

## SNAP-SHOTS AT VARIOUS SPORTS

Jack O'Brien is a true pugilist. He is good to his family.

A vicious horse is said to be afraid of a man with a jag. Perhaps that explains why so many horsemen burn up so much alcohol.

Ed. Barrow will keep only three of last year's Toronto ball team. That looks like one or two too many.

Jake Stahl, manager of the Washingtons in the American League, is going to marry a wealthy heiress. When Fitz gets rid of Julia, he may do the same.

In a write-up of the big diamonds in the world in an American paper, Jack O'Brien's headlight did not come in for honorable mention. Truly the world is "agin" a hard working pugilist.

Norwood Gibson says that Boston Americans would make a grave mistake to cut out Buck Freeman, and thinks Buck should be put into the Boston outfield and kept there. Gibbie is also of the opinion that a most grievous mistake was made to let "old man" Lachance get away. "The release of Lachance," said he the other day, "just broke up Freddy Parent. Both were French-Canadians and chums, and it broke the little chap all up in every way to lose his friend, and I doubt if he will ever get over it. It was more than foolish to break up a combination that was a winner for two years."

Ed Barrow has signed enough players for three teams. He ought to land in the first division with the material on hand.

Lady Black, Dr. Fred L. Wood's mare, which has taken so prominent a part in the matinees for the last two years, has been sold to Winnipeg parties for a long figure. She will be used for matinee purposes, and ought to hold her own there. Her matinee record is 1:09 1/2.

The King's plate race at the O. J. C. spring meeting has had \$4,000 more added to its value. The Earl of Durham has also given a cup to be raced for in the fall for Canadian-bred horses. These purses should further increase the interest in thoroughbreds.

Quite a bunch of rooters are going up to Goderich tomorrow night, with the Seventh Regiment hockey team. A traveler from the north told us Saturday night that the Goderich team was over-rated, and that he thought the Seventh would clean up on them. We would like to get this district. It would look good to us.

It would be just like it to have an open winter, and then the senior championship would not be decided; but he left a matter of dispute. The Toronto team certainly do not look fast. The championship ought to come to Western Ontario this year.

Young Corbett's retirement is bona fide this time. His decline was as fast as his rise.

Harvey Parker, an American "rassler," with the reputation of being one of the trickiest and smoothest in the business, knocks jiu jitsu. He says "Jiu jitsu is an art of doing things to an opponent who makes no movement to defend himself. Provided the other fellow plays the part of a wooden man, any athlete skilled in the art can, by this method, apply several forms of what the head professors term 'death touches.' A much more effective method, however, is to go out and get an axe and then knock the wooden man on the head. It is also a whole lot easier, and does not imply the waste of time spent in learning the jiu jitsu plan. Any well conditioned man can wield an axe with effect, provided that his opponent sticks his forehead right where a good, sound crack will do the business.

"Seriously, though, jiu jitsu is the most palpable fake that has ever been foisted on athletes. All its alleged deadly holds have been recognized by wrestlers for years, and the only good ones have long been defined as fouls. All of them are useless against a man who will put up a fight—at least they are of less use than some good, old-fashioned wrestling hold.

"I happened around police headquarters in Pittsburg one day when a Zap professor of jitsu was going to give the first lesson to the cops on how to arrest a man by a method which made the most powerful athlete a child in the hands of the artist.

"Arrest me," I said to the Jap. He explained that he would use no death touches on me, and I told him to bring 'em all along. We rolled around a little while, and then our jitsu friend began to squeal in a strange tongue. "That was all there was to it. If a man fights, jitsu is no use. Also, they are still making arrests by the old plan in Pittsburg."

Let Jack O'Brien flaunt his wealth and vaunt his new won fame.  
Contented sits the placid Fitz,  
Full satisfied to call things quits,  
Though riches fly and fortune flits—  
He's happy just the same—  
For what is fame departed to a peaceful fireside,  
Resplendent with the presence of a lately long lost bride?

