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Doctors highly recommend it to those

- Who are run down; Who have lost appetite; Who have difficulty after eating; Who suffer from nervous exhaustion; And to Nursing Mothers,

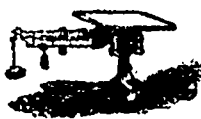
as it increases quantity and improves quality of milk. PRICE, 40 CENTS PER BOTTLE.

For Cash Coal and Wood And Present Delivery.

Table listing prices for various goods: Grate, Stone, Nut and Egg, No. 2 Hat or Pea Coal, Best Hardwood, long; Best Hardwood, 5.25 per ton; No. 2 Wood, long, 4.00; No. 2 Wood, cut and split, 4.50; Slabs, good, long and dry, 3.50.

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Good work and prompt delivery. Mending done free.

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A RECENT BOOK

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Book Agents Wanted

Any man or woman can earn \$100 a month with DARKNESS & DAYLIGHT in NEW YORK. A Christian woman's thrilling narrative of Twenty Years of rescue work. 128 pages, 100 illustrations. 250 wonderful flash-light photographs. 440 thousand, 700 p. Introduction by Rev. Lyman Abbott. Publishers: 'God speed it.' Every one laughs and cries over it. One Agent has cleared \$800 (another \$1,000) in 20 days. Agents for Ontario, \$2.00 per month. (Distance no obstacle.) For the 'New York' 'God Speed' 'Lord's Prayer' \$7.00. Also pay all custom duties for our Canadian Agents. Write for particulars and specimen envelopes (free) to BARTFORD PUBLISHING CO., Hartford, Conn.

MISCELLANEOUS.

Is it right to call a mail steamer "she"?

Ardent Lover: "If you could see my heart, Belinda, you would know how fondly"—Up-to-date girl (producing camera): "I intend to see it, Hiram. Sit still, please."

Tested by Time.—For throat diseases, Colds and Coughs, Brown's Bronchial Troches have proved their efficacy by a test of many years. The good effects resulting from the use of the Troches have brought out many worthless imitations. Obtain only Brown's Bronchial Troches. 25 cts. a box.

Eli Siland: "How long do a man have to be in this country before he can vote?" O'Toole: "That depends; if he come late in November he may have to wait nearly a year."

"You," said the carworn individual, "are the man who told me the right way to succeed politically was to trust the people." "I am," admitted the theoretical philosopher. "Well, I done it. And not one of 'em will pay up. And the sheriff's got my saloon. And I'm goin' to lick you." And brute force once more triumphed over philosophy.

RHEUMATISM RUNS RIOT

When there is lactic acid in the blood. Liniments and lotions will be of no permanent benefit. A cure can be accomplished only by neutralizing this acid and for this purpose Hood's Sarsaparilla is the best medicine because Hood's Sarsaparilla is the only true blood purifier prominently in the public eye.

Hood's Pills act easily, yet promptly and effectively, on the liver and bowels. 25c.

The only transcontinental railway in America, that is in fact transcontinental, is the Canadian Pacific. It reaches literally, with its own unbroken line, from ocean to ocean. In the States they talk about transcontinental lines, but they have none except in theory.

A BOOK FOR YOUNG MEN.

An immeasurable amount of suffering and injury to the human race is due to the ignorant violation of physiological laws by the youth of our land. Ruinous practices are indulged in, through ignorance of the inevitable injury to constitution and health which surely follows. By every young man the divine injunction, "Know Thyself," should be well heeded. To assist such in acquiring a knowledge of themselves and of how to preserve health, and to shun those pernicious and most destructive practices, to which so many fall victims, as well as to reclaim and point out the means of relief and cure to any who may unwittingly have violated Nature's laws, and are already suffering the dire consequences, an association of medical gentlemen have carefully prepared a little book which is replete with useful information to every young man. It will be sent to any address, securely sealed from observation in a plain envelope, by the World's Dispensary Medical Association of 663 Main Street, Buffalo, N.Y., on receipt of ten cents in stamps (for postage), if enclosed with this notice.

The very first lesson which an Arab baby learns, when he begins to talk, is to keep facts to himself. It does not sound very friendly, put in that way, but it saves a deal of trouble. Foreigners do not understand Arabs. They ask them pointed questions and receive peculiar answers. They construe the answers to please themselves, and come away to tell the world that the Arabs are a nation of liars. Perhaps, if they should tell the foreigners to mind their own affairs, and let them and theirs alone, the foreigners would understand them better.—"Yamoud," by Henry Willard French, in November 24, Nicholas.

The Ladies' Journal Bible Problem Plan No. 30.

A Valuable Lot of Beautiful Prizes for Pains-Taking Persevering People. Something Interesting and Profitable to Employ Your Time in Winter Evenings.

The very cordial way in which the revival of our Bible problem plan was received, after such a long silence, encourage us, says the publishers of The Ladies' Journal, to offer another one. The large prizes and the smaller rewards were scattered pretty well over the whole country from British Columbia to Nova Scotia, and even into the States.

