

HERN BANK
WINNIPEG
 Capital ... \$6,000,000
 ... 2,706,519

McMILLAN, K.C.M.G.
 pt. WM. ROBINSON
 ROBERT CAMPBELL
 Branches } V.F.
 (to Branch) CRONYN
 Business Transacted.
 Given to Savings Bank
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 Ave., cor. Wilton
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 General Manager

THE ERN LIFE
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ck John Milne
 Managing Director

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 PERFECT IN TONE
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 Special Donation Plan No. 7
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AVOID DANGEROUS ILLNESSES

Keep Your Health by Natural Means

It is a well-known fact among physicians that a large percentage of dangerous illnesses (Appendicitis among them) can be traced almost directly to Constipation. The majority of people do not attempt to rid themselves of Constipation until it really makes them sick. Then they attempt to do so with drugs. Drugs cannot cure Constipation. They may bring relief but they force Nature instead of assisting her and when we continue the use of drugs we find we must continue the use of them, and thus we become slaves to the drug habit.

The most natural way of removing this poisonous waste from the system is by the Internal Bath. This method is now used by over 300,000 people and recommended by physicians everywhere. This does away entirely with all drugs—just plain ordinary water is necessary, but it is wonderfully efficient.

Mr. A. Maclean of the Conger Lumber Co., Parry Sound, states: "I have used the J.B.L. Cascade since I received it 21 days ago with wonderful results. Before I started this treatment I could not pass one day without taking medicines, and since then I have not taken one dose and feel much better. I have been troubled with Constipation for the past 35 or 40 years. I cannot speak too highly of the Cascade Treatment."

Don't neglect Constipation. Don't attempt to cure Constipation, and its ills, by unnatural methods. Investigate Dr. Charles A. Tyrrell's Cascade to-day. Surely it is simple self-justice to find out more about a system that has done so much good for thousands of others. Dr. Tyrrell will be glad to send you full information and his free booklet entitled: "Why Man of Today is Only 50% Efficient," if you will address him, Charles A. Tyrrell, M.D., Room 561-7, 280 College Street, Toronto.

British and Foreign

The Rev. E. Brook Jackson, the rector of Holy Trinity, Dean Bridge, Edinburgh, has been appointed to the important rectory of Streatham, Surrey.

Bishop of Killaloe.—Canon Sterling Berry, D.D., rector of Blackrock, Dublin, and formerly rector of Parsonstown, King's Co., Ireland, has been elected Bishop of Killaloe.

The New Bishop of Lahore.—The King has approved of the appointment of the Rev. Henry Bickersteth Durrant, M.A., to be Bishop of La-

Rheumatism Crippled Arms

So stiffened up by rheumatism that he could not dress himself without help was the condition of Mr. Clarke, who tells in this letter how he was entirely cured by Dr. Chase's Kidney-Liver Pills.

The kidneys must be got right before rheumatism can be really cured, and hence the success of this great medicine.

Mr. James Clarke, Maidstone, Sask., writes:—"I can honestly say that Dr. Chase's Kidney-Liver Pills have done me a world of good, and cured me of rheumatism. For two years I suffered from rheumatism in the shoulders, and could not raise my arms above the head. I could not dress or undress myself without help, and was obliged to hire help to do my work. No medicines that I could find did me any good.

"A friend wrote from England and begged me to try Dr. Chase's Kidney-Liver Pills. This treatment soon brought relief, and in six months I was entirely free of rheumatism. That was four years ago. I am now 60 years of age, and can do a day's work with any man."

here in succession to Bishop Lefroy, the new Bishop of Calcutta and Metropolitan of India. After serving for two years in the curacy of St. Matthew, East Stonehouse, he went to India as C.M.S. missionary at Agra. He has worked in the diocese of Lucknow from 1897, with an interval for furlough from 1902 to 1905. He was appointed Hon. Canon of Lucknow and Examining Chaplain to the Bishop of Lucknow in 1912.

Boys and Girls

WHY ADAM AND EVE WERE HAPPY.

