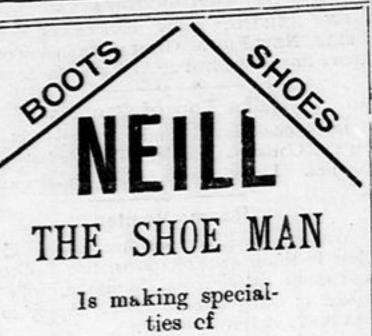
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RUBBERS, OVERSHOES,

FELT GOODS.

The Largest Retail Business in Canada.



XMAS SLIPPERS

SALE PRICES.

Until Christmas we will sell Ladies Fine Slippers in Vici Kid and Undressed Kid Gray, Red, Tan and Bronze at 75c. to \$1 off - - regular prices. -

A few Lines of Imported Slippers at half price.

Extra value in White Kid and miles 172 yards. Patent Leather Slippers.

every boy and girl can have a pair,

We wish all our Customers a merry Christmas.

The Leading Shoe Store, First Door East of Daly House.

The Watchman.

THURSDAY, DEC. 19th, 1895,

A Warning to Fat People.

A Berlin professor has just discovered that for fat persons to employ any means whatever to reduce their flesh is likely so injure their health and shorten their lives. We quote the abstract of the professor's article, with comments therespon, as it appears in the Medicial Times, New York:

thin. It is thus that Prof. Eulenbourg. or wholly from those who recently beat of Berlin. adjures you in one of the last Oxford and Cambridge combined in two numbers of the German Medicial Weekly. It is not that he would advise you to persist in your obesity, but he has discovered that all means that you may employ to be rid of it would have the effect of ruining your health, and even shorten- carpfuls of boiling water, a cupful of ing your life. Against all these he would flour, 2 eggs, a teaspoonful of salt. Put to German druggists to sell, without an mix the flour to a cream. Add the hot order, to the first comer, tables and poduce grave trouble to the nerves and the blood, for all of them contains poison and it would be much better to be fat and healthy than a lean valetudinarian. Among other examples of the disastrous effects of the cure of obesity, Dr. Eulenbourg cites the case of a well-known dramatic artist, who not content with the opulence of form which nature had given him, became so thin that he died in consequence. But it is not the treatthe man the opportunity to enjoy his dim inishing obesity before disquieting symptoms begin their appearance, his humor alters he becomes ner ous, impressionable, and from day to day he has no more feeling of being in his natural state.

we can not make ourselves thin with a teaspoonful of vanilla and a pinch of potash than with muriate of potash, and impunity. Nature creates the fat and salt. Soak the gelatin an hour in milk. the fertilizers gave better returns when 41 tf lean, and it is the part of wisdom for one Beat the yolks of the eggs and the sugar drilled than when applied broadcast. and the other to resign themselves to together, add to the milk and pour into their condition. But just here humanity the chafing dish. Cook 20 minutes, take seems to fail, and it is to be feared that off and add the whites of the eggs, the most serious discoveries, as well as which have been beaten to a stiff froth. | what kind of plants are to be protectto prevent people who are too fat from making themselves thin, no matter how.

Why did not Prof. Eulenbourg, instead of discoverir gthe dangerous chemical properties of the remedies for obesity, try to and more beautiful than the opposite the plants out of their pots, trim off state? Upon this consideration alone the leaves and outer branches, shake off would his advice be heeded. And after all the soil from the roots, hang them all, who can prove the esthetic superiority in beaches, redis segment, in a dry, dark it stems to be the change from cold to of the thin over the fat! That's but a cleset or celling where they cannot be the direct rays of the sun toward spring state, that may change from one year to them in soil seit.

another. Is it not time to honor the ancient idea of fat beauty? Would it not The Government of France Breeds Them prevent the disastrous effects of all the remedies for obesity?

-Dr. Geo. Leslie McKay's wonderful book. "From Far Farmosa," has just been issued, and will no doubt meet with

ENGLAND'S WONDERFUL WALKER.

Sturgess Recently Broke All Records by Covering Over Eight Miles In an Hour. England's athletic prowess has received a severe setback at the hands of Americans this year, but she is yet able to console man Percherons. herself with the thought that she at least possesses the greatest walker on earth in the person of W. J. Sturgess.

