

STOMACH.

Safe and It. has long hing to in- toms are a after eating, ith sour or n of gases, heart and hing, head- nervousness anguid feel- taste in the d if the in- ld be seen, it amed condi- mmon and l in a treat- food to be ed before it irriate the es of the prompt and ne necessary ormal diges- al condition rlanson the nt is to use composed of a little Nux- ids. These d at all drug- of Stuart's not being a sed with per- that healthy digestion will after meals. Chicago, Ill., cal condition d cold in the g membrane amed and the refrom pass- throat reaches ical authorities ree years for- out cure, but of men after of Stuart's can not find express my found flesh, t from their Tablets is the well as the nient remedy stion, catarrh sour stomach, g after meals. of the human opportunity be- The way to s to take hold n. the humblest daily course d around him Kindly words, watchfulness s sensitiveness , but they are from hour to o moment, we y small kind- son.

WHAT SULPHUR DOES

For the Human Body in Health and Disease.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall. It was the universal spring and fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a table-spoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide), and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets, and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health: sulphur acts directly on the liver and excretory organs, and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles, and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins, while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples, and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate, people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

EPIPHANY.

"God . . . hath made of one blood all nations" of men."

They call us through the darkness, The heathen far away; Though error gross enslave them, Our brethren still are they, Unlike our own their language, Unlike their outward parts, But we can feel their kinship, And we can read their hearts.

It is the same Redeemer Who seeks to gather in, Beneath one holy banner, All souls He died to win; One banner and one ensign, 'Mid many a race unfur'd; Christ comes to be the Saviour, The Saviour of the world.

Of old the Gentiles sought Him From Eastern lands afar, His fame had spread before Him, Announced by Bethlehem's star; Still, still the waiting Gentiles Their tribute rich would bring, If Bethlehem's star still shining Revealed the Gentiles' King.

The star and manger-cradle Have long since pass'd from sight, But God is daily shedding Bright beams of Gospel light. Yet God hath many children— Who have not known His name; Proclaim to them His glory, Their Father's love proclaim. —Eva Young.

THE CAT AND THE YOUNG ALLIGATOR.

Our Tabby, the cat, showed great curiosity, not unmixed with jealousy, when Beelzebub, the young alligator, was installed as another family pet. And she acquired the unkind habit of walking up to him at every chance and showing her displeasure by deliberately cuffing him with her paw. Then she would retire with a show of dignity, as if she had performed a duty. This was done once too often; for the little alligator had evidently remembered her former insults, and this last proved too much. His eyes flashed; and, when Tabby was walking away, he scrambled after her, seized her tail, and clung to it viciously. This frightened the bully, and she started on a race around the room, taking flights over chairs and tables, with the alligator clinging desperately to her tail. When we released the frightened Tabby, we were surprised to find the alligator none the worse for his wild experience, and with widely distended jaws breathing a general defiance; but Tabby treated the alligator ever after with due respect.—Christian Register.

WHY DON'T YOU?

Why don't you answer your friend's letter at once? It will have double value if written promptly, and will take no more time now than by and by. Why don't you make the promised visit to that invalid? She is looking for you day after day; and "hope deferred maketh the heart sick."

Why don't you send away that little gift that you've been planning to send? Mere kind intentions never accomplish any good.

Why don't you speak out the encouraging words that you have in your thoughts? Unless you express them, they are of no use to others.

Why don't you try to share the burden of that sorrowful one who works beside you? Is it because you are growing selfish?

Why don't you take more pains to be self-sacrificing and loving in the

To Loosen the Cough AND BRING ABOUT A THOROUGH CURE OF COLDS, USE Dr. Chase's SYRUP OF Linseed and Turpentine.

It is sometimes dangerous to stop a cough.

The aim should be to loosen the cough, relieve the tightness and pain in the chest, and aid expectoration, so that the obstructing and irritating mass may be passed out of the air passages.

This is exactly what is accomplished by the use of Dr. Chase's Syrup of Linseed and Turpentine.

It is not a mere cough mixture, and not intended to stop the cough, but rather to cure the cold.

