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othe sick. Be duped no longer. Cease our bondage to the "Dope System." Get our book and inform your-self. It contains the most appalling information printed for years—information on conditions that threaten the live of the and the tree.

but she would not say so, for she

quite dry, she put on her cloak, and,

taking it in her arms, walked slowly

An hour later she ran in, with hair

flying and cheeks glowing. "Oh,

had been gone all morning, and she

but has to sit in a chair all day. But

is not one bit stuck up."

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72 PAGE

BOOK

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St. Lawrence season of 1912

ea, is your

', exquisite

ness, satis-

resses and pretty

ow her well yet. better when you her would say. don't think I will

week later, it had But it stopped went out to see that spanned the rectly she came g a pretty white ry wet.

ie cried, "look at Isn't it pretty? own, mamma?" 1 cannot find the some one's pet, ts it as much as

t," she pouted. said mamma, ay keep it until you had better ouse. I expect it : 'girl.'' ght of that too,



is the cost

lected beef roduce. It e cook will n. It goes nselves; it the variety intry-shelf.

desiccated Soup three varieties. mato, White. The ariety is a thick, soup prepared beef and fresh . The other two

y Irish l word.

vegetable soups.

house.

and she is going to get me one, and she wants me to come to see her every day. Mamma, I will never call anyone 'stuck-up' again''-Dixie

### FOR MOTHER.

He was only a mite of a boy, dirty and ragged, but he had stopped for a little while in one of the city's free playgrounds to watch a game of ball between boys of his own and a rival neighbourhood. Tatters and grime were painfully in evidence on every side, but this little fellow attracted the attention of a group of visitors, and one of them, reaching over the child's shoulder as he sat on the ground, gave him a lucious golden pear. The boy's eyes sparkled, but the eyes were the only thanks as coming down the bell-rope. He through the open window, and she he looked back to see from whence the gift had come, and then turned his face away again, too shy or too ISLAND PARK much astonished to speak. But from that time on his attention was divided Sunday School Excursions have these between the game and his new treasimmense grounds, mostly shaded and ure. He patted the pear, he looked grassed, large tables, pavilion, etc., at their service. Boating, merry-go-round, at it, and at last, as if to assure him-fishing, etc. Phone Main 2965, or write. self that it was as delicious as it TORONTO FERRY CO., Bay St. Wharf appeared, he lifted it to his lips and cautiously bit a tiny piece near the prize safely inside his dirty little prevent sleep, undermine the nervblouse.

> "Why don't you eat it, Tony?" demanded a watchful acquaintance.

"Eat it? All meself? Ain't I savin' it for me mother?"

The tone, with its mingling of resentment and loyalty, made further humanity's loftiest lesson; he had another dearer than himself, and knew the wy of sacrifice.—Baptist Young People.

### NATURAL POET.

The father of Isaac Watts was dewanted to keep it. She made a nice warm bed for it by the stove, and termined that his boy should not every little while she would run back become a poet, and when he caught to look at it. Every time she looked him making rhymes, after tiring of at it she wanted to keep it that much remonstrating with him, he flogged more. But she knew she must obey him. As he applied the whip young her mamma, and so, when it was Isaac cried out:-

"O father, do some pity take, and sorrowfully toward the big And another rhyme I shall never make."

This provoking the father still mamma, I have had the loveliest more, he applied the last with more time! The kitty was May's, and she severity, and young Watts cried was so glad to get it. She said it out:-

just cried and cried because she "O my father, do spare my back couldn't find it. And, mamma, she from pain,

is crippled and can't run and play, And I shall never make a ryhme again."

she is just as sweet as can be, and The father, thoroughly discouraged has so many pretty things, but she in his vain attempt to beat the in the dustry street, heard it, and poetry out of the boy, sent him away whistled the same tune, forgetting "What did I tell you?" said to school with a special request that the basket he held was almost mamma, smiling. "Did I not tell the principal flog the boy if he too heavy for him to carry. you you would like her when you caught him making rhymes. The first morning at the chapel exercise Mrs. Brown! She was always at "Yes, mamma, and she said her the boy Watts, looking up at the work in her stuffy little house, and uncle has some kitties just like hers, ceiling during prayers, saw a rat always tired, but the song flew in life.



# Seriously

"Annoying, but not dangerous," seems to be the way many think of stem. Then with a long sigh of sat- piles in the early stages. But graduisfaction and assurance he tucked the ally they become worse, until they ous system and make a wreck of life.

When the doctor is finally consulted he considers the case so serious that he recommends the surgeon's knife as the only means of cure. It may cure or it may kill. The risk is

way to relieve and cure piles. That is by applying Dr. Chase's Ointment. speech nunecessary. Whatever else The earlier you begin the use of this Tony lacked-and it seemed to be ointment the quicker the cure. But nearly everything—he had learned you need not be discouraged because you have suffered for ten or fifteen It would be difficult to imvears. agine worse cases than have been cured by Dr. Chase's Ointment. Relief comes at once and cure is just as certain if you persist in the use of this great ointment.

> why he laughed. The boy tremblingly answered:-

> "Well, teacher, there were no stairs, The rat came down the rope to say his prayers."

> The teacher discovered the genius of the boy, and encouraged his rhyme-making, and his hymns to this day are sung the world around. —Literary Digest.

### MARTHA ANN'S SONG.

Martha Ann was out in the back yard hanging up the weekly wash of the Brown family. As she toiled she sang loud and clear a merry little

The grocer's boy, trudging along

Mrs. Brown heard it, too. Poor

laughed so loudly that the teacher, smiled at it, because it was a carestopping in his prayer, demanded less, happy little thing; and before she knew it she was singing as she moved about-something she had not done for many a weary day.

> Baby May heard the rippling sounds. Her little white teeth were pushing their way up into sight. They hurt the little maid, those hidden teeth, so that she fretted uneasily and cried to be comforted. But the merry song laughed at her, and she listened and cooed and dimpled with delight, and she reached out her pretty arms as if she would catch and hold it fast.

A little girl who had been shut in for several weeks, and was downhearted and blue because she could But there is an easier, and surer not go about, also heard the song and unconsciously hummed the merry

> Just a little song, such as any one might sing, quickly sung and quickly sinking into silence, but what a pleasant mission it had in the world!

> It is worth while to be a Martha Ann, to drop a litle oil of gladness on the grinding wheels of life, to make them run a little easier and a little smoother. Even you and I can do that.—Comrade.

## Chances Against You

"Oh, I will be all right in a few days," says the person who is tired out and has to drag himself to his daily work because the nervous system is exhausted.

Unfortunately nervous diseases do not right themselves, and the wasting process which has brought you to this condition keeps right on until there is a complete breakdown.

You must get the building-up process started, so that, instead of being a little weaker at the end of each day, you will find the balance on the other side and know that you are gradually getting strong and well.

Dr. Chase's Nerve Food will help you wonderfully if you only give it a reasonable chance. As the system is built up you will find such symptoms as headache, sleeplessness and indigestion leaving you. You will find the old energy coming back. mind and body will better serve you, and you will see a new pleasure in