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WANTED—20 cords first class Hardwood. Apply to or communicate with

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Modern 7-room lower flat, with bath on Charlotte Street, near University Avenue. Immediate possession.

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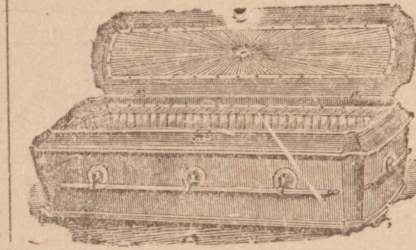
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THE LEADING UNDERTAKER AND FUNERAL DIRECTOR

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Just arriving, 2 ft. and 16 in. long

Order From Car and Save Hauling.  
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The best and most modern Funeral Equipment in the city.

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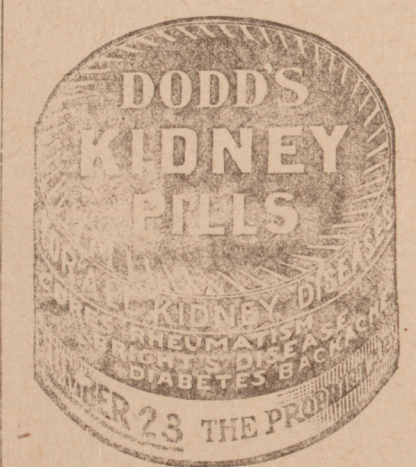
### MURPHY'S BAKERY

Delicious Turnovers, Raspberry and Strawberry Filling, (Pure Fruit). Pound Cake, Sultana Cake, Fruit Cake, Best Bread and Rolls in City.

Mail and telephone orders will receive prompt attention.

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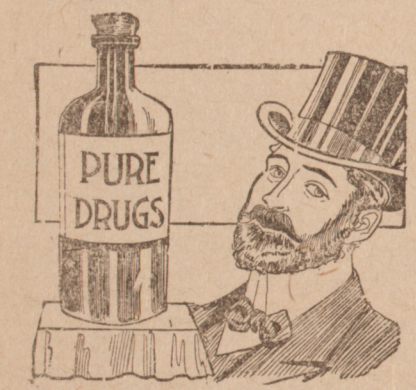
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### OYSTERS

IN ALL STYLES  
AT  
Washington's Cafe  
YORK ST.

We also have on hand some nice clams in the shell.  
Meals and Lunches at all hours



FROM A PROFESSIONAL STAND POINT

all doctors know that pure drugs are necessary to the proper compounding of their prescriptions, and the restoration of the health of their patients.

OUR DRUGS are absolutely pure, and devoid of injurious substitutes. When we compound your prescriptions we give you exactly what is called for, and the best of the various compounds. We keep a very complete line of toilet articles and can safely look after your needs in this regard. Prices right, too.

### STAPLES PHARMACY

York Street  
ALONZO STAPLES Prop.

## CAUSES AND CURES FOR A COLD IN THE HEAD

Among the most pronounced of the seasonal ailments, cold in the head and hoarseness may certainly be instanced. The reason is to be found in a double cause, which it is easy to explain. Most town dwellers at this period of the year have just passed a more or less lengthy period of repose in an air much purer than in which they usually live.

By this fact alone they have broken, though only temporarily, with the habituated condition, which formerly protected them to some extent against the causes of infection accumulated in the atmosphere of towns. They return to their homes, their workshops, their factories more liable than ever to contract the ailments which may be said to be in a latent sense common around them.

As an adjunct to the primordial cause come the first frosts of winter tending also to lower the state of resistance of their nasal mucous membrane: hence the frequency of colds in the head during the autumn is not difficult to understand.

The mucous membrane of the nose is generally first effected and the infection spreads thence with great facility to the throat and larynx. In other cases the trouble primarily attacks the throat and then extends to the larynx and to the nasal fossae.

There is always a deterioration of the mucous membrane which defends the deeper respiratory passages. As a consequence of this very common infection pulmonary affections frequently result; these are easily apt to assume a character of accentuated gravity. Their propagation is effected naturally by the continuity of the mucous membrane—that is, through the trachea and the bronchi.

It is well known, too, with what facility secondary infections, which are for the most part of the utmost gravity, obtain a footing in a bronchitic system. The importance of the lesions increases parallel with the extent of the system invaded. Hence arises the need of warding off so grave a danger by barring the route as soon as possible to any extension of the trouble and by putting the lung in a position to resist the infection which threatens it.

At the period when the inflammation is limited to the mucous membrane of the nose it is advisable to take doses of antiseptic powders, usually composed of boric acid and menthol, with some accessory substance, such as starch or sublimated bismuth. A good practice consists in making use at this time of nasal instillations with resorcin in oil. Resorcin has also been employed otherwise in painting the pharynx (aqueous solution of one part in twenty). By painting the pharynx lightly and superficially two or three times a day it is frequently possible to establish a kind of medicinal barrier capable of arresting the progress of the infection.

When the infection has attained the larynx and the trachea, giving rise to the well known irritating and painful manifestations, inhalations appear preferable. For this purpose tincture of benzoin is especially employed (one teaspoonful in a glass of hot water). Benzoate of soda at this juncture renders great service, as well as erysimum, which in the form of syrup, or in a 30 per 1,000 infusion, is an excellent medicament.

Treatments for pronounced bronchitis are numerous. The majority consists of emulsions or sedatives for coughing. The principal indication is to prevent the appearance of secondary infections, of which the two most to be feared are evidently influenza and tuberculosis. If a medication could be found fulfilling this condition and at the same time exerting a beneficial action on the bronchitis, the treatment, based upon it, would be very nearly complete. Cresote and its derivatives seem to answer very well to this double desideratum. Accordingly the really prophylactic treatment of the pulmonary affections, which threaten everyone at the outset of the bad season, and particularly those whom cold in the head predisposed to possible contagion, consists in making systematic use to this class of medicaments.

