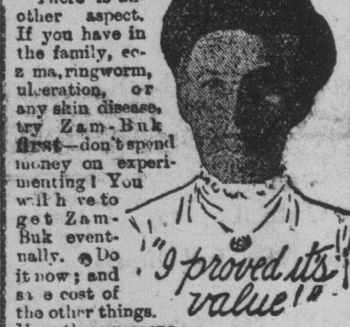


\$&C ASPECT OF

ZAM-BUK

Zam-buk spells spring to you! Suppose husband, wife or some member of the family sustains a cut or a bad sore, a sick fever or a burn by blood poisoning. Result—of work! What does that mean as pay day? Zam-Buk prevents wounds, cuts or injuries by "ringing the wrong way." Apply it immediately, and it kills the poison and starts healing.



There is another aspect. If you have in the family, even a minor ailment, or any skin disease, try Zam-Buk. It does not depend on expert treatment! You will be able to get Zam-Buk eventually. It is now, and as a cost of the other things. Hear these persons:—
Mr. A. M. Brooks, Wallington Street, Shelburne, Ont., says:—"If only I had got Zam-Buk at first, it would have saved me scores of dollars as well as hours of agony." Mr. Brooks has been cured of eczema. He says:—"My neck, chest and body were covered with the terrible disease. The itching, burning and smarting I suffered, none who has not gone through it can tell. Doctor's lotions, salves and prescriptions didn't do me a bit of good; and from one thing or another I passed only to find I was worse. With Zam-Buk it was different, and without going through a long story, I can say that a few weeks' treatment with this great healing balm healed my neck, and did me good of the terrible eczema, which had held me in its grip for over ten months."
"If I had applied Zam-Buk in the first place, I could have saved myself a lot of money." Says Mrs. E. B. Butler, of St. Peter's, N. S.:—"I had a very bad case of eczema on my neck and chest. It became very sore and discolored, and my neck and chest were covered with the terrible disease. The itching, burning and smarting I suffered, none who has not gone through it can tell. Doctor's lotions, salves and prescriptions didn't do me a bit of good; and from one thing or another I passed only to find I was worse. With Zam-Buk it was different, and without going through a long story, I can say that a few weeks' treatment with this great healing balm healed my neck, and did me good of the terrible eczema, which had held me in its grip for over ten months."
All skin diseases and ailments are cured by Zam-Buk. Eczema, eruptions, pimples, ulcers, etc., are cured by its healing virtue. It is the only medicine that does this. Write to Zam-Buk Co., Toronto, for price. Refuse all imitations.

SARTORIAL NEWS.

Eklima Caps Are Newcomers in Motor Fashions—A Dress Hint.
Eklima caps are the latest in motor tops. Seal, unsmoked and stable squirrels are employed for the caps as well as the motor bonnet.
Afternoon frocks and smart boned blouses for two piece suits have small yokes and lower sleeves veiled with the finest black chiffon. It is always better when doing this to add a lining under the lace of silver or gold net.



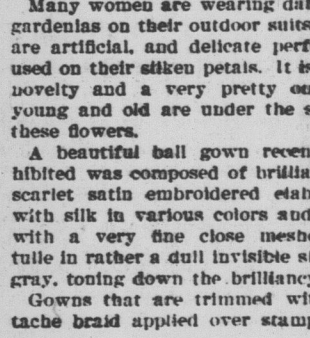
PLATED PRINCESS GOWN.

This gives a brilliancy to the black chiffon and keeps it from becoming the gown.
This is a very stunning princess frock that is easy for the home dressmaker to attack, and there are few such patterns about. The model includes novel and attractive sleeves and a chemise. JUDIC CHOLLET.

This May Manton pattern to cut in sizes from 34 to 42 inches bust measure. Send 10 cents to this office, giving number, 623, and it will be promptly forwarded to you by mail. It in haste send an additional two cent stamp for letter postage, which insures more prompt delivery.

VAPORINGS OF THE VOGUE.

