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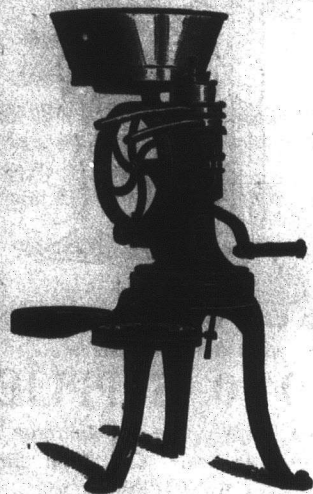
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Work the Panacea for Pessimism.

By JEAN FINOT.

How are we to counteract the depressing influences which lie in wait for us every moment of our lives? Consider the evil and the good, and what do we find? It is often quite enough for some one to tell us something nice and pleasant to produce a condition of peace and serenity in our minds. More important still, often in the grip of analytical melancholy or of unlimited despair we sit down to think over our case. After a careful examination we find it by no means so exasperating. If we continue our thinking the calmer aspects of the event stand out with assuring clearness. They even smile at us good naturedly, and we may confidently abandon ourselves to their tender mercies. Thus unhappy impressions fade away, injurious or depressing sentiments become less acute, and just as the surface of a lake which has been disturbed by the invasion of somebody outside regains its habitual stillness, so our conscious mind regains its equilibrium.

For in nature there is nothing either absolutely good or absolutely bad. In the saddest things there is an element of sweetness, if not of gaiety. It is our business to seek it, and, having found it, to make good use of it. A wise man will do still more. Instead of having recourse on special occasions to this beneficent fancy, he will wish to keep her always close to him. Looking into her smiling face he will acquire renewed strength for each misfortune. He will let life's furrows be smoothed away by her musical laughter. Cross grained philosophers and psychologists will no doubt say that this is optimism unworthy of superior men. What does that matter? We may say what evil we like of optimism, but we must admit all the same that it is closely bound up with the fortunes of human beings.

It is all very well to try and substitute the philosophy of ill temper—in other words, gnawing pessimism—as the natural system of humanity. We have only to examine a man a little nearer and to observe with what joy he entertains the smiles of the good fairy and turns from the grimaces of pessimism to see which way nature draws him.

If we cast a look around us we notice how instinctively a man lets himself be drawn along on his own optimistic tendencies.

The many games of chance, with their risks bordering on the unlikely; the thronging of the liberal professions where success is rare; the faith in political panaceas, and the spectacle of so many other of the games of life where impregnable belief in a happy issue constantly dominates the fear of misfortune, all go to prove it. Humanity left to itself, as Dr. Max Nordau asserts, gives way by preference and by instinct to happy influences. Consequently these have more chance to possess us. All we need is to utilize them for our own happiness. I cannot psychotherapeutics, the new deterritorial literature, without emotion.

What is required is autosuggestion for each given case, instead of falling back on some general doctrine. Does not psychotherapeutics, the new departure in medicine, teach us that certain illnesses disappear as if by enchantment as the result of constantly repeated suggestions? Dr. F. Regnault relates that in treating a hypochondriac he advised him to write on the wall every evening the words, "I am happy," and to go off to sleep in full view of them. After a few weeks happiness began to steal into his spirit. Which of us in speaking of God does not instinctively turn towards the sky?

What endless resource is provided in this way against the invading years! Let us accept them with confidence and look on them with the softness which befits men of wisdom. Let us ever keep before our eyes comforting examples of serene old age and probable longevity. Little by little our optimistic visions will become a guard of honor. They will be on the watch that poisonous fears do not take possession of our consciousness.

Those who are not sensitive to this surrounding atmosphere of reasoned thought may, on the other hand, have recourse to direct and repeated suggestion. Let us, then, repeat every day and at every moment when the fears of helpless old age come back to memory, first of all that it is a long way off, and, secondly, let us remind ourselves of its attractions. The direct action on the mind will have extraordinary results. As the hypochondriac comes to be always smiling by continually telling himself that he is happy, so people oppressed by the thought of old age and death may be restored to calm at their approach.

Our unreasoned fears, by demoralizing our minds, only accelerate their destructive advance. In facing them with the careful consideration of a well informed man, we remove our limits. Our apprehensions are put to sleep under the influence of thought, just as, according to the Indians, the evil desires are by malalis.

Let us especially put ourselves under the most powerful influence of all, that of work. Let us use our minds, rather than enfeeble our bodies for want of occupation. In a word, let us not give ourselves time to grow old!

The inevitable visitation which must at some time lead in the two sisters, old age and death, will not only take place later, but what is more essential, will become a thing almost to be desired. They will be awaited like guests who are to bring to us at some distant day attractive charm.

Latest Canadian Patents.

The following up-to-date list of Canadian patents is reported to us, by Egerton R. Case, Solicitor of Patents, and Expert in Patent Causes, Temple Building, Toronto.

Alfred A. M. Jordan, Vancouver, B. C., Orthotics; Edmond Montet, Montreal, Que., Soap Formers; Helen H. Cooke, Toronto, Ont., Radiators; Wm. J. Coulter, Toronto, Ont., Clothes Reel; Thos. L. Moffat, Jr., Weston, Ont., Stoves; Angus A. McIntosh, Alexandria, Ont., Car Moving Devices; Jos. Lea, Toronto, Ont., Stairs; Geo. P. Eastman, et al., Toronto, Ont., Driving means for rotatable disks; Andrew Murdoch, Montreal, Que., Fish traps; Elmer E. Parls, Coleman, Alta., Traction engines.

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Advertising is more and more becoming the business of experts, to the great relief and benefit of all classes of advertisers. Many firms and individuals require to advertise, and are at a loss just how to reach in the best possible manner the people they desire to reach, and it often happens that much money and labor are lost and considerable time spent before advertisers learn where and how to get the best possible returns for their efforts. A firm which undertakes to arrange for all classes of advertising in all classes of publications, from the daily paper to the yearly volume, is, therefore, filling a place in the business life of Canada which cannot well be filled in any other way, and this is what the Woods-Norris, Limited, is doing.

The business, which was established several years ago by Mr. J. H. Woods, one of the most experienced newspapermen of the Dominion, has grown so rapidly that it was necessary to add to the firm, and Mr. Charles C. Norris, who was one of the best known and most popular advertising agents in Canada, joined the firm, was announced some months ago. Woods-Norris, Limited, Mail building, Bay street, Toronto, is now one of the best established firms of advertisers, and can arrange business for all desirous of advertising in any paper, magazine or other publication, not only in Canada, but in any part of the world. The well-trained and experienced staff of the firm is prepared to write out all classes of advertising matter, arrange for such illustrations as may be desired and to deal with every detail necessary to make an advertisement the success it invariably is when placed by a capable and experienced firm. A member of the staff will call on any firm desirous of talking over advertising business, and whether the advertiser desires to use space in one or in a thousand publications the exact cost can always be ascertained before entering on the business.