BOVRIL is the best friend a woman can have. She will never be at a loss to add a tasty dish or prepare an impromptu meal. **BOVRIL** takes no time to prepare and is always palatable. Makes a delicious cup of broth, a dainty sandwich or a rich gravy at a moment's notice.

Bovril

GOLDEN THOUGHTS.

The end of man is an action, and not a thought, though it were the noblest.—Ruskin.

✦

The best education in this world is that got by struggling to make a living.—Wendell Phillips.

✦

Men love to hear of their power, but have an extreme disrelish to be told of their duty.—Burke.

✦

So many words, so much to do,
So little done, such things to be,
How know I what had need of thee,
For thou wert strong as thou wert true?
—Tennyson.

✦

Scenery is fine, but human nature is finer—the sward is richer for the tread of a real nervous foot—the eagle's nest is finer, for the mountaineer has looked into it.—Keats.

✦

Till, as each moment wafts us higher,
By every gush of pure desire,
And high-breathed hopes of joy above,
By every sacred sigh we heave,
Whole years of folly we outlive,
In His unerring sight, who measures life by love.
—Keble.

✦

To work fearlessly, to follow earnestly after truth, to rest with a childlike confidence in God's guidance, to leave one's lot willingly and heartily to him—this is my sermon to myself. If we could live more in sight of heaven, we should care less for the turmoil of earth.—From the Letters of John Richard **Green**.

✦

MAKING OTHERS HAPPY.

Sydney Smith cut the following from a newspaper, and preserved it: "When you rise in the morning, form a resolution to make the day a happy one to a fellow creature. It is easily done; a left-off garment to the man who needs it, a kind word to the sorrowful, an encouraging expression to the striving—trifles in themselves light as air—will do at least for the 24 hours. And if you are young, depend upon it, it will tell when you are old; and if you are old, rest assured, it will send you gently and happily down the stream of time to eternity. But the most simple arithmetical sum, look at the result. If you send one person, only one, happily through each day, that is 365 days in the course of the year. And supposing you live 40 years only after you commence that course of medicine, you have made 14,600 beings happy, at all events for a time.

✦

STRONG DRINK.

It is more than half a century since the eloquent voice of the late John Bright was raised against the evils from which the country suffers by the traffic in strong drink. In one of his earliest speeches he said: "What is the greatest obstacle to the diffusion of education amongst the masses of the people of this country? Their love of strong drink. How many thousands of innocent children are deprived of instruction, and reared in contact with vice and every debasing influence through the drunkenness of their parents? What chiefly prevents the good which the general distribution of the Holy Scriptures is calculated to produce? The drunken habits of the people. Look into the pawnshops and you may see loads of Bibles, and ask who brought them there. The answer will probably be 'a wretched woman reduced to extreme want by her husband's intemperance.' The missionary societies, the school societies, the Bible societies, and every benevolent institution utters the same complaint. 'Our path is before us, but a monster obstacle is in the way; strong drink, ale and wine, or brandy, by whatsoever name the demon is styled in whatsoever way it presents itself, whether in the beerhouse or the dramshop in the dining-room of the man of the world, or on the table of the serious professor; this—this prevents our success. Remove this obstacle, and our course will be onward, and our labors will be blessed ten thousandfold.'"

✦

OUR COMPANIONS.

No man is ever absolutely alone. In the deserts every man is accompanied by his own past. So long as memory, which makes a man contemporary with his past and makes the past a part of the present, and imagination, which projects the past into the future with all manner of new combinations, exist, no man can be in absolute solitude. Temptation comes to a man as searchingly, and sometimes even more overpoweringly, in solitude than in a crowd. Solitary as every man sometimes feels himself to be, detached and lonely, lost in a crowd of other personalities like his own, no real solitude is possible; so long as men stand in relations to the world, to one another, and to God, they must always be in company.

In the sight of the Infinite it is always present; there is no past or future, and they who have gone before in the long generations of the dead, and they who are to come after, with the men and women of today, constitute one innumerable, unbroken company. This sublime fact, the glorious incarnation of the idea of immortality, is rarely realized by men, but it exists as a fact in their lives, if not in their consciousness. Sir Philip Sidney, the image of all nobleness, said, "They are never alone who are accompanied with noble thoughts." This is the beautiful and impressive side of the picture; there is another and darker side; he might have added, "They are never alone who are accompanied by evil thoughts." But, to put it more accurately, no man is ever alone so long as thoughts, good or evil, noble or debasing, accompany him. He is not solitary; and since every man must think, and to every man, however isolated, thoughts come and go in countless troops and in unbroken succession, no man is ever without company.

