

# THE QUIET HOUR

FOR THOUGHTFUL PEOPLE

**THE PATROLMAN'S SONG.**  
 My stay at the beach of time is short,  
 The joy of the Lord is long.  
 Give me but room to string my harp,  
 And I'll perfect myself in song.

The night shades yield to the morning  
 glow,  
 The watch fires dimly burn,  
 A tiny speck on the ocean's rim,  
 Forthsaucy my bark's return.

Cometh the rest to my weary eye,  
 Rest to my long tired heart.  
 Cometh the call from over the sea,  
 Bidding me rise and depart.

The music of time is a fleeting chime,  
 But the murmurings are deep and free,  
 I gather my strength from day to day,  
 And watch for the call from the sea.

Gladly I leave the sea-strewn beach,  
 Waves I have loved so long,  
 Released! I bid farewell to time  
 And welcome the signal with song.

'Tis past, the long patrolman's watch,  
 Silent the minute gun,  
 The worst of storms has rolled away,  
 Joy without end begun.

### PRAYER.

Our Father in Heaven, Thou art  
 crowning our lives with Thy kindness  
 and mercy. Thy kindness to us is loving  
 kindness and Thy mercy is deep and free.  
 And yet, like thoughtful and ungrate-  
 ful children, we often receive Thy richest  
 gifts as a matter of course, and our  
 hearts are not lifted up in joyous thank-  
 giving. We remember the time of trial  
 and forget the unnumbered blessings  
 that have been showered upon us from  
 Thy bountiful hand. Enable us to cul-  
 tivate the grateful spirit; help us to see  
 Thy loving hand in all the manifold ex-  
 periences of life, and to see how all Thy  
 loving kindness finds its highest expres-  
 sion in the gift of Thy Son. As we look  
 into His face and see Thy great love to  
 us, may it awaken a responsive love to  
 Thee, and may our gratitude be mani-  
 fested in lives of consecrated service.  
 Amen.

### THE GENESIS OF LIFE.

(By A. Banker.)  
 Although man is endowed with most  
 marvellous and more varied powers, and  
 is able to harness many of the forces of  
 Nature into his service, and to manufac-  
 ture appliances and apparatus which are  
 capable of producing far greater energy  
 than could be attainable from any ani-  
 mate sources, yet to create the vital  
 principle of life is altogether and un-  
 derly beyond his capacity. It is now uni-  
 versally admitted practically by all  
 scientists that life, whether animal or  
 vegetable, cannot originate spontane-  
 ously, but that all present life upon  
 this earth must be derived from, and  
 emanate from, life.

And how marvellous and incomprehen-  
 sible is this vital principle. Involuntarily  
 and automatically the heart continues  
 to beat, with more or less the same  
 regular throb, throbbing, without  
 rest, without real pause, until, either  
 by the effluxion of the natural term of  
 its existence, or by violence, or disease  
 (in other words by the instrumentality  
 of other and malignant forms of life), or  
 by other life destroying agency, that  
 pulsation is arrested. And, once defini-  
 tely stopped, no power on earth can  
 reanimate that vital spark.

And too with vegetable life, a form of  
 the vital principle much more persistent  
 and diuturnal, the tremendous forces  
 which, silently and automatically, drives  
 the sap through the stem of a plant,  
 far exceeds that which impels the blood  
 through the veins of any animal. It is  
 calculated that the impetus with which  
 the sap is driven through a vine stem  
 is five times as powerful as that which  
 forces the blood through the arteries  
 of a horse; and even such a humble  
 form of vegetable life as a fungus  
 exerts, in its growth, sufficient force  
 to lift and displace a heavy paving  
 stone beneath which a minute spore  
 has drifted. In consequence of this  
 vigorous vitality as a general rule the  
 growth of plants is far more rapid than  
 that of animals. The bamboo grows at  
 the rate of six inches daily; while from  
 a minute seed, almost imperceptible,  
 the giant puff-ball in a single night grows  
 to the size of a gourd. The scientist  
 Lindley calculated that this strange fun-  
 gus during its twelve hours' growth pro-  
 duces cells at the rate of ninety-six mil-  
 lions per minute!

