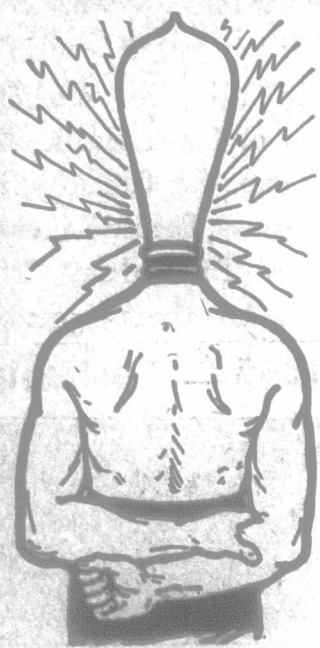


AN ELECTRIC LAMP



is in no greater need of electricity for its life than is the human body.

Without Electricity the nerves will not perform their natural function.

Without Electricity the stomach soon loses its efficacy. Then soon follow loss of appetite, constipation, dizziness, headaches, loss of energy, inability to do one's work, pains in the loin and back, nervousness, sleeplessness, and these ailments lead on to rheumatism and other permanent and serious diseases.

We do not say that in every case lack of electricity has caused your trouble, but we do say that an increase of electric energy to make the nerves tingle, to quicken the pulse, to impart vitality, vigor, **STRENGTH, TO EVERY PART,** to bring to full power any weakened part, will quickly bring back your perfect health.

FREE

No need of hospital cures nor expensive treatments. Dr. MacDonald's Electric Belt will feed electricity to the system gently, gradually, and will bring those results which you seek. Very shortly power will be yours—power that is the strength of nerve and power of will—power on which depends the fulfilment of every part of man's mission.

In order to enable any sufferer from Rheumatism or any other Disease of the Muscular or Nervous System to be benefited by my treatment, I will, during the next 90 days, send one of my Best No. 8 High Power Electric Belts

ABSOLUTELY FREE.

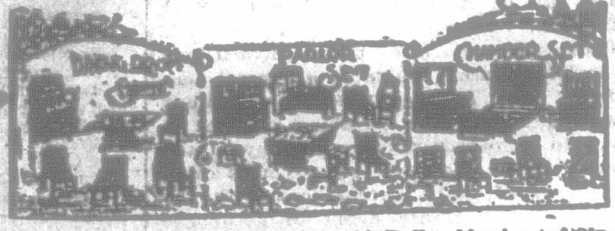
If, as I am sure, it cures you permanently, I know you will be grateful enough and pay me the small price asked. On the other hand, if it fails to benefit you, all you have to do is to return me the Belt at my expense.

HERE IS YOUR CHANCE—FREE! FREE! FREE!

My book on the diseases of men and women, and their treatment by electricity, is worth its weight in gold. It is profusely illustrated, and teaches all about the human body, its construction, functions, and the ills it is subject to. This book, although it cost me quite a little fortune to publish, will be sent free, and securely sealed, to anyone sending me his name and address. Write to-day. This is your opportunity.

DR. J. Q. MACDONALD, 8 Bleury St., Montreal, Que.

FREE FREE

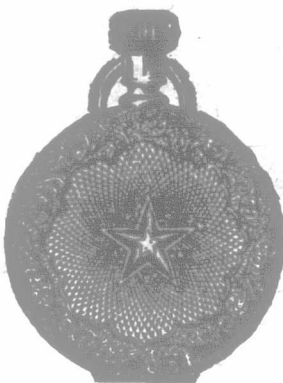


Do you want to receive a handsome big Doll and lovely set of Dining-room, Kitchen and Bed-room Toy Furniture. We are giving hundreds of these lovely presents away for doing a little pleasant work for us after school. This big doll is nearly

15 INCHES TALL

Has lovely long curly hair, handsome bluish head, pearly teeth, beautiful blue eyes very stylishly dressed, fancy dress, underwear, with hat, shoes, stockings, etc. dressed complete from head to toes, an elegant lovely Doll. We give free this beautiful Doll and the Bed-room, Kitchen, and Dining-room Set of Toy Furniture for selling only 12 packages of our famous Marvel Washing Blue at only 5c a package. You can call it in a few hours as every lady needs bluing, and get such a low price almost every lady will buy. A prize ticket is given free with every package. Send your name and address at once and we will send you postpaid, and trust you will be pleased to call for us. When sold send us the money, 5c a box, and we will carefully pack and promptly forward to your address this handsome big, beautiful, dressed Doll, and the Bed-room, Dining-room and Kitchen Toy Sets of Furniture without delay. Write now another lovely extra present of a handsome gold-dialled jeweled Ring, and if you are quick in sending we give you an opportunity to secure a handsome "Gold" Watch without selling any more goods. Address THE MARVEL BLUING CO., DEPT. 249, TORONTO, ONT.

FREE A \$50.00 SOLID GOLD WATCH



for you, or we will pay you \$50.00 Spot Cash to buy a SOLID GOLD Watch from your own jeweller, if the watch we send to every person answering this advertisement is not found exactly what we claim. We intend by our liberality to rapidly introduce the Greatest Vegetable Remedy of the age for Constipation, Dyspepsia, Rheumatism, Unhealthy Blood, Kidney Trouble, to stimulate the appetite, regulate the bowels and beautify the complexion. We don't want your money. Only send us your name and Post Office address and agree to sell only 12 boxes of our Marvelous Remedy at 25c. a box. We will then send you the remedy by mail at once. When sold you send us only \$5.00 of our money and we will send you one of our handsomely engraved case American movement watches and you can send us the other \$1.00 of our money when you receive the watch. Now is your chance to get a fine watch without spending a cent and you will never regret having helped to introduce our Remedy. Here is an advertisement that is fair and square, and, as we said before, we will pay you \$50.00 in cash to buy a Solid Gold Watch from your own jeweller, if you find that the watch we send you is not exactly what we claim. We send a guarantee with every watch. Write to-day.

