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**FONTS** 

**DESKS** 

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an Life

above you in wealth and position. Postponed Happiness a Delusion.

Take your fun every day as you go along. That is the only way to be sure of it. Do not postpone your happiness;

and débris from exhausted cerebrum

and muscles. We have all experienced the transforming, refreshing, renewing,

rejuvenating power of good, wholesome

From business and economical stand-

points alone, to say nothing of increased

nealth and happiness, even a good deal

of time spent in play is time well spent, and is an essential part of the shrewdest,

The man too absorbed in his business

or vocation, too busy to take care of his health, to preserve it by wholesome recreation, is like a workman who is too

busy to sharpen his tools.

You may never be able to accumulate a large fortune, but whether you are a big lawyer or a small one, a large merchant or a little one, you can cultivate

capacity for enjoyment and fun,

and can get a great deal more out of life than many who are perhaps far

usy to sharpen his tools.

est profitable business policy you can

paradise is here or nowhere.

Do not drag your bus ness shome. Lock it in your office when you leave there at night, and do not think of it until you return. The long, anxious, sad face and the sour expression do not belong in the mily circle.

Just make up your mind that you are

going to make your home the happiest place on earth—so happy and so attrac-tive that your children will prefer spendevening there to going anywhere Make a business of having a good time after dinner or after supper, and during your holidays. Let your pres-ence in the home be a signal to the children for a romp and a play and a good time generally. Do not be afraid of a time generally. little noise, of a little scratched or broken furniture now and then. This is infinitely better than stunted childhood, dyspepsia, and doctors' bills. The growth of many a child has been starved and stunted to save a little furniture

brie-a-brae, or clothing.

The first duty we owe a child is to teach it to fling out its inborn gladness and joy with the same freedom and abandon as the bobolink does when it makes the meadow joyous with its song. Suppression of the fun-loving nature of child means the suppression of its mental and moral faculties. Joy will go out of the heart of a child after a while if it is continually suppressed. Mothers who are constantly cautioning the little ones not to do this or not to do that, telling them not to laugh or make a noise, until they lose their naturalness and become little old men, do not real-

ize the harm they are doing.

An eminent writer says, "Children without hilarity will never amount to much. Trees without blossoms will never bear fruit."

There is an irrepressible longing for amusement, for rollicking fun, in young people, and if these longings were more people, and it these longings were more fully met in the home it would not be so difficult to keep the boy under the par-ental roof. I always think there is some-thing wrong when the father or the children are so very uneasy to get out of the use at night and to go off "somewhere where they will have a good time. happy, joyous home is a powerful magnet to child and man. The sacred memory of it has kept many a person from losing his self-respect, and from the commission

Fun the Best Medicine. Fun is the cheapest and best medicine in the world for your children as well a for yourself. Give it to them in good large doses. It will not only save you doctors' bills, but it will also help to make your children happier, and will improve their chances in life. We mprove their chances in life. should not need half so many prisons, insane asylums, and alms-houses if all children had a happy childhood.

t the instinct t play, that the love of fun is so imperious

play, that the love of fun is so imperious in the child, shows a great necessity in its nature, which, if suppressed, will leave a famine in its life.

A sunny, joyous, happy childhood is to the individual what a rich soil and genial sun are to the young plant. If the early conditions are not favorable, the plant starves and tecomes stunted, and the results can not be corrected in the later tree. It is now or never with the plant. This is true with the human plant also. A starved, suppressed, stunted childhood makes a dwarfed man. A joyful, happy, fun-loving environment.

As Mrs. Morris finished she drew a A joyful, happy, fun-loving environment develops powers, resources and possibili-ties which would remain latent in a cold,

dull, repressing atmosphere.

Everywhere we see men discontented and unhappy, because there was no play in their early lives, and when the young clay had hardened it would not respond

to a larger environment.

Can anything be more incongruous on this glorious, glad earth, than the picture of a worrying child, a child with a sad face, a human rosebud blighted before it has a chance to open up its petals, and fling out its beauty and

Somebody has sinned and is respon-Somebody has sinned and is responsible for this blight, this blasting of promise, this chilling of hope, this strangling of possibility.

Childhood should be sunny. Clouds

do not belong to childhood. Joy, beauty, exuberance, enthusiasm, buoy-ancy, belong to childhood. A sad, worrying child, a child who has no child-

hood, is a disgrace to civilization.

What has a child to do with the past

I know a family with whom it is a per-fect joy to dine. The members of this stores were crowded until late at night.