Ah! Better to have loved and lost than never lost at all;  
To like John L. of course, was well;  
To hear the tolling of the bell  
Sound forth Jim Corbett's final knell—  
On so Pete Jackson fell.

These all were glory, but they pale and pall beside  
The joy of reuniting with a lately long lost bride.

Let North Dakota gnash her teeth as Mrs. Fitz departs.  
That baffled stare is all too late  
To interfere with settled Fate,  
And roughly, rudely separate  
Two strained but loving hearts.

And hand in hand with Father Time, while Love trips by his side,  
Old Fitz will journey homeward with his lately long lost bride.

## COVERPOINT.

## LONDONER WILL GET CHANCE WITH BARROW

Al Watts, of This City, to Try His Hand for Toronto Next Season—Others to Have Trial.

Toronto, Jan. 14.—Manager Ed Barrow has a string of players as long as your arm under contract already for next season, and from the list it looks as if he will be able to pick a winner for Toronto.

Herman Long, who was for years the star of the Boston Nationals, and was later with Detroit, of the American League, will play shortstop and captain the team. The other infielders are: Yale, first base, last year with Bridgeport, champions of the Connecticut League; Meek, first baseman and catcher, from the Western League; Ronan, from the Lake Linden, Mich., team; and McGulgan, of St. John, N. B. Joe

Yeager, of New York, may be secured to play third base. If Billy Launder plays it will be in Toronto; the same thing applies to Fred Mitchell, the Brooklyn first baseman and pitcher. Jack Toft, McGovern, of the Boston Americans, and Carney, a promising catcher from Cleveland, comprise the backstopping staff.

The pitchers already secured are: Putnam, of the New York Americans; Win. Maroney, Leroy, Urbach, a Philadelphia semi-professional, Kerwan, of the West New York Field club, all left-handers; and Clarence Currie, left-hander; McGinley, of the Haverhill, Mass. club; Baker, the star of the Cotton States League; Owens, of Dubuque, who pitched two no-run, no-hit games in the Three-I League last season; Al Watts, London, Ont., who won 25 out of 30 games in the Northern League last summer, and who is touted as a corner; and McEachen, of St. John, N. B.

Mr. Barrow has also the promise of a pitcher from three American League clubs—Detroit, New York and Boston.

## A Coasting Accident.

Kingsport, Jan. 14.—While coasting at Athens, Ont., a rig collided with a sleighload of young folks. Wesley Stevens, aged 15, was badly bruised about the head and arms, and rendered unconscious. Miss Rose Weeks, daughter of Rev. L. M. Weeks, Baptist, had her leg badly cut.

## This Mergers Approved.

Chatham, Jan. 14.—At the meeting yesterday to consider the amalgamation of the Chatham Loan and Savings Company with the Reliance Loan Company, of which the Hon. John Dryden is managing director and president, the vote was almost unanimous for the change, and now all that remains is the consent of the Lieutenant-Governor-in-Council.

## WANDERERS LOSE TO THE OTTAWAS

Fast Montreal Seven Beaten by Eight to Four—Vics Lose to Quebec.

Ottawa, Jan. 14.—By a score of 8 to 4 the Wanderers, of Montreal, met defeat at the hands of the Ottawas Saturday night. The score does not indicate the play, for the Wanderers put up a snappy, fast game and played well. The game was clean, considering the teams, and the penalties, numerous enough, were for minor offenses. The score at half time was 3 to 2 in favor of the Ottawas. Mr. Bob Meldrum, of Montreal, made a very capable referee, and was associated with Fred L. Brophy, of Montreal, as judge of play.

## VICS BEAT QUEBEC.

Montreal, Jan. 14.—The Victorias defeated the Quebec hockey team in the Eastern Canada championship series last night after an exciting and closely contested match by 11 goals to 10. When time was up the score was tied, 10 to 10, and in the play-off a lucky shot by Russell Bowie was the deciding game for the Victorias. The total score was 21 goals, and this was accounted for by the fact that neither of the two defenses were up to championship form, while both forward lines played a dashing and vigorous game. The match throughout was fast and furious.

