



Most people know that if they have been sick they need *Scott's Emulsion* to bring back health and strength.

But the strongest point about *Scott's Emulsion* is that you don't have to be sick to get results from it.

It keeps up the athlete's strength, puts fat on thin people, makes a fretful baby happy, brings color to a pale girl's cheeks, and prevents coughs, colds and consumption.

Food in concentrated form for sick and well, young and old, rich and poor.

And it contains no drugs and no alcohol.

ALL DRUGGISTS; 50c. AND \$1.00.

A Pastor's New Year's Message.

May this be your holy Resolution. Keep friends with yourself. Keep friends with others. Keep friends with Christ. This demands the relentless condition of Sincerity and Truth and Faith and Sympathy and Self Abandon. Do not be afraid of it. Push the Soul's Divinity up against it. Break the rough shell of this hard condition and within you will discover the seed of life's highest and happiest. To be a friend is the supreme art. You have the genius—you simply need the practice. And this means the perpetual giving of one's best.

"Beyond the poet's sweet dreams lives The eternal epic of the man. He wisest is who only gives. True to himself the best he can; Who, drifting in the winds of praise, The inward monitor obeys; But, with the boldness that confesses fear, Takes in the crowded sail, and lets his conscience steer."

Uric Acid Stones
In the Kidneys
CAUSED EXCRUCIATING PAIN—
CURE EFFECTED SIX YEARS
AGO BY
DR. CHASE'S
KIDNEY-LIVER PILLS.

The passing of stones or gravel, as the uric acid formation is called, from the kidneys through the ureters to the bladder probably produces the most terrible pain that human being was ever called upon to bear.

Mrs. Walter Horubrook, Cody's, Queens county, N. B., writes:—
"I was a great sufferer from kidney disease which the doctor described as the uric acid stones passing from the kidneys to the bladder. I heard of some cases being cured by Dr. Chase's Kidney-Liver Pills and sent for some. Altogether I used seven boxes and was completely cured. That was six years ago and I have never had a pain in my kidneys since. We are never without Dr. Chase's Kidney-Liver Pills in the house."

Mr. Daniel Brown, English River, Ont., writes:—"For three years I suffered with urinary troubles, partaking of the nature of stones in the bladder or gravel, and the pain which I endured can scarcely be described. I was unable to do any work, and frequently discharged blood. Though I spent hundreds of dollars in doctors' bills I received no relief, and at last decided that I would never be able to work again.
"While in this condition I was advised to try Dr. Chase's Kidney-Liver Pills, and though I had no faith in them or in anything else, I decided to give them a fair trial. After using one box I felt a decided change for the better, and after taking five boxes I felt like a new man. I am entirely out of pain, and have no more discharge of blood. I can honestly recommend Dr. Chase's Kidney-Liver Pills to any fellow-sufferer, and will cheerfully verify this statement to anyone writing me."

There could scarcely be a more severe test of any treatment for the kidneys, and when Dr. Chase's Kidney-Liver Pills prove successful in such cases as this they can surely be depended upon in less severe kidney ailments. One pill a dose, 25 cents a box, at all dealers, or Elmanson, Bates & Co., Toronto.

Lead Pipe vs. Iron Pipe For Plumbing.

Modern times have witnessed a tendency to substitute iron pipe for ordinary connections, specious arguments as to its superiority being advanced by those most interested in its jurisdiction. An impartial consideration of these pleas will not by any means serve to convince the owner-builder of the advantages of iron as a substitute for lead pipe, as the following brief resume of their respective merits will prove: Iron, or what is today the same thing, steel pipe galvanized, is cheaper in first cost than lead, and it is to the short-sightedness of those who did not look beyond this fact that we owe the gradual introduction of iron (or steel) pipe in plumbing work. While iron pipe is notably susceptible to corrosion and suffers particularly under the

effect of electrolysis, lead pipe under similar circumstances is almost indefinitely durable. In the course of archaeological excavations in Rome, Pompeii and other ancient centres of civilization, lead pipe has been unearthed that is more than 2,000 years old and still a good water conductor. Lead, like iron, is subject to the effect of electric decomposition, but not more so than iron, if as much.

Other disadvantages under which iron pipe labors are its rigidity, the sharpness of the bends it must make by means of its cast fitting and the number of joinings its short length compels. Every screwed coupling joint in an iron pipe is a weak spot, at which leakage is likely to develop; the wiped solder joints of lead pipe, on the other hand, are strong points, and if properly made will never give way.

The very manner of making the joints in lead and iron pipe constitute one of the defects of the latter. In the first place, the interior capacity of the lead pipe is continued without decrease; the iron pipe joint, owing to the burr the tools cause in cutting and threading, provides a more or less restricted passage for the fluid passing through it. Not only this, but the cutting process, as a rule, damages the galvanizing, as the coating of zinc depended on to prevent corrosion of the iron is called, and the result is usually not only a leaky joint but a joint that leaks rusty water.

