How to Fool a Lazy Liver CANADA'S AND TO EMPIRE with Artificial Exercise

ret.

eat as Candy.

-If Digeston seems even a little

-If Heartburn, Belching, Colle,

-That's the time to eat a Casca-

Don't imagine the Carcaret is

ffective because it is pleasant to

It acts as pleasantly as it tastes.

It is not a "Bile-driver" which floods out your stomach today with fluid juices needed for tomorrow.

But, it acts like Exercise, instead. It stimulates the muscular lining of the Bowels and Intestines, so that they mechanically digest food and

This is why Cascarets differ from all Purgatives, Physic, Cathartics and Whirlwind Drugs that help today at

Cascarets are the only Bowel and Liver medicine that do not need to be

used in larger doses every month you

They do not gripe, weaken, nor "upset-your Stomach."

needed, and the doses can be dimin-

ished from time to time, Because

when you first suspect you need one. Begin carrying a box today, and note how Cascarets help your Happiness as well as your Health.

You can try Cascarets FREE be-

stipation," best ever printed on the

subject. Address Sterling Remedy Company, 374 St. Paul Street,

They are safe to use as often as

tomorrow's expense.

It is as congenial to your Bowels as it is to your Palate.

VERY serious Sickness has a small beginning.

And, in nine cases out of ten that small beginning is made in the Bowels. Indigestion, is the beginning of most diseases.

It paves the way for all others-Lack of exercise, hasty eating, improper food, are its first causes. Laziness, and postponment, permits it to grow into Chronic Constipation; ich means life-long Discomfort. It isn't necessary to be sick a-bed, you know, in order to be mighty

Even slight Indigestion affects the nerves, dulls the mind, and obscures the merry sunshine of Life.

And, Indigestion once started, grows fast, corrodes temperament, and discounts happiness, good cheer, capacity.

It does that long before it puts

you on the Sick list. Every thinking Doctor knows why. Professor Rand knew it.

That's why he framed up for Students his famous formula for Happiness, viz.: "Trust in God, and keep your Bowels open." The Bowels need adjustment from

time to time, just like a clock, or a Because, they are simply a Tonic to the Muscles of the Bowels. No "Good time" is humanly possible without this.

And, the time to adjust the watch is not when it has run down, nor when the main spring is broken, but previous doses permanently help to tone up the Muscles and Nerves that operate, the Bowels and Intestines.

The time to use a Cascaret is at the very minute adjustment is dis-

overed necessary.

The time to adjust the Bowels is not merely when your Head Aches, when your Liver is Sick, your Stomachen Revolt, and Nature's Food Process retarded for 24 hours, or

The proper time to adjust them is the very minute you suspect they ple and booklet, "The Curse of Con-If your tongue is slighty coated.

If your breath is under supicion.

If your Head feels a trifle heavy,

DOES NOT REACH JEWS.

PREFERRED CREDITORS GET ALL.

Money Sent to Russin for Sufferers Merchants' Premium Co., However, Will Be Reorganized. Portland, Ore., Feb. 9.-According to Portland, Ore., Feb. 3.—According to the statements of Dr. M. Mosesohn, a prominent Jew of Portland, whose assessive by the local postofice officials, a large amount of money sent from America to aid Jewish sufferers in Russia has never ben received by those for whom it was intended. It is tated that there has been a general failure of the postoffices thrount Russia to cash postal money orders which have been for whom it was intended. It is tated that there has been a general failure of the postoffices thrount Russia to cash postal money orders which have been for whom it was intended. It is tated that there has been a general failure of the postoffices thrount Russia to cash postal money orders which have been for whom it was intended. The ordinary shareholders will be said at the count of the postoffices thrount Russia to cash postal money orders which have been for the company are about \$3000. This will include wages, rent, it. The ordinary shareholders will be cashed.

