

### Double The Quantity of Water

Delivered by any other deep well cylinder pump, is raised by the "American" Deep Well Pump

The reason is it delivers the full capacity of the cylinder both on the DOWN-strokes and the UP-strokes making it actually double capacity. There's a revelation to pump users in our new Deep Well Pump Catalog.

The American Well Works Gen. Office & Works, Aurora, Ill. 1st Nat. Bank Bldg., Chicago. B. E. Buchanan & Co. 234 W. Craig St., Montreal.



### Fruit Lands

#### LAKE-SIDE ORCHARD TRACTS

LOWER ARROW LAKE, B. C.

Rich soil, delightful climate, irrigation unnecessary, easy terms.

For particulars apply

LAKE-SIDE ORCHARD CO.

Renata B. C.

T. M. Daly, K. C. R. W. McClure  
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**Daly, Crichton & McClure**  
Barristers and Solicitors

Office—CANADA LIFE BUILDING  
WINNIPEG MANITOBA

**B. P. RICHARDSON**  
BARRISTER, SOLICITOR,  
NOTARY PUBLIC.

GRENFELL, SASK.

### LANDS FOR SALE

"Women's minds are much cleaner than men's," remarked Mrs. Oliver Herford. "They ought to be," replied her husband; "they change them so much oftener."

### How to Get Rid of Catarrh

A Simple, Safe, Reliable Way and it Costs Nothing to Try.

Those who suffer from catarrh know its miseries. There is no need of this suffering. You can get rid of it by a simple, safe, inexpensive, home treatment discovered by Dr. Blosser, who, for over thirty-five years, has been treating catarrh successfully.

His treatment is unlike any other. It is not a spray, douche, salve, cream, or inhaler, but is a more direct and thorough treatment than any of these. It cleans out the head, nose, throat and lungs so that you can again breathe freely and sleep without that stopped-up feeling that all catarrh sufferers have. It heals the diseased membranes and makes a radical cure, so that you will not be constantly blowing your nose and spitting, and at the same time it does not poison the system and ruin the stomach, as internal medicines do.

If you want to test this treatment without cost, send your address to Dr. J. W. Blosser, 716 Walton St., Atlanta, Ga., U. S. A., and he will send you by return mail, from his Canadian Distributing Depot, enough of the medicine to satisfy you that it is all he claims for it as a remedy for catarrh, catarrhal headaches, catarrhal deafness, asthma, bronchitis, colds, and all catarrhal conditions. He will also send you free an illustrated booklet. Write him immediately.

### Miscellaneous

#### ON THE STAIRS

He said "Good-night," and he held her hand

In a hesitating way,  
And he hoped that her eyes would understand

What his lips refused to say.  
He held her hand and he murmured low:

"I'm sorry to go like this,  
It seems so frigidly cold, you know,  
This Mister of ours, and Miss."

"I thought—perhaps—" and he paused to note,

If she seemed inclined to frown;  
But the light in her eyes his heart-strings smote,

As she blushing looked down.  
She said no word, but she picked a speck

Of dust from his coat lapel,  
Such a small, such a wee little tiny fleck,  
'Twas a wonder she saw so well.

And it brought her face so very near,  
In that dim, uncertain light,  
That the thought, unspoken, was made quite clear,

And I know 'twas a sweet "good-night."

—EDWARD EVERETT NELSON.

The commercial traveler had been summoned as a witness, and the K. C. for the defence was cross-examining him, and eliciting many interesting details as to "exes," etc.

"You travel for Jobson, Hobson, Slobson & Co., don't you?" said the K. C.

"Yes, sir."

"How long have you been in their employ?"

"About ten years."

"And you have been traveling all that time, have you?"

"Well, no, sir," confessed the nothing-but-the-truthful witness, making a hasty mental calculation, "not actually traveling. I have put in about four years of that time waiting at railway stations."

At Portsmouth, N. H., where they were to unveil a statue to the memory of T. B. Aldrich, during an author's argument on international copyright, Thomas Nelson Page broke up a rather acrimonious discussion by deftly interposing a story.

"After all," he said, "there is not much real help in that idea. It is such an idea as emanated from the mind of a hard, cruel sea captain.

"In mid-ocean the cook approached the captain timidly.

"Captain," he said, 'the men are growlin' about the beef. They say they can't chew it nohow. They say it's only fit to mend their sea boots with.'

