

EASY TO ACQUIRE GRACE.

Every woman of society desires to be graceful on all occasions, but many find it extremely difficult to master the art, while many are compelled to acknowledge the impossibility of accomplishing the task. One woman, who was far from graceful by natural gift, but who overcame all obstacles to the attainment of the coveted faculty, tells how she did it. "All through my girlhood," she says, "my mother lectured me on my manifold awkwardness. My walk, my carriage, my sitting down and standing up were a series of angular movements, simply intolerable to her artistic nature. But it never seemed to me that I could help it. I was 'made that way,' and how could I change?"

"Well, one day I chanced to read of an actress who always studied her parts before a full length mirror, in order to be sure that her gestures were graceful. It caught my attention in some way, and I thought of it many times in the next few days. At last I came to a deliberate resolution that I would adopt her plan and see what would come of it. Thereafter all my spare hours were passed in the drawing room, where there was a large pier glass. I took my books there to read and chose an old-fashioned armchair to sit in. At first I merely looked at my reflection after I was seated, and actually blushed at its ungainly angles. Then I observed the figure, approaching the mirror in short, jerky steps, and blushed again, until I was as dissatisfied with myself as my poor mamma, and became absorbed in my endeavor to improve. I studied pictures and copied their attitudes as closely as I could. When I went to the theatre I gave earnest attention to the movements of the actresses, and when I went home tried to imitate them.

"I am afraid that all this sounds as if I had developed into a self-conscious prig and prosaist but I can acquire myself of any such feeling. I was studying grace of motion as one might study drawing, and with no more egotism, but, indeed, most humble self-depreciation. I practised standing until I learned to correct the faults so clearly visible, in that inspiring glass until my limp spinal column acquired self-reliance and firmness, and the protruded chin drew back into line. I practised walking on the line suggested by a mere chance sentence in a novel: 'She walked with rather long, rhythmic steps as if to music,' and studied the different rhythms until I found one that seemed to me most graceful."

CATARH CAN NOT BE CURED

With LOCAL APPLICATIONS, as they can not reach the seat of the disease. Catarrh is a blood or constitutional disease and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

F. J. CHENEY & Co., Props., Toledo, O. Sold by druggists, price 75c.

CHILDISH SENSITIVENESS.

The little child is extremely sensitive and much is done, unconsciously perhaps, to irritate his nerves. True enough, they do not realize how very sensitive the little one is or they would respect his feelings as well as those of older people. When we see the tiny mouth quivering and the eyes full of tears we regret our harsh words and angry looks. Many a mother has a habit of punishing her children in company, and also renumerating their faults, regardless of the pleading eyes of the little ones. It is far the better way to talk to the little one privately. He will remember just as well as he will be spared the humiliation. It does not make the child love his mother the more if she informs her friends in his presence that he is the dirtiest child alive or the worst. Little ones are always anxious to please, and only the parents who have tried the plan of praising instead of scolding every time know how much better it is. If a child has a bad habit which his mother is especially anxious to correct, it is usual to keep scolding about it continually. Some time when the little one has forgotten his naughty ways is the chance to let him know how pleased his mother is, and there is no doubt but that he will make another effort very soon to receive similar praise.

Then, too, another thing which hurts little children very much is laughing at their confidences. If the 'little one' makes in good faith some remark which is received in all seriousness by its mother, who then after laughs about it to a friend in the child's hearing, be sure that he will not confide in her again. He will find some one else. This the mother should guard against, for she should be her children's best confidential friend always. Their childish secrets means much to them, so guard against sacrificing their faith in a thoughtless moment.

Few Women
ENJOY LIFE AS THEY OUGHT.
Many are miserable, weak and sickly, and suffer untold miseries through ailments peculiar to their sex.
IT IS WRONG.
Most all these ills result from womb trouble of some sort. No woman can remain weak or ill who uses
COMPOUND
MILES' (Can.) VEGETABLE COMPOUND and Miles' Sanative Wash.
They impart vitality and energy, and make the life of the "Mother Sex" worth living.
Essential examples: "Woman's Triumph," free on application.
"A. M. C." MEDICINE CO.,
578 St. Paul St., Montreal.
Medicine expressed to any address on order.

IN PENETRATING POWER

No remedy in the world equals Nerviline—nerve pain cure. Neuralgia and rheumatism are relieved almost instantly, and the minor aches and pains are cured by a single application. Nerviline—nerve pain cure—is sure to cure.

Visitor—"Pardon me, Mr. Fleecum, but are you at liberty?" Voice (within, dryly)—"Pardon me and I am."

