

Nature makes the cures after all.

Now and then she gets into a tight place and needs helping out.

Things get started in the wrong direction.

Something is needed to check disease and start the system in the right direction toward health.

Scott's Emulsion of Cod Liver Oil with hypophosphites can do just this.

It strengthens the nerves, feeds famished tissues, and makes rich blood.

FOR SALE BY ALL DRUGGISTS

Send No. name of paper and this ad. for our beautiful Savings Bank and Child's Sketch-Book. Each bank contains a Good Luck Penny.

SCOTT & BOWNE
126 Wellington Street, West Toronto, Ont.

TEACHERS APPRECIATE THE CANADIAN GOVERNMENT ANNUITIES SCHEME.

The teachers in the public schools must, as a rule, themselves provide against the day when their age or infirmities will demand their retirement from their profession, and many, it is understood, are alive to this fact and are taking advantage of the provisions of the Government Annuities scheme to secure a competency for later years. The number doing so is perhaps small in proportion to the large number engaged in teaching, but it must be borne in mind that the Annuities idea is new, and that the attention of the school teachers has only been recently directed to it. Many might follow the example of a woman in one of our cities. She was 43 years of age, had no heirs, and her salary over and above her weekly expenditures was laid away to keep her in the days when the shadows began to lengthen. She had saved \$1,000. It was drawing 3% compound interest, or increasing at a little better than \$30 a year. She heard of the Government Annuities scheme, and she immediately transferred her \$1,000 to the Government on account of the purchase of an Annuity payable at age 60. Having no heirs she purchased on Plan "B", and the Annuity which a payment of \$1,000 secured for her at 60 was \$222.60. But shortly after her \$1,000 had been paid to the Government she became an invalid and was totally incapacitated from performing her duty. Her case came under the provisions of the Act which provides that if invalidity or disablement occurs a person, if he or she has paid in sufficient to secure an Annuity of not less than \$50, may draw the Annuity though then under 55 years of age. The payment which she had made gives her an Annuity of \$69.67 so long as she may live. If the period before she became disabled had been five years she would have had an Annuity of \$88.50, and at 55 she could have had her contract converted into an immediate Annuity of \$147.50. It will, therefore, be seen that if she could avail herself of the provisions of the Act at any time after her \$1,000 had been paid, she would have had an income over twice as large as she would have received had she left the money in the Savings Bank. This illustrates the advantage of persons who have been laying up for their old age transferring their savings, or a portion of them, to the Government on account of the purchase of an Annuity.

Information may be had at the Post Office, or of the Superintendent of Annuities, Ottawa.

WORMS ON PLANTS.

I believe there is nothing better than lime water to drive white worms out of the soil in which pot plants are grown. A good many people fail because they use air slacked lime instead. Enough lime water should be used to entirely saturate all the soil in the pot; it is often necessary to apply it several times before all the worms and the larvae are killed.—From "Little Helps for Home Makers," in The National Magazine.

PEACH ROLL.

Make a rich biscuit dough, cut into small pieces, the size desired, roll out about a half an inch thick, moisten the edges, and cover with nice canned peaches; roll up and fold over the ends of the dough securely and lay in a pan with the fold down. Pour the sweetened peach juices around this, to which has been added bits of butter; while it is baking, add a little water to form a syrup about the consistency of a pudding sauce. Peaches fresh dried or canned may be used, as convenient, or other fruit if preferred.

SHEEP DESTROYED.

Lethbridge, Alta., Jan 17.—Reports from Sweet Grass, Mont., just across the border from Court, say that thousands of sheep have been driven from their ranches by a storm, and herders have been forced to abandon them. One herd of 1100 went over a bank. Only the heroism of their herders saved them all from suffocation, as it was fifty were dead. In the Sweet Grass country it is estimated that between ten and fifteen thousand sheep were lost. Many of them have been smothered in drifts. Reports from southern Alberta ranchers say that the cattle did not suffer, as the wind blew the snow off the grass.

WHEN COLORS RUN.

