# OUR BOYS AND GIRLS.

The Well Dressed Girl. You may have an idea that the best dressed girl is the one who spends the most on her clothing, and that no girl need consider herself well dressed who has to plan and scrimp and make over continually. This is a mistake. Good taste and skilful fingers can often ac-complish what money fails to do.

The girl who does not dress to fit her years is not well-dressed. For a miss in her teens to wear gowns fashioned as elaborately as her mother, and of as expensive material, proves someone in error, either the mother or the girl. Form simple tastes, girls. Then you will never be in doubt as to how you shall dress; you own good sense will tell

Some girls may have prettier dresse than others, but there is no reason why any girl should excel another in neat-A girl has herself to blame if her shoes are a rusty color instead of an at-tractive black. It is not lack of money, but lack of energy, that is shown when a

but lack of energy, that is shown when a girl's shoe is minus some of its buttons.

After all, it makes less difference how a girl is dressed than she sometimes believes. To have a mind well clothed and thoughts lovely and attractive, will also were to add to the appearance of any do more to add to the appearance of any girl than can the most costly fabric. Clothe yourselves with content, cheerfulness and loving thoughts for others and, so your dress be neat and fresh, you need have little anxiety as to your appearance.—Girl's Companion.

How Cowslip Saved Him. In the Highlands of Scotland it is a kindly custom to give names to the cow as well as other animals. A Scotch lad had three to care for, and all three had The red cow was Cowslip, the dun was Bell, and the black was Meadow

The cows knew their names like three children, and would come when called.

"One day," the boy tells us, "I was not with them, but had been given a

holiday and gone up on the side of the hill. I climbed until I was so high that I got dazed, and lost my footing upon the rocks, and came tumbling down and snapped my ankle, so I could

not move. "I was very lonesome there. It seemed to me that I lay there, hitching along among the bracken. I thought now night would come and nobody would know where I was. I could not move for the anguish of my foot. It was no to call, for there was naught in sight save the crows, striking against the sky. My heart was fit to break, for I was but a lad, and mother looked to me for bread. I thought I would

never see home again.

After a while I spied a cow beneath, razing on a slip of turf just between a rift and the hills. She was a good long way below, but I knew her. It was Cow-

I shouted as loud as I could, Cowslip Cowslip! When she heard her name she left off grazing and listened.
"I called again and again. What did

she do? She just came toiling up and up—till she reached me. Those hill

cattle are rare climbers.

"She made a great ado over me; licked me with her rough, warm tongue, and was as pleased and as pitiful as though I were her own. Then like a moon and Christian, she set up a moan and moaned—so long and so loud that they heard her in the vale below.

To hear a cow moaning like that they knew meant that she was in trouble. So they came a searching and seeking. They could see her red and white body, though they could not see me. So they found me, and it was Cowslip saved my

The Three Gifts.

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Once upon a time there lived a king and he had three sons. Their names were James, John and Richard. When the princes were old enough and ready to go out into the world and enter the

has promised that each of you shall have his wish. What do you desire?

James, the eldest prince, stepped for-ard. "Tell him I want riches—gold.

conquer the universe." he turned to his second son. "John, what do you want?"

want to be a great ruler. Give me power and I will bring the nations of

"It shall be as you say," said the king. Then he turned to his youngest son. "What is your wish, Richard? "Nor power nor wealth do I want," said the gentle Richard. "Give me only the gentle heart of making friends." the world to my feet.'

Then the brothers went forth into the world. All that James touched was

turned to gold. He became rich beyond his wildest dreams, but he was the unhappiest man in the kingdom. He married, but his young wife left him because of his arch cruelty. His only son grew up a spendthrift, and after James had died—in misery and alone—squandered the wealth his father had garnered after

many years of effort.

The second son, John, went forth into the arena and became a mighty despot.

Nations trembled at his nod. His Nations trembled at his nod. His power was unquestioned, but he was unloved, and one day his courtiers

ormed a plot and assassinated him.
As for Richard he wandered blithely into the world. Everybody who near him became his friend. He was neither rich nor powerful, but everybody in the kingdom loved him. One day his father, the old king, sent for

"Richard," he said, "you chose Nichard, he said, you chose wisely. Wealth is wonderful and accomplishes much: power is great and carns a great reward, but the gentle art of making friends brings happiness."