GRAVEL IN THE BLADDER.

Used Eighteen Boxes of Dodd's Kidney Pills—The Stone Dissolved and Removed—Knew of Others Cured.

Shelburne, Mar. 29—(Special).—Mr. John Medill, known locally as well as far and near as physical giant and glorying in his strength came to be a great sufferer and tells his cure as follows: "I do not hesitate to speak of Dodd's Kidney Pills or anything else exactly as I find them. If a medicine cures me and if I think it will cure others why not say so?" "It is true I had been suffering for some time with Bladder trouble and learning of a cure made in a similar case, by Dodd's Kidney Pills I commenced using them. In all I have used eighteen boxes and they have dissolved the stone and have entirely cured me of any sign of such difficulty. I do not hesitate to speak of Dodd's Kidney Pills in the highest terms of praise for I know of many persons who have been cured by them."

"Serpent!" hissed the heroine. "Snake-charmer!" he replied in dulcet tone, and she smiled.

Be Not Deceived. A Cough, Hoarseness or Croup, are not to be trifled with. A dose in time of Shiloh's Cure will save you much trouble. Sold by all druggists.

Mr. Dyer—"Where is the bargain counter?" The floor-walker—"There are several. What are you looking for?" "I'm looking for my wife."

"I HAD NO FAITH."

But My Wife Persuaded Me to Try the Great South American Rheumatic Cure and My Agonizing Pain Was Gone in 12 Hours, and Gone for Good.

J. D. McLeod of Leith, Ont., says: "I have been a victim of rheumatism for seven years—confined to my bed for months at a time; unable to turn myself. Have been treated by many physicians without any benefit. I had no faith in rheumatic cures I saw advertised, but my wife induced me to get a bottle of South American Rheumatic Cure from Mr. Taylor, Druggist in Owen Sound. At that time I was in agony with pain. In 12 hours after I had taken the first dose the pain had all left me. I continued until I had used three bottles, and I now consider myself completely cured."

He—"Why did you cut my waltz? I don't think it was square." She—"No; a waltz is generally supposed to be a round dance."

Karl's Clover Root Tea is a pleasant laxative. Regulates the bowels, purifies the blood, clears the complexion. Easy to make and pleasant to take. 25 cents. Sold by all druggists.

She—"Of course you all talked about me as soon as I left." Her—"No, dear; we thought you had attended to that sufficiently."

PILL POINTS.

Dr. Agnew's Liver Pills are a Purely Vegetable Compound—A Scientifically Studied Formula—The After Effects of the Medicine have been Given as Much Consideration as the Immediate Results.

Not so With Many of the Ancient Formula—Painful Purgers and no Healing Powers—Think of These Points. If you must use medicine, look for the most pleasant, safest and surest to take. Dr. Agnew's Liver Pills are supreme in cases of Sick Headache, Biliousness, Sallow Skin, Constipation, etc. 40 doses, 20 cents.

A VICTIM OF ASTHMA

HAD NOT SLEPT IN BED FOR TWENTY-FIVE YEARS.

Seemed Doomed to Torture and Continual Misery—Father, Grandfather and Great Grandfather Had Died from the Trouble—Release Comes in Old Age—The Cure Looked Upon as a Miracle.

From the Whitby Chronicle. For years stories of famous cures wrought by Dr. Williams' Pink Pills have appeared in the Chronicle. During this time we have been casting about for a local case of such a nature as to leave no doubt of the efficiency of these pills. We have found several, but in each case it proved to be a sensitive body who could not bear to have his or her name and disease made public. Recently, however, a most striking case came to our ears.

Mr. Solomon Thompson lives on a beautiful farm on the west shore of Mud Lake in Carden township, North Victoria. He has resided there for forty years, being the first settler around the lake. He was reeve of Carden and Dalton townships thirty-five years ago, before the counties of Peterboro and Victoria were separated, and he used to attend the counties' council at Peterboro. Mr. Thompson has been a victim of asthma for forty years or more. However we will let him tell his own story on that head. On October 15th, 1896, we took a trip to Mud Lake to visit the haunts long familiar to us, and made it a duty and found it a pleasure to call upon Mr. Thompson and learn from seeing him and hearing his account of it how he had been cured. For twenty-five years we had known him as a gasping, suffering asthmatic, the worst we ever knew who managed to live at all. We often wondered how he lived from day to day. On calling he met us with a cheerful aspect and without displaying a trace of his old trouble. Being at once ushered into his house, we naturally made it our first business to enquire if it were all true about the benefits he had received from using Dr. Williams' Pink Pills. "Beyond doubt,"