When colors have 'run' into other articles when washing, boil the article with rather strong ammonia dissolved in rain water; if this does not remove it, soak them in rain water to which vinegar and bleaching powder has been added.

PAINT INSTEAD OF OILCLOTH.

White oilcloth has frequently been recommended as a covering for pantry shelves. A correspondent of Rural New Yorker, however, protests against this and says that to paint the shelves would be cheaper and more satisfactory. Enamel paint is preferable, this correspondent says, and almost any light color will do.

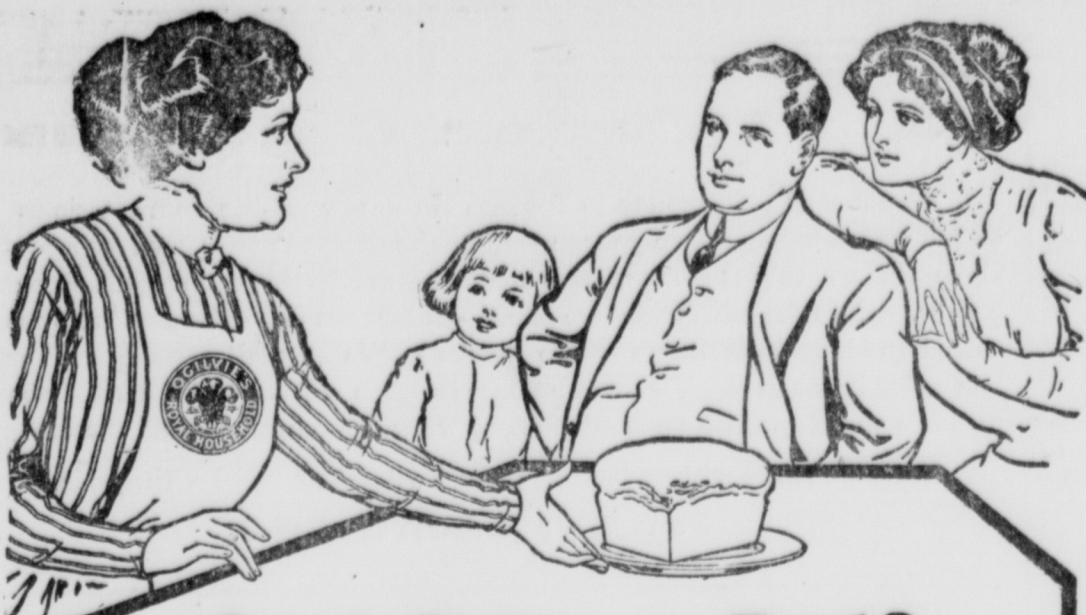
CHICKEN FEATHERS.

For stuffing sofa pillows and cushions chicken feathers are as good as any if rightly prepared. Whenever a fowl is dressed, reject the tail and coarse wing feathers, and all feathers that resemble quills. Save all the soft, fluffy ones. If any bits of skin are attached to the stocks of the feathers, remove, and wash the feathers in weak carbolic acid, then put into a sack and hang in the sun shine. Many women strip the soft barbs from the quills, throwing the quills away and putting the barbs with the softer feathers.

A DAILY THOUGHT.

Build a little fence of Trust around to day,
Fill the space with loving work and there in stay,
Look not through the sheltering bars upon tomorrow,
God will help thee bear what comes—of joy—or sorrow.—M F Butts

Never hold anyone by the button, or the hand in order to be heard out; if people are unwilling to hear you, you had better hold your tongue than them—Ches terfield.



Good, Better or Best?

A VITAL DIFFERENCE IN BREADS

QUALITY you know is comparative. Just as much so in bread, as in woollens or linens.

If you make bread at all you naturally want it to be good—as good as, or better than your neighbor's.

But is your bread as good as it ought to be? Does it furnish its full quantum of health and strength? Is it nutritious as well as delicious?

Ordinary flour may make fairly good looking bread. But if you care for food value, for nutrition, for digestibility, for bone and muscle and blood building quality, you will want a flour rich in the highest quality of gluten.