Aye, and only an omnipotent Creator  
 could have originated life upon the  
 earth. He spake the word—Let there be  
 life; first the vegetable, then the ani-  
 mal, then man. But to man also was  
 granted the living soul, which never  
 dies; and according to the conduct of  
 the earth-life, so will be the destiny  
 for the soul-life. For He who by His  
 power created man, demands from him  
 obedience to His commands, as set out  
 in His Holy Word. But those sacred  
 pages also convey the glad tidings that  
 every breach of His law may be ex-  
 piated, and eternal life gained, by sim-  
 ply coming for pardon to the Saviour of  
 the world, who Himself on the cross  
 made atonement for them.

# RHEUMATISM

ITS CAUSE AND CURE EXPLAINED.

Most people believe because cold aggravates rheumatism, that cold must cause the trouble. Any doctor will tell you that rheumatism originates in the blood and is caused by Uric Acid, an irritating poison that settles in the nerves, joints, muscles and fibrous tissues. You can't permanently cure rheumatism by rubbing with a liniment—you must go deeper and reach the blood itself. Anything that will dissolve the Uric Acid poison will cure rheumatism. Hundreds of remedies have been tried, but the one that meets with best success is Ferruzone, which destroys rheumatic virus with wonderful speed. When you take Ferruzone the blood is quickly enriched—irritating materials that cause pain are destroyed, aches and twinges cease at once. The nerves are given new power by Ferruzone, appetite and digestion improve, and in consequence the general health is built up. With the body made strong, with new vigor circulating throughout the system, a reserve force is created that is more than sufficient to ward off future attacks. With the same certainty that you would the rising and setting of the sun, so surely can you depend on Ferruzone in rheumatism, whether inflammatory, muscular or chronic. Being perfectly safe—all ages use it, young and old, 50c per box or six for \$2.50 at all dealers.

# A MEDICINE FOR THE SPRING

Do Not Dose With Purgatives a Tonic is All You Need.

Not exactly sick—but not feeling quite well. That's the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Perhaps pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of them indicate that the blood is out of order; that the in-door life of winter has left its mark upon you and may easily develop into more serious trouble. Don't dose your- self with purgatives, as many people foolishly do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the one medicine that can do this speedily, safely and surely. Every dose of this medicine helps to make new blood, which clears the skin, strengthens the appetite, and makes tired depressed men and women bright, active and strong. Miss Mary C. Ayer, Ward Brook, N. S., says: "I cannot speak too highly in favor of Dr. Williams' Pink Pills. I was weak and run down and quite unable to work. I often had headaches, and my appetite was poor. I began taking Dr. Williams' Pink Pills and in a short time there was a marked improvement, and to-day I am in better health than I have been for years."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

### TIMES PATTERNS.



8457

### MISSSES' COSTUME WITH PRINCESS PANEL.

No. 8457—A dainty new costume for misses or small women. This charming model may be developed as a pretty evening dress with the cap sleeves or long sleeves. A short yoke holds the tucked fullness over the shoulders. The waist fronts are finished with revers and open over a chemise that may be of tucked net or chiffon. The panel extends over the skirt. The back portions are crossed in surplice style and trimmed with revers facing. The pattern is cut in 3 sizes, 14, 16, 18 years.

A pattern of this illustration will be mailed to any address upon receipt of 10 cents in silver or stamps.

Address, "Pattern Department," Times Office, Hamilton.

It will take several days before you can get pattern.

### AN AMERICAN DISEASE

Indigestion is Responsible for More Sickness in America Than Any Other Disease.

Some doctors go so far as to say that indigestion is the national disease of America. Repeated attacks inflame the lining of the stomach and the glands to secrete mucous instead of the juices of natural digestion. Consequently the blood is poisoned, nerve force is reduced, the vitality of the entire system is weakened.

There is but one national remedy for indigestion and that is Dr. Hamilton's Pills, which are used by thousands with marvellous success.

Dr. Hamilton's Pills accelerate the action of the gastric glands and give tone to the digestive organs. They strengthen the kidneys and liver, cleanse and purify the blood, and thus add general tone to every organ of the body. Flesh and strength are fast restored and the patient can eat and digest any food he pleases.

Under the vitalizing effect of Dr. Hamilton's Pills your system will soon rally, once more you'll enjoy the blessing of health. Test Dr. Hamilton's Pills yourself. 25c. per box or five boxes for \$1; at all dealers or by mail from N. C. Polson & Co., Hartford, Conn., U. S. A., and Kingston, Ont.

