

COMRADES.

Bobby was ten years old, and an alarmingly light-hearted and careless young person. It was supposed, however, that he would be capable of escorting his grandmother to the family Christmas dinner, one block away from her home, without mishap.

He was tall for his age, and he offered his arm to his grandmother in a gallant and satisfactory manner as they started off together.

"I hope he will remember that she is almost ninety, and not try to hurry her."

SKIN AND BLOOD PURIFICATION

Cuticura Soap, Ointment and Resolvent

Cleanse the Skin, Scalp and Blood

Of Torturing, Disfiguring Humours with Loss of Hair

WHEN ALL ELSE FAILS

Thousands of the world's best people have found instant relief and speedy cure by the use of Cuticura Resolvent, Ointment and Soap in the most torturing and disfiguring of itching, burning and scaly humours, eczemas, rashes, itchings and inflammations.

Thousands of tired, fretted mothers, of skin-tortured and disfigured babies, of all ages and conditions, have certified to almost miraculous cures by the Cuticura remedies when the best medical skill had failed to relieve, much less cure.

Cuticura Treatment is local and constitutional—complete and perfect, pure, sweet and wholesome. Bathe the affected surfaces with Cuticura Soap and hot water to cleanse the skin of crusts and scales and soften the thickened cuticle, dry without hard rubbing, and apply Cuticura Ointment freely to allay itching, irritation and inflammation, and soothe and heal, and lastly take Cuticura Resolvent to cool and cleanse the blood, and put every function in a state of healthy activity.

More great cures of simple, scrofulous and hereditary humours are daily made by Cuticura remedies than by all other blood and skin remedies combined, a single set being often sufficient to cure the most distressing cases when all else fails.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 3 Rue de la Paix; Australia, R. Towns & Co., Sydney; Boston, 127 Columbus Ave.; Foster Drug & Chemical Corp., Sole Importers.

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"I'm sure I've cautioned him enough," said Bobby's mother, as she began to dress her younger children. But, when she arrived at the family party, it appeared that grandmother had turned her ankle and was lying on the lounge.

"Bobby," said the mother reproachfully, "where were you when grandma slipped?"

"Now I won't have that boy blamed," said grandmother briskly, smiling up into Bobby's remorseful face. "We came to a fine ice slide, and he asked me if I thought we could do it, and I told him I did. And I want you children to remember one thing: when you get to be 'most ninety, you'll count a turned ankle a small thing compared with having somebody forget that you've outlived everything, but rheumatism and sitting still. Anybody that likes can rub this ankle a minute or two with some liniment, but I want Bobby next me at dinner, mind!"—Youth's Companion.

THE CIGARETTE.

The fascination of the cigarette is in the nicotine it contains, just as that of whiskey is in the alcohol. But few of us realize what a deadly poison it is. Dr. J. H. Kellogg, of Battle Creek, Michigan, reports an experiment made by him as follows:

"A few months ago I had all the nicotine removed from a cigarette, making a solution out of it. I injected half the quantity into a frog, with the effect that the frog died almost instantly. The rest was administered to another frog with like effect. Both frogs were full grown and of average size. The conclusion is evident that a single cigarette contains poison enough to kill two frogs. A boy who smokes twenty cigarettes a day has inhaled enough poison to kill forty frogs. Why does the poison not kill the boy? It does kill him. If not immediately, he will die sooner or later of weak heart, Bright's disease or some other malady which scientific physicians everywhere now recognize as the natural results of chronic nicotine poisoning."

Just think of it, parents, teachers, and all who are interested in the rising generation. Do we want those who are to succeed us as citizens of this great nation to be mental and moral imbeciles? If not, we must not only use our personal influence to save the young from forming this deadly habit, but must insist upon legislation to prevent it. The man who will poison all his neighbors' boys, if he can, in order to make a little money, deserves not only social ostracism, but fine and imprisonment.—Senex Smith's Notes.

ALWAYS SOMETHING TO LEARN.

President Eliot was arguing in favor of education by "showing how," before the kindergartens. He said that he was learning something every day by being "shown how."

He illustrated his point by describing the training of medical students, and concluded by telling of an old friend of his who had suddenly become deaf in one ear.

"How did it happen?" I asked him. "Well, I was blowing my nose the other day, when I felt something snap in my ear, followed by an aching and dullness."

"When the doctor came he said the drum was split, and asked how I did it. 'I only blew my nose,' I told the doctor."

"Well, had you opened your mouth

when you blew your nose you would not now have a damaged ear-drum, was the medico's reply."

"You see, my friend had lived seventy years and had never been showed how to blow his nose," continued President Eliot. The application was appreciated and greeted with a great burst of laughter.—Boston Journal.

TROUBLESOME BABIES.