Artificial Flowers on the Coat Worn by Modish Women.
Many women are wearing dabbles of gardenias on their outdoor suits. They are artificial, and delicate perfume is used on their silken petals. It is just a novelty and a very pretty one, and young and old are under the spell of these flowers.
A beautiful ball gown recently exhibited was composed of brilliant rose scarlet satin embroidered elaborately with silk in various colors and veiled with a very fine close meshed silk tulle in rather a dull iridescent shade of gray, toning down the brilliancy.
Gowns that are trimmed with non-tactile braids applied over stamped de-



WITH TRIMMINGS OF SOFTACHE.

signs are always handsome. The costume illustrated has a decoration of this smart description. It is carried out in cashmere, with the guimpe portion of tucked net chiffon. The little overblouse is very new and is cut in one with the sleeves. The skirt is new and up to date. JUDIC CHOLLET.
These May Manton patterns come in sizes for the blouse from 34 to 42 inches bust measure, No. 623, and for the skirt No. 624, sizes from 22 to 30 inches waist measure. The making pattern is No. 24. Send 10 cents each for these patterns to this office, and they will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery.

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A Question of Quantity

A partial solution flashed into my head a few days ago as I sat opposite a trio of schoolboys making away (that is just the phrase) with bountiful second help of roast beef. It was a lordly piece of meat presented for the father's carver at the beginning of dinner, and he dealt out lavish portions to each of the boys—twice as much per boy as went upon any other plate. He made no remark when each plate returned to him emptied. It was plainly an every meal affair—that bountiful second help. Being a marketer as well as a domestic caterer, I computed silently, and as I believe, accurately, that each of those boys ate three-quarters of a pound of roast beef at a sitting. There were six in the family and two servants. I leave it to the arithmetician to reckon how far a seven-pound roast (at thirty-two cents per pound) would go toward supplying the piece of resistance for two dinners.

I am convinced that what I have described is enacted daily, in its general features, in 10,000 American homes for years together. It may be essential to his health that the working man shall have his bit of meat. I take exception to the size of the 'bit.' Those boys and the thousands of which they are types, would be as well off in body—nay, better—had the second help been withheld from their voracious appetites.
We are familiar with the anecdote of thoroughbred Mary Lamb—the clever sister of a cleverer brother—who invited two unexpected guests to her table cordially and with no hint of any shortage. When the dish before her was uncovered, she remarked merrily, "Here's just a chop spiced, and that's all." The guests, who had not come to make out the rest of the luncheon with bread and cheese and talk.
Let the boys make out the rest of their meals with something besides meat. I have said, until I am tired of the iteration, that we all eat more meat than is good for us. Tom and Dick and Harry train for the ball ground and race course by cutting down regular rations of certain articles of food, among them meats. Does it not occur to parents, if not to the boys themselves, that temperance in this matter of the crosser foods would fit them for the lonser race and the fierce contest of life?

Henna Leaves and Sage Will Grow Hair

It has only recently been discovered that Henna leaves contain the ingredient to grow new hair. England and Paris have become flooded with preparations containing the extract of Henna to grow hair, and every one of these preparations has an enormous sale. All other hair tonics are practically at a standstill, and the one containing Henna are found in every home. Society ladies purchase them by the dozen bottles. On the streets of London and Paris can be seen women with beautiful, luxuriant heads of real, fluffy hair. The same women only a few months ago had their heads decorated with artificial hair. The first one of these preparations to reach Canada is called SALVIA, and is sold and guaranteed by Mr. Warren. SALVIA will grow hair in abundance and cure Dandruff in ten days, or your money back. A large bottle 50c.

When there's love enough you can stand everything.

When there isn't you can stand nothing.

There are a great many things that are no use. One is in telling people what they don't want to know.

—From Kate Langley Boshers' "Mary Cary."

the wood-finish that endures—

M L Floorglaze renovates shabby furniture—makes worn woodwork look new—finishes floors with beautiful gloss that lasts—has a hundred uses right in your home. And it is so very easy to apply!