"How much beef are you giving 'em, cookie?" the captain asked.

"A pound apiece a day, sir," said the cook.

"Well," said the captain gently, 'give them half a pound apiece from now on. I should be sorry to force 'em to eat what isn't to their taste.'

#### COME WEST, BLISS CARMAN

Bliss Carman, you'd better come west; You say you're tired of the things you do,

The streets you walk, and the songs you sing,  
And your soul's in need of a dry shampoo.

You've said that you ache for elbow-room,  
For a look at the stars at least;  
You've said you're tired of the poppy-cock  
And pink tea air of the east.

Come out where the plains go rolling west  
From the lakes to the Rockies' peaks,  
Where the soul of the wheatland sings at dusk,  
And the voice of the prairie speaks.

Come out where there's song to be sung again,  
Where Youth and To-day rejoice;  
You need the wine of the West in you—  
And the West, it needs a voice.

### The First Step

No one doubts that all physical life, animal and vegetable, is nourished and supported by food—which must be digested and assimilated. It follows, then, that the very first step backward in health is taken immediately when you fail, for the first time, to digest your food. If people would only bear that fact in mind and at once take a simple, helpful, curative remedy such as Mother Seigel's Syrup, they would never suffer the miseries, the weakness, the permanent ill-health, which indigestion brings upon its victims. The first stages of indigestion are just as easily recognized as the last—the windy pressure and distress, perhaps pains, in the stomach; the coated tongue; and bad taste in the mouth and the loss of appetite.

Look for example at the case of Mr. R. C. Welsh, Postmaster at Glenlea, Provencher County, Manitoba. In a letter of July 7th, '09, he writes:—"About 18 years ago I contracted a disease which my doctors failed to diagnose and from which, even in hospital, I found no relief. Everything I ate seemed to hurt me. I had pains in my back for days at a time and a rattling noise in my stomach. When I got a little better, my stomach was so sore I could scarcely move about."

"One day I read one of Mother

Seigel's Almanacs and feeling convinced by the cures I read of there I started using that medicine. A single bottle made me feel a great deal better, and after I had used up 3 bottles I could eat anything. I am now as hale and hearty as a twelve-year-old."

If Mr. Welsh had taken Mother Seigel's Syrup as his first step, instead of a last step toward a cure he would have been saved much distress and some expense.

Mother Seigel's Syrup is made from the extracts of certain roots, barks and leaves which exert a remarkable curative and tonic effect on the stomach, liver and bowels, and has no equal as a digestive tonic and stomachic remedy. Take it daily after meals.

From the bustling old city of St. John's, P. Q., Mr. Aubin Dube writes, January 26, 1909:

"For over two years I suffered with indigestion, and I have found Mother Seigel's Syrup to be the best medicine for this complaint. I have had experience in taking other medicines, but your preparation seems to be a conqueror of stomach troubles.

"My case was as follows:—Acute pains after eating, severe constipation, occasional headaches, and sometimes bloating in the stomach. Rheumatism in the legs bothered me at times, and quite often I would become dizzy.

"After two months' treatment with your excellent preparation I was cured."



### OUT OF THE DARKNESS OF INDIGESTION

Out of the miseries of biliousness and constipation; away from headaches and pains that torture the stomach after meals; leaving behind you all sickness and wretchedness, sour stomach, bad taste in the mouth, palpitation, despondency and despair! If YOU want release from such troubles, put your digestion right. Mother Seigel's Syrup will bring you quickly, surely, as it has brought thousands, out of the gloom of indigestion

### INTO THE SUNSHINE OF HEALTH

Myriads of people have proved that Mother Seigel's Syrup is a remedy of the highest medicinal value for all stomach and liver complaints. Made of roots, barks and leaves it is unequalled as a digestive tonic. If your stomach ails or is weak, Mother Seigel's Syrup will strengthen it, will stimulate your liver and bowels to healthy action, restore your digestion, purify your blood, cleanse your system, give you vigorous, buoyant health.

"For two years I had pains after eating, with headaches, and arose tired in the mornings from loss of sleep. My tongue was coated. I became pale and thin, with spells of dizziness and heart palpitation. I took Mother Seigel's Syrup and now, after that two years of misery, I am as well as I have ever been." M'me. Louie Lessard, Quebec City 7.7.09.

## MOTHER SEIGEL'S SYRUP.

Sold everywhere. A. J. WHITE & Co., LTD., MONTREAL.