As an auxiliary to this special medication there is room for all the accessory means in common use. Repose in a room where the air is frequently renewed, warmth and hot drinks inducing a salutary perspiration remain excellent and very legitimate practices. Revulsion is likewise very recommendable when tincture of turpentine is employed.

Against the consequences of this our waters may be used with advantage. When given as a beverage, the ture of iodine or compound liniment laryngo-tracheal condition sulphur-waters of Challes or Eauoxanes may be selected, or those of Enghien if spraying is preferred.—New York Herald.

### DR. BEATTIE NESBITT HAD INTERESTING CAREER

Dr. Beattie Nesbitt, wanted in connection with the Farmer's Bank case, first came into prominence during the general election of 1891, and since then, up to the time of his appointment as registrar in 1908, has been one of the most active members of the Conservative party in Ontario. As an organizer and speaker he has always been in the forefront of the political fight.

His first position of importance in the party was the honorary presidency of the Conservative Association of St. John's Ward. In 1892 he was elected to this office and a year after was made chairman of the committee of organization for the city of Toronto.

He was largely instrumental in reorganizing the Liberal-Conservative Association of the city, and for several years served as chairman of its executive committee.

In the general election of 1902, Dr. Nesbitt was the Conservative nominee for North Toronto, and defeated the late G. F. Marter, the sitting member. He continued to be a member until 1908, when he retired and received a pension under the government.

He practised as a medical man in Toronto for several years, but later became connected with several corporations and manufacturing institutions. He is a Fellow of the Society of Chemical Industry, and is a prize man in mineralogy. He is a member of the Masonic Order and of the Sons of England, and was chairman of the executive committee of the Sovereign Grand Lodge of British America.

Dr. Nesbitt is a native of Vancouver, British Columbia, and was born in 1866. He graduated in Arts from Toronto University, and in medicine from Trinity College.

### WOULD VERY OFTEN FAINT AWAY

Doctor Said That Some-Time He Would Never Come Out of One.

Many people may be unaware of having anything wrong with their heart till some little excitement, overwork, or confinement in an over-crowded room or public building makes them feel faint or dizzy.

If you neglect the warning the slight feeling of dizziness gives you, and fail to take treatment, there will be a gradual progression to something more serious.

There is no reason you should wait till your case becomes desperate before you avail yourself of a perfect cure by using Milburn's Heart and Nerve Pills.

Mr. F. S. Chute, Wheatley, Ont., writes:—"It is with gratitude I tell how your Milburn's Heart and Nerve Pills benefited me. I was very weak and run down, and had headaches nearly every day and would very often faint away."

"In fact, my doctor said that some time I would never come out of one of them. After taking three boxes of your pills I am glad to relate that it has been a number of years since I have had a fainting spell and scarcely have had a headache. Too much cannot be said in praise of Milburn's Heart and Nerve Pills for in me they have effected a perfect cure."

Price 50c. a box, or 3 for \$1.25. At all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

### MISERY FROM YOUR UPSET STOMACH OR INDIGESTION, GOES

Every family here ought to keep some Diapiesin in the house, as any one of you may have an attack of Indigestion or Stomach trouble at any time, day or night.

This harmless preparation will digest anything you eat and overcome a distressed, out-of-order stomach five minutes afterwards.

If your meals don't tempt you, or what little you do eat seems to fill you, or lays like a lump of lead in your stomach, or if you have heartburn that is a sign of Indigestion.

Ask your Pharmacist for a 50-cent case of Pape's Diapiesin, and take a little just as soon as you can. There will be no sour risings, no belching of undigested food mixed with acid, no stomach gas or heartburn, fullness or heavy feeling in the stomach, Nausea, Debilitating Headaches, Dizziness or intestinal griping. This will all go, and, besides, there will be no sour food left over in the stomach to poison your breath with nauseous odors.

Pape's Diapiesin is a certain cure for out-of-order stomachs, because it reverts fermentation and takes hold of your food and digests it just the same as if your stomach wasn't out of order.

Relief in five minutes from all stomach misery at any drug store, waiting for you.

These large 50-cent cases contain more than sufficient to cure almost any chronic case of Dyspepsia, Indigestion or any other Stomach trouble.—3

### 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 specially 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 per cent compound interest, or increasing at a little better than \$80 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 the age of 60. Having no heirs she purchased on Plan "B", and the Annuity which a payment of \$1,000 secured for her at age of 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 provision of the Act which provides that if invalidity or disability 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 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 5 years she would have had an Annuity of \$83.50, 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.

The idea of producing an Oriental vividness with the upper part of the gown is an interesting feature in the costume with the coat looks demure till the coat is thrown off, when the gold and purple and crimson of the "tropical" bodice appears, albeit fashion. The skirt looks sedate and veiled.

Mr. Roy Sanson of Jewett's Mills, is spending the winter with his uncle Mr. Edward Gilmore, and is going to attend the Stanley Superior School.

Mrs. Charles Cameron is visiting at Mr. George Denny's.

Master Fred Fullerton, who has been spending the winter with his aunt, Mrs. Cameron, has returned to his home at Williamsburg.

Mr. Maurice Gilmore has located in the west and is on his way home for his family. He says that Vancouver is as nice a place as he ever saw.

The whooping cough has been very bad around here this winter but is somewhat better.

Miss Laura Scott is spending a few days with Mrs. Mike White.

Mr. Michael Crotty has moved into his winter quarters at Stanley. We are sorry to lose him from our circle.

Allan Gilmore the lumberman of this place, is about done yarding and will commence hauling as soon as snow enough comes.

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