## LADIES' TEAM AT SARNIA.

Sarnia, Jan. 14.—A number of young ladies of the town have formed a hockey club. Enthusiastic practices are held three times a week. The club members are: Misses K. and L. Spencer, M. Leamer, E. Samis, K. Cowan, N. Davis, M. Fleming, A. Kelly, M. Morse, A. Stuart, M. Cameron, I. Diver, D. Callum, B. Beatty and I. Whitaker. Miss Spereaman and Miss Fleming are the captains of their respective teams.

## HARVARD WON AT HOCKEY.

New York, Jan. 17.—Harvard 5, Columbia 0.

## FOOTBALL.

ABOLISHES THE GAME. Columbia, S. C., Jan. 14.—The board of trustees of the South Carolina College at its meeting here yesterday decided to abolish intercollegiate football.

## HERRERA IN LINE FOR CHAMPIONSHIP

The Greaser Expects to Get Speedy Matches—How He Got Best of Corbett.

Los Angeles, Cal., Jan. 13.—The victory of Aurelio Herrera, the Mexican, over Young Corbett last night has put the Mexican into the running for the lightweight championship. It is expected that he will get speedy matches with Herman and Britt, if he continues to win, and that if successful in those affairs he will be matched with Nelson.

In Friday's battle Young Corbett went down under Herrera's right swing to the jaw, and took the count. It was the last chance for Corbett to come back as a possible aspirant for the championship. On this battle Corbett counted his future. A victory meant matches with Britt and others. Now he will have none. The fight was clean and the knockout was cleaner.

At the opening of the fight Corbett showed a flash of his former skill, but the pace set by the Mexican was too strong.

The battle was fierce from start to finish. Corbett used all his old ring tactics and made a good impression in the first and second rounds by his generalship. He frequently lashed Herrera to the ropes with rights and lefts to the body and follows to the head, but Herrera always came back with the right to the head and uppercuts in clinches at the ropes.

Until the fifth round Herrera fought solely on defensive, while Corbett indulged in rushes and right and left swings, many of his leads going wild and in several instances he was thrown off his feet by the force of his rushes and Jack Toft, McGovern, of the Boston Americans, and Carney, a promising catcher from Cleveland, comprise the backstopping staff.

The pitchers already secured are: Putnam, of the New York Americans; Win. Maroney, Leroy, Urbach, a Philadelphia semi-professional, Kerwan, of the West New York Field club, all left-handers; and Clarence Currie, left-hander; McGinley, of the Haverhill, Mass. club; Baker, the star of the Cotton States League; Owens, of Dubuque, who pitched two no-run, no-hit games in the Three-I League last season; Al Watts, London, Ont., who won 25 out of 30 games in the Northern League last summer, and who is touted as a corner; and McEachen, of St. John, N. B.

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## C. R. F. U. ADOPTS COLLEGE GAME

Some Slight Amendments to the Rules—Rev. Barr Is President of Union.

Ottawa, Jan. 14.—The Canadian Rugby Football Union, at its annual meeting here yesterday, took a broad step towards the goal of consolidation of the football rules by accepting the rules of the Intercollegiate Football Union, amended so as to eliminate faults found in their working.

The new rules will hereafter govern the playing of the two Canadian championship contests at the conclusion of each season. The principal amendment to the intercollegiate rules was one making the scrimmage more open. It provides that no player shall touch an opponent until the ball has been placed on the ground, and that no one but the center scrumming of the side in possession shall touch the ball until it has been put in play by a foot. This amendment keeps the wings apart in the scrimmage until the ball is actually in play. The other important amendment was the abolition of the throw-in, the ball instead, when it goes into touch, being brought ten yards out into the field and scrimmage.