And Richard married a beautiful

tinction of being the champion life-saver of the United States. She is valued at \$2,000, but it would be difficult to estimate the worth of the help she has extended to people who might have

drowned had it not been for her efforts. As you may know, Coney Island is a great place for bathing. During the eason thousands of persons, including many children, enjoy the refreshing waters of the ocean there. This means that there is frequent danger of people drowning in the surf, owing to carelessness or accident.

The life-saving corps is always on the watch to lend a hand at the critical watch to lend a hand at the critical moment. However, there are times when human hands cannot be quick enough, and human appliances are powerlesss. It is at such times that the erlesss. It is at such times that the Newfoundland dogs prove their worth. It seems to be almost instinctive with them to jump into the water and save the perishing. Very tenderly, gently and safely do they seize the victims of the sea, swimming with them to the shore, where despairing friends utter cries of gladness at the escape.

There are several of these dogs in the

There are several of these dogs in the employ of the life-saving corps, but Stella is the best of them all. The dogs are given a special training for their work. They are taught to know a cry of danger instantly. Being power fully built, they are sure swimmers, and they are trained to make quick

and they are trained to make quick time, and to discern the spot where a victim is in danger on the shortest notice. They never hesitate. Stella is capable of swimming fifteen or twenty miles under ordinary con-dition, moving with as perfect ease as if she was walking on land. When she hears a cry of distress it is the word of a moment for her to seize a life-pre server and reach the exact location where the drowning person is in trouble.

Good, noble and efficient as these dogs are, it would seem strange that people visiting the beach would be so toolish, not to say cruel, as to try to deceive them, but such has been the case in recent months. Careless bathers have been heard to feign cries of distress to fool the dogs, just to see them swim. The captain of the corps has expressed his indignation at such proceedings, for it is the surest way to spoil the dogs. Having been deceived once or twice, they may hesitate some time when a real cry of distress comes, it is the foliation of the province of the pr and loss of life may be the result. Honest dogs expect people to be honest, and they are not slow to resent

A Dog-Shark and A Lost Rosary. There are fish stories that are also

true stories. Here is one that is vouched for by scores of persons, some of them eye-witnesses.

On Tuesday of last work Man. Policy On Tuesday of last week, Mrs. Peter

Monroe, wife of a well-known resident of the southern section of Philadelphia, while strolling along the beach at See Isle City, discovered that she had lost her ro-Though not of more than ordinary intrinsic value, the beads had been blessed by the Pope and were a gift to Mrs. Monroe from a distinguished priest in Ireland. She prized them highly, therefore, and lost no time in instituting a thorough search. But the rosary was not to be found.

On the Tuesday following little On the Tuesday introduced the Jimmie Chapman dropped a fishing line from the end of the pier and awaited a nibbie. He got it, but it might be described as a bite with a capital B. And when Jimmie hauled in his line a swishing dog-shark came with it. And, wonderful to relate, encircling that

dog-shark's neck was a rosary! Standing by envious of Jimmie's jurk on hooking such a monster, was little Tommy Delaney, son of the proprietor of the Lafayette Hotel, and his sharp eyes were the first to detect the shark's

unique adornment.
"I know who it belongs to, and you'll have to give it up" exclaimed Tommy.

"No siree, I'm goin to make a watch chain of it," retorted Jimmie.

before him.

But Tommy was not to be denied,
"My sons," said he, "you are about
to enter upon a terrible struggle—the
battle of life. It is my will that you be
well equipped and have all that you desire. My friend, the Wizard Wiseman,
has promised that each of you shall have

watch chain of it," retorted Jimmie.
But Tommy was not to be denied,
and soon he established communication with Mrs. Monroe. A shining
include transferred from Mrs. Monroe
to Tommy and from Tommy to
Jimmie induced the latter to foresire. My friend, the Wizard Wiseman,
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and soon he established communication with Mrs. Monroe. A shining
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has promised that each of you shall have

on the stablished communication of ment of the solution of the production of them, every organization of ment
and every gathering of mixed company,
has its own ways. To learn these at a
glance and to adapt one's self to them,
are evidences of experience or fitness
for society.

