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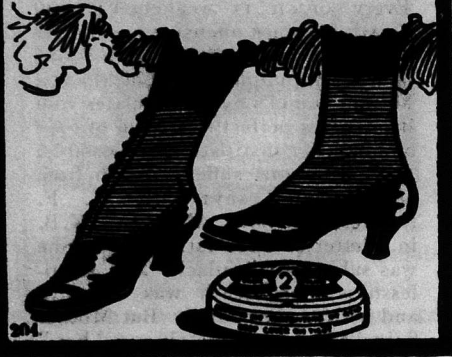
SHOE POLISH

The Perfect Dressing for Ladies' Shoes.

Preserves the finest leather and gives a brilliant polish that will not rub off or soil the daintiest garments.

No dealer careful of his reputation will say anything else is as good.

At all Dealers
10c. and 25c. tins



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One packet
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killed a bushel
of flies.

SOLD BY
DRUGGISTS, GROCERS AND GENERAL STORES
10c. per packet, or 3 packets for 25c.
will last a whole season.

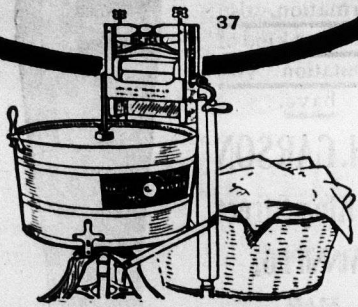


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The "New Century" Washing Machine washes a tubful of clothes in five minutes. And washes them better than you can possibly do the washing by hand.

New Wringer Attachment allows water to drain directly into the tub. Price \$9.50 complete—delivered at any railway station in Ontario or Quebec. Write for free copy of our new book.

Dowswell Mfg. Co. Limited, Hamilton, Ont.



Every Woman

is interested and should know about the wonderful
MARVEL Whirling Spray
The new Vaginal Syringe.
Best—Most convenient. It cleanses
instantly.

Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—sealed, full particulars and directions invaluable to ladies.
WINDSOR SUPPLY CO., Windsor, Ont.
General Agents for Canada.

Stovel's Wall Map of Western Canada

size 32 x 46 showing Alberta, Saskatchewan, and Manitoba on one side, the Dominion, Ontario, Quebec and Maritime Provinces on reverse side; printed in 5 colors; price \$2.50. Address, The Stovel Co. Winnipeg.

TEMPERANCE TALK.

Just This Minute.

If we're thoughtful, just this minute, In whatever we say or do; If we put a purpose in it That is honest, through and through, We shall gladden life and give it Grace to make it all sublime; For, though life is long, we live it Just this minute at a time.

Just this minute we are going Toward the right or toward the wrong; Just this minute we are sowing Seeds of sorrow or of song. Just this minute we are thinking On the ways that lead to God, Or in idle dreams are sinking To the level of the clod.

Yesterday is gone; tomorrow Never comes within our grasp; Just this minute's joy or sorrow, That is all our hands may clasp. Just this minute! Let us take it As a pearl of precious price, And with high endeavor make it Fit to shine in paradise.

—Nixon Waterman.

Voice of Medical Science.

By Miss Marie C. Brehm.

More than sixty-five thousand persons in the United States died last year of consumption. The relation of alcoholism to consumption is receiving world-wide recognition and the belief that no nation can prevent the spread of pulmonary tuberculosis unless it prevents the spread of alcoholism is gaining. The use of alcoholic liquors predisposes people to consumption. Legrain says: "The increase of consumption is proportionate to that of alcoholism in France." The late Dr. N. S. Davis, of Chicago, reported that less than twenty-five per cent. of all consumptives coming under his observation were total abstainers. Moderate drinkers are more liable to disease than total abstainers. Quain's Dictionary of Medicine says: "A poison may be defined as a substance having an inherent, deleterious property which renders it capable of destroying life by whatever avenue it is taken into the system." And among such poisons it enumerates alcohol. Dr. Adolf Fick, professor of physiology in the University of Wurtzburg, Germany, says: "From an exhaustive definition we shall have to learn, alcohol is such a poison which, on becoming mixed with the blood, causes a disturbance in the function of any organ. That alcohol is such a substance cannot be doubted."