Several minor amendments were also adopted, but except in a few small details, the intercollegiate rules were otherwise adopted holus-bolus. There was none of the expected trouble over events of last season, the Ontario Union delegates expressing a desire for peace.

The Dominion championship was formally awarded to Varsity, and the intermediate championship to Ottawa H.

The final championship games will hereafter be played under the following system: On the home grounds of the Ontario and Intercollegiate, winners, 1906; on the home grounds in New York City and Ontario, winners in 1907, and on the home grounds of the Intercollegiate and Quebec, winner in 1908, unless the teams interested agree otherwise and notify the president five days before the game.

The election of officers resulted as follows: President—Rev. A. F. Barr, Toronto.

First Vice-President—R. T. Shilling, Ottawa.

Second Vice-President—D. McKeand, Hamilton.

Secretary-Treasurer—Dr. Hendrie, Toronto.

## FAST YOUNGSTERS

Batch of the Best on the Pacific Coast Drafted for Major Organizations.

Eleven baseball stars of the Pacific Coast League will receive trials in fast company next season. Not in history have the American and National Leagues made such heavy inroads as this year on the circuit of the far west.

The big league manager has become very partial to the western ball tosser, especially those of the California clubs and the list of candidates to receive trials in the east grows larger every year.

Jimmy Fogarty, Sweeney, Fred Carroll, Jay Hughes, Big Bill Lange, Rip Van Halten and Joe Corbett are among the old diamond stars picked up in California and who made good when switched several thousand miles east.

In the present day there is a formidable list. Frank Chance, Hal Chase, Sam Rice, Mike Donohue, Elmer Strickland, Danny Shaw, Orville Overall and Outfielder Lumley first attracted the attention of the public while playing on the coast.

MANY GOOD YOUNGSTERS. Schaefer, the heavy-hitting Portland infielder, attracted the eye of Jake Stahl, and he will play with Washington.

One of the most promising of the 1906 contingent who will be tested in the major leagues is Jimmy Byrnes, catcher of the Oakland (Cal.) club, who was drafted by Connie Mack for the Athletics. He is a cool, steady man, with an arm of steel. He is expected to develop into a valuable man to help out Schreck and Powers.

Probably the most advertised player of the number is Nealson, first baseman of the San Francisco club, who was drafted by Pittsburgh. The New York Americans, St. Louis Americans and Cincinnati made a great fight to land the player, but Fred Clarke who was on the ground, by a clever bit of strategy, signed him to a Pittsburgh contract after he had agreed to go with Cincinnati for a larger salary.

Nealson is a hard, free hitter, and is very clever in fielding. He is a big man, weighing close to 200 pounds, but is said to be as fast as Wagner. In addition Pittsburgh purchased Tommy Sheehan of Tacoma, who is said to be the best tiggered baseman in the west.

Clark Griffith succeeded in signing three of the leading pitchers of the circuit. They are Jimmy Whalen and Roy Hitt of San Francisco and Eobey Keefe of Tacoma.

THE MATTY OF THE COAST. Whalen is regarded as the Mathewson of the coast. He has been the Seals' mainstay in the box since 1902, when his team won the pennant. He has all sorts of shoddy records to his credit, and it is believed that he can make good without difficulty.

Hitt is a young southpaw who has done good work, and Keefe is said to possess unusually baffling curves.

The St. Louis Americans signed Louis Nodyke of Tacoma, a hard-hitting first baseman, and "Pud" Bennett, a clever second sacker, taken from Seattle.

Charlie Graham, captain of the three-

time pennant-winning Tacoma Club, will play with the Boston Americans. He is regarded as the headiest backstop in the west. Moshman, of the Oakland club, signed by the Chicago Americans, is held as the most versatile man who ever played in the Pacific Coast League. He is a good pitcher and can play infield and outfield positions very creditably.