In other countries, England for instance, lead is used extensively, not only as a water conductor, but for waste and air pipes, owing to its pliable character allowing it to adapt itself to settlements, etc., that would inevitably result in leaks in the rigid iron pipe, with its caulked joints. In many of the old houses in English cities, lead pipe, some of it centuries old and hand made at that, is still doing good service.

Another advantage of lead pipe is the readiness with which it can be repaired, without disturbing the remainder of the plumbing systems. The disadvantages of its substitution for iron pipe, for a majority of the plumbers' purposes, makes the change worth looking into on the part of the owner and builder.—Shoppell's.

A Physician Champions Candy.

"At its worst, candy is not half so dangerous as hash, soup out of a stock pot, bread pudding, or any other of the sacred mysteries wrought out of stale and decaying odds and ends, which are worshipped by many model housekeepers," says Dr. Woods Hutchinson, in the Christmas Woman's Home Companion. "The substitution of starch for butter or cream, to give body to the cheaper creams and pastes, while very disagreeable, is absolutely harmless, and like the use of rancid butter, or oven cheaper fats, such as suet and lard, will promptly reveal itself to the unblunted palate. In fact, candy is peculiarly protected from many adulterations and dangers by the very delicacy and purity of the flavor demanded of it.

"At one time arsenic was said to be used to give the green color to the cheaper grades of candy, but it was never common, and has passed out of use entirely since the introduction of aniline dyes.

"To sum up, candy when eaten in moderate amounts and toward the close, or shortly after a meal is a harmless and often beneficial addition to our diet.

"While a liking for it is perfectly natural and wholesome, an excessive craving is generally a sign of disease. Those young ladies who are said to live chiefly upon candy and pickles do not owe their pallor to the candy they eat, but to some definite morbid condition, most generally based upon a lack of proper exercise in the open air or of sufficient sleep. This should be corrected by proper hygienic or medical means, and then their normal appetite for more substantial foods will return. Failing this, it is perfectly idle to try to cut off their supply of candy. They had better eat that than nothing, which will be their choice until their normal condition is restored."

ROYAL MINT OPENED.

First Coins, a Fifty Cent and One Cent, Stamped by Their Excellencies.

Ottawa, Ont., Jan. 2.—In the presence of the Hon. W. S. Fielding, Minister of Finance, and other members of the cabinet, and a limited number of citizens, the Governor-General, as representative of His Majesty the King, formerly declared the Canadian branch of the Royal Mint open. This ceremony took place in the main hall. The visitors then entered the stamping room, where his Excellency, pulling a lever, coined the first and only fifty-cent silver coin, which he retains as a souvenir of the event. Her Excellency then pulled a second lever and coined a Canadian cent with the date of 1908. This she retains. This done, the work of coining cents was proceeded with, the visitors meanwhile watching the process. The ceremony concluded with a luncheon. As the guests made their exit each was presented with one of the newly-coined cents. Sir Wilfred Laurier was not able to be present. A cablegram announcing the opening was despatched to the Master of the Royal Mint, at London.

On Jan. 13 the Mint will be open to the general public, when parties, not in excess of six at one time, will be privileged to inspect the operation of minting the coin of the realm.

Among those present were Viscount and Viscountess Middleton, Lord Lorcelles, Colonel Hanbury Williams, the Hon. R. W. Scott, Sir Charles Fitzpatrick, the Hon. R. H. Emerson, the Hon. Frank Oliver, the Hon. Wm. Templeton, the Hon. W. Patterson, the Hon. G. P. Graham, Mr. R. L. Borden, the Hon. George E. Foster and Senator Belcourt.

It is announced that there will be a refinery constructed in connection with the Royal Mint. Gold and silver, which comes from the smelter cannot be relied upon as being of the proper degree of purity or of the proper consistency or fibre for coining. The cost of the refinery will be in vicinity of fifteen thousand dollars, and the building will be erected within the enclosure which now contains the Mint. It will be completed during the coming summer. Electricity will be used for the refining, as this is the latest and the best method.

Bad Stomach Troubles.

Having been sick for the past two years with a bad stomach trouble, a friend gave me a dose of Chamberlain's Stomach and Liver Tablets. They did me so much good that I bought a bottle of them and have used twelve bottles in all. Today I am well of a bad stomach trouble.—MRS. JOHN LOWE, Cooper Maine. These tablets are for sale by all dealers.

A Substitute for Mine Timbering.

The newest innovation that has taken place in the method of working a coal mine is the substitution of concrete for the mine timbering. The experiments along this line are being made by the Reading Coal Company at Shamokin, Pa. A plant for the manufacture of these cement props will be erected at the North Franklin colliery, Trevorton, from which place the new style of "timbering" will be sent to all the other collieries. The Reading Company has spent considerable time and money in determining the best method for preserving mine timbers, and the present step seems to indicate that in the future cement will replace wooden props.

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