

Girlhood and *Scott's Emulsion* are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS, 50c. AND \$1.00.



The Limit of Human Speed.

(From the London 'Saturday Review'.)

One thing alone can intervene and put the curb on the desire for speed—man's power of endurance. Already there are signs that it has almost reached its limit. The increase of nervous diseases, the spread of insanity, these and other warnings should serve as danger signals that the speed of modern life is excessive. The adjusting of a man's frame to rapidly changing conditions, great though it be, yet has its limits.

Machinery may be perfected to an incredible degree, but man—unless we are to conceive of him as becoming absolutely machine-like—will always have his limitations of flesh and blood. He will always be a fantastic creature subject to strange emotions, uncertain gusts of passion, sudden tricks of nerves or of physical exhaustion. Among the daily catastrophes from the lust of speed it is rare to find that it is the machinery which is at fault. It is the failure of the eye to transmit with sufficient rapidity the danger-message to the brain, or an error in judgment, or a sudden nerve-failure—one of these which brings about disaster. Man may perfect the machine, but he remains himself ever imperfect.

Put the Blood in Condition

BY THE RESTORATIVE BLOOD-FORMING PROPERTIES OF

Dr. Chase's Nerve Food.

It is weakness that causes most of our sufferings—weakness of the heart, weakness of the stomach, weakness of the liver, kidneys and bowels.

The result is feelings of languor and depression, and impaired action of the vital organs, headaches, indigestion, spells of dizziness and weakness, sleeplessness, irritability, and a general run-down condition of the system.

Put the blood in good condition by the use of Dr. Chase's Nerve Food, and you have a foundation for health to build on. Weakness and disease will give way to new strength and vigor, and languor and discouragement will yield to new hope and happiness.

Mr. Fergus Conn, Lily Oak, Ont., writes: "As a result of the severe winter and an attack of la grippe, I was all run down this spring. I soon improved very much by using Dr. Chase's Nerve Food. My appetite is better than it has been for years, and though sixty years of age I am able to do a man's work on the farm following a team. I believe that I owe my good health to the use of Dr. Chase's Nerve Food."

Mrs. George Beattie, Carr's Brook, Colchester Co., N. S., writes:—"Last spring I was very much run down, felt tired all the time and did not seem to have life or energy enough to do my work. Three boxes of Dr. Chase's Nerve Food did me a world of good and made work a pleasure to me. I have not had occasion to use any medicine since, and have recommended Dr. Chase's Nerve Food to all my friends."

"We always keep Dr. Chase's Kidney-Liver Pills in the house to be used for constipation, pains in the back and stomach troubles."

By means of good blood only can Nature make weak people strong, and Dr. Chase's Nerve Food is composed of the most powerful blood-forming elements known to medical science. Every dose is bound to be of some benefit to you; 50 cents a box, at all dealers, or Edmondson, Bates & Co., Toronto.

THE HEART AND SUDDEN DEATH.

A Popular Misapprehension Corrected.

(Literary Digest.)

The belief that sudden death is frequently caused by "heart disease" is widespread, and a pain in the region of the heart often causes fear which in itself produces irregularity of heart action and makes the trouble worse. We are assured by physicians that there is very little danger of this kind. Says an editorial writer in the Medical Times;

"This fear of death from heart disease is certainly fostered by lay press-accounts which one finds daily and perhaps several times in one issue. The diagnosis in the event of a sudden death on the public thoroughfare is often made by an astute policeman. That the unfortunate man died of heart failure is a conclusion quite satisfactory to the lay reader; and . . . the worry exhibits itself reflexly in precordial uneasiness. It were quite as scientific to state that one dies of failure of respiration; every creature's death comes about ultimately with the cessation of one or the other of both of these phenomena. Thus the average citizen has come to fear, whenever he goes to bed with a sensation to the left of the sternum, that—to use a hibernicism—he will wake up in the morning to find himself dead."

"Another frequent factor in inducing symptoms which the patient believes to be due to a disease of his heart is gastric pyrrhosis and flatulence. The distended stomach, with little less than the thin diaphragm to separate it from the heart, presses upon the latter organ so that the uneasiness results which is referred to. Nor would we by any means hold lightly that valvular disease is not attended with danger to life, yet we know that most of those who suffer thus live many months, and that their comparatively slow demise is due to some such concomitant factor as a kidney lesion or to the pressure effects of a dropsy. Yet we would observe here parenthetically that there are heart lesions which may result in sudden death . . . Except in these conditions, however, sudden death is not to be apprehended as due to heart. . . . Stokes half a century protested against the popular conception that sudden death is very common in disease; even so the termination is as a rule only after abundant warning. Gibson of Edinburgh has recently emphasized Stokes' expressions. And with these two English authorities Brouardel of Paris is in striking agreement, and finds for his part that death is especially apt to be brought about by the kidneys, and next to this apoplexy is responsible. This would leave heart disease to occupy only the third place."

"Nevertheless, 'from a prophylactic view point it will be found that the measures best calculated to avoid sudden death from kidney disease will be essentially the same as those calculated to secure the integrity of the heart. Among them the most important are the avoidance of alcohol, tobacco, too large an amount of meat, and the prevention of auto-intoxication of all kinds.'"

Barber Saves The Clippings.

(Philadelphia 'Bulletin'.)

The barber as his patron arose shook from the apron to the floor the short locks that he had clipped from the man's head and a boy appeared, swept up the hair and placed it carefully in a large bag.

"Has it got any use?" asked the patron, with an interest and pleased smile.