"ROYAL HOUSEHOLD" is the finest flour in the world and makes the best bread in the world.

And it is just as good for Pastry as it is for Bread. It is the one flour which has proved an unqualified success for every household purpose. And its absolute uniformity guarantees you against failure—

ROYAL HOUSEHOLD FLOUR is made of Manitoba Red Fyfe Wheat, which is especially rich in high quality gluten.

It is scientifically milled in the finest mills in the British Empire and samples are regularly subjected to the most exacting of all tests, the oven test, to insure uniformity.

"ROYAL HOUSEHOLD" always makes the finest and most nourishing bread, the lightest, flakiest and most healthful pies, cakes, biscuits, muffins, rolls.

Order "ROYAL HOUSEHOLD" at once. Don't delay. The sooner you commence using this finest of all flours the better for your family.



BEHIND THE TIMES.

(Mr Devey, of Syracuse Lodge, Torquay, has written to the 'Times' to say that if aviation becomes popular he intends to have spikes with long, strong prongs, fixed on the chimneys of his house, to ward off aero planes.)

When Stephenson first harnessed steam

For purposes of locomotion,
My Grandfather's terror was extreme,
It seemed so bad a notion.

The slow stage-coach provided him,
As on his travels he proceeded,
With all the risks to life the limb
That anybody needed.

He thought a man must be insane
To trust himself inside a train.

My Father sadly shook his head

When motor-cars were first invented,
Foreseeing we should soon be dead,
Or else severely dented.

No sort of benefit he saw

In so unsafe a form of traction;
To him the family landau

Game ample satisfaction,
'A swift South-Eastern train,' quoth he,
'Is fully fast enough for me!'

To-day with grave dismay I view

The victories of aviation;
The thought of winging through the blue
Fills me with consternation.

A tumble from a motor-car.

May bruise or dislocate or jar you,
But, on the roadway—There you are!

While in the air—where are you?

Let others rush to monoplanes,
I'll stick to 'taxi' and to to trains.

To aviators who descend

Upon the land which I inherit,
My spikes and man-traps shall extend

The welcome that they merit;

My pronged obstructions shall defy

Aerial trespassers who dare loom

Athwart that private patch of sky

Which I must call my air-loom!

My stiff barbed wire their progress bars

Who hitch their waggons to my stars!

H G, in the 'Observer.'

Shileh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

The audience at the last Edinburgh University concert was astounded when Professor or Neckes, who has been professor of music in the university for nearly twenty years, addressed them in German. When he had finished a little speech, unintelligible to most of his hearers, someone told him what he had done whereupon he laughed heartily and repeated his address in English. The explanation of his unconscious lapse into his native tongue was that one of the performers at the concert had spoken to him in German a moment before.

CHINA PREPARING TO MEET BUBONIC PLAGUE.

Pekin, Jan 17.—The deaths from bubonic plague at Chin Wang Tao and other places inside the great Wall are causing the officials to prepare against the further approach of the epidemic. The doctors state that the wall would have been an effective barrier had it been quarantined in time. The legations are gathering supplies for a siege and endeavoring to sever communications with all plague spots. The Chinese are earnestly co-operating with others in the effected districts and retaining only a nominal control of the situation. They requested the Russian authorities to stop the trains out of Harbin, but this the Russians refused to do.

It is planned to close the gates of the legation quarter should the disease reach Peking. The European residents with the exception of the missionaries are arranging to come inside to legation limits. The missionaries will remain within their own compounds.

Mukden, Manchuria, Jan 17.—The fatalities from the bubonic plague throughout Manchuria at the end of last week, totalled 1,752. The number of fatalities is increasing rapidly and the average daily is now 200.

Of the dead reported up to Sunday, all were Chinese except 19, of whom 18 were Russians and the other a Frenchman.

