

FOR YOUR

Stomach's Sake

You should keep Mother Seigel's Syrup by you. It soothes and strengthens, cures wind, pain, cramps, colic and all forms of indigestion.

Take Mother
Seigel's
Syrup

Household Hints.

Any piece of woolen wrung out in gasoline makes a good duster.

French chalk will remove practically all grease spots from dress material.

Never use soap on window panes. Use either alcohol or ammonia to make them shine. Cream cheese, mixed with canned currants or jellied cranberries, makes a good sandwich filling.

Coal soot is easily removed from tin articles or porcelain if they are first coated with kerosene.

To keep insects away wipe the floors of closets after they have been scrubbed with gasoline or naphtha.

To remove inkstains from the hands, rub the juice of ripe tomatoes over them and rinse in warm water.

The flavor of a cup of cocoa is often made more delicate if the least bit of vanilla is placed in it.

If you cannot get into the deep recesses of a refrigerator with a scrub brush, try using a small, stiff, paint brush.

Instead of sewing hangers to towels, make buttonholes. They will last as long as the towel, and can't wear off.

The darkest stain on a mirror or window pane can generally be routed by rubbing with a flannel wet in spirits of camphor.

To remove rust from kettles, fill them with hay, packed tightly, fill in with boiling water, and let boil for several hours.

If your corn does not pop well, it will be that it is too old. Soak it in cold water for 15 minutes, drain and try again.

A Pink Tea Swindle.

It was prohibition country. As soon as the train pulled up, a seedy little man with a covered basket on his arm hurried to the open windows of the smoker and exhibited a quart bottle filled with rich, dark liquid.

"Want to buy some nice cold tea?" he asked, with just the suspicion of a wink.

Two thirsty-looking gentlemen brightened visibly, and each paid a dollar for a bottle.

"Wait until you get out the station before you take a drink," the little man cautioned them. "I don't want to get in trouble."

He found three other customers before the train pulled out, in each case repeating his warning.

"You seem to be doing a pretty good business," remarked a man who had watched him. "But I don't see why you'd run any more risk of getting in trouble if they took a drink before the train started."

"Ye don't hey? Well them bottles had in 'em, pardner, was real cold tea."—Everybody's Magazine.



Women's nerves are often ruined by sewing.

The strain of working the machine is bad. The strain on the eyes is often worse.

Once the nervous system is run down, nothing short of patient and persistent treatment will bring back health and vigor.

Rest if you can—get out into the fresh air and sunshine—build up the nervous system by using

Dr. A. W. Chase's Nerve Food

The sleeplessness, headaches, tired feelings and irritability soon disappear when Dr. A. W. Chase's Nerve Food is used. Nervous prostration and paralysis are prevented. Health and vigor are restored.



The genuine Dr. A. W. Chase's Nerve Food bears portrait and signature as shown in illustration, 50c a box, all dealers or Edman-son, Bates & Co., Toronto. Write for free copy Dr. Chase's Recipes.

"Down Deep in the Cellar."

Chug-chug! Br-r-r! br-r-r. Honk-honk; Gilligillug-gilligillug!

The pedestrian paused at the intersection of two busy cross streets, and looked about.

An automobile was rushing at him from one direction, a motor-cycle from another, and a taxicab was speedily approaching.

Zip-zi! Zing-glug!

He looked up and saw directly above him a runaway airship in rapid descent.

There was but one chance. He was standing upon a manhole cover. Quickly seizing it, he lifted the lid and jumped into the hole—just in time to be run over by a subway train.—Specialties.

Caesar's Robe.

When the weeping relict of Caesar was packing up to move out of the palace she came upon the toga worn by the deceased statesman on the day of the assassination.

"I don't know whether to darn this thing or to throw it away," she said.

"I'd keep it as a curiosity, Calpurnia," said her mother. "Some collector might pay you a good round sum for that garment."

"How absurd!" retorted Calpurnia. "What kind of a collector would want a thiek like that?"

"Oh, you never can tell," said the old lady. "Some rent-collector may come along some time, and it is just full of 'em."

—January Lippincott's.