M L Floorglaze

Won't fade—won't crack—won't mar easily

Comes in little and big tins. Seventeen handsome solid enamel colors to choose from—also seven shades of Lacs that simulate hardwood finish—also a transparent natural finish. Gallon costs 50c. 5c. per quart. Good for use outdoors, as well as in.

Ask your paint dealer VARNISH AND or drop us a line for interesting news of M L Floorglaze. TORONTO

Recommended and for sale by

Karl Freeman

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FOLLOWING THE BAND.

Paganry Appeals to the Negro's Tropical Imagination.

Once upon a time a Philadelphia lawyer came south. He had a pair of big spectacles, an inquisitive mind, and he wanted to know, says Harris Dickson in Success Magazine. With his southern friend he was hurrying to the courthouse. A negro parade metted the street—negroes in carriages, on horseback, on foot; negroes with swords and axes, stumpy negroes with muscled banners, fat negroes with Phryian devices, fat negroes with Odd Fellows' insignia, miscellaneous negroes with miscellaneous emblems.
The Philadelphia lawyer pushed through the crowd and ran back in great excitement. "What's it all about? What are they doing?"
The southerner couldn't explain, but beckoned to a very intelligent young negro—who, by the way, was a prominent politician—and asked, "Tom, what the occasion for all this parade?"
The young negro laughed. "Now, judge, you ought to know that a nigger won't be no 'nigger' for a parade did not Tom had spoken a mouthful. Paganry appeals to the Negro's tropical imagination. Churches and lodges furnish most of the social life that he knows. He does not ask why the brass band is playing. He keeps step with the fello' that beats the drum and is happy."

DANCING ROLAND.

A Scotch Shepherd's Remedy For All Kinds of Maladies.

A highland shepherd, one Donald McAlpin, a famous dancer, was reputed to have cured his mistress of a mysterious malady by means of dancing a reel with her, and this story being nosed abroad gained him the reputation of being a successful physician. His humble cottage in Stockmilt overlooking Strathapey, was besieged with crowds of patients who hoped to get rid of their ailments by a dance with the shepherd. The doctor did not hesitate to take advantage of this stroke of good luck and soon had a large and thriving practice.
The treatment adopted was very simple, the main features being as follows: In cases of indigestion moderate doses of medicated "magn" were taken with honey and butter, followed by promenade step. For catarrh Donald prescribed in order to produce perspiration a large dose of gruel mixed with honey and butter, followed by cum crak, or highland fling. All the different processes terminated in the patient being well wrapped up in warm blankets, and the doses of medicine and dancing were repeated, according to the patient's constitution and the nature of his disease.—British Medical Journal.

The Telephone and Julius Caesar.

Julius Caesar missed a great deal in not knowing the telephone or at least in not using it if he knew it. One can see the telephone engineer attached to the Roman postoffice endorsing, but without avail, to get an instrument installed at the capitol and at the palace. "I am instructed by the emperor to say that he does not desire these barbarian novelties, and so Thomas Alva Edison need not call again with his magician's apparatus." A great blunder! "We call imagine what would have happened. "Hello, 2157 Tiber! Is it thou, Artemidorus? I understand thou rangst me up this morning. What? Details of a plot? Go not to the senate today! Beware of Brutus? Go not near Casca? Right, and I thank thee, Artemidorus. I will have an extra guard put on instantly and the conspirators arrested." And so, though Artemidorus was unable to give his warning in the street, he saved the life of the emperor, and Caesar's valuable life and with it the fortune of Rome were saved.—St. James' Gazette.

A Gloomy African Pool.

There is a large, deep and mysterious pool in the valley of the upper Kafue river, northwestern Rhodesia. This wonderful pool lies in that country, and one comes to it quite suddenly, its banks being concealed by dense forest. There is a small native village near the pool, and the inhabitants have a superstitious dread of it. They refuse to drink the water or use it for any purpose whatever. To sit beside this still, pellucid pool of unknown depth, surrounded by precipitous walls in the heart of the tropical forest, would induce a feeling of awe in the breast of even the most civilized man.—London Mail.