CHATS WITH YOUNG MEN. family vie with one another in seeing STATE OF ORIO, CITY OF TOLEDO. SS. The Rejuvenating Power of Fun.
Happy recreation has a very subtle

Who can say the brightest, wittlest, funniest things and tell the best stories during dinner. Dyspepsia and nagging and regard, and that said firm will pay the

The Rejuvenating Power of Fun.

Happy recreation has a very subtle influence upon one's ability, which is emphasized and heightened and multiplied by it. How our courage is braced up, our determination, our ambition, our whole outlook on life changed by it. There seems to be a subtle fluid from humor and fun which penetrates the entire being, bathes all the mental faculties, and washes out the brain-ash and débris from exhausted cerebrum.

Tunniest things and tell the best stories during dinner. Dyspepsia and nagging are unknown there.

The announcement of dinner should be the signal for a jolly good time. Make the dinner hour the brightest, cheerfulest, most sunshiny hour of the whole day. Fine all "knockers" and every one who appears with a long face. Laughter and fun are the enemies of dyspepsia and tell the best stories during dinner. Dyspepsia and nagging are unknown there.

Laughter during dinner. Dyspepsia and nagging are unknown there.

Laughter during dinner, Dyspepsia and nagging are unknown there.

Laughter during dinner, Dyspepsia and nagging are unknown there.

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Laughter during dinner, Dyspepsia and nagging are unknown there.

The home ought to be sort of theater for fun and all sorts of sports—a place where the children should take the active parts, although the parents should come in for a share too. Don't, Mr. Business or Mr. Professional Man, cast a gloom over your home just because things have gone wrong during the day Your wife and children have troubles of beir own. They have a right to expect that you will contribute something be-sides vinegar to the dinner hour and the evening.

Did not Lycurgus set up the god of laughter in the Spartan eating halls because he thought there was no sauce

like laughter at meals?

The constantly increasing success of the vaudeville playhouses and other places of amusement all over this coun try shows the tremendous demand in the human economy for fun. Most people do not appreciate that this demand must be met in some form or the character will be warped and defective.

"Laugh until I come back," was a noted clergyman's "good-bye" saluta-

tion. It is a good one for us all.

Many people make anything like joy or happiness impossible by dwelling upon the disagreeable, or the sad and the gloomy things of life. They always see the ugly, the crooked, the wrong side of things.

I once lived in a clergyman's family

where I scarcely heard a person laugh in months. It seemed to be a part of the inmates religion to wear long faces. and to be sober-minded and solemn. They did not have much use for this world; they seemed to be living for the world to come, and whenever the minister heard me laugh, he would often emind me that I had better be thinking "latter end" preparing for death which might come at any moment. Laughter was considered frivolous, worldly, and, as for playing in the house it would not be tolerated for an instant

#### The Religion of Cheerfulness.

The time has gone by when long faced, too sober, too-serious people shall dominate the world, Melancholy solemnity used to be regarded as a sign of spirituality, but it is low looked upor is the imprint of a morbid mind. There as the imprint of a morbid mind. There is no religion in it. True religion is full of hope, sunshine, optimism and cheerfulness. It is joyous and glad and beautiful. There is no

Christianity in the ugly, the discordant the sad. The religion which Christ taught was bright, cheerful and beautiul. The sunshine, the "lilies of the held," the "birds of the air," the hills, the valleys, the trees, the mountains, the brooks—all things beautiful—were in His teaching. There was no cold, dry theology in it. It was just happy

With many people, seriousness seems to be a necessary part of success. They look upon fun as frivolous, undignified, and unbecoming to a person who is tryng to be somebody, but they do not cealize that the capacity for play is just important as the capacity for work, at the two belong together, that either is complete without the other.

Life was given us for work and play not for either exclusively.—O. S. M.,

# OUR BOYS AND GIRLS

The Morocco Prayer Book.

"Now mother tell me that story to-day." The speaker was a tall, slim girl of six-The speaker was a tall, slim girl of sixteen, with deep blue eyes, luxuriant brown hair, and a very pale complexion. "Well, Margaret, began Mrs. Morris, when I was a child tather was a rich man, and my twin sister and myself were the only children. Mother died when we were only six months old, leaving us in care of father and his leaving us in care of father and his housekeeper. Father was very indul-gent to us, leaving us to do just as we liked, and surrounding us with all sorts

On our First Holy Communion day he

As Mrs. Morris finished she drew a

long sigh.

Margaret glancing up noticed the weary look in her mother's face, so taking a book she began to read aloud.

Margaret had two brothers and two sisters, all younger than herself. Mr. Morris had died six years before leaving his wife with no money, nothing except the cottage in which they lived.