said he. "How long have you used them, and how many boxes have you used?" he was asked. "I started a year ago, and took eight boxes." We next asked him if he felt that the cure was permanent. "Well," said he, "I have not taken any of the pills for three or four months. Still I am not entirely satisfied yet. You see my father, grandfather and great-grandfather died of asthma. My people all take it sooner or later and it always ends their days. I have lost three brothers from the fatal thing. Knowing my family history it is hard for me to gain faith, but I can tell you for nearly thirty years I never slept in bed until I took Pink Pills. As you must have known, I always slept sitting in the chair you now occupy. I had a sling from that hook in the ceiling and always sat with my head resting in it while I slept. I now retire to my bed when the other members of my family do." "How old are you, Mr. Thompson?" "Seventy-six," was the reply, "and I feel younger than I did thirty years ago. I was troubled a great deal with rheumatism and other miseries, probably nervous troubles arising from want of sleep, but nearly all the rheumatism is gone with the asthma."

During the conversation Mrs. Thompson, a hale old lady, the mother of thirteen children came in and after listening to her husband's recital of these matters, she took up the theme. "I never expected that anything could cure Solomon," said she. "We were always trying to find something which would give him relief, so that he would be able to sleep at nights, but nothing ever seemed to make much difference. At first he took one of the pills after each meal, but after a time he increased the dose to two. We noticed he was greatly improved after taking two boxes and began to have hopes. Later on when we saw beyond doubt that he was better, I recommended the pills to a niece of mine, Miss Day, whose blood had apparently turned into water and who had run down in health and spirits so bad that she did not care to live. Why, she got as yellow as saffron, and looked as if she would not live a week. You would hardly believe it," said Mrs. Thompson, "but that girl was the healthiest and handsomest girl in the neighborhood before three months had passed, and all from taking Pink Pills." Mrs. Thompson was called from the room at this juncture to attend to some household duties, and Mr. Thompson resumed the subject of his marvelous cure. "You have no idea," said he, "what it is to go through twenty-five years without a good night's sleep without pain. I can find no words to make plain to you the contrast between the comforts I now enjoy and the awful life I had for so long. I had a big family of mouths to feed and had to work when at times I felt more like lying down to die. I would come in at night completely tattered out, but even that was no guarantee of rest. Then was no rest for me. I seemed doomed to torture and continual misery. My folks urged me to try Dr. Williams' Pink Pills. I thought it would be useless, but I had to do something or die soon, and here I am as right as a fiddle." The old gentleman shook his head to add emphasis to his last sentence, and looked like a man who felt joyful over a renewed lease of life, with all his old miseries removed.

After congratulating our old friend on his divorce from the hereditary destroyer of his kindred, we drove away. At many places in the neighborhood we opened discussion upon the case and found that all regarded it as a marvelous cure. Where the Thompson family are known, no person would have believed for a moment that anything but death would relieve him from the grip of asthma. Every word that is written here can be verified by writing Mr. Solomon Thompson, Delrymple post office, and an intimate acquaintance of twenty-five years enables the writer to vouch for the facts narrated above, and for the veracity of Mr. Thompson in any statement he may make.

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. Avoid imitations by insisting that every box you purchase is enclosed in a wrapper bearing the full trade mark, Dr. Williams' Pink Pills for Pale People.

SOCIETY.

Little Chick—What do you let that ugly little thing come under your wing for?

Old Hen, who had inadvertently hatched a duck's egg.—I can't help it, my dear. We've got to put up with the creature because she belongs to our set, you know.

HIS IS THE TIME

of year... when men... and women... become weakened by... the weather, and run down generally... The first parts that the weather affects are the kidneys. The urea is not thrown off, but is forced back upon the lungs, and disease results—caused by weakness of the kidneys.

HERE IS ONLY ONE SURE WAY known to medical men for promptly checking troubles of the kidneys and restoring these great organs to health and strength, and that is by the use of

Safe Cure

It has stood the test of time; it has saved thousands of lives; it has restored millions of sufferers to health; it has done what was never done before; it has made men stronger and healthier; it has made women brighter and happier; it stands alone in all these qualities. Do you not think it would be wise for you to use it and thus avoid the dangers of the season? Insist upon having it

Accept no substitute.

Scott's Emulsion

is the result of years of science. When made in large quantities and by improving methods, an emulsion must be more perfect than when made in the old-time way, with mortar and pestle, a few ounces at a time. This is why Scott's Emulsion of cod-liver oil never separates, keeps sweet for years, and every spoonful is equal to every other spoonful.