The letters accompanying the conditions of the company, will company will company the correct of the company will company the company of the seen for the company, will company the company of the compan Efforts that will probably meet with

BLOCKS NEW YORK STREETS MUTINY STILL SMOULDERS ON BLACK SEA FLENT New York, Feb. 9.—A heavy snow storm, followed by sleet and rain which created spring freshet conditions in the streets, caused great discomfort and inconvenience in New York City to-day. This was the first snow storm here of the present year. The fall was five inches

St. Petersburg, Feb. 9.—A number of created spring freshet conditions in the streets, caused great discomfort and inconvenience in New York City to-day. This was the first snow storm here of the present year. The fall was five inches.

Henry Farrer Dead.

Montreal, Feb. 9.—Henry Farrer, son of Edward Farrer, of Ottawa, died at the Mount Royal Sanitarium at an early hour this morning from heart fallure. He was 34 years of age and leaves a widow and one child. The body will be removed to Ottawa this afternoon for interment.

St. Petersburg, Feb. 9.—A number of naval officers, according to a despatch to The Slovo from Sebastopol, have been transferred to the far east for petitioning the marine ministry for an open trial of former Lieutenant Schmidt (who commanded the cruiser Otchakoff, Which mutinied in November last at the Mount Royal Sanitarium at an early hour this morning from heart fallure. He was 34 years of age and leaves a widow and one child. The Black Sea fleet, notably on the battle ship Catherine II, where several officers according to a despatch to The Slovo from Sebastopol, have been transferred to the far east for investigation into the Valencia disartor, reached the department of commerce and labor to-day.

It says: "All of the officers of the first assistant engineer were drowned, thence what mistakes may have been the trial has been postponed because it is thought to be hazardous to transfer the worth mutinied in November last at the cruiser Otchakoff, Which mutinied in November last at at the worth condition into the Valencia disartor, eached the department of commerce and labor to-day.

It says: "All of the officers of the first assistant engineer were drowned, thence what mistakes may have been been transferred to the far east for more transferred to the far east for more transferred to the far east for the royal family in state Seattle. Wash., who conducted an investigation into the Valencia disartor, eached the department of commerce and labor to-day.

SAYS SHE DIDN'T

Graham of Lockpo

What Sulphur Does

For the Human Body in Health and Disease.

The mention of supplur will recall to the reading room. The patronesses the reading room. The patronesses were the wives of the members of the faculty, Mrs. Galbraith, Mrs. Ellis, Mrs. Rosebrugh, Mrs. Laing, Mrs. Anderson, Mrs. Stewart and Mrs. C. H. C. Wright. Credit for the success of the dance were the wives of the members of the faculty, Mrs. Galbraith, Mrs. Ellis, Mrs. Rosebrugh, Mrs. Laing, Mrs. Anderson, Wright. Credit for the success of the dance were the wives of the members of the faculty.

It was the universal spring and fall dance goes to an energetic committee made up of E. L. Cousins, George T. Clark, Jas. Gray, H. H. Betts, K. A. mind, you, this old-fashioned remedy, McKenzie, M. Bate and D. G. Park.

an recent years, research and experi-ment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide), and sold in drug stores under the name of Stuart's Calcium Waters. They are small cho-colate coated pellets and contain the active medicinal principle of sulphur in

of waste material.

grandmothers knew this when dosed us with sulphur and ross every spring and fall, but the sty and impurity of ordinary flowty and impurity of ordinary flowhighest compliments from must large.

In the street of the company and everywhere she wins the highest compliments from must large. hur, of which Stuart's Calcium concert grand plano of the olde firm of Heintzman & Co. will be in exclusive

They are the natural antidote for liver and kidney troubles and cure con-stipation and purify the blood in a way that often surprises patient and phy-

Several Charges Against Him.

'Midst revels so bright, Beware future sorrow, For champagne to pight May be real pain to-morrow

John Noble, who was arrested Thurs

John Noble, who was arrested Thursday night, had two snow shovels in his possession. The police have ascertained that the sulphur from Calcium was superior to any other form. He says: "For liver, kidneys and blood troubles, especially when resulting from constitution or malaria. F have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deepseated carauncles, I have repeatedly seen them dry up and disappear in four of five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this regredy."

