

# JOHN MACDONALD & CO.

TORONTO.

STAPLE DEPARTMENT—DRIVES IN COTTONADES AND PRINTS.

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DRIVES IN TWEED TROUSERINGS AND SUITINGS.

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JOHN MACDONALD & CO.

21 to 27 Wellington Street, East,  
30 to 36 Front Street, East,

TORONTO.

AND MANCHESTER, ENGLAND.

## Sanitary Department.

### An Oculist's Advice.

Keep a shade over your lamp or gas-burner.

Never read or sew directly in front of the light, window or door.

It is best to let the light fall from above obliquely over the left shoulder. Never sleep so that on first awakening the eyes shall open on the light of a window.

Never begin to read, write or sew for several minutes after coming from darkness to light.

Do not use the eyesight by light so scant that it requires an effort to discriminate, whether twilight, moonlight, or on cloudy days.

Finally, the moment you are instinctively prompted to rub your eyes, that moment stop using them.—Justice.

### Cheap and Healthful Animal Food.

A recent medical writer expresses surprise at the want of appreciation—even among medical men—of the real value of milk, in comparison with other articles of food, and, in the case of housekeepers especially, who frequently find it difficult to achieve as great a variety in articles of diet as is desirable, this article is profuse in the facilities thus provided. In particular it would appear that, so far as its nutritive value is concerned, milk is far from being understood, as compared with other articles of animal food. Again, there is less difference between the economical value of milk, beefsteak, eggs or fish than is commonly supposed. Thus the quantity of water to good milk is 87 per cent., in round steak 75 per cent., in fatter beef 60 per cent., and in eggs about 68 per cent. Now, from analysis made, it is estimated that sirloin steak, reckoning the loss from bone, is as dear at 35 cents a pound as milk at 24 cents a quart; that round steak at 20 cents a pound is as dear as milk at 14 cents a quart; and corned beef at 17 cents as dear as milk at 15. The result from these deductions seems to be that milk at even 12 cents a quart is the richest animal food that can be used.—Selected.

### For Catarrh.

Here are a few excellent prescriptions for nasal catarrh, which, by extensive experience, we have found to be the most satisfactory, in ordinary cases, of any remedies which we have ever employed.

1. To a pint of water add 2 drams of baking soda and one of borax. Apply to the nose with an atomizer giving a coarse spray. The spray should have sufficient force to carry the fluid through to the back of the throat. If there is much dripping in the throat, the spray should also be applied by means of a tube to the post nasal region at the back of the throat, by throwing the spray up behind the soft palate. This solution is for the purpose of cleansing the mucous membrane, and should be used thoroughly in all cases where there is a discharge from the nose, either a fluid discharge or masses of dried mucus.

2. To a pint of water add two or three ounces of listerine, which can be obtained at any drug store. Use this with an atomizer same as directed with No. 1.

3. When there is a very profuse discharge from the nose, use the following in the place of No. 2: alum, 3 drams; listerine, 3 oz.; water, 1 pint.—Good Health.

## CONVENTION CALL.

### THE DOMINION ALLIANCE

For the Total Suppression of the Liquor Traffic.

PRESIDENT: HON. A. VIDAL, SENATOR, SARNIA  
CHAIRMAN OF EXECUTIVE: J. J. MACLAREN, Q.C., TORONTO. TREASURER: W. H. ORR, TORONTO.  
RECORDING SECRETARY: J. H. CARSON, MONTREAL. CORRESPONDING SEC.: F. S. SPENCE.  
[Communications to be addressed to the Corresponding Secretary.]

In view of the present position of the Prohibition Movement, it has been thought desirable by very many earnest workers that there should be held at an early date a

### NATIONAL CONFERENCE

of persons who would be thoroughly representative of the advanced temperance sentiment of every part of the Dominion, to discuss the situation, and plan for further action towards the attainment of the great object of the Total Prohibition of the Liquor Traffic.

The Dominion Alliance has been asked to call this Convention, and make the arrangements necessary to secure its having the character desired. After much careful consideration this responsibility has been accepted, and the following plan has been agreed upon.

THE CONVENTION WILL BE HELD IN THE

### CITY OF MONTREAL

On Tuesday, Wednesday, and Thursday, July 3rd, 4th, and 5th.

A Local Committee of Management will make complete arrangements for place of meeting, reception of legates, etc., and full particulars will be announced later on.

To this Conference all Societies and Organizations for the promotion of Temperance or Prohibition are earnestly and respectfully invited to send representatives, the basis of representation to be as follows.