Mrs. Morris took in sewing and made a living, but soon her health began to

Margaret had not gone to school for two years as she was obliged to do all the housework, and to care for her

invalid mother.

About two weeks from the girl's six About two weeks from the girl's sixteenth birthday, Mrs. Morris died. Margaret was left penniless. She sold the little cottage to pay off the doctor bill and rented a small weather-beaten place about two miles from the city. Away in a drawer where the girl kept her treasures was her mother's prayer her treasures was her mother's prayer

book. She secured a position as clerk in a or the future? It should live in the glad, joyous now. To fill the hour with happiness, with gladness, this is the child's life.

Enemies of Dyspepsia and the "Blues."

I know a family with whom it is a nor-

tner of the Brm of Foledo, County and Sussiness in the City of Toledo, County and Sussiness in the City of Toledo, County and Sussiness in the City of Toledo, Toledo,

Hall's Catarrh Cure is taken internally, and a lirectly on the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY, & CO. Toledo, O. Sold by all Druggists, 73c., Take Hall's Family Pills for constipation.

Margaret arrived home late one night, cold and wet. Instead of the cold, dark place she expected to find there was a warm fire in the kitchen stove, the tea kettle was singing, the table set nicely and everything in perfect order.

Margaret was greeted with kisses, for the children loved her more as if she was their mother than their older

"Well, chickens, she said, throwing off her wet wraps, I didn't expect you to wait for me."
"It was hard work to keep Joey and them stories

Jim awake, but I told them stories about Christmas and Santa Claus," answered Mary, aged twelve. "Oh, yes," piped little Jim, he's coming soon, you know Margie, and all the things I do want. I don't quite 'spect I

A look of sadness crossed Margaret's face, and she thought that she did not have enough money to pay the rent and buy a load of coal. It was a difficult

the grocery bill had not been paid for about six weeks. But Margaret put these unpleasant thoughts aside, and the control of the prayer book picked the prayer book than the control of the prayer book and the prayer book than the prayer book and the prayer book than the prayer book are the prayer book and the prayer book are the prayer book and the prayer book are the prayer book picked t was outwardly the merriest of the merry

How lovely and clean everything is little women, she said to her two sisters, whose faces flushed with pleasure.

"It does look nice, doesn't it," answered Nellie; "you can make this old place all right; but Margie, Mrs. Williams was here for the rent to-day, and she said if we didn't have it all in two weeks we will have to move." Two weeks from to night will, be Christmas pitythe poor children Christmas morning

It was about a week before Carlstons and the store was crowded with people fall of the spirit of the season. Among the purchasers was a young lady of about eighteen, very pretty, and handsomely dressed. After she had purchased a "I wrote to my dear sister many" dressed. After she had purchased a long list of articles at Margaret's

she was lost in the crowd, and so the clerk returned to her place, resolving, that she would herself restore the purse

its owner. When she arrived home that night, Mary met her at the door. gie," she said, I simply must have a new pair of shoes, I can't go to school with

take \$10 of this money, buy the children some new clothes, and then save her salary for two weeks to pay back the money before she gave the purse back to

Margaret was happy the next day, planning surprises for her brothers and sisters. It was very, very lucky, that I found that purse she thought, for I

"So you spent it, the man said coldly, do you think that was honest? The rest of the story is probably a falsehood. Miss Morris, we do not want your services any longer."

"It is not a falsehood," Margaret said.

angrily, and Mr. Worth, if you will give me the name and address of the owner of the purse I will return what is left to her, and pay her the \$10 as soon as I earn them.

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"Her name is Marion Mansfield, and she lives at 321 Westmoreland street, re-plied Mr. Worth, but you can earn no postage 10 cents extra. Sample 10c. more money at this store, for as I said you are dicharged."

Margaret pleaded with the man, but in vain, for he was a cold hearted man, who trusted no one. He had been de-ceived by clerks many times before, and it would not happen again.

Margaret hurried home and finding the place deserted threw herself across the bed and sobbed. Seeing it was growing late she put on her hat and cloak, taking her mother's prayer book and the purse, she started to find Miss Mansfield's residence, intending to pay a visit to the church first.

She prayed long and fervently and came out from the church feeling strongsweet-looking woman alight from the carriage and come up the church steps. buy a load of coal. It was a diment buy a load of coal. It was a diment matter to pay all her debts with only \$20.00, and Margaret had not yet contrived a way to make both ends yet contrived a way to make both ends the contrived a way to make both ends and expression of her dead mother. She dropped the purse and prayer book in amazement, and stood staring at the ever when she read in the prayer book the name "Mary Dennison." "Who are you?" she asked Margaret, who told her name. "Is this yours?" she asked, giving the girl the prayer book.

