

SPARTAN LAWS.

Soundly Thrashed Were These People for Growing Unreasonably Fat.

Among the ancient Spartans everything was considered secondary to military efficiency, and with a view to securing this, the boys and men were by law kept in a continual state of "training."

FROM FAR KENLIS.

Comes a Story of Disease Banished by Dodd's Kidney Pills.

Mr. Thomas L. Hubbs Cured of Kidney Disease, After Various Medicines Had Been Tried and Had Failed—Dodd's Kidney Pills Made Him Well.

Kenlis, P. O., N.W.T.—Even to this remote point in our great Dominion, the fame of Dodd's Kidney Pills has penetrated, pain and suffering have been driven out, and health and happiness have been given in their stead, by this grand medicine.

Mr. Thomas L. Hubbs, owner and occupant of Section 28, Township 19, Range 11, met with a severe accident about a year ago. He was thrown out of his wagon, and among the injuries he sustained was a very severe strain of the kidneys.

Soon after his mishap, his kidneys began to make manifest the fact that they were unable to do their work properly. Severe, stabbing pains darted across the small of his back, and a dull, terrible ache in his loins, kept him in continual agony.

Various remedies were used, but none gave any relief. The pains seemed to grow worse, and hearing of the wonderful efficacy of Dodd's Kidney Pills, he decided to try what they would do for him.

He bought a box, and began taking the pills, going strictly according to the directions. Judge, of his delight, when, in a few days, he began to feel better. Day by day, the improvement grew more marked, until when he had taken all the pills, he was "Sound as a bell" and not a trace of his old trouble remained.

Mr. Hubbs, in writing of his case, says: "I live in the municipality of Indian Head, and all who know me can vouch for the truth of this statement."

Where Dodd's Kidney Pills are used, Kidney Disease cannot exist. It is driven out swiftly and promptly, never to return.

GRAINS OF GOLD.

Good cheer is no hindrance to a good life.—Aristippus.

The luxury of doing good surpasses every other personal enjoyment.—Gay.

The misfortunes that are hardest to bear are those that never come.—Lowell.

The absent are never without fault, nor the present without excuse.—Franklin.

If a man is worth knowing at all he is worth knowing well.—Alexander Smith.

God never ceased to be the one true aim of all right human aspirations.—Vinet.

The secret of making one's self tireless is not to know when to stop.—Voltaire.

In business three things are necessary, knowledge, temper and time.—Feltham.

Some Plain Questions.

Have you catarrh? Have you offensive breath? Have you bronchitis? Have you slight symptoms of consumption? Then send for a free sample of Catarrhose.

Not a snuff, wash nor ointment, but an odorless gas, which is carried by air directly to the diseased parts. It penetrates wherever air can go, and never fails to cure. We do not ask you to believe this until you have tested it for yourself. Send for a trial bottle gratis to N. C. POLSON & CO., Kingston, Ont.

EXPLAINED AT LAST.

Sutor—Your daughter, sir, is the light of my existence. Her Father—Oh, that's it, eh? I've often wondered how you could ever see her, with the gas turned so low.

INFORMATION.

Jamie—Pa, what is lese majestie? Pa—That's the Latin way of calling a crowned head a blamed chump.

"Great Haste is Not Always Good Speed."

Many people trust to luck to pull them through, and are often disappointed. Do not dilly-dally in matters of health. With it you can accomplish miracles. Without it you are "no good."

Keep the liver, kidneys, bowels and blood healthy by the use of Hood's Sarsaparilla, the faultless blood purifier.

Dyspepsia—"I know a positive relief for dyspepsia and that is Hood's Sarsaparilla. It cured me. My neuralgia also stopped." W. B. BALDWIN, 164 Oak Street, Binghamton, New York.

Tired Feeling—"My appetite was capricious, my liver disordered and I was tired. Hood's Sarsaparilla relieved it all. It cured a friend of mine of female weakness." Mrs. JESSIE A. MZARNS, Clayton, Del.

Hood's Sarsaparilla Never Disappoints. Hood's Pills cure liver ills; the non-irritating and only cathartic to take with Hood's Sarsaparilla.

NATURALLY.

