

Will Tone up the Nerves,
Will Strengthen the Muscles,
Will make you Fat,

The
D.L. Emulsion.

Will give you an Appetite,
Will greatly help Consumptive People,
Will stop Chronic Cough and heal the Lungs.

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CARVER AND GILDER,
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Old Frames Re-Cut Equal to New.



Delicious
COFFEE
IN A
Moment.

BY USING
LYMAN'S FLUID COFFEE.

For sale by Grocers and Druggists in 1 lb.,
½ lb., and ¼ lb. bottles.

Made from the best Mocha and Java.

RICH AND FINE FLAVORED,
WHOLESOME, REFRESHING.

Full Directions with each Bottle.

NO COFFEE POT NEEDED.

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Chase & Sanborn's
COFFEE.

Beauty unaccompanied by virtue, is
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Temptations are a file which rub off
the rust of self-confidence.

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**WHITE ROSE
GLYCERINE SOAP.**
(brand)

COLOGNE.

(various sizes.)

Superior to all others. A trial will convince you.
For sale by druggists.

General Agents,

LYMAN, KNOX & CO.,
MONTREAL.

WORRY AND HURRY.

It may, perhaps, safely be said that the average Christian life is an unrestful one. Fret and worry enter far too largely into its composition. When we consider the life of Him who has given us the only perfect example of holy living, and notice the calmness and total absence of worry that always marked Him, we know that it is possible for us to live in the same way, for He has made it possible for His Spirit to dwell within us. Therefore, to be free from worry means to have more of Jesus within us. There is no good in fighting the worrisome thing, whatever it may be, and there is no good in trying to subdue the spirit within that gets worried. These things always result in failure, and it would be wise not to try them. The only thing to do is to take a good, long look at Jesus. Nestle up a little closer to Him, leave the worryment and care for Him to manage, and the peace of God will soon begin to steal quietly into the spirit. One victory, however, is not enough. We are told to let the peace of God rule in our hearts. "God doesn't want us all the time fighting battles and gaining victories. The enemy would like to keep us at it, and, by having us con-

tinually occupied with ourselves, prevent us from doing much good in any other direction. How can we be kept in perfect peace according to our privilege? First, steadily refuse to see the difficulties. Second, keep the mind stayed upon God. These are two simple words of advice, but, if followed, they will bring the soul into a perpetual state of victory, in which there will be abundant leisure for helping others, and also for becoming furnished for every good work.

Another evil, perhaps as great as the demon of worry, is the spirit of hurry. If one is leading a very busy life for the Master, how the apparent necessity for making haste does again and again present itself. If this spirit is yielded to, it greatly mars the work. How comforting it is to think of the abundant leisure our Saviour possessed in the midst of His crowding work. There was not so great need for His reaching the sick daughter of Jarius that He could not stop on the way to heal and comfort the poor sufferer who touched the hem of his garment. Work will be done far better, and in the end more quickly by refusing to hurry over it. The instant the least inclination in this direction is detected, let the spirit stand still and refuse to listen to the suggestion. God is never in a hurry, and yet how much work He accomplishes. While He is controlling the vast affairs of the universe, He has time to stop and listen to the feeblest whispers of His children. The soul that, like God, is never either worried or hurried has learned some marvelous lessons and is in a place where wonderful service can be done for the Lord.—*Christian Alliance.*

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CONSECRATED SERVICE.

In the beautiful Greek language the word servant, and the word for the highest servant for all is the bond slave. The highest service is rendered to Christ by one who is not his own but the absolute property of His Lord. Our service is of little value to Christ until He owns us utterly. "Whose I am, and whom I serve," be this our glorious motto ever.

VISIT C. W. LINDSAY'S PIANO ROOMS, 2270 ST. CATHERINE STREET, BEFORE PURCHASING
PIANOS OR ORGAN ELSEWHERE.