

THE  
**HOME SAVINGS**  
AND LOAN COMPANY  
LIMITED

In business as a Savings Bank and  
Loan Company since 1854.

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**78 Church St., Toronto**

BRANCH "A"  
**522 Queen St. W.**  
Cor. Hackney

**Assets \$3,000,000.**

**3<sup>1</sup>/<sub>2</sub>%** Interest allowed on De-  
posits from Twenty Cents  
upwards.

Withdrawable by Cheques.

Office Hours:

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JAMES MASON, Managing Director

**FEDERAL LIFE**

Issues Best Investment  
Insurance Policies.

**A Strong and Reliable**  
Canadian Company.

HEAD OFFICE:  
**HAMILTON, - - CANADA.**

DAVID DEXTER,  
President and Managing Director.

**HEADACHE!**

Neuralgia and Nervousness cured quickly by  
**AJAX HARMLESS HEADACHE AND**  
**NEURALGIA CURE.**  
No heart depression. Greatest cure ever discovered.  
Take no other, 10c and 25c. All dealers or direct from  
AUSTIN & Co. Simcoe, Ont. Money back if not satisfied



Free Grants to Missions and Poor Parishes.

THE CHURCH  
**BIBLE AND PRAYER BOOK SOCIETY**

(INCORPORATED 1893.)  
Chairman of Board:  
THE RT. REV. THE LORD BISHOP OF TORONTO  
Object:—The Promotion of Christian Knowledge  
by supplying Bibles, Prayer Books, Hymn Books,  
Sunday School Library Books and other Church  
Literature, to needy Parishes and Missions by Free  
Grants. — Forms of Application, etc., may be  
obtained from

W. H. TREMAYNE Lambton Mills.

**WHAT SULPHUR DOES**

For the Human Body in Health and  
Disease.

The mention of sulphur will recall  
to many of us the early days when  
our mothers and grandmothers gave  
us our daily dose of sulphur and mol-  
lasses every spring and fall.

It was the universal spring and fall  
"blood purifier," tonic and cure-all,  
and mind you, this old-fashioned  
remedy was not without merit.

The idea was good, but the remedy  
was crude and unpalatable, and a  
large quantity had to be taken to get  
any effect.

Nowadays we get all the beneficial  
effects of sulphur in a palatable, con-  
centrated form, so that a single grain  
is far more effective than a table-  
spoonful of the crude sulphur.

In recent years, research and ex-  
periment have proven that the best  
sulphur for medicinal use is that ob-  
tained from Calcium (Calcium Sul-  
phide), and sold in drug stores under  
the name of Stuart's Calcium Wafers.  
They are small chocolate coated pel-  
lets, and contain the active medicinal  
principle of sulphur in a highly con-  
centrated, effective form.

Few people are aware of the value  
of this form of sulphur in restoring  
and maintaining bodily vigor and  
health: sulphur acts directly on the  
liver and excretory organs, and puri-  
fies and enriches the blood by the  
prompt elimination of waste ma-  
terial.

Our grandmothers knew this when  
they dosed us with sulphur and mol-  
lasses every spring and fall, but the  
crudity and impurity of ordinary  
flowers of sulphur were often worse  
than the disease, and cannot compare  
with the modern concentrated pre-  
parations of sulphur, of which  
Stuart's Calcium Wafers is undoubt-  
edly the best and most widely used.

They are the natural antidote for  
liver and kidney troubles, and cure  
constipation and purify the blood in  
a way that often surprises patient and  
physician alike.

Dr. R. M. Wilkins, while experi-  
menting with sulphur remedies soon  
found that the sulphur from Calcium  
was superior to any other form. He  
says: "For liver, kidney and blood  
troubles, especially when resulting  
from constipation or malaria, I have  
been surprised at the results ob-  
tained from Stuart's Calcium Wafers.  
In patients suffering from boils and  
pimples, and even deep-seated car-  
buncles, I have repeatedly seen them  
dry up and disappear in four or five  
days, leaving the skin clear and  
smooth. Although Stuart's Calcium  
Wafers is a proprietary article, and  
sold by druggists, and for that reason  
tabooed by many physicians, yet  
I know of nothing so safe and reli-  
able for constipation, liver and kid-  
ney troubles and especially in all  
forms of skin disease as this remedy."

At any rate, people who are tired  
of pills, cathartics and so-called blood  
"purifiers," will find in Stuart's Cal-  
cium Wafers a far safer, more pala-  
table and effective preparation.

price she said the work was worth  
it."

"God bless my boy!" was all the  
mother could say in answer.

**THE MAN IN THE BOY.**

In the acorn is wrapped the forest,  
In the little brook the sea;  
The twig that will sway with the  
sparrow to-day

Is to-morrow's sturdy tree.  
There is hope in a mother's joy,  
Like a peach in its blossom furled,  
And a noble boy, a gentle boy,  
A manly boy is king of the world.

