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ted to the nents runseven cars HEUMATISM & STIFF JOINTS

When you have any deep-seated pain in the joints, the back, the wrists, or elsewhere, place a liberal supply of Zam-Buk on the fingers, or on the palm of the hand, and rub it in. The penetrating power of this "embrocationbalm," kills pain and removes stiffness.

Sound rubbings of the affected parts with this wonderful balm will drive out all pain, reduce swelling, strengthen the skin and tissues (enabling them to resist cold and damp better during the winter months), and restore perfect elasticity and looseness.

MONTREAL LADY'S EXPERIENCE.

Mrs. Frances Wyatt, of 25, Guy Avenue, Mon-treal says: "I have found Zam-Buk most soothing and valuable in a very bad case of rheumatism, and also for stiffness of joints and muscles. I suffered long and acutely from rheumatism, and tried one liniment after another in vain. I also took medi-

cines internally, but it remained for Zam-Buk to effect a cure. began applying this balm whenever I felt the aches and pains of rheumatism coming on, or felt any of the stiffness.

The result was truly wonderful. Zam-Buk seemed to penetrate to the very seat of the pains, driving them out completely, and I am

WHAT ICE HOUSES AND STEAM DID FOR HIM.

Mr. P G. Wells, of 338, Ogden Street, Fort William, Ont., says:—"Following my duties in attending to passenger trains, I often get wet through with rain and steam (the latter in winter). This with hours of duty in icehouses in summer, was no doubt the cause of my contracting rheu-matism in both knees, left arm, and shoulder. This got so bad that I could no longer work and was laid off on three ing which I was under the treatment of my doctor. I seemed to get little if any better, no matter what I tried, and this was my state when Zam-Buk was recommended to me. I laid in a supply, and to my great joy it began to cure me. I rubbed it well in every night, and when a few boxes had been used found I was free from the pain and stiffness of rheumatism. I have had no more trouble from the

Zam-Buk is a positive and certain cure for cuts, burns, bruises, sprains, piles, festering sores, ulcers, scalds, blood-poisoning, eczema, scabs, chapped hands, cold cracks, chilblains, ringworm, scalp sores, bad leg, diseased ankles, and all other skin diseases and injuries. Rubbed well into the parts affected, it cures neuralgia, rheumatism, and sciatica. All druggists and stores sell at 50 c. box, three for \$1.25 or post free from Zam-Buk Co., Toronto, for price. Refuse the harmful imitations sometimes represented to be "just as good."

THE GREAT SKIN-CURE.

Table Manners of the Public are not the Best

PERPETUAL NAGGING IN CHILD-HOOD PRICE OF THE PROPER WAY TO DINE.

(By Beatrix.)

Some body has said that a childhood of perpetual nagging is the price of good table manners, and the truth of the saying may be quite generally recognized. Many must escape paying the price in childhood if one may judge of the puplic's table behavior. Just as every youngster must begin at the alphabet, no matter how wise or cultured his forbears, so it seems that no amount of refinement in the

home can obviate the necessity of teaching the A B C of knife and fork, etc. There is no more a royal road to table manners than there is to learn

The public's table manners bear mute but effective witness to the kind of training received in early youthor the absence thereof. There still exists those amiable but untutored individuals to whom the knife is as essential as a shovel as it as in its capa city as a cutter. The absent-minded person-at least it is charitable to consider him absent-minded-who stirs the contents of his coffee cup into a whirlpool, distributing its surplus in the saucer and drinks with the spoon still in the cup, arouses no amused curiosity; he occurs too frequently. So does the person who appreciates draws it from the spoon.

Misuse of the Napkin.

In olden days one now and then met memoirs of childhood and use it as a well complete both jobs at once. bib. This one finds it possible to exfresco a man's vest testify to the ne- plete cessity for a protector.

To put both elbows upon the table is quite good form if one has handsome rings and bracelets to display; it witnesses, moreover, to the fact that one's social position is so well (or is it ill?) definite that she can disregard the conventions that others find it check drawn on the Home Bank. beauty of the maiden, and the rude necessary to observe.

Show One's Home Training. There is no better testimony to the kind of home in which a person was trained-or not trained-than that person's behavior at table. Was it a place where the meals were served in a happy-go-lucky style, and everybody helped himself to butter with his own knife and cookies were put on the him," said McMichael. table in a pan to save washing dishes? "filled up," and "more" and "gimme ed the magistrate. some' comprised the conversation, without a word of excuse? Unless the

time in training and to suffer many mortifying lapses before quite conversant with table etiquette.

The haste of modern life, which induces everybody to "gobble and git" is responsible for lack of refinement. Nobody takes time to be as mannerly as he knows how to be. And yet, in 1860, Louise Alcott wrote to her just married sister about "trying to fill a multitude that would eat fast and drink like sponges."

Work to Commence On New Dam and Lock

CONTRACTOR RITCHIE AND SEV-ERAL OF HIS FOREMEN HERE -TH PLANT IS ON THE

WAY.

