

Complexion
and Digestion

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that cosmetics, face
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superficial assist.

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many ladies are
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IMBER BERTHS
iven that pursuant
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namely:—The town-
rt, Cartier, Lovack,
Gillmor, Whitman,
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day of September
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Areas and Lots and
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nd Port Arthur.
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publication of this
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once. Tell her the truth, and say :
'Mother sends you a glass in place
of the one I broke, with her compli-
ments.'

Olive felt happier now. She
bathed her eyes, took the polished
glass her mother gave her all nicely
wrapped up and was soon at the
cottage.

However, when her feet were on
the porch and the door-knob in her
hand, she paused, half afraid to
enter, hiding the glass behind her,
and heard someone sobbing softly
and someone scolding loudly. Mrs.
Trim was saying :

"There's no reason, in a general
way, for breaking ; but it ain't that
only. If you'd said : 'Mrs. Trim,
I've met with an accident and broken
a glass ; but I'll be more careful in
future,' why I might have scolded,
but we wouldn't have parted for it.
But to tell fibs, and lay the goblet
to my poor cat!—a likely story!
And who'd come in while you were
out to break a glass ?"

"I, Mrs. Trim," said Olive, open-
ing the door. "Sally gave me one
glass of water ; and I came back to
get another for a thirsty little girl I
met, and didn't put it far enough on
the table. Sally was not here ; and
mamma sends her compliments, and
will you accept a glass in its place ?"

"Why, I don't want your ma's
glass, Olive," said Mrs. Trim. But
she did not force Olive to take it
back when she put it on the table.

When Olive had gone a little way
up the road, someone came running
after her. It was Sally.

"O miss !" she said, "how sweet
of you to come back ! Most girls
would have run away."
"I ran away at first, Sally," said
Olive, meekly.

"But you came back," said Sally,
with a strange, solemn look, "and
saved me from being sent back to
that frightful place. Thank you
forever and ever !"

"It was like a prayer, somehow,"
Olive said to her mother, "and
made me cry."

I CAN AND I WILL.

"I knew a boy who was preparing
to enter the junior class of a univer-
sity," says a writer in an exchange.
"He was studying trigonometry,
and I gave him three examples for
his lesson. The following day he
came into my room to demonstrate
his problems. Two of them he
understood, but the third—a very
difficult one—he had not performed.
I said to him : 'Shall I help you ?'
"No sir ; I can and will do it if
you give me time."

"I said : 'I will give you all the
time you wish.'"

"The next day he came into my
room to recite another lesson in the
same study.

"Well Simon, have you worked
that example ?"

"No, sir," he answered, 'but I
will do it if you will give me a little
more time.'

"Certainly ; you shall have all
the time you desire."

"I always like those boys who are
determined to do their own work,
for they make our best scholars, and
men, too. The third morning you
should have seen Simon enter my
room. I knew he had it, for his
whole face told the story of his suc-
cess.

"Yes, he had it, notwithstanding
it had cost him many hours of hard
work. Not only had he solved the
problem, but what was of much
greater importance to him, he had
begun to develop mathematical
power, which, under the inspiration
of 'I can and I will,' he has continu-
ed to cultivate, until to-day he is
professor of mathematics in one of
our largest colleges, and one of the
ablest mathematicians of his years
in our country."

DO YOU KNOW ?

Do you know that every cruelty
inflicted on an animal in killing or
just before death poisons to a great-
er or less extent its meat ?

Do you know that every cruelty
inflicted upon a cow poisons to a
greater or less extent its milk ?

Do you know that fish killed as
soon as taken from the water by a
blow on the back of the head will
keep longer and be better than those
permitted to die slowly ?

Do you know that birds destroy
millions of bugs, mosquitoes and
harmful insects, that without the
birds we could not live on the earth,
and that every little insect-eating
bird you may kill and every egg you
may take from its nest means one
less bird to destroy insects ?

Do you know that a check-rein
which will not permit a horse to put
his head where he wants to when
going up a hill is a cruel torture to
the horse ?