Whoever is taught from the pulpit, the platform, the press, the Sunday school or public school, that a poison is a substance which has the inherent power when introduced into the circulation to injure health and destroy life, and that alcohol is such a poison, is learning truth will not have to learn. Alcohol is a narcotic, and, like other narcotics, it has the power to create an uncontrollable desire for itself. Its miserable victims are seen on every hand wherever the saloon exists. We have a vast army of inebriates in our land, representing all classes and conditions. They are withdrawn from the ranks of active workers and producers and become burdens to be supported by the sober, industrious, property accumulating, taxpaying element of society. Today over a million workers are waging a great warfare in their effort to break up and banish the great evil of intemperance. More and more, above all other agitation, the voice of Science is heard proclaiming the truth that the use of alcoholic liquors, even in small quantities, is physiologically wrong. Daily experience and common sense everywhere demonstrate the fact that alcoholic drink is a degenerating influence. An overwhelming array of facts could be cited from business experience, athletics, army service, Arctic exploration, epidemics, and even labor strikes, showing that total abstainers have better physical and mental endurance than moderate drinkers. Ruskin says the wealth of a nation does not consist of its territory or its material things. The wealth of a nation consists in its population, and only in its sound population.

Since the use of alcoholic drinks is physiologically wrong, it follows logically that it is economically wrong, for whatever reduces the power and value of the individual unit of society, reduces the power and value of the nation. Shall we not accept as a truism, that which is physiologically wrong cannot be morally right, and what is morally wrong cannot be economically right, and what is physiologically, morally and economically wrong cannot be any twist of legislation be made politically right? Therefore, as the light of truth is turned on the problem of how to free the nation from the curse of intemperance and its attendant evils of disease, crime, insanity, poverty, misery and woe, the voice of Science, and the voice of God unite in declaring: "Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise."—Presbyterian Banner.

Drink Habit Among Women.

According to Prof. John Duncan Quackenbush, specialist in nervous and mental diseases, member of many American and foreign medical societies, and formerly of the Columbia university faculty, the drink habit is spreading at an alarming rate among the women of New York. To a representative of the Sunday World he said: "It is with real alarm that I note the rapid growth of the drink habit among the women in New York City. I have been in a position to watch that growth closely and I can say with full knowledge that ten women drink today where one drank a dozen years ago. "The growth of the habit has been among women of all classes, the rich and poor, young and old. Girls in their teens evidently see no impropriety whatever in drinking publicly with men companions. Very often, indeed, I have had young girls brought to me for treatment, hysterically drunk. "I have treated within a year women whose weekly bill for champagne alone was \$100 and who filled up the intervals between their draughts of wine with highballs and cocktails. One woman drank a quart of champagne every morning, and when ready to go out her custom was to order her maid to bring her another quart. Then, before leaving the house to enter her carriage, she would empty the bottle to steady her nerves."

"School misses and college girls in great numbers are among the throng of women drinkers. A case was pointed out recently of a luncheon given here in New York at which twenty-four debutantes drank thirty-six bottles of champagne, and fifteen of them smoked seven dozen cigarettes. "As every one knows, the punch bowl figures largely in the growth of the drink habit among the women of New York. It is found at all functions, and many a girl has got her first taste of liquor by a dip into it. The punch bowl, however, is not to be blamed entirely. Many women dip into it and do it many times without acquiring the drink habit, but many get their start there. It does give them the taste of liquor and then, with many of them, the taste for liquor.

"Now, the tendency of the American woman is to go to extremes, and in drinking she over-drinks. It is dangerous for her to touch liquor at all. This is particularly true of the New York woman, because of the added excitement of life in New York. "It is not my object to preach unless the mere statement of fact is a sermon, and the fact is New York women do drink, or rather too large a percentage of them drink, and drink to excess. If one doubts it let him go to any of our large hotels and restaurants any night and look about him. On every hand you find them and their sister visitors to New York drinking. No one thinks anything about it, and the women think they are simply doing the proper thing. Many of them drink because they like the liquor.