Satisfied that he could cover eight miles within the hour, the London A. C. afforded him the opportunity at its autumn meeting, held recently at Stamford Bridge. A handicap was framed, and as a result Sturgess not only completed the eight miles, but placed another 270 yards to his



W. J. STURGESS.

credit before the stipulated time had ru out. This knocks to flinders the previous best amateur record of 7 miles, 1,487 yards and 2 feet, made by H. Curtis, as well as Griffin's professional hour record of 8

Eleven men opposed Sturgess, and they were conceded plenty of start, but at such Our Moccasins are so cheap a clip did the champion travel that he was making his own pace at the four mile mark. Thence to the end all records were demolished. The following table shows what he did:

Distance. Min. Sec. Distance. Min. Sec. 2 miles......14 23 1-5 6 miles.......48 68 3-5 8 miles......21 4 7 miles.......51 27 4 miles......29 1 3-5 8 miles......58 56

Sturgess is a member of the Polytechnic Harriers and astonished every one walking H. Curtis, who had held the covered the distance going out in 27 championship since 1890, completely off his legs for this year's title. In addition to the above records, Sturgess had just previously established new times for one, two and three miles. His action was from start to finish perfection personified, from a strictly fair walking point of view.

American Cricketers In England. If the team of Quaker City cricketers that is to go to England next year does as well as its predecessors of 1884 and 1889, it will very handsomely represent this country. Those elevens proved well able to take care of themselves against local teams made up of gentlemen cricketers department of Calvados, being the most from areas and populations approximating important. Said an English writer rethose of Philadelphia. Naturally, says the | cently, speaking of this establishment New York Sun, they could not beat organizations like the Marylebone club, drawing its forces from the best cricketers of all parts of England, and the strongest counties were also too much for them. But both tours were most successful, and Fat men, do not try to make yourselves as the 1896 team will be made up mostly out of three matches, no doubt it also will make a creditable record.

How to Make Minute Pudding.

Ingredients: Three cupfuls of milk, 2 place you on guard. For example, he is 2 cupfuls of the milk into the double indignant that permission should be given boiler and use the remaining cupful to water to the hot milk and bring to the vanilla sauce.

How to Remeve Foreign Bodies From the

make a hook with a piece of fine wire. and if the object is in sight pull it out.

How to Make Spanish Cream Pudding. Spanish cream pudding is made by

How to Keep Geraniums In Winter. To keep geraniums in winter take matter of fashion, the result of a new touched by the tient to the thing report are most prolific of mischief.

PRENUM COACH HOTTES.

and Spares No Expense.

Normandy is a district embracing five departments - viz, Seine Inferieure, Orne, Eure, Calvados and Manche, which together form a territory reasonably coma ready sale. It is handsomely illustrated pact and measuring about 75 miles each and contains several maps. There are way. Each of these departments is deabout 350 pages, and the booksells for \$2. breeding of horses, Orne and Calvados more especially to the coach horse, the saddler and the thoroughbred, Manche to the cavalry horse and Seine Inferieure and Eure to draft horses, commonly known as Normans, Percherons or Nor-

A registry has been kept by the government for nearly 100 years for the improvement of the coach horse and other breeds. The government agents purchase annually, usually in October, some of the best 3-year-old stallions to be found in the country, which are afterward kept for service at a very low fee, being sent out to numerous stations accessible to the farmers, who are thus enabled to nominal expense.

Naturally the prices paid by the government are liberal, last year 100,000 francs, equivalent to about \$20,000, having been thus invested in the purchase of one lot consisting of four choice coach horses. The public officials are very careful in making their selections, not only having regard to pedigree, size, conformation, action and color, and requiring a most thorough veterinary examination, but also subjecting the colts to a severe speed test. They are required to trot over a course of 4 kilometers, a distance of about 21/2 English miles. While speed alone does not determine the choice, it is becoming more and more an important element in value. In these tests the youngsters are trotted under saddle, very rarely in harness. The breeders, and presumably the public officials, have an impression that they trot best under saddle, a method which is usually followed in public races. That is probably an illusion which would be dispelled by training according to the American method. That they would move well in harness is apparent from their action, when shown on the line, which is free, bold and true, with a long and springy stride.