7. Have moral courage. The lower go his watch-chain scheme, and the rosary was restored to its owner.

The occurrence was soon the subject James, the eldest prince, stepped forward. "Tell him I want riches—gold. Give me wealth and I shall go forth and conquer the universe."

The occurrence was soon are staged of conversation from one end of the resort to the other. Among the first to hear of it was Rev. C. F. Phelan the to hear of it was Rev. C. F. Phelan the genial pastor of St. Joseph's Church.
"That's one of St. Anthony's little tricks," he remarked with a characteristic smile. "Tye known him to do

his shovel-like nose, the peculiar formation of which prevented the chain from slipping off again.—Philadelphia Catholic Standard and Times.

## Young Monk a Genius.

Vienna, June 14.-Father Hartmann, the young Franciscan monk, the success of whose oratorio, "St. Francis," at Rome not long ago, led to his being dubbed "the Austrian Perosi," is endubbed the Austrian Perosi, is endubbed to his being dubbed to his being dubbed to his being ly rare experience. joying the traditionally rare experience joying the traditionally rare experience of being honored in his own country. He is the hero of the hour at Vienna, his famous composition, which he wrote in his monastery cell, having made a real furore. The first performance of the oratorio in the composer's native land was given with the monk himself land was given with the monk himself as conductor. The music was sung by the greatest artists of the Vienna opera house before an audience made up of members of the court and the nobility

and of many prominent musicians. The emperor has received the young composer, granted Father Hartmann permission to dedicate his oratorio to princess and they lived happily ever after.—A Fable by S. T. Steern.

A Life-Saving Dog.

Stella, a big Newfoundland dog belonging to the Life-Saving Corps at Coney Island, New York, has the dis-

### CHATS WITH YOUNG MEN

Says the Catholic Columbian: When a young man first goes out into the great world and is thrown among other men of all characters, habits and professions—especially if he is away from home and has had little training in social intercourse—he is apt to make many blunders if he be at all forward.

He should lay down certain principles or his own guidance, so as to be benefited by these meetings with other men, o as to establish a reputation for nice manners and good sense, and so as to participate in no evil by any of the which that may be done.

Deference to superiors. First of all, the well-bred young man will be all, the well-bred young man will be respectful toward age, superior wisdom and high station. The failure to show this reverence is due to a false notion of one's own importance. Real worth is modest and is quite ready to recognize the just claims of others to their fullest extent. The conceited thrust them-selves forward and occupy the places of better men, often to their own confusion when they are called back. 2. Slowness to express opinions

a young man is in a company y composed of his elders, it is a largely mistake for him to act as if he it all." Even if he be a college graduate and his acquaintances be only poorly educated, they know more than he does of the wisdom that is garnered in the great university of life. When he is talkative, positive and dogmatic among them, a quiet smile often rests upon their lips. They pity his presumptuous ness. They know that the day will come, if he has any common sense at all, when he will regret his confident elf-assertion. To listen to others, to self-assertion. To listen to others, to think, to compare, to learn, these will occupy his attention. He may help the talk along in a quiet, pleasant way, especially if we have any special infor-

his views be asked. But it is not well for him to take the centre of the stage and monopolize it. Avoid detraction. In almost every company of men the absent are every company of men the absent are spoken of disparagingly Besides the sinfulness of this proceeding, it is against good breeding. Do not discuss the failings of others. Say nothing, as a rule, behind a man's back that you would not say to his face. Unless charity require you to make a man's short-comings known, so as to prevent him from doing further injury, give him the charity of silence. Make a practice of finding out the good qualities of your acquaintances and get the reputation of always speaking kindly of the absent.

nation on the subject in question or i

4. Give no countenance to Never by word, act, or smile lend any encouragement to those depraved men who relate dirty stories. They intrude into almost every society. Do not listen to them. Do not laugh at them. If you cannot prevent them from telling their vile jokes, go away; and if you cannot leave, show by your manner that obscenity is odious to you. When it is a duty, hesitate not to speak out and denounce such talk—not necessarily with temper or with offensive speech, but gently yet firmly, so as to excite to repentance rather than to anger. repentance rather than to anger. Nevertheless if a stop cannot be put to improper conversation except at the loss of the story teller's temper, stop it, no matter how troubled he may get

5. Have tact. Fine manners are the finest of the fine arts, and they are based on a desire to please. Be amiable, courteous, sweet tempered and un-You will have your reward in the affection of pour friends.

