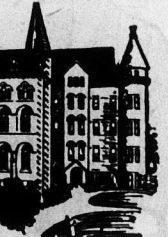


Good Habits

C.M.,
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COLLEGE

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Studies, Music,
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August, 1907.

DON'T STAY FAT

Obesity Quickly and Safely Cured.
No Charge to Try the NEW
KRESSLIN TREATMENT.

Just Send Your Address and a Supply Will Be
Sent You FREE—Do It To-Day.

Fat people need no longer despair, for there is a home
remedy to be had that will quickly and safely reduce their
weight, and, in order to prove that it does take off superfluous
flesh rapidly and without harm, a trial treatment will be



This represents the effect the Kresslin
Treatment has had in hundreds of cases.

sent, free of charge, to those who apply for it by simply send-
ing name and address. It is called the KRESSLIN
TREATMENT, and many people who have used it have
been reduced as much as a pound a day, often forty pounds a
month when large quantities of fat were to be taken off. No
person is so fat but what it will have the desired effect, and
no matter where the excess fat is located—stomach, bust,
hips, cheeks, neck—it will quickly vanish without exercising,
dieting, or in any way interfering with your customary
habits. Rheumatism, Asthma, Kidney and Heart Troubles
leave as fat is reduced. It does it in an ABSOLUTELY
HARMLESS way, for there is not an atom in the treatment
that is not beneficial to all the organs. So send name and
address to the Dr. Bromley Co., Dept. W 41 West 25th
St., New York City, and you will receive a large trial treat-
ment free, together with an illustrated book on the subject
and letters of endorsement from those who have taken the
treatment at home and reduced themselves to normal. All
this will be sent without one cent to pay in any shape or
form. Let them hear from you promptly.



SYNOPSIS OF CANADIAN NORTH-WEST HOMESTEAD REGULATIONS

Any even numbered section of Dominion
Lands in Manitoba, Saskatchewan and Alberta
excepting 8 and 26 not reserved, may be home-
steaded by any person who is the sole head of a
family or any male over 18 years of age, to the
extent of one-quarter section of 160 acres, more
or less.

Entry must be made personally at the local
land office for the district in which the land is
situate. Entry by proxy may, however, be made
on certain conditions by the father, mother, son,
daughter, brother or sister of an intending home-
steader.

The homesteader is required to perform the
homestead conditions under one of the follow-
ing plans:

(1) At least six months' residence upon and
cultivation of the land in each year for three
years.

(2) If the father (or mother if the father is
deceased) of the homesteader resides upon a
farm in the vicinity of the land entered for, the
requirements as to residence may be satisfied
by such person residing with the father or
mother.

(3) If the settler has his permanent residence
upon farming land owned by him in the vicinity
of his homestead, the requirements as to resi-
dence may be satisfied by residence upon the
said land.

Six months' notice in writing should be given
to the Commissioner of Dominion Lands at
Ottawa of intention to apply for patent.

W. W. CORY,
Deputy of the Minister of the Interior.
N.B.—Unauthorized publication of this adver-
tisement will not be paid for.

SUFFERED FROM HEART and NERVE TROUBLES FOR the LAST TEN YEARS.

If there be nerve derangement of any
kind, it is bound to produce all the
various phenomena of heart derange-
ment. In

MILBURN'S HEART AND NERVE PILLS

is combined treatment that will cure all
forms of nervous disorders, as well as
act upon the heart itself.

Mrs. John Riley, Douro, Ont., writes:
"I have been a great sufferer from
heart and nerve troubles for the past
ten years. After trying many remedies,
and doctoring for two years without
the least benefit, I decided to give Mil-
burn's Heart and Nerve Pills a trial.
I am thankful to say that, after using
nine boxes I am entirely cured and would
recommend them to all sufferers."

Price 50 cents per box or 3 boxes for
\$1.25, at all dealers, or mailed direct
on receipt of price by The T. Milburn
Co., Limited, Toronto, Ont.

Boys and Girls.

The Cottage on the Hill.

Though the world wide o'er we roam,
Thought will wander back to home;
In the midst of crowding throng
How we often sadly long
For some sweet remembered place,
For some dear, beloved face,
On some cherished faithful breast,
There to lay our heads and rest.

Be the mem'ry tears or mirth,
Home's the dearest place on earth,
Home—the cottage on the hill,
With its vine-decked window sill;
With its crimson rambler rose,
Where the fitting firefly glows;
Where the nearer friendly stars
Brightly beam through lattice bars.