At any active Feb. 9, from eastern points to points on the Prince Albert branch. Hague to Prince Albert inclusive. The reduction to West Prince Albert and Prince Albert represents 25 cents per hundred pounds, first-class, with a corresponding reduction in classes 2 to 10.

bles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers." will find in Stuart's Calcium Waters a far safer, more palatable and effective preparation.

NOT IN WAY OF MONEY GRANT

Lt.-Col. Mason Suggests Among Looks as if There is to Be Big Ex-Other Things Biennial Gift of Battleship.

At the regular monthly meeting of the United Empire Loyalists at the arrest of former Customs Examiner Canadian Institute Lieut. Col. Mason Browne in Montreal on Saturday is

Scott will be particularly interested in Diamond Hall's Valentine window display. In the gem window is shown a jewis december of answer closely the

Toronto.

A WOMAN'S ATTRACTIVENESS
Is destroyed if she has to wear large boots to ease her corns. Putnam's Corn Extractor relieves instantly cures any corn without pain in twenty-four hours. Putnam's has been fifty years in use.

of honor at head table were: Chairman H. H. Brewer, Lt.-Col. Nelles, Ald. J. B. Hay, E. Leadley, W. E. Ireland, R. Mulrhead, A. G. Sheppard, G. B. Mansfield, H. S. B. Leslie, and Fred w. Davidson. An enjoyable musical program was rendered by Fred Parker, F. W. Davidson, C. L. Hannon. Bartle Brown, H. S. and T. W. Thornton.

tradition Fight Again in Montreal.

New York, Feb. 9 .- (Special.)-The read a timely paper entitled, "How likely to provoke a lively controversy Canada Can Best Contribute to Imper-

Canada Can Best Contribute to Imperial Defence."

He pointed out our helpless position were Great Britain to be blockaded by a combination of powers; it was therefore our interest, as well as our duty, to contribute to the imperial defence. To grant a large sum of money to the imperial treasury, he feared, would not meet with public approval, but he suggested several other ways in which Canada could contribute to the maintenance and defence of the empire.

1. By maintaining a well equipped permanent force, some of whom should be employed in traihing military.

2. By establishing military schools thruout the Dominion, and by instituting military training in the public schools.

3. By establishing marine and naval corps.

4. By contributing from time to time—say biennially—a battleship to the imperial navy; the Dominion government, oequip and maintain the same.

The speaker realized that this last proposition might at first blush seem to equip and maintain the same.

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Fair MAID OF PERTH.

Jewel Like Her Valentine Gift is Shown in Window of Ryrie Store

Everyone who has read Sir Walter Scott will be particularly interested in Diamond Hall's Valentine window display. In the gem window is shown a jewel made to answer closely the novellat's description of the "Fair Maid of Perthis" gift from her Valentine—contribute to the mineral and proposition of the "Fair Maid of Perthis" gift from her Valentine—and the proposition of the "Fair Maid of Perthis" gift from her Valentine—store the maintenance

play. In the gem window is shown a jewel made to answer closely the novelist's description of the 'Fair Maid of Perth's" gift from her Valentine—the sturdy Armourer. It consists of a heart of rubies, transfixed with a golden arrow. Its case is a purse of finest silver chain work.

Of course not more than one customer can purchase this particular jewei, but within the store are hundreds of appropriate novelties for Valentine gift-making, at prices as attractive as the articles are beautiful.

Customs officials seen yesterday expressed much surprise that Browne should have remained in Montreal. It is known, however, that he took the precaution to retain one of the best lawyers in the Canadian metropolis immediately upon reaching that city. It is thought the former federal employe had been advised before leaving New York that he could not legally be extradited.

DEACONNESS TRAINING NOW.