6. Be observant. Even with all the training of the home circle, a young man has much to learn in society. The best school in which to learn the customs of gentility is society itself. There brightness, a desire to please, consideration for the rights and even the wishes of others, are expected to obtain, as the rudiments of gentle behaviour. yond them, every organization of men and every gathering of mixed company, has its own ways. To learn these at a glance and to adapt one's self to them,

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to for society.

7. Have moral courage. The lower
animals have physical bravery, but it
takes a man with character to have
moral courage. Do not obtrude on
your neighbors, your religion, or your
principles or your ideas of what is your neighbors, your religion, or your principles, or your ideas of what is right; but if the occasion comes to assert them or be loyal to them, fail not to come out boldly with what to you is true. This is a species of valor

istic smile. "I've known him to do do such things before."

"A hundred years from now," he added, "A man who tells this story, will be looked upon as a credulous fool."

When Mrs. Monroe dropped her rosary on the beach the tide was very low. At high tide the fishes came in to feed and it is supposed that the dogshark hooked by little Jimmie Chapman had endeavored to swallow the rosary, but succeeded only in coiling it around his shovel-like nose, the peculiar forness. And even if there is a design to insult, it is occasionally well to refuse the offender the gratification of know-ing that he caused a pang. So unless one's station or reputation or connecone s station of reputation of resented, it is best to ignore it outwardly as well as to forgive it inwardly. As some one has said: "A gentleman will set is not many the propose other can!"

not insult me; none other can!"

Acting on these suggestions a young man will be apt to make progress in savoire faire, in the art of being agreeable, and in the good will of his circle

Why He Signed the Pledge.

Why He Signed the Pledge.

"My reasons for taking the temperance pledge were partly general and partly special," says Dean Farrar.

1. I become convinced that the use of alcohol in any form was not a necessity. I saw that whole nations have lived and flourished without it. I believed that the whole race of man had lieved that the whole race of man had existed for centuries previous to its dis-

covery.

2. I was struck by the indisputable fact that in England fifty thousand inhabitants of our prisons, accustomed to strong drink all their lives, and the majority of them brought into prison directly or indirectly by it, could be, and were, from the moment of their schemes of public plunder. When the

imprisonment, absolutely deprived of it, not only without loss, but with en-tire gain to their personal health. 3. I derived from the recorded tes-

timony of our most eminent physicians that the use of alcohol is a subtle and manifold source of disease even to thousands who use it in quantities con-veniently deemed moderate; also that all the young, and all the healthy, and all who eat well and sleep well do not require it, and are better without it.

4. Then, the carefully drawn sta-tistics of many insurance societies contistics of many insurance societies convinced me that that total abstinence, so far from shortening life, distinctly and undisputably conduced to longevity.

5. Then I accumulated proof that

drink is so far from being requisite to physical strength or intellectual force that many of our greatest athletes, from the days of Samson onward, 'whose drink was only of the crystal brook, have achieved without alcohol mightis than have ever been achieved with it.

And beside all this, I knew that the life of man always gains by abolishing needless expenses and avoiding artificial wants. Benjamin Franklin said, a hundred years ago, 'Temper-ance puts wood on the fire, meat in the barrel, flour in the tub, money in the purse, credit in the country, clothes on the bairns, intelligence in the brain and spirit in the constitution.'