"I have treated in the last eight years seven hundred cases of alcoholism, with a large percentage of women, and I found in many cases where the patient was a woman that she did not, deep down in her heart, want to be cured of the habit. The fact is true especially in the case of the rich society woman. She usually comes to me either at the urgent solicitation of relatives or friends, or with only a surface desire to be rid of the habit. Very few of them honestly and truly, and with their whole heart, want to be cured. "Conditions might not be so bad, however, if women or men drank real, pure, whiskey, real, pure wine and real, pure liquors of all sorts, but they don't. They think they do, but what they are really drinking is a deadly poison and one swift in its execution. I feel safe in saying that out of one hundred drinks sold in New York City as whiskey not more than one is the real article.

"It is rather surprising how many of our school children have become beer drinkers, especially those of foreign birth, and the habit is making them mentally sluggish to a degree that is attracting the attention of educators and philanthropists."

Owing to its exclusive devices such as the melodant, the phrasing lever, the melody button and the diaphragm pneumatics, the Gourlay-Angelus piano plays with all the individuality and authority of a virtuoso. It was the first on the scene and from its marked superiority it is still entitled to the last word.

One trial of Mother Graves' Worm Exterminator will convince you that it has no equal as a worm medicine. Buy a bottle and see if it does not please you.

Hard and soft corns cannot withstand Holloway's Corn Cure; it is effective every time. Get a bottle at once and be happy.

THROW AWAY LINIMENTS

Here's the Prescription to Cure Rheumatism.

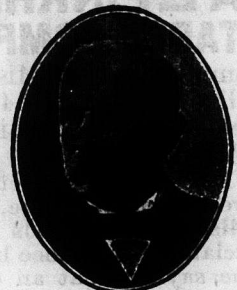
Liniments only reach the skin and the muscles directly under the skin. Now, liniments can't cure Rheumatism. They simply deaden the nerves for a time. When the effect wears away, the pain returns worse than ever.

If the bowels do not move regularly—if the kidneys are strained or weak—if the skin is dry or harsh—the blood is sure to be filled with impurities or uric acid. This uric acid is changed into uric acid which is the poison that causes rheumatism.

Now, the only possible way to cure Rheumatism is to prevent uric acid from being formed. Logically, the only way to do this is to keep kidneys, bowels and skin in good working order, and prevent the stomach from being too acid. And the only way to do this is to take "Fruit-a-tives."

These marvelous tablets of fruit juices and tonics act directly on the three great eliminating organs—bowels, kidneys and skin—and put them in perfect condition. That is the only secret of their great success in curing rheumatism, sciatica and lumbago. 50c a box—6 for \$2.50. "Fruit-a-tives," Limited, Ottawa.

BE WELL AND STRONG WITHOUT MEDICINE



Hercules Sanche
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Oxygen is death to disease, and life and health to the human body. On this principle **OXYDONOR** has cured hundreds of the worst cases of chronic disease—pronounced incurable.

The application of **OXYDONOR** creates a strong affinity for Oxygen, causing Oxygen from the air to be installed into the body, entirely revitalizing it. The disease, whatever it may be—so long as no vital organ is destroyed—is speedily driven out, and abounding health takes the place of the feeble, diseased condition.

This seems wonderful, but we have letters from hundreds of people who have experienced it. Here is one from Mrs. E. Foyner, Uxbridge, Ont. "Your **Oxydonor** has improved my health wonderfully in a short time, so much so that I have gained 11 pounds. My heart was very bad, and I had violent pains in my head, and I could hardly walk across the floor. Now I can walk down town and back and the pains have left me. I would not be without my **Oxydonor**." The whole cost of **OXYDONOR** is the first cost. It lasts a lifetime without any expense, and saves many times its cost in doctor's bills.

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If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 86, Windsor, Ont.