I had the opportunity of observing and timing one while being driven in a cart from Caen to the village of Cagney on a tour of inspection. Mr. A. Levenen, with whom I made the trip, drove a beautiful 4-year-old chestnut mare that had never been driven single until after being taken out of the plow a month before I saw her. The road was somewhat hilly, but otherwise as good as the art of man has yet devised. The distance was said to be six English miles, and there was no reason to question the accuracy of the statement. She minutes and made the return trip in 26, easily and without distress. She was as handsome as a typical Morgan and as stylish as a hackney, but larger than either, although smaller than the aver-

age French coacher. The French stallions when not at the stations are kept at the government studs. These establishments are called haras, the name being derived from the Arabic "faras," meaning a horse. There are several government haras in France, that at St. Lo, or Loo, near the (which I did not visit, being more interested in the stock to be found on the farms from which the haras are supplied): "The stables, exercising ground and residence of the director form a vast square, its proportions dwarfing that of the town to comparative insignificance. Everything is on a handsome scale. The director receives from the state the pay of a colonel. The entire initial cost, amounting to several millions of francs (and, it might have been added, the cost of maintenance) has been borne by the state, horse rearers enjoying the advantage. - Henry J. Booth in National Stockman.

Results of Experiments. In a repo ; of the agriculturist of the tions which might perhaps cure obesity, boiling point. Beat the eggs light, stir Massachusetts hatch station brief referbut which injure the organism and pro- them into the flour mixture, add the ence is made to fertilizer experiments salt and pour into the boiling milk and with grass, oats, potatoes and corn, and water. Cook for ten minutes, stirring to hill versus drill culture for corn; to constantly. Serve hot with lemon or white mustard and crimson clover as catch crops; to Panicum crusgalli and P. miliaceum, and to varieties of soja beans. The appearance of tubercles on the roots of some varieties of soja beans Instruct the child to take a deep, full and not on others was noted. Seed of breath. The unobstructed nostril should | Canada peas was cheaply grown, but the then be held and the child told to breathe results of an attempt to grow seed of ment that is dangerous, Scarcely has hard through the nose. Should this fail, vetches were unsatisfactory. In fertilizer experiments on meadows it was noted that clovers grew well wherever potash was applied. Potash and stable manure applied to corn afforded a larger profit than did stable manure applied taking one-third of a box of gelatin, a lalone, but in greater quantity. The yield 'It seems to be clearly provided that quart of milk, 4 eggs, 1 1/2 cups of sugar, of potatoes was greater with sulphate of

Protection For Tender Plants. The best method of protection depends sd. For deciduous plants a barrel, well ventilated and filled with dry leaves or hay, and so covered as to keep out all water, a Rural New Yorker correspondent has always found good. Figs may thus be kept outdoors. For evergreens like rhododendrons, kalmias and tender conifers, a thorough shading with evergreen boughs is as good as anything.



Would be to advertise that I am R selling Stoves for less than half Bi secure the use of the best at merely their value. While I don't sell Bloom goods quite that cheap, neverthe- N less I am offering exceedingly - - good value in - -

COAL STOVES!

COOKING STOVES and BOX STOVES

at the present time. These are all from the best foundries in the Dominion, and anyone in want of a reliable Cooking Stove, or a handsome Coal Stove will save money by consulting WOODS, the weliknown stove dealer.

TINWARE

of all kinds. Prices right.

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Jobbing of all kinds a specialty with us. Prompt service and satis- thing in the shape of faction guaranteed.

W. C. WOODS.

Sign of the Blue Front

A NEW DISCOVERY, Pilkie's Diphtherine.

A sure cure for all afflictions of the throat. Diphtheria, Tonsithis, Quinsy, croup, etc. The efficacy of this Medicine has been proven beyong a doubt by those who have used it. It never yet failed to effect a cure. Guaranteed to prevent any person from taking Diphtheria that uses it. "An ounce of prevention is better than a pound of cure." For sale by Medicine

of price 50 cents and \$1. P. G. PILKIE.

Sent to any railway address upon receipt

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Gunsmith and Machinist

JOS. KING is prepared to do all kinds of forging, mill work, etc., in the best manner and on the most reasonable terms. Locksmithing, Gunsmithing and Turning. Special lather for boring guns. UMBRELLAS and PARASOLS repaired promptly.

Terms Reasonable and atisfaction Guaranteed

Remember the Place-William-st., a few Doors North of Kent-st.