The real question is, "What kind of company shall he keep?" That depends upon what he selects; for, in a very true sense, every man creates his own world. Every man is born into a vast workshop full of materials and tools. His business in life is to select the material upon which and the tools with which he shall work; and then, out of his own imagination, he fashions his world, and, as the product of what he thinks and does and feels, that world passes out of the realm of imagination into reality and becomes his world. So every man creates his companionship according to his thought. If his thought is fine and generous and high, he is the best company and the most inspiring; if it is mean and low and vile, no matter what deserts surround him, he is in base and vile and ignoble fellowship; it is a matter of character. Companionship does not depend upon accident, but upon selection. Every man makes his own friends; and it is this fact which gives the profounder truth to the old proverb, "A man is known by the company he keeps."—New York Outlook.

✦

FROM SMALL BEGINNINGS.

Bright-hued soap bubbles, blown from an ordinary tobacco-pipe, were observed by Dr. Young, and suggested to him his theory of "interferences," and eventually led to his discovery relating to the diffraction of light.

Cuvier, when but a boy, was one day sauntering along the sands of Fiquainville, in Normandy, when his attention was arrested by a cuttlefish lying on the beach. He picked it up, took it home, dissected it, began the study of the mollusca, and in time became one of the most eminent naturalists of modern times.

Aloisio Galvani, an Italian physiologist, was one day struck by the remark of his wife, that the legs of some frogs that had been skinned for eating, and by chance placed near an electric machine, contracted every time a spark passed from the machine. The hint was sufficient. He at once began to make experiment, and finally discovered the electric phenomenon now called "galvanism" after him.

Sir Samuel Brown had been thoughtfully studying the construction of bridges with the intention of constructing one across the Tweed, near where he lived. One morning while walking in his garden he observed a spider's net thrown across his path. Stopping, he carefully examined it, and the idea came to him that a bridge of iron ropes or chains might be fashioned after the style of the spider's net and thrown across the Tweed. The final result was the invention of his suspension bridge.

While working as a quarryman Hugh Miller observed remarkable traces of extinct sea animals in the old red sandstone. He studied them, imbibed a taste for and a profound knowledge of geology, and became a distinguished geologist and author.

Consumption Prevented and Cured

FOUR MARVELOUS FREE REMEDIES FOR ALL SUFFERERS READING THIS PAPER.

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By their timely use thousands of apparently hopeless cases have been permanently cured.

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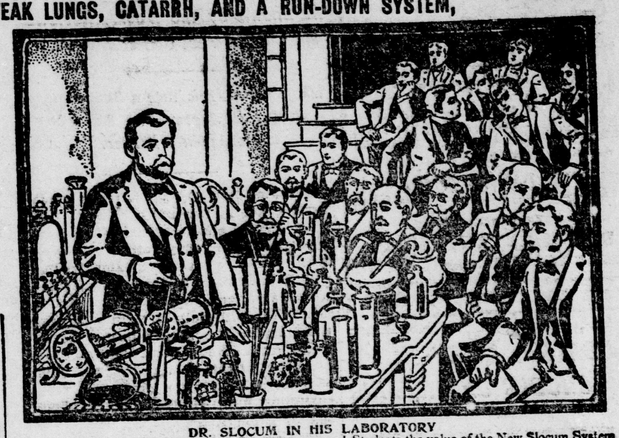

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This is A POSITIVE CURE for all Throat and Lung Troubles, also Consumption

THESE FOUR REMEDIES

Represent a New system of medicinal treatment for the **weak** and those suffering from **wasting diseases, weak lungs, coughs, sore throat, catarrh, consumption and other pulmonary troubles** or inflammatory conditions of **nose, throat and lungs.** The treatment is **free.** You have only to write to obtain it. By the system devised by DR. T. A. SLOCUM, the specialist in pulmonary and kindred diseases, the needs of the sick body can be condensed into his treatment by four distinct preparations. Whatever your disease, **one or more** of these four remedies will be of benefit to you. According to the exigencies of your case, fully explained in the treatise given free with the free medicines, you may take **one,** or any **two,** or **three,** or **all four,** in combination. The four together form a panoply of **strength** against disease in whatever shape it may attack you.

Do you cough?
Do your lungs pain you?
Is your throat sore and inflamed?
Do you spit up phlegm?
Does your head ache?
Is your appetite bad?
Are your lungs delicate?
Are you losing flesh?
Are you pale and thin?
Do you lack stamina?