In other emulsions you are liable to get an unequal benefit—either an over or under dose. Get Scott's.

10c. and 25c. at all Druggists.

STINGING CORNS

Next to a stinging conscience, makes life a misery. The stinging pain of a corn may be speedily and painlessly removed by the use of Putnam's Painless Corn Extractor. Twenty-four hours after Putnam's is applied the corn may be removed.

Since we boil our drinking water everywhere throughout the land. Won't the future son or daughter Be a creature without sand? Cure the Cough with Shiloh's Cure. The Best Cough Cure. Relieves Croup promptly. One million bottles sold last year. 40 doses for 25 cents. Sold by all druggists.

First Artist—"But, good heavens, man, that doesn't look like her." Second Artist—"If it did she wouldn't pay for it."

FAST LINE TO NEW YORK.

The Lehigh Valley, R. R., in connection with the Grand Trunk Railway, have the first through train service between Toronto, Hamilton, London and principal points in Ontario, to New York City. Only line running Pullman buffet sleeping cars. Time two hours ahead of all other lines.

Passengers from Europe via this line are landed in New York at Desbrosses or Cortlandt streets, in close proximity to all European steamship docks. Don't fail to ask for tickets and sleeping car accommodation via Lehigh Valley route, at all Grand Trunk city and station offices.

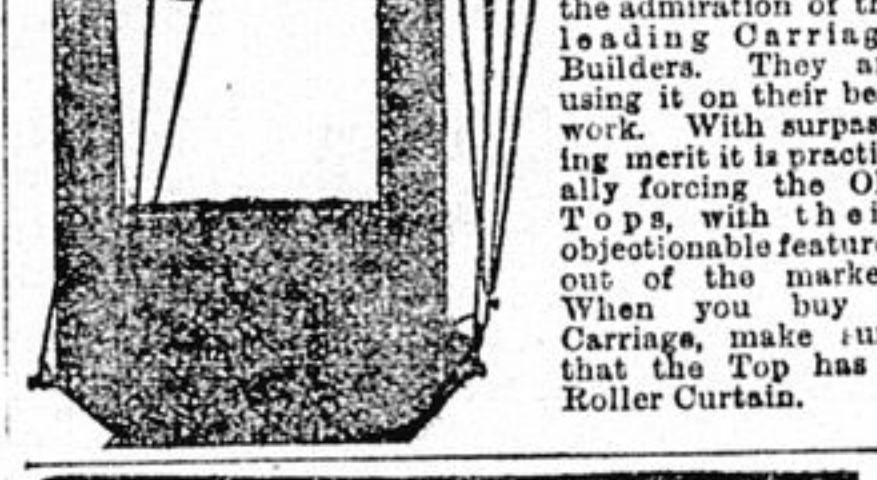
Miss Fosdick—"My bicycle lamp is always going out." Mr. Dolley—"Well, a bicycle lamp that always stayed at home would not be of much use."

TRAVELLED HALF THE GLOBE TO FIND HEALTH, WITHOUT SUCCESS.

Took the Advice of a Friend and Now Proclaims It From the Housetop—"South American Nervine Saved My Life."

Mrs. H. Stapleton of Wingham writes: "I have been very much troubled for years—since 1878—with nervous debility and dyspepsia. Had been treated in Canada and England by some of the best physicians without permanent relief. I was advised about three months ago to take South American Nervine, and I firmly believe I owe my life to it to-day. I can truthfully say that I have derived more benefit from it than any treatment I ever had. I can strongly recommend it, and will never be without it myself."

CONBOY'S ROLLER CURTAIN



Is the greatest improvement ever made in Carriage Taps. The Roller Top has won the admiration of the leading Carriage Builders. They are using it on their best work. With surprising merit it is practically forcing the Old Taps, with their objectionable features out of the market. When you buy a Carriage, make sure that the Top has a Roller Curtain.