Babies are not naturally troublesome—they should be bright, active and happy and a joy to your home. When baby is troublesome you may depend upon it there is some of the many minor ailments bothering him. These can all be overcome by the use of Baby's Own Tablets. Proof of this is given by Mrs. C. L. Marshall, Falkland Ridge, N. S., who says:—"I am pleased to state that I have used Baby's Own Tablets for my children with great success. I think the Tablets the very best medicine for all the ailments of small children and would recommend them to mothers who have troublesome babies."

Baby's Own Tablets cure constipation, indigestion, diarrhoea, prevent croup, allay irritation at teething time, break up colds and destroy worms. In fact there are none of the minor ailments of childhood which the Tablets will not cure. Sold by druggists or may be had at 25 cents a box by writing direct to Dr. Williams Medicine Co., Brockville, Ont.

RULES FOR THE BATHROOM.

- 1. Open the window, top and bottom.
2. Take out all soiled towels, washcloths and linens.
3. Take out the rug, if there must be a rug, and leave it in the air awhile after shaking.
4. Run hot water into the bathtub with a dash of ammonia or soda or plain soap, and scrub well—ends, sides and bottom. Rinse well with hot and cold water and wipe dry.
5. Wash all sponges and hang in the air to dry.
6. Wash soap dishes, mugs, slab, faucets, bowl and closet with soapy water, and wipe dry.
7. Wring a housecloth as dry as possible and lightly wipe over the closet seat and lid and all woodwork and walls, and, last of all, the floor.

It sounds long to listen to, but it is short and quick work to do. Fifteen minutes means a fresh, bright-looking room that can honestly call itself "clean" till the next day.—Pittsburgh Dispatch.

THE VALUE OF HOT WATER.

The uses of hot water are many. For example, there is nothing that so quickly cuts short congestion of the lungs, a sore throat, or rheumatism as hot water when applied promptly and thoroughly. Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck. A towel folded several times, dipped in water, quickly wrung out and applied over the toothache or neuralgia, will generally afford prompt relief. A strip of flannel or napkin, folded lengthwise and wrung out in hot water and then applied around the neck of a child that has croup will sometimes bring relief in ten minutes.

Many thanks are due from the proprietors of Weaver's Cerate to friends who have written to tell of the Cerate's good work in curing scrofulous humors, scald head and other skin diseases.

THE HACKING COUGH.

One of the meanest things to get rid of is hacking cough. There is apparently no cause for it. No soreness, no irritation at first; but the involuntary effect of the muscles of the throat to do something is almost constant. Of course with many cough is a habit, but it is a bad habit, and should be stopped. When you realize this and try to stop it, you find you can't, for by that time there is an actual irritation, which will never get better without treatment.

It is a curious thing that nearly all treatment for cough actually makes the cough worse. Therefore, most medicine for cough have a bad effect on the stomach. This is especially true of so-called cough remedies that contain a narcotic. The true treatment for cough is one that heals the irritated surfaces. This is what Adamson's Botanic Cough Balsam does. It protects the throat also while the healing process is going on. When this remedy was first compounded our old men were young boys, and all this time it has been doing a steady work of healing throats. The most obstinate hacking cough will quickly show the effects of the Balsam. People who have been trying for years to break up the mean little cough, will find a sure friend in this old-time soothing compound made from the barks and gums of trees. All druggists sell Adamson's Botanic Balsam. 25 cents.

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Advertisement for BLYMYER BELL CHURCH BELLS, featuring a bell icon and text about quality and price.

Advertisement for BELL FOUNDRY, mentioning 'ESTABLISHED 1826' and 'PUREST BEST'.

Advertisement for CHURCH'S Chimes and Peals, with a bell icon and contact information for McSHANE BELL FOUNDRY.

HAD OVER 500 BOILS.

This may seem an exaggeration to you, BUT IT IS TRUE. All sufferers from Bad Blood should read about this miraculous cure by

BURDOCK BLOOD BITTERS.

CURED IN 1885. Mr. David F. Mott writes us from Spring Valley, Ont., in 1885. He said:—I suffered from impure blood and had over 500 boils, but since taking BURDOCK BLOOD BITTERS I am entirely cured, and can recommend it to any person troubled with bad blood.

CONFIRMED IN 1901.

Mr. Mott writes us from 62 Broad St., Utica, N.Y., under date of Dec. 31st, 1901. He says:—Some time ago I received a letter from your firm, saying that some years ago you received a testimonial from me, stating that I had over 500 boils. Yes, sir, I had, and I must say that I have never had the reappearance of one since I took the course of your BURDOCK BLOOD BITTERS. I thank God that I have had good health ever since, for I was a great sufferer. I wish B.B.B. a world of success, which it surely deserves.

For sale at all druggists or dealers. THE T. MITCHELL CO., LIMITED, Toronto, Ont.