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DIRECTORS. - W. Flavelle, R. J. McLaughlin, Newton

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IOHN MAGWOOD, Manager

Treasurer's Sale of Lands

FOR TAXES IN THE

TOWNOFLINDSAY

TOWN OF LINLSAY. Where: s by writtee of a warrant issued by the Layer of the Town of Linday ard authoritected by the corporate sear of the said Town bearing and authoritected by the corporate sear of the said Town bearing and parcels of land for the arms and authoritected by the corporate sear of the following over the parcels of land for the arms and the following over the parcels of land for the arms and the following over th ard authoriteated by the corporate sear of the said Town bears. The 1st day of November, 1825, at the me directed commanding me to levy upon the following loss of parcels of land for the arrears of tag due the contain costs. I hereby give notice that unless the said taxes and cost are sconer paid, I stall a Wednesday, the nineteenth day of February, 1896, at the hour of One o'clock in the afternoon, at the Communication of Lindsay, proceed to sell by public auction the said lands or as much thereof as may be sufficient to pay such arrears of taxes and all lawful charges incurred.

All the undermentioned lots are Patented.

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King	3	S. pt	66 x 32	6 24	1 51	775
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LINDSAY Planing Mill

When a man builds a house there is two in all its branches. Competent things he wants, good dry material and first-class work. Having over 20 years experience in the factory line, and employing only first-class workmen and the only proper mode for drying lumber, I am able to give my customers the best of every-

> Sash, Doors, Blinds, Mouldings, Newells Balasters

and everything in the building line. Give me acall and inspect our work. GEC. INGLE.

CTRAYED CATTLE.

Strayed from the premises of the undersigned Lot S, Con. 7, Township of Fenelon, near the Village of Cameron, three yearling hetters-one a muley grey color, one a light red with star on forehead; the other a dark rec with black nose. Word can be left at THE WATCHMAN office or with the cwner,

> G. H. DUNN, Cameron P.O.

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IN ITS NATIVE PURITY. "Monsoon" Ten is packed under the supervision

of the Tea growers, and is advertised and sold by them as a sample of the best qualities of Indian and Ceylon leas. For that reason they see that none but the very fresh leaves go into Monsoon packages. That is why "Monsoon," the perfect Tea, can be sold at the same price as inferior tea.

It is put up in sealed caddies of % lb., 1 lb. and lbs., and sold in three flavours at 400., 500, and 600. If your grocer does not keep it, tell him to write to STEEL, HAYTER & CO., 11 and 13 Front St. Bast. Toronto.



If you want wood of any kind you can always secure first-class Hardwood, in all lengths, at the

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accounts. Cheese Factory accounts, Society accounts and account- of all binds audited, Balance Sheet prepared, Partnership accounts adjusted, as between partners; charges so reasonable that you cannot afford to run the risk of having your work inefficient

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AT THE LINDSAY LUMBER MILLS. In order to make room I must dispose of my in secure a snap, as the stock must be cleared

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HOT AIR FURNACES, STOVES, ETC. P. in and repaired. Work done in town country. Estimates given on all kinds

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A specialty; also house drainage. See of new Angle Lamp, cheaper than gas or electric light, and givee better light. Only costs 16 cent per hour to run.

We sell STOVES at mentiscence's prices JAS. SMITH & CO.

our Cu

A Merry

THE HOL A COLUMN OF SPECIALLY SELECT

DAY SEASON

KEEPING." Orange Piethree eggs with a when light add butter. Stir in the two oranges, the one, and a cupful deep pie d:sh line done, cover up

three whites of

three tablespoonf

slightly, cool, and Orange Shortca half-cupful of of sugar; into th egg, half a cupfu of flour into wh of baking powd Roll, and bake the filling, peel si seeds, slice, spri place between the take the grated the juice one, he a tablespoonful

cupfuls of water Starch. Serve h Orange Tartsquarters of a c tablespoonful of two oranges, the Stir in a teaspoo with the juice again thoroughl

pans lined with Orange Tapio cupful of tapioc pint of boiling v ing peeled and Oranges (sweet the addition of in slices and sti tapioca. Sweet serve with cream

Orange Cust white of six egg oranges and a Beat again, and Having kept t cool place, beat Sugar, and with Orange add the