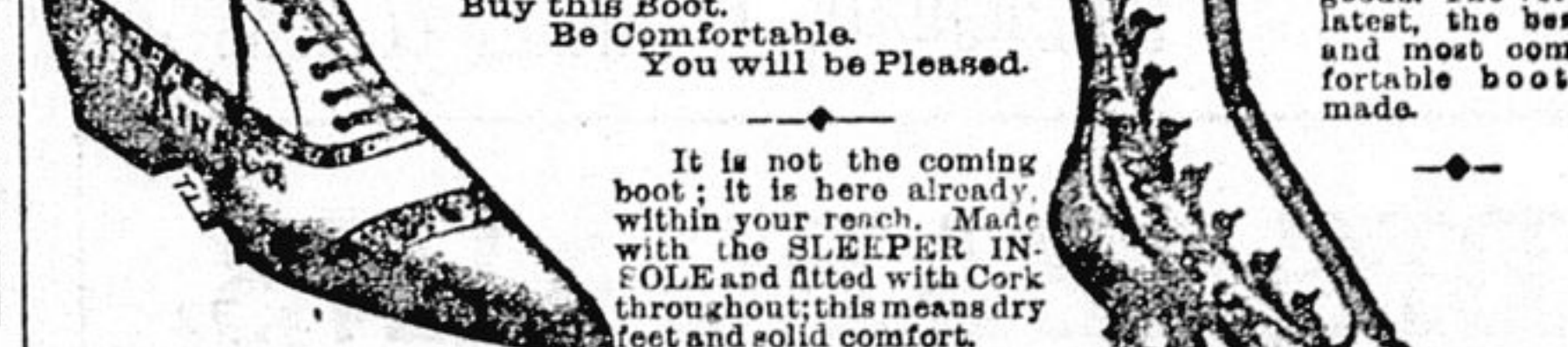
CANADIAN PACIFIC R.V.

WILL RUN SETTLERS' TRAINS FROM TORONTO EVERY TUESDAY During March and April At 9:00 P.M. (Should sufficient business offer)

TO MANITOBA AND THE CANADIAN NORTH-WEST A Colonel's Sleeper will be attached to Pacific Express due to leave Toronto at 12:30 p.m. (noon) on these dates. Ask or write for "SETTLERS' GUIDE."

J. D. KING CO. Ltd.,

a real flexible, strong, light and durable boot. No squeak, No Tacks, No Nails. The Patent Sleeper Insole. Ask for this Boot. Buy this Boot. Be Comfortable. You will be Pleased.



It is not the coming boot; it is here already, within your reach. Made with the SLEEPER INSOLE and fitted with Cork throughout; this means dry feet and solid comfort.

THE J. D. KING CO., LTD., TORONTO, ONTARIO.

Only One Price.

Equal in every respect to any wheel in the market. It is as good as can be made.

ONLY ONE GRADE--The Best

\$85.00.



73 to 81 Adelaide St. W., TORONTO

DREADFULLY NERVOUS.

Gents—I was dreadfully nervous, and for relief took your Karl's Clover Root Tea. It quieted my nerves and strengthened my whole Nervous System. I was troubled with Constipation, Kidney and Bowel trouble. Your Tea soon cleansed my system so thoroughly that I rapidly regained health and strength. Mrs. S. A. Sweet, Hartford, Conn. Sold by all druggists.

W.P.C 858

"SALADA"

Ceylon Tea Sold in Lead Packets only.

H. M. FLOCK & CO., Manufacturers of Bicycle Parts, Cast and Pressed Brass Specialties, Gold Silver and Nickel Plating, 73 ADELAIDE STREET WEST, TORONTO.

MILLS, MILLS & HALES, Barristers, Solicitors, 35 Adelaide Street East, Toronto. Money to Loan.

G. G. Mills, B.A.—A. Mills.—Jas. Hales, LL.B. AGENTS WANTED—Male or female to sell the famous "Foam Yeast" in every city, town and village. Write for circular and premium list. Big profits. FOAM YEAST CO., Toronto.

TORONTO CUTTING SCHOOL. Young men, learn to cut, no better trade, write for circular giving full information and agents for Mowbray's Ladies Garment Drafting Machine, 113 Yonge St.

TO INVENTORS. Patents obtained in all countries. In all countries International Patent Bureau, 12 Melville St. Toronto. Longest experience. Lowest rates. Information free. G. O. FREEMAN, Manager R. A. KELLOND, Expert and Examiner.

WOOD, SHILOH ENGRAVING J. J. JONES ENG. CO. 63 JO ADELAIDE ST. W. TORONTO

Watson's Cough Drops

R. & T. W. Stamped on each Drop.



Splendid Equipment and good solid work have placed the Central Business College

TORONTO—Gerrard and Yonge Sts., at the top. It has more teachers, more students, and assists many more young men and women into positions than any other Canadian Business School. Get particulars. Enter any time. Write W. H. SHAW, Principal.

Harris, Toronto,

... SELLS ...

BABBIT.

FOR TWENTY-SEVEN YEARS.

DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND LARGEST SALE IN CANADA.