Here are the questions for this competition. Where are the following words first found in the Bible: 1st, Hour; 2nd, Day; 3rd, Week; 4th, Month; 5th, Year.

THE FIRST REWARDS.

- 1—A handsomely finished Upright Piano. 2—One beautiful Quadruple Silver Plated Tea Service. 3 to 12—Ten handsome individual Salt and Pepper Casters. 13 to 32—Twenty Testaments, beautifully bound in Morocco. 33 to 37—Five Sewing Machines, complete attachments. 38 to 39—Twenty pairs Silver Sugar Tongs. 40 to 47—Twenty Souvenir Spoons of Toronto. Silver Plated (Gold Bowl). 48 to 51—Six handsome Quadruple Silver Plated Egg Casters, Gold-lined. 52 to 53—Sixteen prettily carved Silver Thimbles. 54—One complete set of Mayne Reid, 18 volumes, beautifully bound. 55 to 150—Forty-nine half dozen Silver Plated Forks.

The sender of the first correct answer to all five questions will get the Piano. The second the Silver Tea Set, and so on until all the first rewards are distributed.

Then follow the middle rewards, when the sender of the middle set of correct answers will be given the Piano, the second the Gold Watch and so on.

THE MIDDLE LIST.

- 1—A handsomely finished Upright Piano. 2—One Gem's handsome Hunting Case Gold Watch. 3 to 17—Fifteen Silver Tea Services, Quadruple Plate (Four pieces). 18 to 37—Twenty 1-2 doz. Forks, Silver Plated, (Superior quality). 38 to 42—Five dozen Desert Knives, extra finish, valued at \$7.00. 43 to 142—One hundred Testaments, handsomely finished, Morocco bound. 143 to 152—Twenty complete copies Chambers' Journal. 153 to 159—Ten dozen Desert Knives, Superior quality, valued at \$6.00. 160 to 184—Twenty 1-2 dozen Nickel Plated Tea Spoons, extra quality for common use. 185 to 191—Ten Ladies' pretty Gold Brooches, latest design. 192 to 200—Six Ladies' Open Face Gold Watches.

Then come the Last List or Consolation Prizes, when to the sender or the last correct set of answers received at the Journal office will be given the piano named in this list.

THE LAST LIST.

- 1 to 20—Twenty 1-2 dozen Table Spoons, superior quality. 21 to 25—Five handsome Gold Lockets. 26 to 30—Five handsome Silver Thimbles. 31 to 35—Five Paris Individual Salt Casters. 36 to 60—Twenty-five Testaments, Morocco bound. 61 to 65—Five dozen Nickel Plated Tea Spoons. 66 to 75—Ten complete Volumes Chambers' Journal. 76 to 100—Twenty-five handsome Souvenir Spoons of Toronto. 101 to 110—Ten Boys' Nickel Watches. 111 to 120—Ten handsomely Bound Volumes, History of the Bible. 121 to 123—Three Sewing Machines, complete attachments. 124 to 127—Four dozen Dinner Knives, extra quality, valued at \$6.00. 128 to 160—Thirty-three 1-2 dozen Silver Plated Forks. 161 to 199—Thirty-nine Testaments, Morocco bound. No. 200—A handsomely finished Upright Piano valued at four hundred dollars.

Everyone competing must send one dollar for a year's subscription to the Ladies' Journal (also six cents in stamps or coin for postage on spoon), which is well worth the investment apart from the prizes.

A HANDSOME GOLD ALUMINUM TEA SPOON, full size, will be sent free to everyone as soon as possible, after money is received whether their answers are correct or not. This spoon is made by an entirely new process and is of the same material all through and will consequently retain its color, which is the same as though made of gold. The spoon would retail at about one dollar.

A SILVER TEA SET OF FOUR PIECES.

To any person sending six dollars with their answer (whether correct or not) will be sent the Ladies' Journal for one year, and a beautiful Quadruple Silver Plated Tea Service of four pieces: Tea or Coffee Pot, Sugar Bowl, Cream Pitcher and Spoon Holder. Sets no better have been retailed at as high as thirty dollars. You will make no mistake in taking advantage of this offer. The Spoon will not be sent to those getting the tea set.

This set will be sent as quickly as possible (receiver to pay express charges) after money comes to hand. You will not require to wait till the close of the competition.

No charges will be exacted from prize winners except for the pianos when \$20 will be charged to help cover expenses.

The publishers of the Ladies' Journal have in their possession thousands of letters from delighted winners in former competitions.

Complete lists of the names and addresses of the successful competitors will be published in the Journal as quickly as possible after the close of the competition.

Competition will close on the 30th April next. Ten days after the date of closing will be allowed for letters to reach the Journal office from distant points, but the letter must be postmarked not later than 30th April.

Parties living at a distance from Toronto have an equal opportunity even if every answer received is correct, as the advertising in far away places is done first. Then therefore the middle and last lists of rewards in which they stand equal to anyone. Address: The Ladies' Journal, Toronto, Can.