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A Commonsense Message of Cheer

January 30, 1913.

To People With Bad Complexions

All too many people try to cure pimples, skin blotches, and bad complexions without stopping to think what really is the cause of their affliction. In the majority of cases the reason lies in the fact that their systems do not get properly rid of the waste that accumulates in the human body. This waste accumulates and clogs in the lower intestines and generates poisonous matter, which is absorbed into the system, permeates the blood, and displays itself not only on the surface of the skin, but in various ways that cause illness more or less serious.

There is one common sense way to cure this, and it is not by the aid of drugs. Drugs give only temporary relief, and have to be constantly taken in increasing doses, and in the end make us slaves to the drug habit.

The scientific way, approved by physicians everywhere, and used by hundreds of people, is the internal bath, the simple treatment calling only for pure water. Does this not appeal to your common sense? If you are a sufferer from any of these tortures, profit by the experience of Wm. DeVoy, 703 Seventh Avenue, Lethbridge, Alberta, who tells his experience as follows:

"After using your J. B. L. Cascade I feel it my duty as a thankful patient to express my enthusiasm for the ggeat blessing it has been to me. You cannot feel my emotions as I write this letter in praise of your great work; words fail to express my thankfulness for first learning of your Cascade. Previous to using it I could not go a day without a drug of some sort. Since using it I have not on my word of honor, swallowed five cents' worth of drugs. I spent over \$300 in two years previous to hearing of the J. B. L. Would that all the young men and women I see in this town with their faces covered with horrid, unsightly pimples use it. They would soon get rid of them as I did."

You owe it to yourself to learn more about this simple and remarkable treatment. Write to-day a personal letter if you wish, to Dr. Charles A. Tyrrell, Room 561-4, 280 College Street, Toronto, and he will send you full particulars together with his free book. "Why Man of To-day is Only 50% Efficient.

in a way, still, they were accustomed to school discipline, and knew how to keep within bounds; but poor Gussy never remembered keeping a rule in her life, and her untidiness and unpunctuality were quite beyond any ordinary teacher's patience.

She had been punished only in avery slight way as yet, and this was the first day she had been kept in.

"I wonder if it would be nicer to stay with grannie." Then she jumped up and clapped her hands. "I know, I'll go and see grannie.

CRUBBING
is well begun
and half done
when you start
it with —

Old Dutch Cleanser

Won't Nappy be in a way when she comes back to find the schoolroom empty!"

So Gussy slipped out of the house. After half an hour's walk she began to get tired and bewildered. Once she asked a bystander if she was in the right direction, but he had answered rudely. As she dragged her feet slowly along a quiet little street, a lame girl, coming along leaning on a crutch, and carrying a basket of provisions, took her fancy.

Gussy pulled herself together: "Please can you tell me," was on her lips, when out of a court ran some idle, mischievous boys.

"What's in your basket, Nellie?" shouted one; "eggs, three eggs; well I never!"

"Oh, please don't touch them," said Nellie, beginning to look frightened; they are for our supper."

"Well, just let's see," cried another, seizing the handle of the basket roughly.

"Don't you dare!" said Gussy, seizing the basket; and just at that moment a policeman came round the corner, and the boys made off.

"Thank you very much, miss," said Nellie. "You did manage them," she said, admiringly. "Won't you come in and see grandad?"

"I think I will," said Gussy, who felt that at last she had made a friend.

"Oh, what a funny room," as Nellie opened the door; then she stopped short, feeling she had said something rude. But the moment she caught sight of grandad she forgot everything except she was looking on the very kindest, strongest face she had ever seen.

When Nellie told him how they had met he took her little hand in his own. "You are a brave little lass," he said simply. "Bring a chair for her, Nellie, she looks" a bit tired; but perhaps your mother will be seeking you?"

"Mother," said Gussy in surprise; "mother is in India."

"But you have some one with you?" glancing at the daintily dressed child.

"No." she faltered, "I—I have lost my way; that is, I have run away from school."

She glanced nervously at grandad, but there was nothing but sympathy in his keen blue eyes; so then, with a sigh of relief, she told him her story. When she had finished, the old man laid a kindly hand on her shoulder.