At the cottage on the hill,
There the redbreast robins trill
From the leafy, mantled eaves;
Where the smoke whiffled purring

wreathes
Out the old stone chimney crest,
Where the swallows make their nest;
There all nature is akin
To the loving hearts within.

Now no beauty's in the brook;
Shadows steep each silvered nook;
Grasses growing on the lea
Now seem dull and dead to me:
There's no song from birded bow'rs,
There's no perfume in the flow'rs,
For my heart is with it still—
Home, the cottage on the hill.

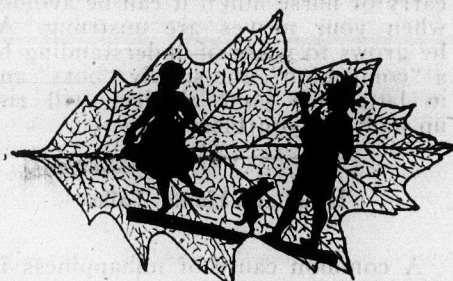
—Jessie Beattie Thomas.

"Fortifications."

"Fortifications" is a game that origi-
nated in France. The ground is marked
to represent a fort, and the aim of the
players is to knock the marbles entirely
outside the lines. The shooters may
start from any outside line, and take
their first shot at the marbles in the
fort to determine the order of their
turns. The general rules are like those
of the ring games.

Pictures on Leaves.

Many of the young folks will find
amusement and pleasant diversion in
making pictures on leaves which may
be easily skeletonized, causing the pic-
tures to stand out as shown in the il-



ustrations. The process is exceedingly
simple, and oak, maple or chestnut
leaves—in fact, leaves from almost any
tree, may be utilized.

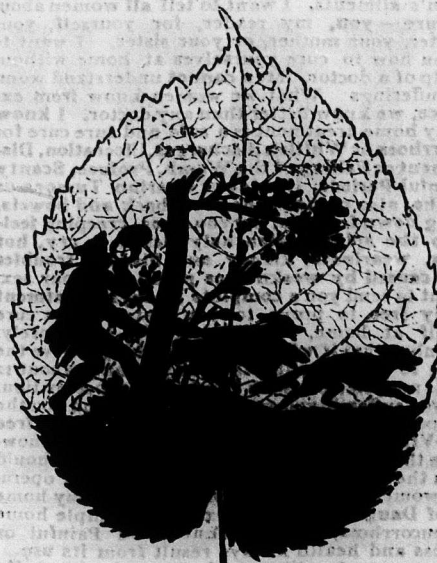
Press the leaves for a few days in
a book or by some other device to make
them smooth and stiff. When the leaves
are ready for skeletonizing, cut out of



paper the pictures which are to be re-
produced, trimming them closely with
sharp scissors.

Paste the pictures on the leaves with
common flour paste or mucilage. Be-
fore the paste has time to dry lay the
leaves, with paper pictures uppermost,
on an ironing board or other smooth
surface on which a cloth has been
spread for ironing.

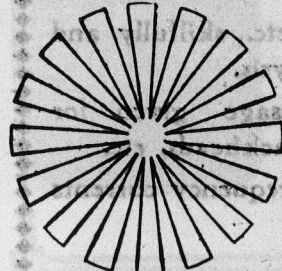
Take a common clothes brush or a
shoe brush and beat the leaves with the
bristles. The paper protects the parts
of the leaves covered, and the uncovered
parts are skeletonized by the beating.
When through beating, pull off the



paper and the pictures will stand out in
the leaves as shown in the illustrations.
Illustrated papers and magazines fur-
nish an infinite variety of pictures
which may be thus reproduced, and the
leaves may be used for ornaments of
many kinds.

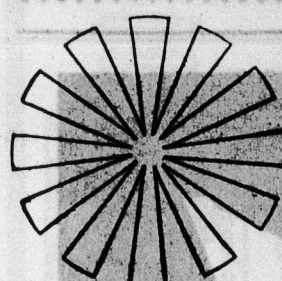
The Magic Wheels.

The magic wheels are made out of
cardboard, and should be about an inch
in diameter, with at least eight spokes.
They may be shaped like either No. 1
or No. 2, and no rims are necessary, as
it is the spokes that produce the desired ef-
fect.