Although Margaret did not believe in ghosts, she was almost frightened out of her wits, this woman looked almost exactly like her dead mother. She managed to answer, "Yes, it was given to me by my mother, before she died."

eeks we will have to move." Two eks from to night will, be Christmas e, thought Margaret, and Oh! how I do ythe poor children Christmas morning the control of the control pity the poor children Christmas morning especially little Jim and Joey, who believe so firmly in Santa Claus. I will not have enough money to pay our debts, and cannot think of buying presents."

It was about a week before Christmas goal the store was growded with neoned. The store was crowded with neoned to be store was a crowded with neoned.

When she recovered we moved here, so Bishop takes at his consecration.

was perfectly happy, but her aunt's happiness was marred by the knowledge

Soon Margaret and her aunt were rolling away in the carriage in the direc-tion of Margaret's home. They found the children wondering at Margaret's absence. The story was told and their aunt lovingly kissed them all. She told them to come with her. At this point couldn't bear to see the disappointment of those children when they awoke on Christmas."

It was very cold, and was just two days before Christmas, Miss Margaret was surprised to find the manager of the store walking up to her and saying:

"I wish to see you for a few minutes, Miss Morris." The girl's heart beat quickly and she clasped her hands together nervously, for she knew the reason of his visit.

"A western observer of men and newspapers is moved to write as follows about the Sunday paper:

I spent 5 cents for the Sunday Dart, and hauled it home in a two-wheeled her aunt had picked up. "Oh, aunt Mary, let me out, she exclaimed, I must deliver this purse," and told her and newspapers is moved to write as follows about the Sunday paper:

I spent 5 cents for the Sunday Dart, and hauled it home in a two-wheeled cart: I piled the sections upon the floor till they reached as high as the kitchen door: I hung the chromos upon the wall, though there wasn't room to other day will do for that, my dear, and I will give you the \$10 to make up for what you spent."

She gives it a touch of originality. She papers is moved to write as follows about the Sunday paper:

I spent 5 cents for the Sunday Dart, and hauled it home in a two-wheeled cart: I piled the sections upon the floor till they reached as high as the kitchen door: I hung the chromos upon the wall, though there wasn't room to the wall, though there wasn't room to hang them all, and the yard was littered some ten feet deep with "comic seewhat you spent."

you have seen anything of it?"

Margaret resolved to tell the truth at all costs, so she answered, "Yes, I found it and brought it home with me. I have spent \$10 of it for presents for my brothers and sisters. But I intend to pay it back with my wages. In two weeks I will have enough."

It was so warm and cozy inside and Margaret sighted for supreme contentment. Soon a light footstep was heard and a girlish voice exclaimed: "Oh, mother, I have been waiting for you so long." The curtains parted and Marion Mansfield entered. She stared in amazement at the strangers, but after her mother's explanation."

"So you are well as a supreme content which if played surdity of this."

It was so warm and cozy inside and Margaret sighted for supreme contentment. Soon a light footstep was heard and a girlish voice exclaimed: "Oh, mother, I have been waiting for you so long." The curtains parted and Marion Mansfield entered. She stared in amazement at the strangers, but after her mother's explanation." in amazement at the strangers, but after her mother's explanation, she kissed all the children, giving Margaret an extra kiss and a bearlike hug. "I have al-ways wanted a sweet, pretty sister, and

you will do just lovely."
"Margaret had been staring at Mario the purse and handed it to her, saying:
"This is yours, dear, and I am sorry I
spent that \$10 but Aunt Mary says I ever since she entered and she now too have mother's share of Grandpa's for-tune, so I will pay you back. I wonder," she added, turning to her aunt, "why I didn't find out you were Mrs. Mansfield all those three hours I have known you.

all those three hours I have known you. I suppose I was too happy to think about anything except that you are my aunt and look just like my dear mother."

Such a happy evening for them all. When the younger children were all fast asleep, Marion, her mother, and Margaret were still talking. Mrs. Mansfield learned of all the debts of Margaret's and the children, and she told Margaret not to worry over them, as they would all be paid.
"I never was so contented in my life,"

said Margaret.

CRESOLENE ANTISEPTIC TABLETS SORE THROATS AND COUGHS

Winnipag, Man. Dept. N. "Beautiful, embossed St. Patrick's 3 Day Postals, per hundred 90 cents.