"When first you begin fighting to get your own way and being disobedient and all that, you think you are going to have a fine time, don't you? Then, by-and-by, things go wrong, you feel miserable, but are too proud to give in. Isn't that so?"

Chapped Hands — Rough Skin — Sore Lips — cured by Chapman's Italian Balm. Send two-cent stamp for postage on free trial size—mentioning this paper—to the distributors for Canada. E. G. West & Co., Toronto, Can.



Possessing exquisite freshness and a fullness of flavor not found in other teas

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BLACK, MIXED OR | Sealed Packets Only
NATURAL GREEN | Beware of Imitations | 66

"Yes, I think so," answered Gussy, shyly.

"There's a verse my little Nellie says every morning:—

'From refusing to obey,

From the love of our own way, From forgetfulness to pray, Save us, Holy Jesu.'

You will find it in your hymn-book."
Gussy gave a long sigh. "Shall I go back to school now, and do what Miss Napier tells me?"

"Yes, but Nellie will give you a cup of tea first, and I'll tell you a bit of a story."

"When I was a lad about fourteen," he began, taking up a little boat he was carving, "I had a terrible longing to go to sea. Father wanted me to join him in the tannery, where I should get a good wage, but grandad, who was a seafaring man, had filled my head with the wonderful countries which he had seen beyond the seas, and the grand life to be 'lived on the ocean wave.' At last my parents gave in, and I was all ready for my first voyage, when one day father was brought home so terribly injured that the doctor said he would never be fit for much again. Of course, after that I saw for myself that I must take his place at the tannery, and do all I could to help mother and the little ones, but I rebelled against it all the same, and I don't think for six weeks I spoke a civil word to any one." He paused a moment, and Gussy slipped a hand shyly into his. "Please tell me what else," she said, eagerly.

"Well, one night I was sitting by the fire, with mother opposite me darning stockings.

"'Aren't you going out for a walk, Sonny; it's a fine evening?' she said. 'No,' I grumped, sulkily; 'there's nothing to go out for.' She said no more, but by-and-by I saw her raise her hand and brush away a tear. I just crossed over to her, and, bending down, kissed her furrowed brow. After that, I was glad and proud to bear anything for her sake."

When grandad and Gussy arrived at the school about half an hour later they found the teachers in a great state of anxiety over her disappearance. She longed to see Miss Napier at once and ask her pardon, but it wasn't till seven o'clock that a summons came from her sittingroom; she was there nearly an hour and when she came out looked very

subdued and quiet.

That night, when the children had gone to bed, the little girl next Gussy sat up and whispered in a very low tone:—

"Do tell me what Miss Napier said; was she very awful?"

"Miss Napier's a dear"; and that was all Gussy ever said on the subject.

Now Feels Strong and Vigorous

And Fit for Any Amount of Work as the Result of Using Dr. Chase's Norue Food.



Mr. J. Hurlbert.

It is so easy to overlook the warning given by headaches, indigestion, failing memory, lack of power to concentrate the mind, irritability and worry over little things, that many a man does not realize his danger until on the verge of breakdown.

Like the writer of the letter quoted below, you can call a halt to the wasting process and restore vim and energy to the nervous system by using Dr. Chase's Nerve Food. This great food cure has a wonderful record of cures.

Mr. J. Hurlbert, 28 James street. Brantford, Ont., writes:—"I was very much run down in health and as a consequence my nervous system was very much exhausted. Close confinement at my work, I think, brought on the trouble. I started using Dr. Chase's Nerve Food and by the time I had used up one box I felt a great improvement. The continued use of this preparation has thoroughly restored my system so that I feel strong and vigorous and fit for any amount of work. I have also used Dr. Chase's Kidney-Liver Pills and Ointment with splendid satisfaction, and recommend them at every opportunity." Dr. Chase's Nerve Food, 50 cents a box, all dealers or Edmanson Bates & Co., Limited, Toronto.

IN ANSWERING ADVERTISEMENTS, PLEASE MENTION "THE CANADIAN CHURCHMAN."