Brown held in his hand the photograph of a young lady that Jamison had handed him. Jove! she's a beauty! he exclaimed.

You bet she is, agreed Jamison. That girl is 19 years old, as pretty as a picture, has neither father nor mother, is worth half a million in her own right and she—

Well, put in Brown, what's the conclusion? To which Jamison cheerily replied, I am.

NOT VERY COMFORTING. Stayleight—Tommy, do you think your sister is fond of me? Tommy—I don't know. She gave me a quarter to set the clock half an hour fast.

China is about to send a commercial mission to the European and American trade centers with a view to the promotion of Chinese commerce. If the mission proves successful, the Government proposes to found Chinese trading firms in the great commercial towns of the world.

Iowa Farms for Sale, \$2 per acre cash, Balance crop until paid. J. Muthall, Sioux City, Ia.

A NEW START. Now, said Bunker, I can once more face the world an honest man. The last of my debts is outlawed.

TO CURE A COLD IN ONE DAY. Take Laxative Bono Quinine Tablets. All Druggists refund the money if it fails to cure. 25c.

SNAPPED UP. That amateur palm reader told me I would make a good housekeeper. Well, what did you say? I told him it was rather sudden, but he might speak to papa.

THE IMPORTANCE OF WATER IN MANURING. Much interest attaches to the subject "Manure and Manuring" discussed by Mr. T. J. C. Wallace at winter Institute meetings the past winter. He brought out many points not generally considered. A very unique one was the importance of the gravity water to manuring—this is the free water so abundant in our soils during the fall, winter and very early spring. The soil is almost afloat in it, and so freezes up pretty solidly. When the frost comes out the earth is so loosened that by a sort of polarization the particles and atoms of soil and applied manures move about and coming together form contact combinations and so the foundation of plant food is prepared. The dung of the manure being very fine is thus much more perfectly distributed than by machine work. This he calls using one of nature's aids in our work and both saving labor and getting the work more perfectly done. This is possibly also the reason that in his business Mr. Wallace, so strenuously urges the use of Thomas-Phosphate Powder in the fall, winter and early spring months. He explained with much clearness the action of capillarity and the hygroscopic water in the soil.

THE DIFFERENCE. At Five. Oh, t' be a great big man 'Ith a house 'n' lot that's rar 'Theh by me—thay, all th' lan' Couldn't buy me 'f I's a man— Oh, t' be a great big man, Jes' t' be a great big man.

At Fifty. Oh, to be a little boy, Finding pleasure in a toy, All I love, that I enjoy, I would give to be a boy— Oh, to be a little boy, Just to be a little boy.

Have you noticed that one pound of Blue Ribbon Tea is equal to a pound and a quarter of any other kind?

A LOOK BEFORE A LEAP.

What! Still a bachelor? Why, the last time I saw you you were seriously contemplating matrimony. Yes, and it was because of serious contemplation that I concluded never to marry.

Agreeable advice is seldom useful advice.—Massillon.

Many people suffer with catarrh until it becomes chronic, because they do not know how easily it may be cured. Ten days' free trial treatment ought to be convincing. Send fifteen cents to cover cost of mailing outfit. Dr. Ray's Successful Remedy Co., Toronto.

Better be driven out from among men than to be disliked by children.—Dana.

La Toscana, 10c. RELIANCE CIGAR FACTORY, Montreal.

Be calm in arguing, for fierceness makes error a fault, and truth discourtesy.—Herbert.

For Over Fifty Years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children's teething. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for diarrhoea, etc. A bottle, sold by all druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

We must be doing something to be happy. Action is no less necessary to us than thought.—Hazlitt.

THOMAS PHOSPHATE POWDER. The art of being able to make a good use of moderate abilities wins esteem, and often confers more reputation than greater real merit.—Rochefoucauld.

Catarrh Cannot be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials, free.

Sold by DRUGGISTS, F. J. CHENEY & CO., Toledo, O. Hall's Family Pills are the best.

A LOVER OF LIQUOR. What did Colonel Stillwell say about the brandied peaches we sent to cheer his convalescence? He said he was afraid he wasn't strong enough to eat the fruit, replied the little girl, but he appreciated the spirit in which it was sent.