The teacher in one of the London slum schools was talking about the delights of the Garden of Eden, its

Think

of something hard to clean then try



Chapped Hands — Rough Skin — Sore Lips — Cured by Campana's Italian Balm. Send two-cent stamp for postage on free trial size, or 25c. for a full-sized bottle, postage paid—mentioning this paper—to the distributors for Canada. E. G. West & Co., Toronto, Can.

fruit trees and its bright flowers and the placid life which our first parents led in it. She then asked the question: "And, children, why was it that Adam and Eve were so happy, so perfectly happy there?" "Please, ma'am," answered the child, promptly and eagerly, "'cause they was always in the country."

QUEER EGYPTIAN BURIAL CUSTOMS.

The Egyptians have many curious customs in connection with the burial of their dead and the healing of the sick. At every Moslem funeral, for instance, there are hired mourners, varying in number according to the wealth of the deceased. These funerals are always headed by old blind men, carrying long staffs in their hands and wailing loudly. They are followed by the relatives and friends of the deceased, and then comes the coffin. This is succeeded by two or three of the native flat carts common to Cairo, filled with women mourners. Mourning, in fact, is quite a profession among the women.

IMITATIONS ABOUND
 Every one shows the dealer a larger profit, but none possess the flavour of

"SALADA"

or give the same satisfaction to the tea drinker. Black, Mixed and Green. Sealed lead packets only.

Every day you see groups of them squatting on the ground outside the hospital at Cairo, waiting to be hired for a funeral.—Wide World Magazine

TALES OF CATS.

Stories That Come From the Historic Tower of London.

Two stories of the intelligence and sympathy of our feline friends were told me during one of my numerous visits to the Tower of London while I was living in England.

Southampton was a prisoner in the Tower with the Earl of Essex during Elizabeth's reign. In some strange way or by some unrecognized faculty a favorite cat of his found his abode and suddenly appeared to him, having made an entrance down the chimney. After his release by James I., Southampton had his picture painted with his faithful friend at his side. The portrait, I believe, can to-day be seen at Wilbeck Abbey.

The other tale is of Sir Henry Wyatt, who was committed to the Tower during the reign of Richard III., and suffered much from want of clothing and food. He would have perished if a cat had not come down into his room and warmed him by lying on his breast and saved him from starvation by bringing him an occasional pigeon caught on the leads. Although the keeper was under orders not to improve his food,

he agreed to cook anything which Sir Henry provided, and the pigeons which the cat brought saved his life. He also had a picture painted showing the cat offering a pigeon through the bars of his cell.—Our Dumb Friends.

Child Almost Strangled

You never know what minute a child will develop a bad cold or be seized by croup. For this reason it takes a great burden off every mother's mind to have at hand Dr. Chase's Syrup of Linseed and Turpentine.

Mrs. E. W. Silver, South Milford, Annapolis County, N.S., writes:—"I have used Dr. Chase's Syrup of Linseed and Turpentine for my little boy, with most satisfactory results. His throat would fill up with phlegm so bad that he could scarcely make a sound, and I thought he would surely strangle. He grew worse, and had frequent bad attacks, so I began using Dr. Chase's Syrup of Linseed and Turpentine. Scarcely half a bottle was used when the strangling ceased. This medicine had a wonderfully soothing effect, and when he had taken two bottles I could not tell that he had any throat trouble. We have also used Dr. Chase's Ointment, with equally good results. It is a grand medicine for salt rheum."

There are imitations, but the genuine Dr. Chase's Syrup of Linseed and Turpentine bears the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

WORK THIS PUZZLE! SEND NO MONEY!!

FREE **ILLINOIS** **\$50.**
RE **CASH**
DA **PRIZE**

ALSO A PRIZE OF \$10 FOR NEATEST SOLUTION.
 Somebody who sends for particulars of this Puzzle Contest telling us **WHAT THREE STATES IN THE UNITED STATES ARE REPRESENTED** by the above Three Sketches, will receive a **\$50 GOLD WATCH** or **\$50 IN GOLD MONEY!** Try it at once. It may be you.
 Write the names of the States in a letter or postcard, giving your Name and Address.
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