These symptoms are proof that you have in your body the seeds of the most dangerous malady that has ever devastated the earth—consumption.

Consumption, the bane of those who have been brought up in the old-fashioned beliefs that this disease was hereditary, that it was fatal, that none could recover who were once firmly clasped in its relentless grip.

But now known to be curable, made so by the discoveries of that man whose name has been given to this new system of treatment.

Now known to be preventable and curable by following and practising his teachings.

The new system of treatment will cure you of consumption and of all diseases which can be traced back to weak lungs as a foundation.

It is not a drug system, but a system of germ destruction and body building.

Not guesswork, but science.

Not a step backward, but a **stride out** of the old ruts.

Made possible only by **Pasteur's, Virchow's, Metchnikoff's** and **Slocum's latest** discoveries in **bacteriology, hygiene and therapeutics.**

In plain English, a system of **modern** scientific disease curing.

The Slocum System consists of Four Preparations which act simultaneously and supplement each other's curative action.

You are invited to test what this system will do for you, if you are sick, by writing for a **Free Trial Treatment** and the Four Free Preparations will be forwarded you at once, with complete directions for use.

The Slocum System is a positive cure for consumption, that most insidious disease, and for all lung troubles and disorders complicated by loss of flesh, Coughs, Catarrh, Asthma, Bronchitis and Heart Troubles.

Simply write to the T. A. Slocum **Chemical** Company, Limited, 179 King Street West, Toronto, giving postoffice and express address, and the free medicine (the Slocum Cure) will be promptly sent.

Persons in Canada seeing Slocum's free offer in American papers will please send for samples to Toronto.

Mention this paper. Slocum's Remedies for sale by all reliable druggists.

WISE AND OTHERWISE.

FAREWELL TO 1901.

Good-bye, Old Year!
You who a welcome had
With all the gladness that our hearts could muster.
We hankered for the changes you might bring;
We loathed your predecessor, cross old thing;
We thought no other could be quite as bad—
But say, old man, you've surely been a buster!

Good-bye, Old Year!
We hate to see you leaving,
Though numerous were the trials that you brought us—
Business reverses, long forgotten bills,
Not much of pleasure, far too many ills;
Cause for rejoicing, causes more for grieving—
And yet some valued lessons you have taught us.

Good-bye, Old Year!
We toll your parting knell,
And then we turn to greet the New Year coming.
We hope and pray the future he'll disburse
If better not than yours will be no worse.
You did your best. If he will do as well,
Why, he can live and thrive and keep a-humming.
—Helen Combes.

"Do you find Fanny a good correspondent?"

"No; she is just horrid. She always answers my letters as soon as she receives them, and keeps me indebted to her all the time."

Father—Well, my son, nave you made up your mind what you want to be when you grow up? I suppose you would prefer to be a bank president, a lawyer, or a member of some big trust.

Son—Oh, no, pop; what I want to be is a police captain in New York.

THE CROW'S EXCUSE.

"Do stop your complaining," said the owl.
"In croaking I beg that you pause."
"Your pardon I beg," said the crow;
"I never complain without caws."

A HOPELESS CASE.

Winks—Jinks never sees the point of a joke.

Blinks—No; he is usually the butt of it.

SOCIETY CATECHISM.