THE DR. ARMOUR MEDICINE CO., DEPT 258 TORONTO, ONT

THE SPICE OF LIFE.

Show your "This-Is-My-Busy-Day" sign to the devil of dread and anxiety that would point you either to the good old times or the good time coming, while robbing you of all that is yours—THE PRESENT.

"Do you think," she asked the dermatologist, "that you can make my nose beautiful?"

"Well, I may not be able to make it beautiful, but I couldn't help improving it some, even if I were to hit it with a mallet."

Representative Fitzgerald, of Boston, has a story of an Irish couple in that city who, despite a comparatively happy married life, were wont to have violent misunderstandings. Nevertheless, the pair were devoted to each other, and when the husband died not long ago the widow was inconsolable.

Shortly after the funeral a friend who had dropped in to see how Mrs. Milligan was getting on chanced to remark:

"Well, there's one blessing, Maggie, for they do say that poor Mike died happy."

"Indeed he did," responded the widow.

"The dear lad. The last thing he done was to crack me over the head with a medicine bottle."

"THE SIMPLE LIFE."

Material comfort, education, the cradle of civilization—these things constitute the Frame of the Picture. But the frame no more makes the picture than the frock the monk, nor the uniform the soldier. Here the picture is man, and with his most intimate possessions—namely, his conscience, his character and his will.

While we have been elaborating and garnishing the frame, we have forgotten, neglected, disfigured the picture. Thus are we loaded with external good, and miserable in spiritual life; we have an abundance of that which, if must be, we can go without, and are infinitely poor in the one thing needful.

We must search out, set free, restore to honor the true life, assign things to their proper places, and remember that the center of human progress is moral growth.

IF YOU ARE WELL BRED,

You will be kind.
You will not use slang.
You will try and make others happy.
You will not be shy or self-conscious.
You will never indulge in ill-natured gossip.

You will never forget the respect due to age.

You will not swagger or boast of your achievements.

You will think of others before you think of yourself.

You will not measure your civility by people's bank accounts.

You will be scrupulous in your regard for the rights of others.

You will not forget engagements, promises or obligations of any kind.

In conversation you will not be argumentative or contradictory.

You will never make fun of the peculiarities or idiosyncrasies of others.

You will not bore people by constantly talking of yourself and your affairs.

You will never under any circumstances cause another pain if you can help it.

You will not think that "good intentions" compensate for rude or gruff manners.

You will be agreeable to your social inferiors as to your equals and superiors.

You will not sulk or feel neglected if others receive more attention than you do.

You will not have two sets of manners—one for "company" and one for home use.

You will let a refined manner and superior intelligence show that you have travelled, instead of constantly talking of the different countries you have visited.

You will not remark, while a guest, that you do not like the food which has been served to you.

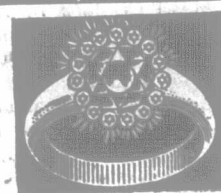
You will not attract attention by either your loud talk or laughter, or show your egotism by trying to absorb conversation.—[Success.

Treated by Three Doctors for a Severe Attack of Dyspepsia,

Got No Relief From Medicines, But Found It At Last In

Burdock Blood Bitters.

Mrs. Frank Hutt, Morrisburg, Ont., was one of those troubled with this most common of stomach troubles. She writes:—"After being treated by three doctors, and using many advertised medicines, for a severe attack of Dyspepsia, and receiving no benefit, I gave up all hope of ever being cured. Hearing Burdock Blood Bitters so highly spoken of, I decided to get a bottle, and give it a trial. Before I had taken it I began to feel better, and by the time I had taken the second one I was completely cured. I cannot recommend Burdock Blood Bitters too highly, and would advise all sufferers from dyspepsia to give it a trial."



ELEGANT 14K. RING AND GOLD WATCH FREE

Anyone can secure these handsome premiums by a few hours easy work. We are giving away hundreds of costly rings and watches to introduce our house and goods. Send us your name and address and agree to sell only 12 of our hand-ome Jewellery novelties at 10c each. We trust you will send jewellery by mail postpaid. They are beautiful goods and sell quickly when sold send us the \$1. and we send you the handsome 14k. Gold Finished Ring, set with beautiful large Pearl, Turquoise, Ruby and Diamonds, magnificent costly Rings. If you send for the goods without delay and sell them and return the money quickly, we will give you an opportunity to secure a handsome "Gold" Watch without having to sell any more goods. Don't miss this grand opportunity. Address THE MARVEL BLUING CO., DEPT. 249, TORONTO, ONT.



HANDSOME 14k RING and GOLD WATCH FREE

Hundreds of beautiful Rings and Watches Free to anyone. Send us your name and address and agree to sell 20 packages of our famous Marvel Washing Blue at only 5c. a package. We trust you will send bluing by mail postpaid. Every lady needs bluing, and at only 5c. a package you can sell the 20 packages in a few hours. When sold send us the \$1.00 and we will send you the handsome 14k. Gold Finished Ring, set with elegant large Marquise Pearls, Turquoise, Rubies, and Diamonds—handsome and costly Rings, if you write to us of the bluing without delay we will give you an opportunity to secure one of our magnificent "Gold" watches in addition to the Ring. Address: The Marvel Bluing Co., Dept. 249, Toronto, Ont.

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