If you have tickling in the throat, pains and tightness in the chest, sensations of irritation, of oppression or suffocation this great family medicine will afford almost instant relief, and thoroughly overcome the cold which gives rise to these symptoms.

Not only is Dr. Chase's Syrup of Linseed and Turpentine a positive cure for croup, bronchitis, whooping cough, asthma and severe chest colds, but is also a preventive of all diseases of the lungs.

It has time and again proven its right to a place in every home, and is the standby in thousands of families.

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every bottle.

every-day home life? Time is rapidly passing. Your dear ones will not be with you always.

Why don't you create around you an atmosphere of happiness and helpfulness, so that all who come in touch with you may be made better? Is not this possible?

Why don't you follow in the steps of Him who "came not to be ministered unto, but to minister?" Why don't you?

I had fainted unless want and penury had chased me to the storehouse of all.—Rutherford.



THE CANADIAN NORTH-WEST HOMESTEAD REGULATIONS.

Any even numbered section of Dominion Lands in Manitoba or the North-West Territories, excepting 8 and 26, which has not been homesteaded, or reserved to provide wood lots for settlers, or for other purposes, may be homesteaded upon by a person who is the sole head of a family, or any male over 18 years of age, to the extent of one quarter section, of 160 acres, more or less.

ENTRY. Entry may be made personally at the local land office or the district in which the land to be taken is situated, or if the homesteader desires, he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situated, receive authority for some one to make entry for him. A fee of \$10.00 is charged for a homestead entry.

HOMESTEAD DUTIES. A settler who has been granted an entry for a homestead is required by the provisions of the Dominion Lands Act and the amendments thereto to perform the conditions connected therewith, under one of the following plans:—

- (1) At least six months' residence upon and cultivation of the land in each year during the term of three years. (2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with the father or mother. (3) If a settler was entitled to and has obtained entry for a second homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by residence upon the first homestead, if the second homestead is in the vicinity of the first homestead. (4) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon the said land.

The term "vicinity" used above is meant to indicate the same town, township or an adjoining or cornering township.

A settler who avails himself of the provisions of Clauses (2), (3) or (4) must cultivate 30 acres of his homestead, or substitute 20 head of stock, with buildings for their accommodation, and have besides 80 acres substantially fenced.

The privilege of a second entry is restricted by law to those settlers only who completed the duties upon their first homesteads to entitle them to patent on or before the 2nd June, 1889.

Every homesteader who fails to comply with the requirements of the homestead law is liable to have his entry cancelled, and the land may be again thrown open for entry.

APPLICATION FOR PATENT. should be made at the end of three years, before the Local Agent, Sub-Agent, or the Homestead Inspector. Before making application for patent, the settler must give six months' notice in writing to the Commissioner of Dominion Lands, at Ottawa, of his intention to do so.

INFORMATION. Newly arrived immigrants will receive at the Immigration Office in Winnipeg or at any Dominion Lands Office in Manitoba or the North-West Territories, information as to the lands that are open for entry, and from the officers in charge, free of expense, advice and assistance in securing land to suit them. Full information respecting the land, timber, coal and mineral laws, as well as respecting Dominion Lands in the Railway Belt in British Columbia may be obtained upon application to the Secretary of the Department of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, Manitoba, or to any of the Dominion Land Agents in Manitoba or the North-West Territories.

JAMES A. SMART, Deputy Minister of the Interior.

N.B.—In addition to Free Grant Lands to which the regulations above stated refer, thousands of acres of most desirable lands are available for lease or purchase from railroad and other corporations and private firms in Western Canada.

The religious influences of the home are potent. Its religious life ought to be pure, cheerful, full of sweet content, its piety unassuming and goodness real. Then its joy will chasten every sorrow. The Bible has a place in the family as a household treasure. There, with no doubts or cavils or questionings about it, it is read by the quiet firelight as the gloom of evening time comes on. Who can forget the sacred associations of those hours? The morning incense and evening oration of ascending prayers, the gathering in the old parlour on Sabbath afternoons, the deep-toned organ notes, the sacred songs and sweetly solemn tunes.