"Of course it has said the barber. 'Would I save it otherwise?'"

"But it is so short."

"No matter. It has its uses."

"What is it used for?" said the man. "What will become of that short hair which I have been carrying about under my hat?"

"Well," said the barber, "some of it will go into mortar, some of it will stuff furniture, but most of it will be made into those fine strainers which are used to clarify the best syrups. There are no strainers equal to those woven of short human hair, and for all the hair that we barbers can supply the strainer makers keep up a steady demand."

LINGERING COLD

Withstood Other Treatment But Quickly Cured by Chamberlain's Cough Remedy.

"Last winter I caught a very severe cold which lingered for weeks," says J. Urquhart, of Zephyr, Ontario. "My cough was very dry and harsh. The local dealer recommended Chamberlain's Cough Remedy and guaranteed it, so I gave it a trial. One small bottle of it cured me. I believe Chamberlain's Cough Remedy to be the best I have ever used." This remedy is for sale by all dealers.

Feeding a Battle-Ship Squadron.

The United States Navy Department has undertaken catering on a magnificent scale. It is arranging the feeding of the battleship squadron which sails in December for the Pacific, and the magnitude of the task is evident when it is noted that each of the sixteen battleships in the squadron has a complement of about 30 officers and 800 men, and each of the six torpedo boats 6 officers and 70 men, making a grand total of more than 13,700 men to be fed for five months.

There will be more than 6,500,000 pounds of provisions of various sorts, not counting those articles that come by the dozen, gallon, and can. Besides the different kinds of food, there will be quantities of fruit, extracts, eggs and table delicacies.

Those who do not know would be greatly surprised to learn what the usual fare of the sailor consists of, and the articles that are being purchased for this cruise is only a fair sample of the rations served.

The galley-cooks will certainly make out a very good bill of fare with the following list of provisions: 1,200,000 pounds of spring wheat flour, 20,000 pounds of oatmeal, or, when served to the men, called "burgoo," 61,000 pounds of yellow cornmeal, 25,000 pounds of cocoa, 20,000 pounds of prunes, about 475,000 pounds of canned peaches, and other canned fruit. There will be plenty of meat, both fresh and salted, and they will have no trouble in disposing of 1,000,000 pounds of fresh beef, 100,000 pounds of mutton, 50,000 pounds of tinned ham, 150,000 pounds of salt pork, 100,000 pounds of tinned corn beef, 50,000 pounds of bacon, 300,000 pounds of smoked hams, 15,000 pounds of pork loins, 15,000 pounds of veal, 10,000 pounds each of frankfurter sausages, bologna, and pork sausages, 5,000 pounds of head cheese and 40,000 pounds of chipped beef.—Charles A. Sidman in Harper's Weekly.

PLAIN TALK FROM THE DOCTOR

A prominent physician, famous for his success in the treatment of kidney and bladder troubles, stated that to the following prescription is due a great deal of his success:

One ounce fluid extract dandelion;
One ounce compound salutarina;
Four ounces compound syrup sarsaparilla.

Mix and take a teaspoonful after meals and at bedtime, drinking plenty of water.

This mixture will, he says, positively cure any diseases arising from weak, clogged or inactive kidneys, and will assist these organs to cleanse the blood of the poisonous waste matter and acids, which if allowed to remain, cause lumbago, lame back, rheumatism and sciatica, and at the same time will restore the kidneys to healthy normal action. The ingredients, which are purely vegetable and entirely harmless, can be procured from any good druggist and mixed at home at very little cost. This advice will undoubtedly be much appreciated by many readers.

UNIFORM KEENNESS NO HONING—NO GRINDING.

You want comfort and satisfaction of clean smooth shaves every morning.

The Carbo Magnetic is the only razor UNCONDITIONALLY GUARANTEED to give this. The secret Electric Tempering positively merges every particle of carbon (the life of steel) into the metal—giving diamond-like hardness throughout the blade—something absolutely impossible with fire tempered steel used in making all other razors.

But test this razor in your own home—or have your barber use it on you. Secure one 30 DAYS TRIAL with NO OBLIGATION TO PURCHASE.

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I have the Best and most economical paint for you to use.

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The good looks, and shape, and wear, too—of a "Progress Brand" Coat, depend on the part you never see—the INSIDE.

This figure shows the anatomy of "Progress Brand" Coats. The patent sleeve and shoulder pads—the strong felt, genuine hair-cloth and thoroughly shrunken canvas. This foundation is moulded by hand and held by hand stitches.

It is this perfect building of the foundation that gives perfection to the finished "Progress Brand" garment.

"Progress Brand" Suits and Overcoats prove that they are made right, by the wear they give.



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Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

We employ a first-class Turner, and make a specialty of Church, Stair and Verandah work. Call and see our stock or write for prices before purchasing. All orders promptly attended to.

Just imported, a consignment of No. 1 White Wood. Clapboards for sale.

Hard Pine Flooring and Finish.

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Look Anyway

When in our streets and you will see a Harness that came from our shop.

Ask Anybody

If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not right, we wouldn't do that, would we?

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A New Woodworking Factory.

The undersigned have taken over the HAYDEN FACTORY and are prepared to supply all kinds of BUILDERS' MATERIALS, in fact everything that is manufactured in a first-class woodworking factory. We will be open and ready for business on April 1st. Soliciting your patronage.

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Will not only look better, but will last longer if you keep it in good condition.

You are cordially invited to bring it to my Paint Shop and have it painted and Varnished and made to look like new.

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over Loane's Factory,

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