The idle workingmen of Lindsay will be pleased to hear that work on the new dam and lock will be commenced in the course of a few days, the prospect being that many of them will be given employment on the work

Mr. J. Ritchie, of Beamsville. the successful contractor, arrived in town this morning with several of his foremen, and has taken up his quarters at the Benson House. He was met here by Messrs. Sam Clegg and Clem Gordon, of the Trent Cana staff, who discussed with him certain details of the contract.

One of the surveys made for the new lock provided for a material change in direction ,the west entrance to the channel being swung about twenty feet to the north. This would involve the cook by hissing at the soup as he the cutting away of a considerable portion of the land opposite the town wharf, which would afford greatly needed room for steamers and tugs the seornful person who ignored the with tows, and likewise involve the napkin ,or contemptuously dropped it construction of a new swing bridge. on the floor. He was thought quite which would extend twenty feet farcourteous if he did not put his foot on ther north. As the swing at Wellingit. Few go to such extremes these ton-st. bridge is to be renewed, the days, but many still cling to the fond Public Works department might as

It is reported that the contract price cuse. One's other shirt may be at the on the work tendered for is \$50,000. laundry, the frequent grease-spots that and that it will take two years to com-

> HOW THEY DO IT IN TORONTO. (Toronto News.)

Alexander McMichael was charged es had the immediate effect of ceaswith forgery. It was alleged that he ing the hostilities on the part of the signed the name of Guy Tipp to a Algonquins, who were dazed by the Tripp, it appears, is a bank clerk. So and unpleasant- appearance of her is McMichael.

tween Tripp and myself that I could victim to snatch the man and the use his name," declared the prisoner. maiden and add them to their num-"If that is the case, I don't know ber. The maiden, who was no oththat I can call it forgery," said the er than Mary Rundle, shrieked for oldest residents in the death on Fri-

each leaving the table as he finished thing among the bank clerks."

"Is that so? Well, I want to hear a could only work some strategy she from his late residence, lot 15, con individual has a quick eye and a little more about this," declared the might save herself and her two com- 4, Ops, on Saturday, February "th, at knowledge of the shortcomings, cou- Colonel. "I'll remand the case till panions, so with an interior prayer for 8 a.m., proceeding to St. Mary's the Atlantic Soap Co., Toronto, is in He could train on Scotch exclusive) pled with determination to amend his the 15th, and we'll have Tripp here light and strength, she looked around church ,thence to St. Mary's cemeways, he is likely to be a long then."

A TALE OF ALGONOUIN PARK.

By Mrs. Katharine M. O'Loughlin, Lindsay.

feared and dreaded the fierce attacks was in terrific affliction and thought of the savage Indians, there dwelt, in a beautiful country in the midst of the virgin forest, a gentleman who vengeance. Oh! she would try it was the English representative or In- The man servant had a wooden arm dian agent of the Government, and having been given a residence most beautifully situated near what is now she threw them at the savages who, known as "Algonquin Park," had when they saw the teeth taken from many visitors from his English home across the sea, who came to spend pleasant weeks with him and his fam- she snatched his coat from the serily. His wife was a most charmingly attractive and beautiful woman. and of her history this little story has to deal. When the English agent was first

sent to the country, there were few white settlers living in the vicinity. but some fifteen miles distant was one Mr. Rundle, who with his wife and only daughter had occupied and owned a splendid estate, on which Mr. Rundle had a large farm. Mary, having been reared in this lonely but romantic spot, knew no fear and was accustomed to roam through the forest or gallop for miles on her favorite horse, leading him hither or thither as best suited her whim. She grew to know every inch of the forest, and they procured some water, and after "There is," he said, "nothing easier # could follow the trail of the wary savage, and always avoid any danger. Her mother, like most of fond mothers, was always fearful lest Mary should be followed by the Algonquins and be captured by them; so she was continually warning her of the danger, but Mary would laughingly say, "Never mind, mother mine, my wits will come to my aid if they should come."

One day, in the early autumn, a glorious one it was, the wily Algonplace of rendezvous.

chanced to fall upon the Indians, to fate. whom he was unknown, and they, seeing the pale face, thought he had been sent to them for their feast. With fiendish delight they seized him from his horse, bound and dragged him to the huge fire around which they were dancing. He tried to explain to them that he was their friend, sent by the Government to aid them, and would show them what he could do to better their condition. But his voice was drowned by their fiendish yells. They bound their victim, tore some of his clothes from his back and began to raise him on a stake, on which he was slowly to perish. Cold sweat now streamed down the brow of the poor victim; never did he pray so fervently to God to spare him, and never did any plead more for mercy from his torturers, but all in vain. sees no hope and finally he closes his eyes at the sight of what he knows is certain doom. As if to prolong his agony, they keep him in his terrible suspense by sometimes putting him in the flames and as suddenly drawing him from them, until the poor man was nearly crazed; not knowing what the next move might be. In the midst of their mad dance and song a beautiful maiden and a middle-aged man appear on horseback, and their terror may more easily be imagined than described. These new presenc-

companion; but the delay was only "There was an understanding be- temporary, for they turned from their "I often did the same thing for was helpless to aid her or himself, and age 70 years. the Englishman, who was on the verge Mr. Meagher has been a resident of

to her that if she could only charm those savages, she might stay their and false teeth. So she whispered to him that she would take them. Then snatching his plates from his mouth, the man began to look aghast. Seeing that this was having some effect, jerk, she also threw it at them. The Indians, thinking that this beautiful

pale face was possessed of some power of which they knew not, and fearing that she might dissect them in the same manner, muttered some strange incantation to themselves, and with a demoniac yell of fury all took to their heels and fled in the wildest confutheir agonizing situation, the maiden to express to the representative of the made the most of the opportunity, and railway her views about the faulty man, who fell prostrate from the shock fuse in apologies, but insisted that she and exposure to the flames. Soon had been contributory to the accident.