It is Sometimes So.

Among applicants for service as a general housemaid in a Pittsburg family was a raw-boned Irish girl of rather forbidding aspect.

"Do you love children?" asked the mistress of the house, when satisfied that the girl would suit with respect to most requirements.

"Well, mum," responded the Celt, with a grim smile, "that all depends on the wages."

EASE FOR PILES!

"I Used to Suffer, but——"

This is the experience of a lady who used to suffer from this terrible ailment, but found a cure. The writer is Mrs. E. Boxall, of 97 Scott St., St. Thomas. She says: "I consider it my duty to write of the benefits derived from using Zam-Buk. For some months I was a constant sufferer from bleeding piles. I used a great many ointments, but got no relief until I tried Zam-Buk. It cured me, and I have had no return of the trouble. Since my cure I have advised several others suffering from piles to use Zam-Buk, and in each instance have had satisfactory results."

If you suffer from this ailment apply Zam-Buk at night before retiring, and you will be satisfied with the result! A contributory cause of piles is often constipation, and a mild laxative will greatly aid the operation of Zam-Buk. For fistula, inflamed patches, and sores due to blood poisoning, etc., Zam-Buk is equally effective. It is a soothing, cooling balm, which stimulates the cells beneath the epidermis and epithelium to natural action. It relieves the tension which in the case of piles causes such acute agony, and in all respects will be found eminently satisfactory. Zam-Buk is also a cure for eczema, ulcers, cuts, burns, bruises, rashes, chapped hands, frost bite, cold sores, bad leg, etc. All druggists and stores sell at 50c. box, or post free for price from Zam-Buk Co. Toronto.

King Edward's Smoking Habits.

Many of King Edward's Christmas and New Year's presents take the form of cigars or cigarettes drawn from the reserve stock in the cellars at St. James's Palace, where one of the most complete equipments for the maturing of cigars is to be found. The King is an inveterate cigar smoker, though acting on the advice of his physicians he is not smoking so much as he did a few years ago.

The King's cigars all come from Havana and from the same plantation. They bear no maker's brand upon them, they are packed in perfectly plain boxes. They are not very large, but if they could be sold in the open market they would be worth about three shillings each.

A few years ago the King was very fond of a briar pipe and was to be seen smoking one about the lanes near Sandringham. To-day he has abandoned this form of smoking and keeps exclusively to cigars. He does not care very much for a cigarette and is seldom to be seen smoking them.

Men are strong just in proportion as the ability to say NO, and stand by it. Look back on your own life,—what was it that caused your the most worry, wear, vexation, loss and pain? Wasn't it because you failed to say NO at certain times and stick to it?

Say good bye to wobbling. This vice of the inability to say NO comes from lack of confidence in yourself.

You think too much of the opinion of other people and not enough of your own. "Put your name right here—it is only a matter of form, you know—just between friends!"

And you sign your name. The years go by and there comes a time when you pay for your weakness in blood and tears.

And the real test is that the good opinion of the best people comes from saying NO, and not weakly yielding and putting your name to a subscription, a contract or an acknowledgment which was none of yours.

Cultivate Self-Confidence and learn to say, NO.

UNION BLEND TEA

the Tea that satisfies

THE best customers I have are people who simply cannot learn to like ordinary tea—they find in Union Blend a richness and delicacy coupled with a strength that other teas do not even approach.