#### THE LORD'S PRAYER.

Sublimities are too often mumbled on Sublimities are too often mumined on thoughtless lips. The power of invo-cation is greatindeed. A single prayer may address itself with solemn direct-ness to an omnipotent God and call up-on infinite potentialities. There is a power of pathos in the ordinary petitions that Christians recite daily fail to appreciate. In the Le fail to appreciate. prayer great rhetoricians have found passages that run the gamut of every beauty and feeling and eloquence. anecdote told of Booth, the tragedian, is illustrative :

He, with several friends, had been He, with several friends, had been invited to dine with an an old gentleman in Baltimore, of distinguished bindness, urbanity and piety. They though disapproving of theatres and theatre-going, had heard so much of Mr. Booth's remarkable powers that curiosity to see the man had, in this instance, overcome all scruples and prejudices. After all the entertainment was over, lamps lighted, and the company re-seated in the drawing-room, some one requested Booth, as as a particular favor, and one which all present ticular favor, and one which all present would doubtless appreciate, aloud the Lord's prayer. Booth exaloud the Lord's prayer. Booth expressed his willingness to do this, and all eyes were turning expectedly upon him. Booth rose slowly and reverently from his chair. It was wonderful to watch the play of emotions that convulsed his counteremotions that convulsed his counten-ance. He became deathly pale, and his eyes, turned tremblingly upward, were

wet with tears. And yet he had not spoken. The silence could be felt. It spoken. The silence could be test. It became absolutely painful, till at last the spell was broken as if by an electric shock, as his rich toned voice, from white lips, syllabled forth: "Our Father Who art in heaven," with a pathos and solemnity that thrilled all hearers. He finished. The silence continued. Not a word was heard or nuscle moved in his rapt audience, till from a remote corner of the room a subdued sob was heard, and the old subdued soo was neard, and the old gentleman, their host, stepped forward, with streaming eyes and tottering frame, and seized Booth by the hand. "Sir," said he, in broken accents, "you "Sir," said he, in broken accents, "you have afforded me a pleasure for which my whole future life will feel grateful. I am an old man; and every day from my boyhood to the present time I thought I had repeated the Lord's prayer; but I have never heard it— never!" "You are right," replied never!" 'You are right,' replied Booth; "to read that prayer as it should be read has caused me the severest study and labor for thirty years; and I am far from being satisfied with my rendering of that wonderful

ages. It is well named "the Lord's Prayer."—Catholic Citizen.

Dealth has since been good, and I cannot speak too highly of Dr. Williams' Pink Pills."

These Pills cure troubles "These Pills cure troubles "These Pills cure troubles" Thousands of Christians who thought- | well

## Non-Catholic Missionary Work Com-

mended by Leo XIII Pope Leo XIII. in his recent letter to Cardinal Gibbons especially commends the work of giving missions to non-Catholies in the following words. It is catholies in the following words. It is very unusual that any special work should receive particular mention in a general letter, but the Holy Father has singled out the non-Catholic mission work for special approbation. He says:

"Nor is this all. You have wisely taken measures to enlighten these who

taken measures to enlighten those who are separated from the Church and to draw them to the truth. This you have done by appointing learned and worthy done by appointing learned and worthy members of the clergy to go about from place to place and address them publicly in a familiar style, using churches and other buildings, solving the difficulties which may be advanced—an excellent plan, and one which we are well aware has already borne abundant family. The Missionary aware has already bor fruit."—The Missionary.

The Language of Anti-Catholic

Bigots. The most powerful argument used by the scribes and pharisees against Christ was an interrogative: "Have any of the rulers and the pharisees believed in Him?" In modern times the question would have been been: "Have any per-sons of political influence and distincsons of political influence and distinction given countenance to Him?" or, "Is He somebody whom nobody knows?" Such is the language of the spirit of despotism in all times and all countries. It was spoken by the Roman tyrants, and is found in the mouth of the petty Cæsars of this very city. When any man has the moral courage to denounce political corruption or the tyranny of capital he is looked on as a disturber, and is condemned to political death. Bad men do not like the idea of religion becoming a factor in politics.

SURPRISE MAKES CHILD'S PLAY SUAD

prophet Isaiah said, "The meek shall increase their joy in the Lord, and the poor men shall rejoice in the Holy One of Israel," he foretold the characteristic mark of the true religion, which St. Paul had in view when he asked, "Hath not God chosen the poor in this world rich in fruit and heirs of the kingdom?"
Religion is the friend of the poor, the foe of tyrants and corrupt politicians, the handmaid of liberty and the only hope of the American republic. -- Amer ican Herald.