Sport and Athletics in America.

Sport and athletics in America are vastly different terms. Sport should be play, not work. Athletics as practiced in general are too strenuous, too spectacular and too exclusive. We are not an athletic nation. Far from it. We talk athletics, but there is too much grand stand and too little actual participation in games.—Malcolm Kenneth Gordon in Century.

Poetic Justice.

"Pa, did you ever hear of a real case of poetic justice?"
"Yes. A man who once swindled me out of \$800 in an irrigation scheme died of water on the brain."—Chicago Record-Herald.

Not a Bit Conceited.

Huband—How conceited you are, Edna! You're always looking at yourself in the glass. Wife—I'm sure I am not. I don't think I'm half as pretty as I really am.—Illustrated Bits.

The Kingdom of Prussia gets out of its cultivated forests over \$24,000,000 a year.

PURITY FLOUR

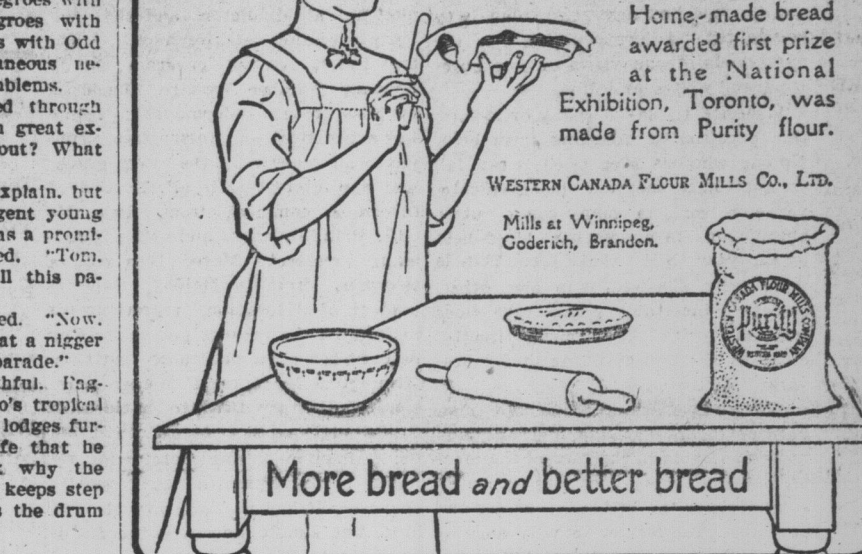
Baking triumphs are everyday occurrences with Purity flour.

Highest grade in the world.

Home-made bread awarded first prize at the National Exhibition, Toronto, was made from Purity flour.

WESTERN CANADA FLOUR MILLS CO., LTD.

Mills at Winnipeg, Guelph, Brandon.



More bread and better bread

Oil Grain Bals.

For Men, Women, Misses and Youth, fine for Spring wear.

All Kinds of RUBBER GOODS in stock and prices right.

New Goods arriving daily from the best factories in Canada.

E. S. PIGGOTT,

Granville St.

PLAN TO

have your furniture repaired and upholstered this spring at

J. H. Hicks & Sons

Wash Dress Goods and Linen Suitings.

Valenciennes, Oluny and Torchon Laces

Hamburgs, Insertions, Dress Embroideries.

Crompton Corsets, Bias Filled Corsets.

Whitewear and White Blouses.

Geo. S. DAVIES

Union Bank Building.

HOLIDAY GOODS

AND EVERYDAY GOODS

NEW DRIED FRUIT

Raisins by the box, half-box, quarter-box, 1 pound package, seeded and seedless; Currants, Figs, Dates, and Candied Peels.

NEW NUTS, shelled or in the shell; Oranges, Grapes, Confectionery, etc.

A large assortment of CANNED GOODS, MINCE MEAT and BUCKWHEAT FLOUR.

FANCY and STAPLE CHINA and CROCKERY.

WANTED: Any quantity of good Yellow-eye Beans.

C. L. PIGGOTT, QUEEN STREET

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