

WEAK LUNGS.

Emaciation, weakness, and that fatal disposition to take cold easily, thus adding little by little to the strain upon the already overburdened body. How many afflicted are trusting to cough mixtures, mustard and poultices for safety? Fatal error. Not by these, but by adding to the nutritive power of the body and the increased strength and vitality which increased nutrition affords, can you hope to obtain relief. Maltine with Cod Liver Oil and Hypophosphites combines the excellencies of a medicine, a food, and a digestive agency of unexampled power. The full remedial power of the cod liver oil, rendered palatable and of easy digestion, is combined with the nutritive values of wheat, oats and barley. This in itself would render Maltine and Cod Liver Oil of greater value than any emulsion. But it possesses a further quality of inestimable value in its property of increasing the solubility of fat-forming, heat-producing, starchy foods, just the elements required for the upbuilding of the emaciated. This you may easily demonstrate by a short trial of this unrivaled preparation.



A Queen will buy only the best of everything. Queen Victoria buys

Sunlight Soap

for use in all her palace laundries.

But it's so cheap everybody can afford to use it, in fact as the "best is the cheapest" nobody can afford not to use it. Washes clothes, washes everything with less labor, greater comfort.

Used all over the civilized world.

Books for Wrappers

For every 12 Wrappers sent to LEVER BROS., Ltd., 23 Scott St., Toronto, a useful paper-bound book will be sent.



SUPERFLUOUS HAIR

Moles, Warts and all Facial Blemishes permanently removed by

ELECTROLYSIS. . .

C. B. FOSTER, The Forum, cor. of Yonge & Gerrard Sts.

DRESSMAKERS' MAGIC SCALE.

A perfect tailor system of garment cutting for ladies and children. Also instructions for men's and boys' clothing.

MISS K. C. MACDONALD, 4 1/2 Shuter St., TORONTO. Gen. Agent for Ontario

FOR YOUNG CANADA.

O beautiful flakes of snow,
Falling so softly around,
I wonder what good you do,
Covering all the ground?

"Dear children," the little flakes said,
"We have our work to do,
By covering the roots and plants,
We keep them the winter through."

There is a dear old lady, whom we shall call Mrs. Bull, who has a most beautiful garden, and lives in the midst of it.

She owns several other gardens in the same country, and they are cared for by her children.

To a certain extent, the children do what they like with their gardens, but yet their mother owns them, and in any important change, or in the selling of the produce, she has to be consulted.

Now, she had one very ambitious son, Sam; who, though not the eldest, yet had charge of the largest garden—larger ever so many times, although not so well cultivated as the home garden.

Sam became annoyed over some command of his mother's, which he thought unreasonable, and he made up his mind he would be master of his own garden; so, after a great struggle, he freed himself from his mother's restraint, and became the owner of his garden, and ordered his affairs to suit himself.

The owners of other properties in this country encouraged Sam and admired him for his independence; but they were really jealous of Mrs. Bull holding so much land, for in every part of that country she owns a beautiful garden. However, it is well for the country that this is the case, for her land is always well cared for, and the servants who till it are well treated, and everything is done for their good.

But Sam has a sister, Loyala, who had always lived with him; but when Sam separated from their mother, Loyala was true to her, and would stay with Sam no longer, so her mother gave her a beautiful garden adjoining his.

Loyala has done well in the care of her garden, and in a great many respects has succeeded better than her brother. She continues to be guided by her mother's counsel, though, in reality, she does as she likes. But, since her son's desertion, Mrs. Bull has allowed all her children more liberty in the management of their several gardens.

Sam has several times asked his sister to "free" herself, as he calls it, and once or twice he actually tried to force her to join her land to his; but she showed such unexpected spirit, and determination to remain true to her mother, that he has since caused her no trouble.

* * *

In this little story, Cousin Maud has been telling an allegory, and if any boy or girl will write and tell her who "Sam," "Loyala," and their mother really are, she will put the name and answer in our page next month.

Cousin MAUD.

We can never be too careful
What the seeds our hands shall sow;
Love from love is sure to ripen,
Hate from hate is sure to grow.
Seed of good or ill we scatter
Heedlessly along our way,
But a glad or grievous fruitage
Waits us at the harvest day.
—The Young Idea.

Keep a watch on your words, my darlings;
For words are wonderful things:
They are sweet like the bee's fresh honey;
Like the bees, they have terrible stings.

Everybody

WILL READ

Masseys Magazine

FOR MARCH.

A Frontispiece in Nine Colors is a unique feature for a monthly magazine. MASSEY'S MAGAZINE takes the lead in this respect. The publishers are determined to make it achieve a reputation for artistic as well as literary qualities. The picture will be a reproduction of

MR. F. M. BELL-SMITH'S

FAMOUS PAINTING

"LIGHTS OF A CITY STREET"



AMONG OTHER LITERARY ATTRACTIONS ARE THE FOLLOWING:

- UNIVERSITY LIFE OF CAMBRIDGE—
By Provost Welch, Trinity University.
With 9 Illustrations by C. M. MANLEY.
- EMBELLISHMENTS OF CANADIAN CITIES—
By Hamilton McCarthy, R.C.A.
11 Illustrations.
- SIGNIFICANCE OF THE LOW WATER LEVELS—By Coleman.
3 Diagrams.
- PHOTOGRAPHING THE INVISIBLE—By Maclellan.
6 Illustrations.
- THE LATE LORD LEIGHTON—By E. Wyley Grier, C.A.
7 Illustrations.
- THE ORIGIN OF CURLING—By Aleck Fraser.
5 Illustrations.

A LIMITED NUMBER OF PROOFS OF

"Lights of a City Street"

on specially fine paper, with wide margin for framing purposes, will be struck off. These will be sold at twenty five cents each. It will be worthy of a place in any home, and affords an opportunity of procuring a magnificent reproduction of one of the most famous Canadian Paintings for a mere song.

CONSUMPTION,

Asthma, Bronchitis & Catarrh

Treated in Air Tight Cabinet by inhalation of recognized germicide remedies, vaporized by steam process at

THE SANITARIUM

1363 King St. West, Toronto.

Marvelous record already. Send for Pamphlets. Hours of Medical Board, 12 to 3 p.m. Visitors always welcome.