#### Parents and Home Education.

No matter how good the school may be, home education should supplement its work. Children are given by ment its work. Children are given by God to parents, not as a present which they can dispose of at pleasure, but as a trust for which a very account must be given to God. St. Paul strongly rebukes those parents who neglect the careful education of their children. "If any man," says he, "have not care of his own, and especially of those of his house, he hath denied the faith, and is worse than an infidel." Some parents foolishly imagine that they do their duty toward their children if they pro vide for their temporal wants, and settle them down comfortably in the world. But this is a great mistake, for it is not for this alone that children are given by God to parents, but for a higher object far; they are given in order to be trained up in the fear and love of God. Upon the due fulfilment of this duty, then, depends, in a large measure, the eternal as well as the temporal welfare of both parents and temporal welfare of both parents and children.—American Herald.

#### MONTHS OF PAIN

Caused by a Tumor of the Breast.

MRS. J. M. TIMBERS OF HAWKESBURY, TELLS HOW SHE OBTAINED RELIEF AFTER DOCTORS HAD FAILED.

From the Post, Hawkesbury, Ont. Mrs. James M. Timber is well known to nearly everybody in Hawkesbury. Vankleek Hill and surrounding country. She was born in Vankleek Hill, but since her marriage, twelve years ago, has lived in Hawkesbury, and is greatly esteemed by all whe know her. Mrs. Timbers is one of the many thousands who have proved the great value of Dr. Williams' Pink Pills, and gives her experience for the benefit of other sufferers. She says:—"While nursing my first child I suffered from a nursing tumor under the left breast. The first symptom was a sharp pain followed by a growth, which gradually increased in size until it became as large as gg. It was exceedingly painful nd caused me great suffering. consulted a doctor, who gave me nedicine, but it did me no good. Then egg. I consulted another doctor, who said I ould have to undergo an operation.

In the meantime, however, the tumor broke, but would not heal, and as a result, I was feeling very much run down. At this time my attention was directed to Dr. Williams' Pink Pills, and I began using these. I soon felt that they were giving me increased strength, and after using a few boxes, the tumor disappeared, and I was a well as ever, I had been. My health has since been good, and I canno

These Pills cure troubles like the system. Through their action on the blood they also cure such troubles as anaemia, heart palpitation, erysipelas, scrofula, skin eruptions, rheumatism, St. Vitus dance and the ailments that when the lives of so many amon mison. make the lives of so many women miser able. The genuine always bear the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all dealers in medicine, box. Sold by all dealers in medicine, or sent postpaid at 50 cents a box or six boxes for \$2.50 by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

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of any other preparation. Apply the Nerviline
copiously, rubit on well and then bind in a hot
flannel bandage. This will cure the worst
cases in a short time. Try Nerviline for Rheumatism. Neuralgia, Sciatuca or Lumbago—it's
all right and only costs a quarter.

all right and only costs a quarter.

A CURF FOR FEVER AND AGUE—Parmelee's Vegetable Pills are compounded for use in any climate, and they will bestound to preserve their powers in any latitude. In fever and age the poison, which has found its way into the blood. They correct the impurities which find entrance into the system through drinking water or food and if used as a preventive fever are avoided.

are avoided.

JUST THE THING THAT'S WANTED.—A pill that acts upon the stomach and yet is so compounded that certain ingredients of it preserve their power to act upon the intestinal canals, so as to clear them of excreta, the retention of which cannot but by hurtful, was long looked for by the medical profession. It was found in Parmelee's Vegetable Pills which are the result of much expert study, and are scientifically prepared as a laxative and an alterative in one.

one.

Like other Evils cramps and diarrhoa come suddenly. Promptly give a dose of Perry Davis' Painkiller and the pains will go immediately. A bottle at hand will save hours of suffering—be prepared.

If attacked with cholera or summer complaint of any kind send at once for a bottle of Dr. J D. Kellogy's Dysentery Cordial and use it according to directions. It acts with wonderful rapidity in subduing that dreadful disease that weskens the strongest man and that destroys the young and delicate. Those who have used this cholera medicine say it acts promptly, and never falls to effect a thorough cure.

Enitmore, Md.

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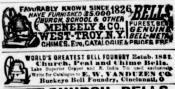
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