### THE CONVENTION TO BE COMPOSED OF

1. The Executive Committee of every PROVINCIAL ORGANIZATION OF TEMPERANCE WORKERS or an equal number of representatives selected by such Executive Committee.
2. Representatives from Local Organizations of Temperance Workers (Unions, Church Temperance Societies, Lodges, Divisions, Councils, etc., etc.) on the basis of one representative for every fifty members, any membership less than fifty or in excess of even fifties to have also one representative.
3. Five representatives for every county or city Alliance or Scott Act Association.
4. Twelve representatives chosen by the Executive Committee of the Branch of the Dominion Alliance of each Province.
5. The Officers of the Dominion Council of the Alliance.

It is confidently anticipated that this meeting will surpass in magnitude and interest any ever before held in the Dominion of Canada. A special request is made for the co-operation towards this result of all temperance societies and all friends of Moral Reform.

### REDUCED FARES.

Full particulars will be given later on of rates of railway fares to this Convention. They will be unusually low, and arrangements will be made that will reduce to very little the local expenses of Delegates who have to travel long distances to be present, so that the total expense of attendance at the convention will be very small.

Friends are earnestly requested to give this announcement as wide a circulation as possible. Ministers will oblige by calling the attention of their congregations to it, and officers of Temperance Societies by laying it before their respective organizations.

All editors are respectfully solicited to kindly call attention to it in the columns of their journals.

Organizations entitled to representation at this meeting according to plan above stated, are cordially invited to appoint and send delegates, without waiting for any further notice.

REMEMBER, MONTREAL JULY 3rd, 4th, AND 5th, 1906!

## BITS OF TINSEL.

Angry guest (in German restaurant)  
—Have you got the cheek to charge forty cents for a chunk of meat tough enough to break my jaw? I've got a good mind to lick you! Proprietor—Petter not dry dot, young veller. Choost you veel dot muscle in dot arm! Efery day I cuts dot meat.

There is nothing equal to Mother Graves Worm Exterminator for destroying worms. No article of its kind has given such satisfaction.

"I've got a poem," he said, when he had secured the attention of the editor. "My dear sir, that pigeon hole is filled with poems awaiting publication." "But this describes the virtues of the Double-Decker Soap, and I will pay one dollar a line to have it printed," said the author. "Ah, charming! I'm glad to see you turn your attention to verse. I wish all had your gift."—*Tid-Bits.*

Holloway's Corn Cure is the medicine to remove all kinds of corns and warts, and only costs the small sum of twenty-five cents.

She (sentimentally inclined) What is your favorite flower, Mr. Pitt? He (commercially inclined)—Well, we handle various brands, but there is the biggest margin in red winter No 2.—*Epoch.*

There is not a more dangerous class of disorders than those which affect the breathing organs. Nullify this danger with Dr. Thomas' Electric Oil—a pulmonary of acknowledged efficacy. It cures lameness and soreness, when applied externally, as well as swollen neck and crick in the back, and, as an inward specific, possesses most substantial claims to public confidence.

DON'T FAIL to Read our Great Announcement on Pages Six and Seven.

John Hays, Credit, P.O., says:—"His shoulder was so lame for nine months that he could not raise his hand to his head, but by the use of Dr. Thomas' Electric Oil the pain and lameness disappeared, and although three months he has elapsed, has not had an attack of it since."

Johnny at his reading lesson comes to the word "corrode." "Corrode, to eat away. I say mamma, didn't I corrode at that jam pudding-to-day?"

Mr. George Tolen, Druggist, Gravenhurst, Ont., writes:—"My customers who have used Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure say that it has done them more good than anything they have ever used." It has indeed a wonderful influence in purifying the blood and curing diseases of the Digestive Organs, the Liver, Kidneys, and all disorders of the system.

"The car is full of alumni," whispered Miss Heekonstreet to her friend from the west, as they both journeyed Cambridgeward in the horse car. "Yes," said the Chicago girl, "and it chokes one up, don't it? I wonder they do not open the ventilators."

Premonitions of approaching danger, in the shape of digestive weakness, lamitude, inactivity of the kidneys, pains in the region of the liver and shoulder blades, mental depression coupled with headache, furred tongue, vertigo, should not be disregarded. Use Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure, and avert the peril to health. It removes all impurities and gives tone to the whole system.

A farmer, while giving his testimony in a burglary case, in which he and his hired man had captured a burglar, was asked if any of his family were injured, and replied:—"Well, there was no great damage done; only one of my hands shot through the nose."