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In 1912 the Canadian Life earned surplus of \$1,530,667, exceeding by over \$237,000, the earnings of 1911, and by a much larger amount the earnings of any previous year. This is of importance to policyholders, for their Dividends must come from this account.

CANADA LIFE ASSURANCE CO.
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and Fashion Books.

Argosy, Ainslee's, American, All Story, Blue Book, Cosmopolitan, Cassells, Everybody's, Fry's, Grand, London, Munsey, McClure's, Metropolitan, New Nash's, Popular, Popular Mechanics, Physical Culture, Red, Red Book, Railroad, Royal Review of Reviews, Smart Set, Strand, Story Teller, Top Notch, Windsor, Technical World, Wide World, Delineator, Designer, Fashions for All, Jose Lillies Practical, Leach's Children, Ladies' Home Journal, Ladies' Companion, Pictorial Review, Weldon's Journal of Costumes, Weldon's Ladies' Journal, Weldon's Children's Fashions, Weldon's Illustrated Dressmaker, Woman's Home Companion.

GARLAND'S Bookstore,
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"THE OIL THAT LUBRICATES."

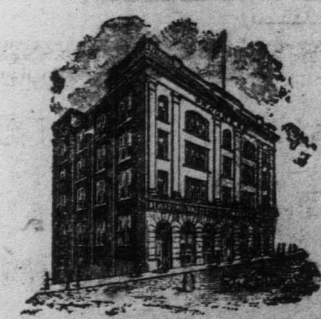
BRITISH COLUMBIA EXPRESS COMPANY.
General Office,
Ashecroft, B.C.,
February 13, 1913.

THE IMPERIAL OIL CO., LTD.
Gentlemen,—With reference to POLARINE OIL, we desire to say that we operated six Winton Six-Cylinder Cars on the Cariboo Road in 1912, and these cars travelled 82,430 miles during the season. We used POLARINE exclusively, and found it superior to any other oil which we had previously tested, and while the cars were operated under all sorts of climatic conditions, we were so well pleased with the results obtainable from the use of POLARINE OIL that we propose to use nothing else on the eight Winton Cars which we will operate this year.

Yours very truly,
BRITISH COLUMBIA EXPRESS COMPANY,
per Fred'k H. LeSueur, Accountant.
A. H. MURRAY, St. John's, Distributor.

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"Nothing Too Much."

BY RUTH CAMERON.



I was told of a husband and wife who in all their forty-one years of married existence had been away from each other but once, and then only for a few days.

The friend who told me about them evidently thinks they represent the acme of devotion and romance.

Somehow I can't see it that way. To my mind they represent a very foolish point of view.

They may have been happy in their constant companionship but that does not prove anything. They might have been still happier, and surely would have been more valuable to themselves and the community, if they had occasionally taken a complete vacation from each other, breathed in the mental ozone of new ideas and points of view, expanded into separate individualities once more, found each other's full value by missing him, and coming back revived and re-animated into each other's lives.

If any two friends lived together for forty-one years without any vacation from each other they would surely grow narrow and their friendship become stagnant. Now what is married love, after all, but a glorified friendship?

When any two people are happy together they ought to value that happiness more than if they all went to the same college.

Of course, any two people who are happy together are bound to miss each other. But isn't the joy of reunion, which they could never have had if they hadn't parted, worth the pangs? Nathaniel Hawthorne, who was a most ardent lover husband, evidently found it so.

"Every separation gives a taste of death," he wrote in a letter to his sister wife. "Every meeting gives a foretaste of the resurrection."

Ruth C.

Household Notes

When seeding raisins, try soaking them in boiling water, letting them remain in it for two minutes. Pass the water off and open the raisins, and the seeds can be removed easily.

To have your clothes clean and beautiful, white, place a slice of lemon with the wind out off in the boiler. The result is surprising, and will not in any way hurt or injure the clothes.

A large, clean marble boiled in milk, porridge, custards, sauces or steams will automatically do the stirring whilst the liquid cooks. Any chance of burning is prevented, therefore the weariness of constant stirring is avoided and time is saved.

Time and labor are saved, if before preparing vegetables you first spread a piece of brown paper on the table. The refuse and dirt can be rolled up in the paper and burned, leaving the table as clean as it was before.

If the alarm-clock rings too loudly for the peace of the household, slip an elastic band around the bell to diminish the noise; the wider the band, the stronger the suppression, and a few experiments will demonstrate just what width is most desirable.

Dissolve one handful of salt in a pint of vinegar and wash the stove with this solution. Wipe dry with a flannel cloth and put a few drops of turpentine in the blacking with which you finish it off. This will put the rustiest stove in good condition.

Croustons for soup can be made easily in a corn-popper. They will crisp in a moment, and a quantity may be made at a time. Cut the bread into squares of the desired size, place in the long-handled popper and thrust into a glowing furnace.