### Rough Handling for Dog Thief.

A young girl of fifteen, Miss Yvonne Meyer, living in the Rue Petre, was taking for a walk her dog, which she held by a leather strap, the other day, when a man who had been following her suddenly cut the strap with a knife and picking up the animal dashed off.

Evidently of the scene pursued the thief, whom they had almost overtaken when he threw the dog under the wheels of a passing autobus in the Rue Roenechouart. The animal was instantly killed, and while Miss Meyer, who had fainted from emotion at seeing her pet's fate, was treated at a local pharmacy the thief was captured and roughly handled by the crowd. He was handed over to the police, but refused to reveal his identity.—From Le Figaro.

The Michigan Central will electrify its terminals at Detroit and the main line as far as Ypsilanti, 30 miles west of the city. Electricity will be secured from the water power of the Huron River at Chelsea, Mich.

# SUNDAY SCHOOL LESSON

LESSON XIII.—MARCH 28, 1909.

Temperance Lesson.—Prov. 23: 29-35.

Commentary.—I. Strong drink destroys happiness (vs. 29, 30). 29. Who—Every man is asked to search into the cause of the distress and contention which exist in the world. Hath woe—Direful distress. The drunkard has woes of body and woe of mind; woe in himself, woe in his family; woe in diseases, poverty, and all without alleviation. Who hath sorrow—The Hebrew word means, first, poverty, and then misery. The drunkard has sorrow of his own making. Who hath contention—Nine-tenths of all the brawls and fights, quarrels and misunderstandings are traceable to drink. The passions are inflamed and the restraints of the conscience and will are removed. Who hath babbling—This refers to the tendency of strong drink to foolish and incessant talking, vile conversation and noisy demonstrations. The man under the influence of liquor is more talkative and talks and acts like a foolish man; he often has the appearance of a veritable idiot. Wounds without cause—The drunkard is exposed to dangers and accidents which might have been prevented. He becomes involved in disputes and brawls causing wounds which are all unnecessary. Redness of eyes—Bloodshot, blurred or bleared eyes. "Alcohol induces a paralysis of the nerves controlling the minute blood vessels, the capillaries, which results in a dilatation that speedily shows itself in the eye. In his steady and in his eye the drunkard shows the secret of his sin.—Wakefield.

30. They that tarry long—This answers the above question. He who begins to drink continues to drink, tarrying often a whole night, and from that day and night. The that go—Robertson calls this lesson the drunkard's looking-glass, set before those whose face is toward the drunkard's habits, so that they may see what they will be if they go on. Sin of all kinds brings its own punishment, but there is no sin which so speedily and relentlessly pursues its victim as the sin of drunkenness. Mixed wine—Modern methods of poisonous adulteration have greatly increased the evil effects of liquor drinking. The Sunday-school Journal tells us that "the chemical analysis of the liquors used by the people in this country shows that they drink alcohol, arsenic, alum, alcohol, and bruis causing blood, chalk, cherry-laurel, cocculus, iudicium, copperas, gypsum, henbane, isinglass, lime, lead, logwood, nux vomica, opium, oil of vitriol, oil of juniper, oil of turpentine, tobacco, sugar of lead, resin, etc."

11. A warning against strong drink (vs. 31, 32). 31. Look, not—This prohibits even moderate drinking. It is our duty to avoid temptation (see Prov. 4, 14, 15). The person who enters into temptation is almost certain to fall. Red—The bright color of the wine gives him an attractive look. His color in the cup—Literally, "his eye, the clear brightness, or the beaded bubbles, on which the wine-drinker looks with pleasure." Goeth said scathfully (R. V.) "This verse pictures the attractive side of wine, which it seems perfectly harmless to sip a little, when it is bright and inspiring, thrilling the nerves with delight, promising all joy and freedom. It is the shining side of the wine, its dangerous side, its flowery entrance to the path that leads to death." At such a time, beware!

32. At the last it biteth—it is poison in the veins and causes disease and death. Its only beauty is when it sparkles in the cup. Add to the Geneva Bible this word is translated "cockatrice." It was a very venomous serpent. But the picture cannot be overdrawn. The curse of strong drink is worse than the bite of a thousand serpents. Note some of its effects: It causes loss of time, of talent, of purity, of a clear conscience, of self-respect, of honor, of religion, of the soul. It injures the family, obstructs business, arrests industry, impedes progress, deranges plans, estranges partners, lowers personal standing, debauches politics, it wastes the body, disables the mind, unfits for the daily duties of life, brings poverty, tempts others, leads into bad company, causes crime. It fills poor-houses, penitentiaries, and the regions of the law.