## CURLING.

## DRAW IN GROUP EIGHT.

Palmerston, Jan. 14.—Secretary Donaldson, of the local curling club, received word yesterday that the drawing in group No. 8 for the Ontario tankard series would take place in the Harrison Club rink on Wednesday, Jan. 24, at 10 o'clock. Only clubs present at that time will be in the draw. Palmerston will send a deputation to Harrison to represent them.

## THE TURF.

## SATURDAY'S WINNERS.

At City Park, New Orleans—Lou M. 13 to 5, Frances H. 7 to 10, Alshire 6 to 2, Coruscate 13 to 5, Saint Tammany 7 to 2, Cascade 6 to 5, Ivanhoe even.

At the Fair Grounds, New Orleans—Loriot 6 to 1, Bonny 13 to 5, Captain Bob 8 to 1, Lieber 18 to 5, Harkness 3 to 1, Decoration 3 to 2.

At Los Angeles—Sylvan Dixon 7 to 2, Graphite 5 to 2, Sanfara 8 to 1, Rubric 5 to 1, Clyde O. 13 to 10, Judge Denton 8 to 5.

## PRICE FOR DRAFTED PLAYERS INCREASED

Cincinnati, O., Jan. 13.—The changes in the national agreement relating to drafting which have been agreed to by the National and American Baseball Leagues, as well as the minor leagues forming the National Association, were formally announced by Chairman Herrmann of the National Commission today. These changes increase the price for all drafted players and limit the number of players to be drafted from Class A to one and provide that the full price must be paid at the time the draft is made. The changes had been prepared by Watkins, Farrell and Shively, a committee representing the National Association, and were first presented at a conference in New York City on December 14, 1905. Representatives of the two major leagues approved the changes at that time and the National Commission at its annual meeting here on Thursday adopted the proposed amendments to the national agreement and this announcement by Chairman Herrmann fixes them in baseball law.

Additional rules were also announced fixing a fine of \$25 for any player playing longer than the prescribed time without a contract, and a similar fine for clubs disposing of players contrary to the provisions of the agreement.

Official Averages of Eastern League Show Buffalo Had Three Above Mark.

The official batting averages, also the pitching records of the Eastern League have been made public. The list shows fifteen men batted above .300.

Foster, of Newark, who participated in fifteen games, leads the players in batting with an average of .458. The next four men took part in but a few games and the best performance really belongs to Frank Laporte of the Buffalo team, who took part in 129 games. Laporte's batting average is .331. All season long he banged the ball at a great clip, and so good was his work that he was at last snapped up by a big league team, being claimed by the New York Americans.

In "Potts" New York secured an excellent player. Graduating from the catchers ranks as an infielder is a stunt that many men open their eyes. Manager Stallings, of Buffalo, was given the laugh by many when Laporte was sent to the infield from behind the bat, but his performance at second base soon made the skeptical ones quiet down and sit up in wonderment. Laporte not only made a great batter but an excellent infielder.

He was first signed by Buffalo, coming from Urichville, O., the home of "Shady" Shaw, a former member of the Pilsons who may play with Cincinnati this season.

Buffalo has three men in the .300 batting class. Laporte, Woods and Delehanty all batted above the coveted mark. Woods joined the team late in the season. He proved a tower of strength on account of his ability to hit the ball. Delehanty was late in coming to terms with Buffalo, but finally signed and played a great game in the field as well as being in good form.

His batting eye improved as the season advanced, and in race parlance he finished with a rush and got above .300. "Billy" Milligan, the Buffalo pitcher, came close to finishing above the coveted mark. For nearly the entire season he batted about .300, but toward the end fell off slightly and wound up with a batting average of .295.

Of the pitchers, McCann, of Jersey City, did good work, winning seven and losing but one game. His average is .375. Lindaman's performance was the best of the Eastern League twirlers. Out of 31 games he won 24, and his average is .774. Cronin of Providence, formerly a member of Brooklyn and other big league teams, put up some great games also. Burchell was not far behind him.