The power that will never fail us  
Is the soul of the simple truth;  
The oak that defies the stormiest  
skies

Was upright in its youth;  
The beauty no time can destroy  
In the pure young heart is furled;  
And a worthy boy, a tender boy,  
A faithful boy is king of the world.

The cub of the royal lion  
Is regal in his play;  
The eaglet's pride is as fiery-eyed  
As the old bird's, bald and gray.  
The nerve that heroes employ  
In the child's young arm is furled,  
And a gallant boy, a truthful boy,  
A brave, pure boy is king of the  
world.

—George Shepard Burleigh.

**SECRET OF A LONG LIFE.**

You sometimes see a woman whose  
old age is as exquisite as was the  
perfect bloom of her youth. You  
wonder how this has come about.  
You wonder how it is her life has  
been a long and happy one. Here  
are some of the reasons:

She knew how to forget disagree-  
able things.  
She kept her nerves well in hand,  
and inflicted them on no one.

She mastered the art of saying  
pleasant things.  
She did not expect too much from  
her friends.

She made whatsoever work came  
to her congenial.

She retained her illusions, and did  
not believe all the world wicked and  
unkind.

She relieved the miserable, and  
sympathized with the sorrowful.

She never forgot that kind words  
and a smile cost nothing, but are  
priceless treasures to the discouraged.  
She did unto others as she would be  
done by, and now that old age has  
come to her and there is a halo of  
white hair about her head, she is loved  
and considered. This is the secret  
of a long life and a happy one.

**BE COURTEOUS, BOYS!**

"I treat him as well as he treats  
me," said Hal.

His mother had just reproached  
him because he did not attempt to  
amuse or entertain a boy friend who  
had gone home.

"I often go in there and he doesn't  
notice me," said Hal again.

"Do you enjoy that?"

**The Central Life Insurance**  
Company of Canada.

Head Office, Toronto.

Authorized Capital, - - \$1,000,000.00  
Subscribed Capital, - - \$ 500,000.00

Our rates are most favorable to the insuring public.  
Our Policies are unconditional from the date of issue.  
Our Reserves are based on the highest Government  
Standard. — First-class positions for men of  
character and ability. — Write to the Head  
Office of the Company for particulars.

THOMAS CRAWFORD, M.P.P., - - - President.  
J. M. SPENCE, - - - Managing-Director

"Oh! I don't mind; I don't stay  
long."

"I should call myself a very selfish  
person if friends came to see me and  
I should pay no attention to them."

**The Source  
of Health,**

STRENGTH AND VITALITY IS  
THE FOOD SYSTEM

**Dr. Chase's  
Nerve Food**

ENSURES PERFECT DIGES-  
TION AND ASSIMILATION.

It matters little how much food  
you eat so long as the digestive sys-  
tem is not in condition to convert it  
into blood and nerve force.

When the nervous energy is con-  
sumed by disease or by excessive  
mental or physical exertion the  
nerves and muscles which control  
digestion are unable to do their work,  
and the food is allowed to ferment  
and become a burden instead of a  
benefit to the system.

**Dr. Chase's Nerve Food is the  
most rational treatment for Indiges-  
tion and Dyspepsia that was ever  
conceived.**

By forming new blood and creating  
new nerve force it strengthens and  
invigorates the nerves and muscles  
which control the flow of gastric  
juices and the contracting motion of  
the stomach which is necessary to  
digestion.

It would be impossible for any  
treatment to go more directly to the  
cause of trouble.

While revitalizing and re-ener-  
gizing the principal organ of diges-  
tion—the stomach—Dr. Chase's  
Nerve Food also sharpens the appe-  
tite, enlivens the action of the liver,  
and has a gentle laxative effect on  
the bowels.

Mrs. E. J. Forsyth, 62 Elm Street,  
Toronto, says: "My trouble has been  
acute indigestion and severe attacks  
of headache, as well as nervousness,  
and at times spells of dizziness. After  
having thoroughly tested Dr. Chase's  
Nerve Food I can say that it has  
cured my stomach troubles, and, as  
a result, the other symptoms have  
also disappeared. I consider Dr.  
Chase's Nerve Food the best treat-  
ment for indigestion, as well as being  
a splendid general tonic."

Dr. Chase's Nerve Food, 50 cents  
a box, at all dealers, or Edmanson,  
Bates & Co., Toronto. The portrait  
and signature of Dr. A. W. Chase,  
the famous receipt book author, are  
on every box.

**J. C. SPENCE & SONS**  
ARTISTS IN STAINED GLASS

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ESTABLISHED 1856.  
Church work of all kinds. Memoria  
windows and leaded glass a specialty  
Churches decorated. Texts and scrolls  
supplied.

**Bells 100 lbs. to**  
**10,000 lbs. McShane's**  
Any tone desired—Chimes, Peals, Single.  
McSHANE BELL FOUNDRY, Baltimore, Md., U.S.A.