DEACONESS' TRAINING HOME

WILL NEVER KNOW MISTAKES
THAT CAUSED VALENCIA WRECK
Washington, Feb. 9.—A preliminary

Washington, Feb. 9.—A preliminary

Black Sea fleet, notably on the battleship Catherine II, where several officers have been arrested.

SCIENCE STUDENTS DANCE.

The graduating Cass in applied science at the university held their dance last night, and nearly 200 school men and their friends made merry. They danced in east hall, and dined in the reading room. The patronesses

every comfort is provided, there is nothing wanting to complete one's happiness, the days and nights pass only too quickly, while traveling on the Great to routes and rates, etc., address any railroad agent, or J. A. Richardson, district passenger agent, northeast corner St. Thomas, Ont.

bia prepared and shown by F. A. Robinster, B.C. Seattle, Wash, or Portland, Ore., \$42.25; to San Francisco or Los Angeles. Cal., \$44. Correspondingly low rates from all points in Canada. Choice of routes. Best of service, For full particulars as dolders call on or write upon the splendid work being done by the sons of Knox in the great North-King and Yonge-streets, Toronto, and St. Thomas, Ont.

Hot and cold sea and frest ster, B.C. Seattle, Wash, or Portland, Angeles. Cal., \$44. Correspondingly low rates from all points in Canada. Choice of routes. Best of service. For full particulars and folders call on or write upon the splendid work being done by the sons of Knox in the great North-West.

TAFT WANTS BARRACKS TROUBLE IN CHINA VIa Lehlen Via

lasses every spring and rail, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations the modern concentrated preparations of sulphur, of which Stuart's Calcium of sulphur, of which Stuart's Calcium corts, this year as in former years, a concert grand plane of the olde for that purpose. LOOK ASKANCE

AT A MAN IF HE CANNOT ANSWER THE QUESTION, "HAVE YOU EVER HAD RHEUMATISM?" WITH A GOOD HONEST "NO!" So you see how it bars happiness and comfort if you neglect the means rapid transit people want to "get there to prevent and cure - the great

South American Rheumatic Cure this now so far as Cuba is concerned, on the new fast service arranged by the Grand Trunk, and you can leave

is the effective means, and while lack of provision for your "loved ones "from such a cause may be counted secondary to a life of suffering to oneself, it is one of the many sides in the study of health that we limited," and at Mobile with steamer should take in dead earnest. Every disease has its symptoms - every should take in dead earnest. Every disease has its symptoms—every ailment that flesh is heir to has its note of warning, and it's for us to heed or suffer the consequences; and who does not know the signs by experience or observation?—fever, chills, sweating, shooting pains, numbness, aching muscles, stiffened and swelled icints.

experience of observation?

The great South American Rheumatic Cure gives ease from the first dose and it gently and effectually eradicates the trouble from the system. It gets at the root of the evil and it gets there quickly — most stubborn cases cured in one to three days. Influential physicians prescribe it as the best and surest cure they know of.

ALL DRUGGISTS AND MEDICINE DEALERS SELL IT.

SOUTH AMERICAN NERVINE makes blood that is poor and pale rich and red—and that means good health.

Intal one requires to make comfort. club car, dining car, observation car, etc. The train runs through without change to the Munson Steamship dock in Mobile, reaching there at 3 p.m. Saturday. Transfer is made on the dock to the new steamship prince George, which leaves Mobile Saturday at 4.30 p.m., and anchors in Havana Bay by daylight Monday. City Ticket Office, northwest corner King and Yonge-streets.

That one requires to make comfort. club car, dining car, observation car, etc. The train runs through without change to the Munson Steamship dock in Mobile, reaching there at 3 p.m. Saturday. Transfer is made on the dock to the new steamship public schools yesterday. Barrie is contemplating a new school building. Havana Bay by daylight Monday. City Ticket Office, northwest corner King and Yonge-streets.

The Cook Medic

Can You Spare

Cured of Liver and

NOT A PENNY UNLESS BENEFITED! (39 This offer will Theo: Noel Co. Limited T. W. Dept. Toronto, Ont.