Of the Buffalo twirlers Kinsinger was high man. He won 20 out of 35 games. Of the other Buffalo pitchers Milligan came next.

## WRESTLING.

ACTION TO WRESTLE CONKLE. Buffalo, Jan. 13.—This afternoon Jim Parr, on behalf of Ivo Acton, the English lightweight wrestling champion, accepted the offer of the Globe Athletic Club, of Hamilton, for the match between Acton and Conkle and the match will take place in Hamilton within ten days. It will likely take place next Friday or Saturday night in the Arcade Hall. It is for \$200, a side bet of \$200, and the waterweight championship of America. Conkle at present holds the title.

## FOOTBALL RULERS READY TO COMBINE

Camp Declares for Yale, and Prospects for Gridiron Peace Are Bright.

New York, Jan. 12.—All doubts that the two Football Rules Committees would be amalgamated were dispelled yesterday, by the announcement that Walter Camp, Yale's athletic adviser, who is also the Blue's representative on the old Football Rules Committee, had been authorized by the athletic authorities of Yale to favor the consolidation. He declared that he would vote for it tomorrow night.

Both the old committee, composed of the athletic representatives of the various colleges, and the new one, formed by college presidents and members of the faculties to reform the game, will meet in this city tomorrow night, and as the new committee has chosen to work with the old one the union is practically assured.

Notice of Yale's action was sent to the other universities and the Harvard student body upon learning of it. It came jubilation, as they saw that it was an amalgamation and coming changes in the rules that will assure the preservation of the game at Cambridge.

Although Pennsylvania, Princeton and Cornell are said to be averse to a union of the old and new committees it is thought that Yale's step will lead the others.

Pennsylvanians have been studying carefully the make-up of the two committees and have found that of the fourteen members no less than four are Yale graduates. These are Walter Camp, Stagg, Dr. Williams and Bab-bitt. Harvard has two graduates, Ried and Daly. Pennsylvanians and Princeton have only one representative each while Cornell has a graduate on either. The Ithaca representative on the Old Rules Committee is Prof. Dennis, of Michigan.

Harvard has been the mysterious quantity all along, but her stand on the game for the next year is pretty plainly shown in the report of the committee of graduates. Forward passing when the teams are between the 25-yard line is one of the provisions. The most noticeable of the other recommendations is the disqualification of any player using brutal tactics, roughness or insulting talk. Two umpires and the head referee are called upon to watch such offenses and punish them. The punishment is made leaving the game, no substitute for five minutes of play, and for two offenses no more playing by that man for a year.

The report says further that the distance to be gained shall be ten yards in three downs.

## LOOKED UPON AS JOKE, PROVED A GOOD RACE

New Orleans, La., Jan. 13.—A card of seven races with the Lyric Handicap as the feature, was the offering at City Park today and it served to bring out the best crowd of the week.

The handicap was at one mile and a half of a furlong and after Bad News, Alma Dufour, Elliot and others withdrew, it was looked upon as a joke. The race proved to be the best seen here for some time as five horses came to the wire, taking stride and when the numbers were displayed Coruscate, the second choice, who was caught in the barrier at the start, won. Corrigan's lightly weighted Drexel came with a rush at the end and bested Envy a head for the place. Yorkshire Lad, who was well played by the Hayman outfit, finished fourth.

## STRONG FAVORITE BEATEN.

New Orleans, La., Jan. 13.—Lieber's defeat of De Reszke, a strong favorite in the Merchants' Handicap, was the feature today at the Fair Grounds. The race was a mile and worth \$1,905 to the winner. Ben Hodder set the pace for six furlongs and quit. De Reszke then went to the front, but yielded in the final drive to Lieber. Decoration, which won the last race, was the only successful favorite.

