

BRUCE'S SEEDS

Seeds That Grow!

SEND for a copy of our big catalogue. Everything for the farm garden and lawn. 128 pages. Free for the asking. A post card will do it. Don't delay.

JOHN A. BRUCE & CO. LIMITED
HAMILTON
CANADA

Secrets of Sleep.

MORE IMPORTANT THAN THE HUMAN BODY IS THE MIND. OF WHICH WE KNOW SO LITTLE.

Study of dreams has always been a popular hobby, but few people have given a thought to the connection between the mind and the body. At all except day-dreams, the mind of sleep we enjoy has an effect on the body. The dream is closely associated with the body. The dream is a picture of the body's condition. The dream is a picture of the body's condition. The dream is a picture of the body's condition.

HOSE SPECIALS

for this Week-End. SEE THEM IN OUR WINDOW

Ladies' Brown Heather Mix-ure Hose, has rib front, 35c.
Ladies' Grey Heather Mix-ure Hose, a new shade, 35c.
Ladies' Black Fleece Hose, exceptional qual-ity, pair 30c.
3 pairs for 85c.

UNDERWEAR

LADIES' EXTRA HEAVY CREAM VESTS AND PANTS. Perfect fit Underwear; comfortable and durable; a 70c. financial comfort too, only, per garment

Flannelette Nightdresses FOR LADIES. Large full make, with and without collars, made of beautiful Flannelette, daintily em-broidered with colored silk on neat designs. \$1.50, \$1.80, \$2.00

STAIR OIL CLOTH.

Big assortment of pat-terns, extraordinary value, 15c. yard.

MILLEY'S

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

Best Results IN DYEING OR TINTING USE DY-O-LA DYES

The kind of dye Profes-sional Dyers use.

MOTHER!

Open Child's Bowels with "California Fig Syrup"

Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never fail to open the bowels. In a few hours you can see for yourself how thoroughly it works all the constipation poison, sour bile and waste from the tender, little bowels and give you a well, playful child again.

Millions of mothers keep "California Fig Syrup" hand. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! you must say "California" or you may get an imitation fig syrup.

point very close to normal after that brief spell of rest, until just before waking it again rises slightly. In the case of touch, too, there is a slight reduction of susceptibility, but only for a short duration. So it will be seen that sleep reduces the general activity of the body, which becomes less affected by its surround-ings until "rest" is received. The effects of deprivation of sleep are more likely to be fatal than de-privating the body of food for the same

period. Several cases of faints lasting more than a month are on record, but it seems that seven days and seven nights is the longest period the human body can endure without sleep.

Many instances, where people have tried to refrain from sleep for longer than this period, have ended in either serious illness or even death in quite strong healthy people on or before the seventh day.

A person deprived of sleep loses weight, and some authorities state that there are microscopic changes in certain brain cells.

EAT WELL, SLEEP WELL.

The usual treatment nowadays for insomnia is a sleeping draught. A well-known doctor, however, who has himself been a victim to this distressing complaint, has made a study of it. He derides the practice of the sleep-ing draught. In his opinion it is in defiance of all sound medical prin-ciples, as it aims merely at the elimi-nation of the symptoms, not at the re-moval of the cause of sleeplessness.

Of the many cases he has investigat-ed he has found that most people ad-mit that, at one time or another dur-ing the evening, they feel "sleepy," but add that "the feeling passes off."

His advice was to urge them to go to bed whenever they feel sleepy—no matter at what hour. He does not ad-vise them to make their last meal of the day a light one. A good solid meal is the best preparation for sleep; but it should be followed by a short walk afterwards, continued until a feeling of sleepiness sets in.

FREEZONE

Corns Lift Off with Fingers

Drop a little "Freezone" on an aching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the cellulose, without a particle of pain.

The Long Arm of the N. N. W. M. P.

Every little while the pages of the newspapers are brightened by the recital of some romance of the Far North that contains all the elements of imagination and seems too wonder-ful to be true. Occasionally, as a grim variant, a tragedy of the frozen wilds intrudes itself upon the public. They read, comment, and forget. Hardly one in a thousand stops to give a thought to the men who are most vitally concerned in these outcrop-pings of human nature on the edge of the Arctic—the Royal Northwest Mounted. Yet it is to the Mounted Police that the task is invariably en-trusted of inquiry, praise or blame, punishment or acquittal.