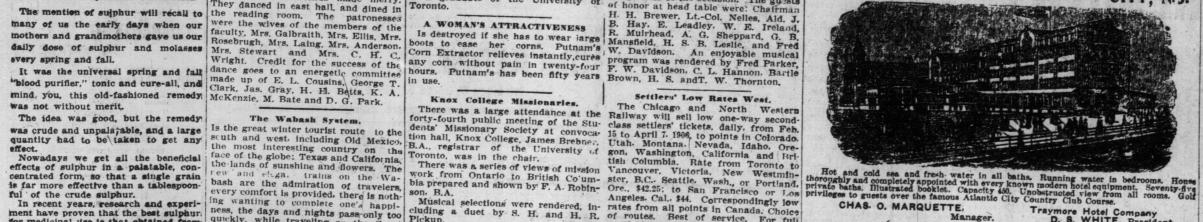
The simple checks which are placed by it on every entry makes it impossible for errors to occur.

It is the simplest, most thorough and most economical Accounting System ever invented and is suitable for all businesses, large or small.



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ATLANTIC CITY, N.J.



Traymore Hotel Company D. S. WHITE, President.

TROUBLE IN CHINA FEARED

solite deficited principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver and excretery organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and related conductor and they dosed us with sulphur and related conductor and they dosed us with sulphur and related conductor and they dosed us with sulphur and related conductor and they dosed us with sulphur and related conductor and the liver and they dosed us with sulphur and related conductor and the liver and they dosed us with sulphur and related conductor. Emil Paur, their calebrated conductor, Emil Paur, and the liver and their canadian tour with a might, going to Stratford tenight, then they dosed us with sulphur and related conductor. Emil Paur, their calebrated conductor, Emil Paur, and the liver and their canadian tour with a might, going to Stratford tenight, then they dosed us with sulphur and related conductor. Emil Paur, and the liver and their canadian tour with a most successful concert in London iast ticket office, corner King and Yonge-streets, Toronto, and Reduced Rates to Buffalo.

Reduced Rates to Buffalo.

Reduced Rates to Buffalo.

Reduced Rates to Buffalo.

Feb. 16. Tickets only \$10 the round trip from Suspension Bridge. Tickets good ten days. Stop-over allowance at their celebrated conductor, Emil Paur, maps, and purifies and enriched the urgent deficiency by 9.45 a. m. train. Tickets are on sale trip from Suspension Bridge. Tickets good ten days. Stop-over allowance at their celebrated conductor, Emil Paur, maps, and purifies and enriched the round trip from Suspension Bridge. Tickets good ten days. Stop-over allowance at their celebrated conductor, Emil Paur, maps, and purifies and enriched trip from Suspension Bridge. Tickets good ten days. Stop-over allowance at the round trip from Suspension Br this appropriation he stated that the situation in China was such that it

NOW IT IS CUBA.

Fast Service by the Grand Trunk in a hurry." You can certainly do ATLANTIC CITY HOTELS.

Washington, Feb. 9.—When Secretary HADDON HALL ATLANTIC CITY, N. J. Always Open. On Ocean front.
ricous Attention. Homelike Surrou
Every Comfort.
Booklet and Calendar on applicati

LEEDS & LIPPINCOTT. CHALFONTE

ATLANTIC CITY, N. J. Always Open. On the Beach. Fireproof. Send for Literature.

WASHINGTON, D. C.

THE LEEDS COMPANY.

Shoreham Washington, D. C. nerican and European Plan ABSOLUTELY FIREPROOF Within five minutes walk of the White House, Treasury, State, War and Navy Departigh class in every detail.

THE CROWN BANK OF CANADA

34 King Street West, Toronto PAYS INTEREST ON DEPOSITS

Times a Year

CAPITAL PICTURE OF

... CHRIS STONG ...