Do you see that?
I do see that.
What is it?
A lady.
What is a lady?
A woman by a different name.
How?
All ladies are women, but all women are not ladies.
Um—who is this lady?
She is a society person.
What is that?
A person who is in society.
What is society?
An aggregation of individuals each possessing the necessary requisites for an equality of association.
What are the requisites?
Money.
Nothing but money?
Well, it would be absolutely impossible without it, which means the same thing.
How are the candidates admitted?
By common consent.
Immediately on application?
Oh, no; it takes time.
Are candidates placed on probation?
No; they work their way into the sacred circle by degrees.
Are there set forms to be followed?
Not at all. Sometimes they get in one way; sometimes another.
For instance?
Well, by way of London, or Washington, the American headquarters of diplomats who are past masters and professional society persons, or by marriage, or by contributions of personal effort, or of large checks to charitable causes, or by waiting until their children become of the chosen.
It is not then entirely by the merit system?
Hardly.
Is membership permanent?
As long as the money holds out society holds on.
What of bad behavior?
Judiciously conducted it adds piquancy to the peccadillo and interest to the individual.
Is it always judiciously conducted?
Some of the more daring have characterized their acts by a certain swagger which has given a title to their set.
And society dearly loves a title?
It does.
Do they not fear public opinion?
They are quite indifferent to it.
Indeed?
Why not? Society is a strictly private and exclusive organization, and cannot be amenable to public criticism.
I don't quite understand that.
And you won't until you are in it.
With all the advantages of wealth, are not society persons quite superior beings?
In their own estimation.
Not in that of others?
Wait till you have met and tried to talk to a few of the glittering exemplars of the real thing in society.
What's the matter with them?
Heaven only knows, and it won't tell.
Are they all alike?
Oh, no; some of our highest and best types of men and women are in it, but you know a needle hasn't much of a show in a haystack.
How about a little leaven leavening the whole lump?
Oh, well, there are lumps and lumps, don't you know.
Don't the "glittering exemplars" want to be different?
Yes—different from everybody else, and they are.
I see, I see. They make figures of themselves.
There is a harsher term, but let it go at that.
Are society persons happy?
When they are on top of the heap.
How do they spend their time?
As they spend their money.
How is that?
Trying to be happy.
You mean trying to keep on top?
Mostly.
How old is society?
Not so old as the grandfathers of most of its devotees.
Who created it?
The Lord God Almighty.
You don't mean it?
I do: and man organized it and made it what it is.
Which accounts for a good many things?
Yes.
Thanks.
Don't mention it.
—William J. Lampton.

THE MAN AND HIS SNEEZE.

Once upon a time a man afflicted with annual attacks of hay fever was walking in the city with a friend.

"This is about the time when my trouble should begin," he said. "A whisp of hay or the down of a peach would now start me and send me to the mountains for relief."

Just then a grass widow passed them and the man sneezed most vociferously.

"You are indeed sensitive," said his friend.

Moral.—There are things that should be sneezed at.

To Raise More Corn

to the acre always use Putnam's Painless Corn Extractor. Always safe and painless. Beware of substitutes and imitations. Use Putnam's Painless Corn Extractor. All druggists.

The first bars of gold from the Erythrean mines have arrived in Rome. The mines are being worked by an Anglo-Italian company, and good results are anticipated.

Minard's Liniment for sale everywhere

You Breathe It.

If you sprain your wrist, do you treat your ankle? When your head is hot with fever, do you put cold water on your arm? No, indeed. You put the cure as near the sick spot as you can, don't you? That's just what Vapo-Cresolene does. It takes the remedy right to the sick place.

You inhale it. Breathe it right into your throat, bronchial tubes and lungs. It kills the germs, relieves inflammation, and healing promptly takes place. If it's a child, there is no trouble about drugs upsetting the stomach. Even while sound asleep the work of healing goes steadily on.

For whooping-cough, croup, asthma, bronchitis, diphtheria, and scarlet fever, it is the most pleasant and most certain of all remedies.

GENTLEMEN—Kindly send me immediately, one Vapo-Cresolene complete. I yesterday lost a case of whooping-cough, that I am almost sure with my previous experience with Vapo-Cresolene, I could have saved. Having lately moved to this place, our druggist did not have it.

I have used Cresolene in five different cases with splendid results each time.

Yours very truly, WM. R. EDGAR, M.D., Lyons, Ohio.

(Late Chairman of Committee on Public Health, Lansing, O.)

Cures While You Sleep

Vapo-Cresolene is sold by druggists everywhere. The Vaporizer and Lamp, which should last a life-time, and a bottle of Cresolene, complete, $1.50; extra supplies of Cresolene 25 cents and 50 cents. Illustrated booklet containing physicians' testimonials free upon request. VAPO-CRESOLENE CO., 180 Fulton St., New York, U.S.A.

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But for that extended period

Neave's Food

For INFANTS, CHILDREN, INVALIDS, and THE AGED has been in the highest favour with nursing mothers and the public generally, and THOUSANDS OF MEN and WOMEN, now hale and strong, owe their robust constitutions to the fact that while young they were fed upon Neave's Food, which is no new-fangled concoction of the day before yesterday, but a Food that has been tried and found efficient for a lifetime.

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Russian Imperial Nursery

GOLD MEDAL awarded. WOMAN'S EXHIBITION, London, 1900.

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Judge Yourself.

You dont need to be a food "expert" in order to judge Rolled Oats. The final test—the porridge they produce, is the best means of judging them after all.

TILLSON'S PAN-DRIED

are made by the most scientific means to bring out the best food qualities in the grain. If you would like to try them direct from the mill, we will gladly send a cooking sample, so that you may put them to the test. Most grocers sell them by the pound.

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