The Dominion Railway School

Norman Peel, Mfg. Co. London, Cnt " And," added Marion, " it is all on nccount of the Morocco Prayer-Book."
—M. F., in Our Young People.

THE FEAST OF THE PURIFICATION.

On Febuary 2nd the Church solemnly elebrates the presentation of in the temple, and the obedienc and humility both of Mary and her Divine Son, who though not subject to the law in regard to purification, and presentation, yet subjected themselves to it. Hence the feast is called the Purification ly contended and a sweet peaceful confidence in God's mercy. Just as she arrived at the do r she saw a elderly, this day the candles required for the living convice are blessed and carried divine service are blessed and carried

What is the design of this custom ? (1) It is to remind us that Jesus, the light of the world, was offered up to His dropped the purse and prayer book in amazement, and stood staring at the stranger. The woman in turn stared at her and seeing the prayer book picked it up. She looked mere astonished than ever when she read in the prayer keep. also of several important truths to which the priest effers in the prayers at the blessings. Thus he prays that as the earthly light dispels the darkness of night, so Je us, with the light of His divine doctrine, may clear away our spiritual blindness and ignorance, and lead us in the way of virtue; that as the Holy Ghost enlightened Simeon, so He may also enlighten us to ackn Jesus as the true light, to love Him and follow Him, to keep our hearts from the way of sin, and to guide them in the way of virtue, and to kindle them with the fire of holy love, finally, that God may

### THE BISHOP'S OATH.

An interesting sidelight upon the dressed. After she had purchased a long list of articles at Margaret's counter, she went away leaving her purse on the counter.

Margaret tried to reach the girl, but she was lost in the crowd, and so the clerk returned to her place, resolving, that she would herself restore the purse hat she would herself restore the purse had now where we were going to move."

Mother was very ill six years ago, that she would herself restore the purse hat it is offered by a correspondent in the she did not know where I lived, except that six years ago I told her when and where we were going to move."

Mother was very ill six years ago, and where we were going to move."

Mother was very ill six years ago, and where we were going to move."

Mother was very ill six years ago, and where we were going to move."

Mother was very ill six years ago, and where we were going to move."

Mother was v you see why poor mother did not answer your letter."

Dishop takes at his consecration. The words in question were alleged to be as follows: "Heretics, schismatics and All matters thus explained, Margaret as perfectly happy, but her aunt's successors I will prosecute and fight against to the best of my ability (pr If you get a pair I will too for I misure mine are as bad as yours," exclaimed Nellie.

"I haven't a cent, children," answered Margaret, but suddenly remembering the purse she hurried in and opened it. She found that it contained \$25 and some small change. Suddenly a plan entered Margaret's mind. She would take \$10 of this money, buy the children that it contained \$25 and some small change. Suddenly a plan entered Margaret's mind. She would take \$10 of this money, buy the children though, and they shall live with me and I know I shall love them as my own. That Margaret is the very image of you, and I love her already, on account of the best of my at ility (pro posse persequar et impugnabo) \*\* \*\*\*

So help me God and these Holy Gospels." It is not necessary in these columns to point out the absurdity of the translation which would render the Latin purse. That Margaret is the very image of you, and I love her already, on account of the best of my at ility (pro posse persequar et impugnabo) \*\* \*\*\*

It is not necessary in these columns to point out the absurdity of the translation which would render the Latin purse. The formula in question, just to prevent a stupid missunderstanding, was abolished ninety anderstanding, was abolished ninety years ago, so that "Observer," is saying what is not true when he tells us that it forms part of "the oath that every English Catholic Bishop takes at his

## THE SUNDAY PAPER.

consecration."—The Tablet, London.

what you spent."

At last they arrived at a large old-fashioned brick house, which was to be woman's section and magazine, and witted people would fail to see the ab-

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T. A. DALY



mainly in Irish and Italian dialect, are full of the spirit of

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and there were patterns for women's gowns, and also for gentlemen's hand-me-downs; and a false mustache and a rubber doll, and a deck of cards and parasol. Now men are busy with dray and cart, abauling away the Sunday Dart Emporia Gazatte Dart.—Emporia Gazette.

Lady Randolph Churchill, writing in the Century Magazine, pays the accustomed tribute to the genial character and ready wit of the Irish people, but she gives it a touch of originality. She

# WITHOUT DRUGS



Herenles Danote. Copyright 1907 by Dr. Hercules Sanche All rights reserved.

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This seems wonderful, but we have letters from hundreds of people who have expierenced it. The Sisters of St. Ann's Convent, Nanaimo, B. C., write Apr. 29, 1907.

MYDONORS, they each use one with satisfaction."

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