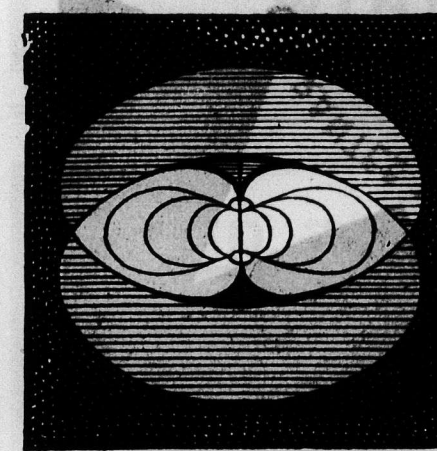
the opposite ends of the stick. This
forms a sort of teetotum.

Start the wheels spinning on the
ends of the stick, so that one wheel is
above the other. If the wheels are
white they must spin against a dark
background; if they are colored, they
must be against a white back-
ground.



While they are spinning look
at them at an angle, so that the spokes on
one side of the upper wheel overlap those
of the lower wheel, which you have
spinning in the opposite direction. A
curious effect of curves will be produced
by this and they will take somewhat
the form of No. 3. By moving the posi-
tion of the eye up and down, so that
more or less of the spokes are first
hidden and then revealed, the figures
will change making an endless variety
of curves.

You may produce a similar effect by
using only one wheel and spinning it



under a strong lamplight, or in the
sunlight, when the shadow will act at
the second wheel. Other curious effects
may be produced by spinning the two
wheels at different velocities.

To the youth who is tempted to
drink there is no more important les-
son than this, that in these times, as
never before, temperance is not only
a virtue, but, like all other virtues, it
pays, and is the one that in all the
catalogue of virtues pays most direct-
ly and best.—Minneapolis News.

RHEUMATISM

I have found a tried and tested cure for Rheu-
matism! Not a remedy that will straighten the
distorted limbs of chronic cripples, nor turn bony
growths back to flesh again. That is impossible.
But I can show surely kill the pains and pangs of
this terrible disease.

In Germany—with a Chemist in the City of
Darmstadt—I found the last ingredient with
which Dr. Shoop's Rheumatic Remedy was made
a perfected dependable prescription. Without
that last ingredient, I successfully treated many
many cases of Rheumatism; but now, at last, it
uniformly cures all curable cases of this hereto-
fore much dreaded disease. Those sand-like gran-
ular wastes, found in Rheumatic Blood, seem to
dissolve and pass away under the action of this
remedy as freely as does sugar when added to
pure water. And then, when dissolved, these
poisonous wastes freely pass from the system,
and the cause of Rheumatism is gone forever.
There is now no real need—no actual excuse to
suffer longer without help. We sell, and in con-
fidence recommend

Dr. Shoop's Rheumatic Remedy

Best and Safest Light for Country Homes



There's no
artificial light
made to-day
that can begin
to compare
with a Beck-
Iden Acetylene
Lamp for use
in country
homes.

It's absolutely safe, even where
there are children.

They can knock the lamp over
and break it, but it cannot explode—
nor cause fire, as the light would be
immediately extinguished.

Although a comparatively new
light, it is now recognized by in-
surance companies as being the safest
artificial illuminant in use to-day.

This is a great feature in its favor, as
insurance agents are usually strongly
prejudiced against new lights.

For full descriptions, cost of light
per hour, etc., write for booklet.

Beck-Iden Acetylene Lamp Co.,
66 Notre Dame St. West, Montreal.

"You Will Suffer all Your Life."

SAID ALL THE DOCTORS

Half a dozen of the best physicians
told Mr. Baker that he had Chronic
Rheumatism, and would have it as
long as he lived. One day Mr. Baker
read in a paper of a man who had
Rheumatism just like him—who had
been told by doctors that his case was
hopeless—and who had been completely
cured by GIN PILLS.

The two cases were so much alike
that Mr. Baker decided he would invest
50c in a box of GIN PILLS and give
them a trial.

It was the best investment he ever
made. Before the first box was taken,
he felt better all over, so he got
another. He took that and bought a
third, getting better all the time.

Hinesville, May 8, 1906.

I have been greatly benefited by your Gin
Pills, and all who have used them in this
neighborhood speak very highly of them.

One of my neighbors, Mr. X., who suffered
for years with Rheumatism and who has spent
hundreds of dollars with specialists without
receiving the slightest benefit, was entirely cured
by two boxes of Gin Pills. He is proclaiming
their virtues from the "households."

Yours truly, D. L. BAKER.

We don't even ask you to buy Gin
Pills—but to try them at our expense.
Write us, mentioning this paper, and
we will gladly send you a free sample of
these wonderful Kidney Pills that cure
Rheumatism. The Bole Drug Co.,
Winnipeg, Man.

Sold by all dealers—50c. a box, or 6
boxes for \$2.50—or sent on receipt of
price.