## A RUNAWAY RACE.

Los Angeles, Cal., Jan. 13.—Rubric, at 5 to 1, made a runaway race of the Santa Anita Handicap at Ascot Park today, leading all the way, finishing five lengths ahead of Marshal Ney, who finished second. Lotus, Durnell's crack filly, the 2 to 1 favorite in the five furlong dash for three-year-olds, was beaten by Sanfara at 8 to 1.

## Cattle Out of Doors.

Winnipeg, Jan. 14.—Walter James, the well-known stockman, of Rosser, Man., states that large numbers of cattle are wintering out this year owing to the mildness of the season.

## Skated Into Hole.

Laconia, N. H., Jan. 12.—Hand in hand Edward La Plante, 15 years of age, and Florence Barlow, 14 years, skated into a hole in Lake Winnepesquam today and were drowned.

## Both Committed.

Montreal, Jan. 13.—Judge Desnoyers delivered a scathing judgment against Max A. Roth, ex-manager of the Canadian Finance Company, in the usury case today. The charge was obtaining money under false pretense. Roth was committed for trial, and the judge suggested that other charges be pressed against him.

## Gaynor and Greene.

Savannah, Ga., Jan. 13.—The motion of the United States Government to quash the pleas of the defendants engaged the court today in the trial of the Greene-Gaynor case. The court sustained the motion of the Government and the pleas were dismissed. The defendants contended that the jury commissioners were improperly selected, and that the grand jury which returned the new indictments was improperly drawn.

## New License Commissioners.

Toronto, Jan. 14.—The Ontario Gazette today announces the appointment of the following among other boards of license commissioners: East Middlesex—James Crockett, R. Ambrose Powell, Frank R. Shora.

North Perth—John Read, Phillip Selbert, Joseph Gibson.  
East Lambton—Joseph McCormick, John Shirley, Leonard Hunt.  
South Essex—John Sellers, Alfred Parent, James H. Sweet.  
South Wellington—Peter Anderson, Herbert J. B. Leadley, James O'Brien.

## MANY YOUNG GIRLS Are Living a Killing Pace.

Medical authorities agree that the increasing activities of school life and the early introduction into society impose almost too great a strain on the vitality of the growing girl and young woman.

The average girl has not the strength to live so strenuously without drawing on her reserve vitality, which should be available for the more serious duties that must come to her later in life.

The pale, tired girl says little, but her feelings are mirrored in the lackluster eyes and pallid lips. She acknowledges feeling flat, has a headache and scarcely any appetite for breakfast. If she continues dancing to society's piping a breakdown and years of ill-health is inevitable.

At this stage new energy must be generated by some powerful tonic like Ferrozone, which instantly braces up a girl on the verge of decline. The results of Ferrozone are amazing. Appetite increases daily, and food is properly assimilated. A very digestible form of iron that improves the quality of the blood is applied. Phosphorus, a potent nerve-builder, is also scientifically combined in Ferrozone, thus insuring an increased supply of nerve energy.

The best remedy in girlhood is Ferrozone, because it contains more nourishment than can be secured in any other way. It corrects all remaining derangements, cures cramps, pains in the back, headache, nervousness and revitalizes the entire human organism. Your spirits will be buoyant, complexion clear and rosy, you will quickly grow strong, vigorous—in a word, HEALTH will be yours if you use Ferrozone regularly. Try it. Price, 50 cents per box, or six boxes for \$2.50, at all druggists, or by mail from N. C. Polson & Co., Kingston, Ont., and Hartford, Conn., U. S. A.

## The Celebrated English Cocoa.

## EPPS'S

An admirable food, with all its natural qualities intact. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

## COCOA

The Most Nutritious and Economical.

## Just Common Sense AND

## Armour's Extract of Beef

will simplify many household difficulties, reduce your table expenses, and add several dishes to your daily menu without additional expense.

"Culinary Wrinkles" tells how to use Armour's Extract of Beef in the kitchen, with the chafing dish, and in the sick-room. Sent postpaid on receipt of 2c stamp.

Sold by druggists and grocers. ARMOUR