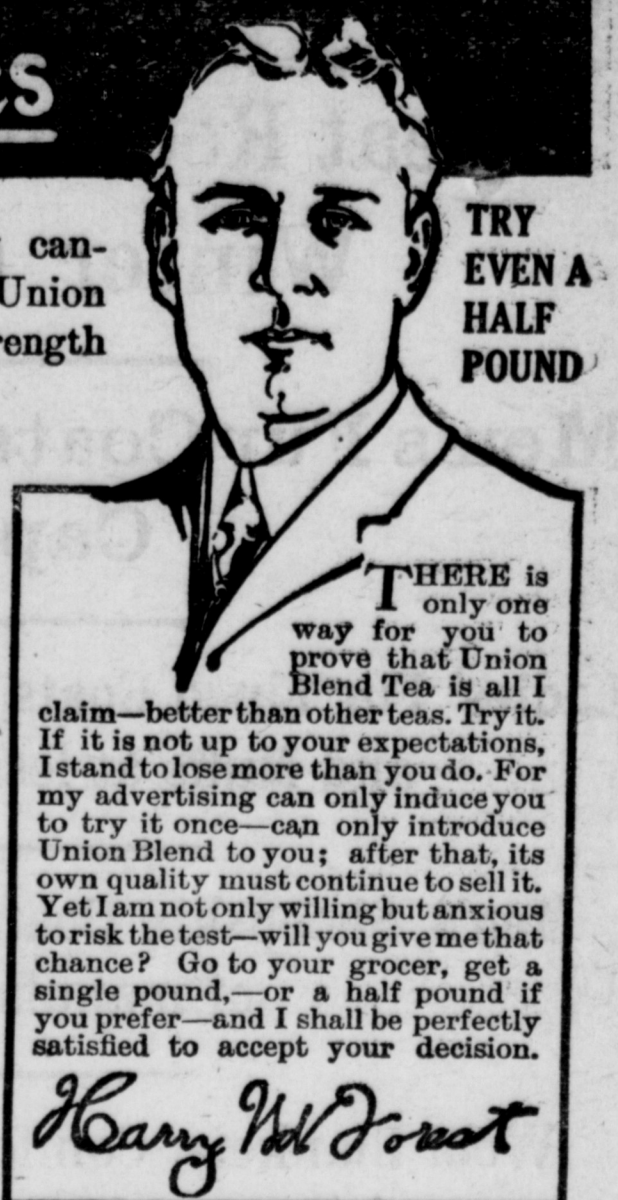
They gladly pay the price—forty cents a pound—because they realize it is tea economy. It is economy, because it

goes half as far again as ordinary tea; indeed, being unaccustomed to its strength, most people make it too strong at first. Then, they learn that a little Union Blend makes more tea and makes it far better than can be made from a good deal of the common kind.

Go to your grocer and get a pound packet of Union Blend—be sure my picture is on the end—and try it for yourself. One single pound carries conviction.

40¢

Union Blend one pound packets—the pound packets only—contain coupons that are worth money to you. But this is only an advertisement—the tea itself is worth the price, fully.



TRY
EVEN A
HALF
POUND

THERE is only one way for you to prove that Union Blend Tea is all I claim—better than other teas. Try it. If it is not up to your expectations, I stand to lose more than you do. For my advertising can only induce you to try it once—can only introduce Union Blend to you; after that, its own quality must continue to sell it. Yet I am not only willing but anxious to risk the test—will you give me that chance? Go to your grocer, get a single pound,—or a half pound if you prefer—and I shall be perfectly satisfied to accept your decision.

Harry W. Frost

Novel Idea in School Work.

Chicago has, says the Springfield Republican, a private school where the children study in their out door wraps with the windows open except on the coldest days. Some one raised a cry that the children were being maltreated, but an investigation by the city authorities seemed to show that they were getting on much better and more healthily than other school children. The principle of the school, William E. Watt, is now in a public talk, holding that overheated houses and school-rooms are responsible for more ills than have ever before been mentioned in this connection. Dust is an explosive, as mine disasters have shown, and he holds that the hot, dry, steam-heated air of houses and building gathers up dust, which explodes like a continuous series of miniature bombshells in the air and in the lungs, causing nervous wreck and disorder to all who spend most of their time in such an atmosphere.

A Modest Doctor.

While on his vacation, a city doctor attended the Sunday morning service at a little country church. When the congregation was dismissed several of the members shook hands with him, and one, wishing to learn if he were a Methodist, inquired, "Are you a professor, brother?"

"Oh, no indeed," answered the physician modestly; "just an ordinary doctor."

—January Lippincott's.

"You say Jones is down and out? Why, it was only a little while ago that he told me he had the key to success." "He did, but the poor fellow wasn't able to find the keyhole."

CHEST INFLAMMATION

Suffered From a Heavy Cold, Pleuritic Pains in Side—Constant Coughing.