Whose Coon Hunting and Bee Tree adventures have be the sensations of the Don Valley this winter, together with an entertaining sketch of the famous hunter's career, written by St, Ian of the Don Valley Nature Study Club, in

The Toronto Sunday World

OTHER PICTORIAL FEATURES FOR FEB. 11

CANADIAN ENGINEERS-Fine group picture of the members of the Royal Canadian Civil Engineers, from a picture made at Niagara Falls on Jan. 31.

Excellent group picture of the York County Council in session in the FOR THE WOMEN-

The handsomest page of early summer fashions that was ever printed. The Sunday World has an exclusive page showing the elaborate frocks which are to be the vogue for next summer. It is to be a season of linen, laces and embroidery. The pictures are accompanied by an explanatory article describing materials and styles.

SOME PORTRAITS

There are portraits of Mrs. Torrey, wife of the famous evangelist, who will take an active part in the three months' mission the evangelists began in Philadelphia last Sunday Miss Mabel P. French, a New Brunswick girl who is having the si difficulties to contend with in her desire to practice law that confron

Miss Clara Brett Martin here. William Tingle, the new secretary-treasurer of the Toronto League Baseball Club, appointed on Thursday last, Wilton Lackaye and Miss Jane Oaker principals in Princess Theatre attractions the coming week, with an exclusive article by Miss Oaker of the advantages a rich girl possesses in finding her place

Other illustrations are of the Thistle football team, the All Saints' M strels, and the fine new armory for the 40th Regiment at Cobourg.

THRILLING GHOST STORY

"THE MYSTERY OF THE WHITE GATE"

An Up-to-date Illustrated Newspaper—Handsome as to Engravings and Clean and Entertain-

ing as to its Articles and Stories. Review of Saturday's Sports Thirty Hours Ahead of All Other Toronto Papers.

THE SUNDAY WORLD

\$2.00 a Year Delivered at Your House Late Saturday Night. 5 Cents a Copy.

COWAN'S MILK Chocolate

Because-

It is made with absolutely pure Canadian Toronto Furnace & The finest Gocoa and Sugar are used in its manufacture It is the

purest and finest flavored. These are points that we guarantee. THE COWAN CO., Limited

TORONTO.

In point of skill or the quality and ingenuity of our Trusses, we are safe in saying that we are unapproached; ut we will not descend in our advertisements to the level of the fakir, but doing the best for everyone and guaranteeing all our Trusses.

Authors & Cox Expert Truss Makers.

185 CHURCH ST. GAVE POLICE INFORMATION

KILLED BY REVOLUTIONISTS t. Petersburg, Feb. 9.—Three employes of the Putiloff Works belonging to the "party of active struggle against to the party of active struggle against revolution and anarchy," the so-called "Black Hundred," were surprised and killed yesterday by a party of revolutionary workmen. They were accused of furnishing the police with lists of revolutionary workmen and with assisting in making arrests and searches.

Yorkville Old Boys, At a meeting of the executive com-mittee of the Yorkville Old Boys' As-



Advice and estimates free,

IS YOUR HOME WARM?

best homes warmed by the Novelty Hot Water and Hot Air Heaters. Twenty years

success behind them.

If not, see us about it. Over eight thousand of Tor

Crematory Co., Limited Office: 72 King St. E. Phone M 1907 Foundry: Golden Ave. Phone Park 482.

> Don't Give Up PORTER

you bilious. O'KEEFE'S SPE-CIAL EXTRA MILD PORTER is as grateful to the stomach as is delightful to the palate. Brewed in "Canada's model Brewery," of the choicest malt and hops. Absolutely pure,

POLSON IRON WORKS LIMITED TORONTO

STEEL SHIPBUILDERS ENGINEERS AND BOILERMAKERS

The only safe effectual monthly medicine on which women can depend. Sold in two degrees of strength—No. 1, for ordinary cases, 11 per box; No. 2, 10 degrees estronger for Special Cases, 12 per box. Sold by all druggists. Ask for Cock's Cotton Root Compound; take no substitute.

Windsor, Ontario.