To bleach clothes that have turned yellow from long use, or from wearing in the dust, put them to soak for about five days in buttermilk. Use a stone jar or a wooden bucket for this purpose. At the end of that time rinse thoroughly and boil in a light lye.

Before dyeing a garment mark each right-hand or left-hand piece, so there

Granulation of the Eyelids

Is Cured by Dr. Chase's Ointment—Scores of Uses for the Great Soothing, Healing Ointment.

Most people know Dr. Chase's Ointment best as a cure for eczema and itching piles. Nor is this to be wondered at when you think of the remarkable record made in this class of cures.

But there are scores of other uses for this ointment, which are only discovered when it is kept constantly at hand. Mrs. Martin, 13 Carroll street, Toronto, formerly of Bowmanville, Ont., writes: "We have used Dr. Chase's Ointment for years, and found it invaluable in treating skin irritations and all sorts of burns and wounds. In fact, we would not be without it in the house. It is a most excellent treatment for granulated eyelids, from which I suffered without finding anything to help me."

Whenever there is itching of the skin or a sore that refuses to heal you can use Dr. Chase's Ointment with full assurance that it will prove entirely satisfactory. 40 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Plums!

Owing to partial failure of local berry crop, we have ordered Plums for early shipment.

- To arrive Thursday:
20 baskets Large Blue PLUMS.
10 baskets Large Yellow PLUMS.
10 baskets Green Gage PLUMS.
10 cases, 4 bks. each, assorted PLUMS.
50 baskets TOMATOES.
Also full stock of Apples, Pears, Bananas, Oranges, Cabbage, Potatoes Turnips, etc.

Soper & Moore.

Just as the physician nursed the fish near to the boat, when both men saw that it was a giant pike and one of the most vicious fighters that inhabit the cold waters, Mr. Hoyrstadt leaned over to grab him, as he was "too big and lively for a landing net." Just then the wash from a small steamer passing up the lake rocked the rowboat. Dr. Van Riemst slipped and tumbled overboard into the lake, dragging following him as the boat capsized. The pike dashed wildly back and forth, and thus wrapped the line about the feet of the physician, who had not dropped his hold on the rod. Before Dr. Van Riemst knew it the pike had bound his feet together, and this, as his captor, the pike started off toward the bottom of the lake, dragging the fisherman after him.

Baldwin the guide, ran out into the water, but he was too late to save Dr. Van Riemst. He carried Mr. Hoyrstadt ashore safely. The physician was not found for several hours, and then it showed how the pike whom he had tangled for half an hour had made him a prisoner and then drowned him. The pike was gone, he body was sent to Hudson to-night.

Nervousness.



Nervousness is a jerky ailment which causes musicians, bridegrooms and after dinner speakers to wish they had not been invited to help out. It is caused by the nerves running up and down the spinal column, and paralyzing the hands, feet and tongue in one clammy crescendo.

Nervousness is often fatal to a singer who is appearing in public for the first time in a state of fright and a ratine evening gown, as it is liable to seize the best high B-flat she has in her collection and throttle it down to F-sharp, causing the music critics to dispose of her case the next morning in four lines of sour adjectives.

Nervousness has ruined many a promising debut, and disappointed thousands of people who got it on a complimentary ticket by seizing the debuter in the middle of a cadenza and throwing her into the finale eighteen measures ahead of the orchestra. Whenever a new grand opera singer attempts to get away with the "Jewel Song" four tones below the accompaniment, it is a sure sign of nervousness of the throat.

The most painful spectacle in the world is that of an after dinner speaker who gets up in a breezy, debonaire manner and then becomes so nervous that he forgets the point of every story he comes to and finally wanders off into sickly soliloquy. Nervousness affects some after dinner speakers to such an extent that they forget anybody else is on the program and pass right by several good stopping places. They would be less nervous among entertainers of this class if they would write out their remarks and then learn how to pronounce most of the words.

The most rabid and virulent form of nervous attacks a bridegroom just as he is about to walk the plank in the rear of the officiating clergyman. This malady usually induces him to step on the thumb of the bride, kiss his mother-in-law on the left ear and perform numerous minor pleasantries which his wife will remind him of far the next thirty years.

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At Half Price.

CHILDREN'S DRESSES
to fit 4 years to 8 years old.
At Half Price.

SKIRT EMBROIDERY,
45 inches wide.
Regular 75c. for57c.
Regular 1.00 for70c.

LADIES' SINGLETs.
Regular 15c. for8c.
Regular 20c. for13c.

MEN'S WORKING SHIRTS.
Direct from the factories and bought much below the regular value:
Regular 75c. for63c.
Regular 85c. for70c.

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Sizes 3 to 7; very strong material and worth \$1.80 a pair. Selling at \$1.30.

WHITE QUILTS.
A lot of American Cotton Quilts, bought direct from a jobber at anchor prices.
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