Five Eskimos have been murdered as the result of an astounding triangle of romance, such as no other part of the world could provide. An Eskimo whose wife had been "annexed" by a trader went to look for a wife whom the trader might marry in order that the Eskimo woman might return to him. He found such a woman, but as there was the trifling incubus of a husband already existing, he shot the latter. In order to make everything plain sailing, he was himself shot, and after that it seems to have developed into a general killing all round, cul-minating in the strangling of a poor little four-year-old girl who had been orphaned in the proceedings. Now the Mounted Police are out hunting for the entire gang, who have disappeared.

It may be weeks, it may be months, or it may be years, but the North-West Mounted will get those Eskimos in the end. Men may die in the rigors of the hunt, others may succeed those now in command, but the order has gone forth, and the North-West Mount-ed never fails. If one dies, another

NEW GOODS.

FLANNELETTE SPECIAL. Exceptional Value. Beautiful soft quality, in neat stripes and pat-terns, both dark and light, also plain pink, and only 25c. yard.

FLANNELETTE, 36 inches wide. Supreme quality Flan-nelette, all in dainty stripes, also regular py-jama stripes; washes soft and thick; unequalled in town, only 30c. yard.

Boxed Shaped Hand Bags.

Ladies' Box Shaped Hand Bags, four fittings with full size mirror \$1.25, \$1.95

Practical Bibs.

Protect baby's dress from soil by tying one of these Bibs under his chubby chin, 10c. to 45c. each

Jersey Bloomers.

Children's and Misses' Jersey Bloomers, made in White and Pink; so serviceable and price so low 25c., 39c. pair

Flannelette Nightgowns.

"Comfy" Gowns in pretty Stripe Flannelette with fancy yoke and long sleeves . . . \$1.50

Knit Corset Waists.

For little boys and girls, re-inforced with strong tapes to re-sist strain and for longer wear, only 25c.

Infants' Knit Shirts.

In styles which mothers have found to be most practical; but-toned and strap; all sizes, 39c. and 45c.

Ladies' Fleece Lined Singlets.

Nice soft Underwear with V neck and short sleeves . . . 89c.

Camisole Ribbons.

In suitable widths and very pretty designs, \$1.25, \$1.50 yard

Boys' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Shirts.

The boy, too, likes to wear the same soft woven fabrics that his dad does; he enjoys the chance to change his collar; sizes 12 1/2 to 13 1/2. only \$1.35

China and Glass Egg Cups.

China only 6c. each
Glass, double deck, full finish pot glass only 25c. each

Coal Hods.

They are painted Dark Brown and are made from heavy gauge steel with strong handles, only 75c. each

Men's Underwear.

This is a job line. We can guarantee you that you will find goods among this lot worth \$2.50. Our Price 98c.

Men's Khaki Shirts.

Men's Heavy Work Shirts. This Shirt makes a man feel at home when he is working; it is comfortable and well made, only \$1.95

Boys' Suits.

We have about 20 Boys' Am-erican Suits, with belted coat, \$7.50 up

Plain and Fancy Teapots.

Assorted sizes and col-ors 75c. each

Long Rubbers.

Long Rubbers made by a reliable manufacturer; all sizes \$2.85 up

Children's Hose.

A good strong Hose. American Ribbed . . 25c. up
Canadian Wool . . . 59c. pair

Saucepans.

We are quoting a special price on these good quality Enamel Saucepans . . . 99c.

Infants' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Shirts.

The boy, too, likes to wear the same soft woven fabrics that his dad does; he enjoys the chance to change his collar; sizes 12 1/2 to 13 1/2. only \$1.35

China and Glass Egg Cups.

China only 6c. each
Glass, double deck, full finish pot glass only 25c. each

Coal Hods.

They are painted Dark Brown and are made from heavy gauge steel with strong handles, only 75c. each

Men's Underwear.

This is a job line. We can guarantee you that you will find goods among this lot worth \$2.50. Our Price 98c.

Men's Khaki Shirts.

Men's Heavy Work Shirts. This Shirt makes a man feel at home when he is working; it is comfortable and well made, only \$1.95

Boys' Suits.

We have about 20 Boys' Am-erican Suits, with belted coat, \$7.50 up

Plain and Fancy Teapots.