W P C 963. Carbolic Disinfectants, Soaps, Ointments, Tooth Powders, etc., have been awarded 100 medals and diplomas for superior excellence. Their regular use prevents infectious diseases. Ask your dealer to obtain a supply. Lists mailed free on application.

F. C. CALVERT & CO., MANCHESTER, ENGLAND. The Wonders of Hypnotism sent free; gives the key to all secret power; richly illustrated by 27 superb photo-engravings; superbly explained and exert a magic influence over others, cure diseases and bad habits give the most perfect instantaneous witness; write to-day; enclose stamp. National Publishing Co., Dept. 33, Rochester, N. Y. Branch, 315 Madison Ave., New York City.

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Shion Poultry Grit is the best digester in the market. LAURENTIAN SAND & GRAVEL CO., Montreal.

CUTTING SCHOOL.—Tailors and Dressmakers. C. & D. SCHOOL CO., Montreal.

Rheumatism—Cure assured in 24 hours, a new specific, sent by mail. Dr. ROUBY, P. O. Box 365, Montreal.

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Agents for the sale of articles on the market. Sells in every store, factory, and business. Exclusive territory. ROWELLA BURY, Chicago and Montreal.

IF you have any APPLES, BUTTER, EGGS or POULTRY to ship, ship them to The Dawson Commission Co., Limited, Toronto.

Stammerers. Especially those who have failed to be cured elsewhere, write to Dr. Arnott, Berlin, who will convince you he can cure you.

Skin Diseases. All kinds cured or money refunded. Dr. Rameau's Antheptic Pomade, \$1.00 by mail. Write Prof. Lecours, Pharmacien, 370 Craig St., Montreal.

LAW. Mills, Mills & Males Barristers, etc., removed to Wesley Bldg., Richmond St. W., Toronto.

TORONTO CUTTING SCHOOL. Write for special terms during January and February. 8, CORRIGAN, 113 Yonge St.

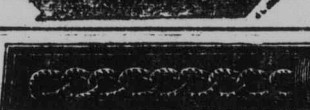
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Conboy's Patent Roller Tops have met with such universal favor that other manufacturers are now making inferior imitations and selling them on the reputation the Conboy Tops have made. Do not be hoodwinked by any person who recommends an inferior make to be just as good.



FREE! We give this beautiful Heavy Gold Plated Chain Bracelet in a dainty plush-lined case for selling 12 of our Fine Linen, Full-sized Boylies at 10c. each. Latest and prettiest designs; no two alike. Write, and we send boylies, postpaid, and our big Premium List. Sell them, return us \$1.50 and we at once forward your bracelet free. Liberal commission if preferred. Unsold Boylies returnable. LINEN BOYLIE CO., DEPT. 2, Toronto.

SAUSAGE CABINETS—New importations finest English Sausage and American Hog Casings—reliable goods at slight prices. FARE, BLACKWELL & CO., Toronto.

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Stammerers—Every stammerer who will talk if they will come and study our system. Come and satisfy yourself. Write to W. K. HATZ, Specialist, 392 College St., Toronto.

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New Tires EITHER SINGLE or DOUBLE TUBE \$5 per pair. Sent O. D. to any address. Will mail section if requested. Wm. B. NORTHAM, TORONTO, ONT.

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Germania Oil Co., 134 Bay St., Toronto.

STAMMERERS. Only institution in Canada for the cure of every phase of speech defect. Established in Toronto, 1890. Our guaranteed. OBERG'S AUTO-VOCAL INSTITUTE, 6 Pembroke St., Toronto, Canada.

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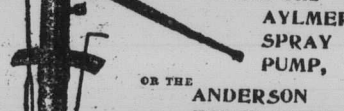
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CALIFORNIAN—May 6, June 10, July 13. CASTILIAN—(new), May 20, June 24. BAVARIAN—(new), 10,000 Tons, Twin Screw, July 20, and weekly thereafter. Cabin Passage—\$25.00 and upwards. Second Cabin—\$20.00. Return \$25.00. Steerage—Liverpool, London, Glasgow, L. Londonderry, or Queenstown, \$23.50. For further information apply to H. BOURLIER, 77 Yonge St., Toronto, or H. & A. ALLAN, Montreal.

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