"NERVILINE" CURED QUICKLY

"Anyone that goes through all that I suffered last winter will appreciate the value of a remedy that cures like Nerviline cured me." These are the opening words of the solemn declaration of E. P. Von Hayden, the well-known violinist of Middleton. "My work kept me out late at night, and playing in cold, drafty places brought on a severe cold that settled on my chest. I had a harsh, racking cough and severe pains darted through my sides and settled in my shoulders. I used different liniments, but none broke up my cold till I used Nerviline. I rubbed it on my neck, chest, and

NERVILINE
Cures
Chest
Colds

shoulders morning and night, and all the pain disappeared. Realizing that such a heavy cold had run down my system, I took Ferrozone at meals, and was completely built up and strengthened. Since using Nerviline I have no more colds or pleurisy, and enjoy perfect health."

It's because Nerviline contains the purest and most healing essences, and medicinal principles, because it has the power of sinking through the pores to the kernel of the pain—these are the reasons why it breaks up colds, cures lumbago, stiffness, neuralgia, sciatica, and rheumatism.

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

Hard Pine Flooring and Finish.

N. B. Telephone No. 68-3.

Union Telephone No. 119

Embarassing For Her.

(Lippincott's)

A Milwaukee man and his wife recently received a call from an old friend whom they had not seen for years. Just before the three sat down to a little supper in the German style, the wife, seeing a favorable opportunity, whispered to her husband:

"We have only three bottles of beer in the house—just enough to go around. Don't ask him to have more."

"Very well," answered the husband, who chanced to be thinking of something else at the time.

Half an hour later the host, to his wife's consternation, asked the guest to take more beer. The invitation was politely declined, but still the host did not desist. A dozen times the caller was urged to drink; a dozen times he firmly refused.

When he had departed the wife took her husband to task. "What on earth made you persist so? Didn't I tell you there were only three bottles? Why did you insist upon his having more beer, more beer, more beer?"

"Mercy," exclaimed the husband, I forgot entirely."

"But continued the wife, why did you suppose I was kicking you under the table?"

"My dear," blandly replied the husband, "you didn't kick me!"

New Year's Racing at Waterville.

About one hundred horse enthusiasts including many of the ladies who were fortunate enough to learn of the quickly arranged races on the pond, enjoyed some fine speeding.

Chas. Allen's game little pacer "Brown Dick" was in fine shape and to the delight of his owner proved himself the fastest horse on the ice but not without being pushed at times by George Crandlemires "Orpahn Boy" Mr. Birmingham thinking discretion the better part of valor left "Deletta Glew" at home put promises to be there with the speed at the next meeting. Newman Black's Dufferin colt showed some budding speed in a few nearly paced heats.

A number of those present wishing to see further sport are arranging to have a large number of good horses present and have a good meet on Friday, Jan. 14th, if weather permits, if stormy it will be held the following Friday. There will be a 3 minute, a 2.27 class, and a Free-for-all. Souvenirs of blankets, whips, etc., will be offered for the winners.

Household Suggestions.

PORK SALAD.

The lean part of the ham of a young pig, well cooked and seasoned, is considered wholesome, and if the ham is stuffed and baked not less than three hours in a suitable oven, it makes a better salad than either chicken or game, and no one eating it would suspect it was made of pork.

JELLIED APPLES.

Pare and core large, firm apples, fill the centers with red currant jelly; sprinkle all over with lemon juice and dust with granulated sugar. Put a little water in the pan around the apples and let them bake in the oven until candied, but not long enough to break up. Preserved ginger may be used in place of currant jelly.

VEAL SHOULDER.

Fry three pieces of salt pork in the pan in which the meat is to be baked; lay in the shoulder, which may or may not be stuffed, but should be boned; slice two small carrots and three onions on top of the meat, cover with a pint of water and bake for two hours, covered closely. Garnish with a handful of large, whole boiled chestnuts peeled and made hot in the gravy, and one small link of sausage for each person. The bones and trimmings of the veal, with a small soup bone, will give stock enough for two days' supply of soup.

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