Assorted sizes and col-ors 75c. each

Long Rubbers.

Long Rubbers made by a reliable manufacturer; all sizes \$2.85 up

Children's Hose.

A good strong Hose. American Ribbed . . 25c. up
Canadian Wool . . . 59c. pair

Saucepans.

We are quoting a special price on these good quality Enamel Saucepans . . . 99c.

Infants' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Shirts.

The boy, too, likes to wear the same soft woven fabrics that his dad does; he enjoys the chance to change his collar; sizes 12 1/2 to 13 1/2. only \$1.35

China and Glass Egg Cups.

China only 6c. each
Glass, double deck, full finish pot glass only 25c. each

Coal Hods.

They are painted Dark Brown and are made from heavy gauge steel with strong handles, only 75c. each

Men's Underwear.

This is a job line. We can guarantee you that you will find goods among this lot worth \$2.50. Our Price 98c.

Men's Khaki Shirts.

Men's Heavy Work Shirts. This Shirt makes a man feel at home when he is working; it is comfortable and well made, only \$1.95

Boys' Suits.

We have about 20 Boys' Am-erican Suits, with belted coat, \$7.50 up

Plain and Fancy Teapots.

Assorted sizes and col-ors 75c. each

Long Rubbers.

Long Rubbers made by a reliable manufacturer; all sizes \$2.85 up

Children's Hose.

A good strong Hose. American Ribbed . . 25c. up
Canadian Wool . . . 59c. pair

Saucepans.

We are quoting a special price on these good quality Enamel Saucepans . . . 99c.

Infants' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Shirts.

The boy, too, likes to wear the same soft woven fabrics that his dad does; he enjoys the chance to change his collar; sizes 12 1/2 to 13 1/2. only \$1.35

China and Glass Egg Cups.

China only 6c. each
Glass, double deck, full finish pot glass only 25c. each

Coal Hods.

They are painted Dark Brown and are made from heavy gauge steel with strong handles, only 75c. each

Men's Underwear.

This is a job line. We can guarantee you that you will find goods among this lot worth \$2.50. Our Price 98c.

Men's Khaki Shirts.

Men's Heavy Work Shirts. This Shirt makes a man feel at home when he is working; it is comfortable and well made, only \$1.95

Boys' Suits.

We have about 20 Boys' Am-erican Suits, with belted coat, \$7.50 up

Plain and Fancy Teapots.

Assorted sizes and col-ors 75c. each

Long Rubbers.

Long Rubbers made by a reliable manufacturer; all sizes \$2.85 up

Children's Hose.

A good strong Hose. American Ribbed . . 25c. up
Canadian Wool . . . 59c. pair

Saucepans.

We are quoting a special price on these good quality Enamel Saucepans . . . 99c.

Infants' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Shirts.

The boy, too, likes to wear the same soft woven fabrics that his dad does; he enjoys the chance to change his collar; sizes 12 1/2 to 13 1/2. only \$1.35

China and Glass Egg Cups.

China only 6c. each
Glass, double deck, full finish pot glass only 25c. each

Coal Hods.

They are painted Dark Brown and are made from heavy gauge steel with strong handles, only 75c. each

Men's Underwear.

This is a job line. We can guarantee you that you will find goods among this lot worth \$2.50. Our Price 98c.

Men's Khaki Shirts.

Men's Heavy Work Shirts. This Shirt makes a man feel at home when he is working; it is comfortable and well made, only \$1.95

Boys' Suits.

We have about 20 Boys' Am-erican Suits, with belted coat, \$7.50 up

Plain and Fancy Teapots.

Assorted sizes and col-ors 75c. each

Long Rubbers.

Long Rubbers made by a reliable manufacturer; all sizes \$2.85 up

Children's Hose.

A good strong Hose. American Ribbed . . 25c. up
Canadian Wool . . . 59c. pair

Saucepans.

We are quoting a special price on these good quality Enamel Saucepans . . . 99c.

Infants' Rubber Pants.

Pure Gum Rubber Baby Di-aper Pants, natural colors, sani-tary and non-binding; all sizes, 45c. pair

Boys' Short Trousers.

They have a stylish appear-ance; fabrics are strong and long wearing and their price is most reasonable. \$1.65 pair up

Boys' Dress Sh