Tariff negotiations between the United States and Canada were resumed at Washington on Saturday, and will continue probably for a week. After a two hours conference between the American and Canadian representatives, it was decided that no state-ments would be given to the press until the results of the negotiations should become definite. Meanwhile anything purporting to be information as to the progress of the negotiations will be the mere speculation of individual writers, and the negotiators, according to an official statement will not feel called upon to confirm or deny such reports. President Taft is hopeful of completing a reciprocity agreement between the two countries in time for submission to Congress before the end of the present session rather than to delay the question until next year, when the House of Representatives will be Democratic and the Senate Republican by a majority of only eight.

A Croatian airman, named Roushjan was killed at Belgrade, Servia, on Tuesday while giving an exhibition with his aeroplane. While in the air his machine broke down and in an attempt to alight in the river he crashed into a bank building and was crushed to death. This is the first aviation victim of the New Year.

HOUSEHOLD NOTES

Milk will quench a fire caused by an exploding lamp water only spreading the oil.

ACADIA COLLEGE

1910-1911

21 Professors and Instructors.

DEPARTMENT OF ARTS AND SCIENCE.

Bachelor of Arts Course.

Bachelor of Science Course

DEPARTMENT OF THEOLOGY.

Bachelor of Theology Course

English Course.

DEPARTMENT OF APPLIED SCIENCE

Engineering Course.

Calendars and other information freely supplied on application to the Deans of the different departments

Horton Collegiate Academy.

Founded 1829.

A Residential School for Young Men.

The following Courses are offered:—

Course leading to Matriculation.

General Course.

Business Course,

For further information apply to the Principal,

E. Robinson, B. A.

WOLFVILLE, N. S.

BANK

—OF—

New Brunswick East Florenceville

The boy or girl who early acquires the saving habit is laying the foundation of a future success.

Open a Savings account for your boy or girl with us now. Interest is added by us twice a year.

\$1.00 will start an account.



Marriage Prohibited

Without a proper license

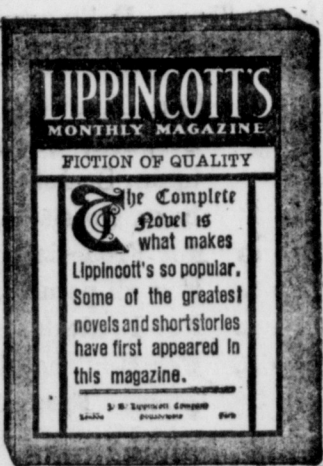
If you issue Marriage Licenses, tell the young folks about it in our Classified Ads.

They all know a license is necessary, but they don't all know where to get one.

This paper is popular with the young people.

The Imperial Parliament will be opened on Feb 6th by King George who will be accompanied by the Queen, and there will be a full state ceremony.

President Taft has decided that Commander W W Sims, the United States naval officer who recently dined at a dinner in London that if Great Britain ever was seriously threatened, she could depend on every man, every dollar, every drop of blood in the United States should be publicly primed.



For Good Reading Get

LIPPINCOTT'S MONTHLY MAGAZINE

Each Issue Complete in Itself

Its contents is of such a compelling nature as to cause the reader to buy one number and want the next. LIPPINCOTT'S now covers a wide field of discriminating readers who seek only that which is best in Fiction, Fact, and Fun.

ONE YEAR'S SUBSCRIPTION WILL BRING TO YOU

- 12 GREAT COMPLETE NOVELS—one in each issue.
- 50 TIMELY ARTICLES by competent writers.
- 75 SHORT STORIES—clever, clean-cut, and vital.
- 50 PLEASING POEMS that need no interpreter.
- 200 PAGES OF NEW AMERICAN HUMOR in "Walnuts and Wine," the most widely quoted humor section in America.
- 2000 pages yearly of exhilarating reading.

25 cents per copy

\$2.50 a year

Send all orders to this paper or to LIPPINCOTT'S MAGAZINE
E. Washington Sq. Philadelphia, Pa.
SEND FOR OUR SPECIAL MAGAZINE OFFERS

CANADIAN POSTAGE 50 CENTS EXTRA.