33. Eyes shall behold, etc.—"Thine eyes shall behold strange things."—R. V. Some think there is a reference here to the delirium tremens. But the rendering in the Authorized Version, which is retained in the margin of the Revised Version, is, according to the Cambridge Bible, "in keeping with the usage of the word in the book of Proverbs, and with the undoubted connection between excess of wine and lust." The "lust of the eyes" causes the downfall of many. We should hasten to close our eyes to that which we ought not to see.

34. In the midst of the sea—A drunk man puts himself in the greatest dangers and then fancies that he is secure. To make one's bed in the waves of the sea would be to instantly perish. To fall asleep clamping the masthead could not but result disastrously. So the drunkard is utterly regardless of life. 35. Have stricken, not hurt (R. V.)—With conscience seared and self-respect gone, the drunkard boasts of the things which should make him blush with shame. Because he did not feel the hurt of his wounds he cares not for the scars. He thinks himself fortunate to be saved from the sense of pain, feeling no alarm for his unfeeling soul. Have beaten, felt it not—Angry companions have done their worst to end my life, says he, but their blows did not affect me. Will seek, again—Rather, when I awake I will seek it again. Instead of turning to God for mercy, he returns to the saloon for more of the poison that has brought him thus far on the way.

35. He is self-satisfied. Because he did not feel the hurt of his wounds he cares not for the scars. He thinks himself fortunate to be saved from the sense of pain, feeling no alarm for his unfeeling soul. Have beaten, felt it not—Angry companions have done their worst to end my life, says he, but their blows did not affect me. Will seek, again—Rather, when I awake I will seek it again. Instead of turning to God for mercy, he returns to the saloon for more of the poison that has brought him thus far on the way.

36. Destruction.—"Thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast" (v. 34). A seaman wide awake does not find it easy to hold on to the masthead in a gale; he attempts to sleep there in sure suicide. Many a young man has put himself under the delusive sorcery of strong drink, dreaming that he could take it or let it alone as he chose, only to be swiftly harled into the drunkard's hell.

37. The remedy.—"Look not thou upon the wine when it is red" (v. 31). Do not waste one glance upon it. Do not put yourself in the way of temptation. Turn from it as positively as the little girl, out driving with Miss Willard, who said, "Wicked old saloon, I'll try not even to look at the barrels." A person who follows his Bible will be a total abstainer. "Looking unto Jesus, the author and finisher of our faith," is the remedy for every ill (Heb. 12: 2). As the bitten Israelites looked to the brazen serpent, so the sinner stung by the serpent may look up for health and life. Any of the Israelites could look. Even the weak ones who could not raise their heads could look. A little child bitten by the serpent can look, so easy has God made the way of salvation.—A. C. M.

wife and children in the path before them, and they were then said to show respectability and honor as manhood there; they gazed at them a moment and flung them away. Bring Christ and salvation and heaven to withstand them downward way, and they trample them under their feet. Lay remorse, with all its stinging, serpent tongues and scorpion stings in the path, and yet they walk on. Pile up miseries, sorrows, pains, diseases, before them; yea, point out in the way the ghastly form of death, and they still go on for they will have ruin." Oh, the power of an evil habit. It holds a man in an iron grip and drags him down to hell.

Temperance Instruction—The last few years have witnessed great advances in the knowledge of the effects of alcohol upon the human body. Extensive scientific experiments have been made by specialists, notably by Professor Kraepelin, one of the foremost German physicians, showing conclusively the debilitating effects of alcohol upon the special senses, the muscles, the powers of endurance, and the ability to resist disease. Kraepelin made over two thousand experiments to determine the effects of alcohol upon the senses. He found that letters which could be read with a normal vision at a distance of thirty feet had to be brought ten feet nearer to be distinguished half an hour after the subject had taken an ounce of alcohol. The effect on colors was equally marked. They were either obscured or lost altogether. The chief reason why railroad engineers must be free from alcohol. If they are not, it greatly reduces their ability to discriminate between colored signals. The effect of liquor on hearing was even more noticeable. A watch tick, ordinarily heard distinctly at a distance of thirty or forty inches, was perceptible only when within ten or fifteen inches after one ounce of alcohol was consumed. The sensation of taste was changed. Bitters, salts or acids mixed with other substances could not be detected until increased from a third to a half because the proportion easily distinguished by a normal person at a distance of thirty feet had to be brought ten feet nearer to be distinguished half an hour after the subject had taken an ounce of alcohol. The effect on colors was equally marked. They were either obscured or lost altogether.

