVES.

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J. J. ST. JOHN.

nov30, tf

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