Keep well.

If those old Headaches are coming back—if you have no appetite—if the whole system seems run down—set everything right with a morning glass of

Abbey's Effer-Salt

At druggists-25c. and 60c. 158



The Hamilton Steel and Iron Company

PIG IRON Foundry, Basic, Malleable.

FORGINGS of Every Description.

High Grade Bar Iron. Open Hearth Bar Steel.

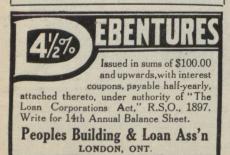
HAMILTON - ONTARIO

"Not on Morality but on Cookery let us build our Stronghold."—SARTOR RESARTUS.—Carlyle.

If your food is not right your life will not be right.

Dr. Snow, late Senior Surgeon at the Cancer Hospital, London, wrote in a paper on "The Scientific Prevention of Disease"—

"The maintenance of sound nerve equilibrium by scientific tissue nutrition like Bovril, will do more to stay the ravages of any malady than a century of progress in drug treatment."



MUSIC AND DRAMA



His Excellency Earl Grey.

HE management of the Royal Alexandra Theatre, Toronto, is to be congratulated on the successful conclusion of "University Week," when "Old Heidelberg" made a fitting attraction for the crowds which attended. While Monday night of last week was surrendered to of last week was surrendered to the students, the great occasion was on Friday when His Excellency, the Governor-General, came from Ottawa to honour the event, while parliamentary and academic dignitaries smiled on the hilarious audience, in sympathy with youthful appreciation. The manner in which these performances were carried out proves that the modern stu-dent audience has discarded ancient horseplay and is equal to furnishing agreeable entertainment between the acts.

His Excellency's ready acceptance of the invitation for "University Night" is in keeping with his interest in the dramatic and literary side of national life. It is announced in connection with the Earl Grey Musical and Dramatic trophy

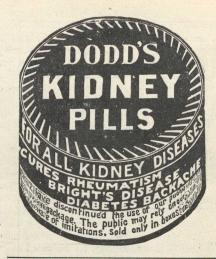
competition which takes place at Ottawa in the week commencing February 24th, that Professor Horatio N. Parker of Yale University has accepted the task of judging the musical productions. Much disappointment has been occasioned by the fact that Sir Squire Bancroft of London, England, who had accepted His Excellency's invitation to judge the dramatic performances, has been obliged to decline in view of the serious illness of Lady Bancroft.

THIRTEEN years ago next month the Theodore Thomas Orchestra gave two concerts in Massey Hall, Toronto. They have not visited Canada since. The houses they played to were miserable; the concerts magnificent. One of the programmes—considered classical at that time in Toronto—contained Tschaikowsky's "Symphony Pathetique," played here by the Pittsburg Orchestra two seasons ago: In 1894, six months previous, Mr. Thomas and his men gave a programme in Massey Hall that packed the house and swelled the box office accounts to the second place to Paderewski, who up to that time held the record. The audience was enthusiastic over a programme that has rarely been equalled in Toronto. Nobody seemed able to explain the sudden frost in 1895. It was one of those fits of musical humour to which some towns in Canada are subject without knowing why. But it called up in the veteran conductor's mind a bleak memory of his first visit to Toronto. That was somewhere back around the early seventies when most of the orchestras in Canada were in the woods. The Chicago aggregation played in Shaftesbury Hall on Queen Street to about enough people to fill a street-car. It was only the enthusiasm aroused by the opening of Massey Hall that brought Thomas sceptically back.

There is no doubt that the splendid personnel and unusual discipline that prevail in the Thomas Orchestra to-day under Mr. Stock were inherited in a great degree from the iron-clad drill-master who looked every inch a general. So gruelling were his drills in the rehearsal hall, and so perfect his control at the concert desk, that Mr. Thomas used his baton as though he had been painting a picture. At one of the latter concerts given in Toronto he stopped his band well on into a fine fortissimo as suddenly as though every man had been taken with lightning paralysis. That was before the initiation of the ciosed-doors rule during the performance of numbers. Mr. Thomas did not care for the banging of seats as an accompaniment, so with a downward stroke of his baton he stopped the piece till the people were seated, and went back

The Thomas Orchestra will be associated with the Mendelssohn Choir for three out of the four concerts given in the week of February 10th. Mr. Vogt's recent visit to Chicago was highly satisfactory to Canada's champion conductor and public anticipation of Mendelssohn Choir achievement is higher than ever

A DECIDEDLY unusual programme was that furnished last week in the Greek Theatre of the Margaret Eaton School, when "Scenes from Grand Opera" were presented under the able directorship of Mr. August Wilhelmj and Mr. H. O. Wendt, the latter acting as accompanist throughout a varied and exacting programme. There was no allowance to be made for "amateurish" attempts. In fact, the manner of staging, in its quiet taste and sense of historic fitness, quite outclassed some of the professional efforts which Toronto has witnessed. The performance was given in aid of the Residence Fund of the Alumnae Association of Victoria College, and it would be a pleasure to have it repeated. Those whose solo work contributed to the success of the event were Mrs. Gorrie, Miss K. Miller, Miss Scholey, Miss Landers, Miss Katie Tough, Miss McConnell, Messrs. Wilhelmj, Jolliffe, Edmondson, Stonburg, Fulton and Wockey. The bandit scene from "Stradella" as sung by the last-named in the characters of "Malvolio" and "Barbarino" was comparatively new to a Toronto audience and was warmly applauded. Humperdinck's "Hansel and Gretel" in which Mrs. Gorrie and Miss Miller sang the parts of the erring children, was a charming bit of frolic harmony. Mr. Wilhelmj in the "Song of Hans Sachs" from the "Meistersinger" made a realistic German bard, while the "Spinning Song" and Ballade from "The Flying Dutchman" in which Miss Landers sang the dramatic role of the mourning "Senta," brought the programme to an effective close.



A CLEAN-LOOKING FACE



is preferable to a spotted, pimpled, blotched, angry - locking skin that gives a repul-iv- appearance. Get rid of it by using our reliable

HOME TREATMENT

for young men and women, or anyoue afflicted with any skin truble We cure when others fail.

Superfluous Hair, Moles. etc., entirely removed by our method of Electrolysis. Satisfaction guaranteed.

Rocklet "B" on request

Hiscott Dermatological Institute Hiscott Bldg., 61 College Street, Toronto ESTABLISHED 1892



"MORE BREAD AND BETTER BREAD"—that is the sure result of using PURITY FLOUR. Made from the finest Western Canada Hard Wheat in the best equipped Milling Plant in the world, that's why PURITY FLOUR is full of nutriment and never disappoints in the baking.

Sold Everywhere in the Great Dominion

WESTERN CANADA FLOUR MILLS CO. LIMITED

MILLS AT WINNIPEG, GODERICH, BRANDON

NOVELTIES

INSURANCE ADVERTISING NOVELTIES

Write for samples and prices.
Greatest business builders.
Can be used in connection with any trade or business to increase sales.

INDEMNITY ADVERTISING CO'Y

P. O. Box 433, St. John, N. B.

Agents Wanted

in every province of Canada to act as circulation representatives of The Canadian Courier. The work can be done in spare hours; or a larger territory may be secured to occupy a man's whole time. References required. Large rewards. Address—

CIRCULATION MANAGER

Canadian Courier, Toronto