The powers of endurance are greatly lessened by alcohol. This has long been recognized by Arctic explorers, sportsmen and those engaged in endurance feats. A brief survey may be made by one under the influence of liquor, but he is sure to fall far behind at the finish. Fatigue is caused by the accumulation of waste in the blood more rapidly than it can be sent out of the system. Alcohol hastens fatigue by clogging the blood with poisonous matter. Practically all athletes abstain from drink, at least during training. When the Great Western Railway Company had its gauge narrowed the men were worked seventeen and eighteen hours a day. Five thousand men were employed, who finished the huge task in thirty-one hours. Not a drop of alcohol was allowed, but the men were supplied freely with oatmeal and water. Endurance tests have been made with abstaining and non-abstaining soldiers and workmen as well as with men who took their strength with instruments of precision, always with the same result.—B. L. O.

PRACTICAL APPLICATIONS.  
 Wine-Drinking.  
 1. The results. 1. "Woe" (v. 29). Wine-drinking brings the woe of (1) ill health. It poisons the blood and saps the constitution, and spreads the foulest diseases. (2) Poverty. It impoverishes and unfits for industry. An army of eighteen hundred workmen marched through the streets of Chicago carrying a banner inscribed, "Give our children bread." They went out to a picnic garden and drank forty kegs of beer. If the poor people would put away the beer and the idleness which beer-drinking induces, there would be bread enough for the children. (3) Moral contentment. Strangers loathe the drunkard, his comrades peer him, his neighbors despise him, his wife dreads him, his children shun him, and at last even the saloon-keeper who caused his ruin will throw him into the streets. When one of us is intoxicated the drunkard suffers grinding pain and awful anguish as he realizes his miserable folly and real guilt. (5) Disgrace. The habits of the drunkard affect his looks. The inflamed eyes, the red, bloated, disfigured face are an index of character.

2. "Sorrow" (v. 29). Wine-drinking turns men into beasts; it makes wives widows, and children fatherless; it robs helpless infancy of food and clothing. There is no sorrow that pen can picture so dark, so heart-breaking, as that which wine-drinking brings.

3. "Contentions" (v. 29). One Saturday evening a company of eight workmen went to a tavern, and putting their money together bought a gallon of whiskey and drank it. On their way home four of them began to quarrel, which ended in a fight. Two were killed, and the murderers were sentenced to prison for fifteen years.

4. Destruction.—"At the last it biteth like a serpent, and stingeth like an adder" (v. 32). This is the end. At the first it sparkles and cheers; at the last it poisons and maddens. At the first it is the grateful stimulus of an hour; at the last it is the "worm that never dies, and the fire that never shall be quenched." There is no cure for the influence of liquor his character is bad and he behaves badly. Alcohol makes criminals. A large per cent. of the inmates of our penal institutions are there through the effects of rum.

IV. Strong drink leads to folly (vs. 34, 35).  
 34. In the midst of the sea—A drunk man puts himself in the greatest dangers and then fancies that he is secure. To make one's bed in the waves of the sea would be to instantly perish. To fall asleep clamping the masthead could not but result disastrously. So the drunkard is utterly regardless of life. 35. Have stricken, not hurt (R. V.)—With conscience seared and self-respect gone, the drunkard boasts of the things which should make him blush with shame. Because he did not feel the hurt of his wounds he cares not for the scars. He thinks himself fortunate to be saved from the sense of pain, feeling no alarm for his unfeeling soul. Have beaten, felt it not—Angry companions have done their worst to end my life, says he, but their blows did not affect me. Will seek, again—Rather, when I awake I will seek it again. Instead of turning to God for mercy, he returns to the saloon for more of the poison that has brought him thus far on the way.

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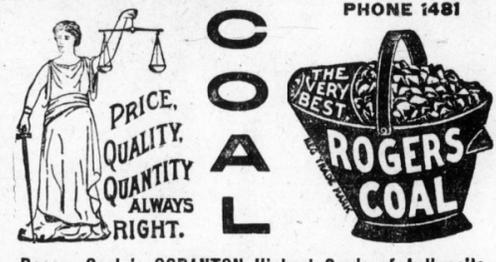
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