**A Great Physician's
Favorite Prescription!**

**A New and Different Remedy that has
Revolutionized the Method of Treating
Nervous Diseases and Effected a
Multitude of Marvellous Cures.**

THE discovery of Dr. Chase's Nerve Food produced a
wonderful sensation among medical men, because it
introduced an entirely new method of treatment and
proved its superiority by curing scores of hundreds of suffer-
ers from nervous diseases, prostration and exhaustion.
Morning languor, trembling, aching limbs, unsteady hand,
jerking muscles, sleeplessness, frequent headaches, heart
palpitation, failing memory, clouded brain and depressed,
gloomy spirits tell of approaching nervous collapse. These
symptoms warn you to turn at once to the greatest treatment
for nervous ailments—Dr. Chase's Nerve Food.

Mr. A. R. Fawcett, the well known editor and proprietor of
the Leader and Recorder, Toronto Junction, writes : "It
is very seldom that I need medicine of any description, but
this spring I got so badly run down and out of sorts gener-
ally that I became somewhat alarmed. Chancing to read a
testimonial about the results derived from Dr. Chase's Nerve
Food, from a gentleman whose case seemed to be identical
with my own, I purchased a box, and commenced using it.
—"The result was simply marvellous. I was benefited
from the first, and soon restored to my usual good health.
I never felt better in my life than I do now. To tell the
simple truth, I did not have very great faith in any medicine
until I used Dr. Chase's Nerve Food, but now I have no
hesitation in strongly recommending this great remedy to
others as a valuable and effective remedy."

Dr. Chase's Nerve Food.

So long as the laws of nature remained unchanged Dr.
Chase's Nerve Food cannot fail to benefit the health of any-
one who uses it, for it contains in condensed form the very
essence of the most powerful blood-creating and nerve-restor-
ing elements to be found in all nature's realm. It naturally
and gradually forms new, firm flesh and healthy tissues, and
through the medium of the circulation and the nervous system
reaches and revitalizes every organ in the human system. A
few weeks' treatment will convince you of the extraordinary
power of this famous food cure to put new vim and energy
into the body and increase flesh and weight. 50c. a box, 6
boxes for \$2.50, at all dealers or Edmanson, Bates & Co.,
Toronto.

**Shredded
Wheat Biscuit**
Better than Porridge.

To prepare for breakfast:—Dip the
biscuit in cold water, allow the water
to drain off, place in a soup plate
cover with another plate, put in a hot
oven for three minutes, remove ; add
a little salt, hot or cold milk and sugar
to taste.
A cook book containing 282 recipes
mailed free to anyone sending name
and address on a postcard to
J. HEWITT, 61 Front Street East,
Toronto.

SHREDDED WHEAT BISCUIT
For Sale by all
Grocers.
Mention this paper.

A SUGGESTION IN HEATING

DURING thirty years' experience in the
manufacturing and installing of heat-
ing systems we have noticed that in
many cases a really good furnace does not
give satisfaction because it is not pro-
perly installed. In order to hold our
position as the Leading Furnace Manu-
facturers, it is necessary that our furnaces
be properly set up, and we have used a
plan which enables us to control the set-
ting up of the majority of our systems.
We ask all who are interested in heating
to send us a sketch of their buildings, and
offer to return the sketch accompanied
by a complete plan of the heating and the
price of the system. This ensures that
the furnace will be set up so as to give
the best results. Write us.

**CLARE BROTHERS
& COMPANY,**
PRESTON, Ontario.

Do you know that the mutilation
of a horse by cutting off his tail
compels him to suffer torture from
flies and insects every summer as
long as he lives ?

Do you know that every kind act
you do and every kind word you
speak to a dumb animal will make
not only the animal but yourself
happier, and not only make you
happier but also better.

The worst delusion into which a
man can fall is to suppose that
somehow or other it is possible for
him to evade the penalties which
the law of God has attached to sin.

We have known a few ministers
who had a great deal of popularity
and not much influence, and few
others who had a great deal of influ-
ence and not much popularity.

If you desire to witness the high-
est possible exhibition of uncom-
plaining self-sacrifice, look out for
some gently bred woman who has
been reduced to poverty.

We often, when we say we love
God with our whole soul, utter mere
words ; it is a sound without sense.
We learned to speak thus in our in-
fancy, and we continue when we
grow up, without knowing what we
say. To love God is to make His
will ours ; it is to obey faithfully His
laws ; it is to abhor sin. To love
God is to love all that Jesus Christ
loved ; it is to hate what he hated.