its use restored the gentleman to con- than to open the door from the inside sciousness and assisted him to his if the latch is handled properly. If |* horse, which the Indians had forgot- madame will allow me, I will show ten in their flight. They drove him her." Entering with the lady, the into the home of Mary Rundle, which spector closed the door. "Now, see." was some five miles distant, and he said, placing his hand on the hanwhen once within its shelter, they re- dle of the lock. But the machinery lated to her parents the strange experi- was immovable. Neither skill nor ence through which they had passed. force would move the bolt. The in-Tears and prayers alike were offered spector, fresh to the task, banged the as thanksgiving for the safe recovery door and shouted for help. They of all three.

for their war dance, and all kinds of worth, was so deeply affected by the last train departed The station dyes were prepared for the faces of beauty of Mary Rundle, that he altheir red brothers and sisters; strings most forgot all else. To her he ow- ed till seven o'clock in the morning. of boar's and porcupine's teeth were ed his escape from a certain and cruel all gathered together, and all these death, and to her he would have giv- rounds, opened the prison door. The were ready to decorate the red brow of en his life, had she asked it; so before the savage and gird his loins; then leaving that most hospitable home, he with bow and arrow in hand they told Mary of his devoted love for her, hastened on their wild chase to the and offered his home and his fortune to her. Mary, who was not indiffer-Hundreds came in the usual order | ent to her gallant companion in mis-Tomahawks were raised, bows were ery, replied that as they had been so strung, the arrow was poisoned for its near death together, she thought they dastardly purpose. The yells of sav- should enjoy life together, and she age glee rang through the forest, the felt satisfied that they were destined various tribes of the Algonquins had for each other; to all of which her CHURCHILL AND CHAMBERLAIN. assembled, and the war-dance was ex- fond parents gladly assented. The ecuted to the delight of their savage Rundles had heard of the fine charachearts, and still more relentless na- ter of the Indian agent, and though cowardly attack at Birmingham on ture Suddenly, at the height of their never having met him, as he was on- Mr. Chamberlain recently was thus incantations, a deathly silence fell up- ly a short time in the vicinity, were well rebuked by Punch, under the on their band. The unsuspecting vic- quite prepared to believe he was title "In the Old Lion's Den." The tim, the new English agent, was the worthy of their confidence. Mary verses are from the pen of the editor whole cause of the cessation of their was never tired telling of his heroic Mr. Owen Seaman: merry shouts. He had been explor- conduct during the horrible torture he ing the forests, and not knowing the was enduring from the savages, and direction in which he was travelling, of how calmly he was resigned to his

All things being suited to the satisfaction of both parties, the wedding was arranged to take place at the earliest suitable date. In the meantime a regiment was sent out to subdue the Indians who were on the war path, and after considerable trouble and some bloodshed, they were finally routed, and forced to retreat.

Finding that their depredations would no longer be endured by their pale-jaced brethren they gathered the remainder of their bands and left for the far north, where they became lost

Mary Rundle and Harold Edgeworth were married from the Rundle homestead in the spring following the autumn of our story, and the household turned out to do honor to the heroine wiose brave deed had made her famous far and wide. Among the many attendants was John Blong, the manservant, whose false teeth and wooden arm had done such service as to save the life of his mistress and her intended husband. Great was the merry making at the wedding, and when all was over and a delightful honeymoon spent abroad, with friends in England, Harold Edgeworth trought his beautiful bride back to his Algonquin forest home, which had been given him by the Government for services rendered. Here they lived for nany happy years, reared a happy family, and saw a great country built up in the wilderness, where once the Indian roamed with arrow and tomahawk, and where nature made' beautiful the "Forest Primeval."

DEATH OF OPS RESIDENT.

Victoria County lost another of her So best to mercy; her attendant and servant day evening, of Mr. Philip Meagher,

"What. do you mean to say that you of death, was so struck by the beau- Ops for many years, having taken up And as for you, you'll have your Was it a go-as-you-please race to get allowed him to forge your name?" ask- ty of the maiden, that he forgot his having there, while very young and own terrible fate in his anxiety for having been a life-long member of the "Yes, sir. It's quite a common her. Mary, who saw that entreating local St. Mary's Roman Catholic The wound of weapons turning whence prevailed nothing, thought if she church. The funeral will take place for deliverance, but alas none was at tery.

A Patent Lock, a Lady

THE COMEDY OF A SUBURBAN STATION.

(From News of the World, London, England.)

The wife of a gentleman well known of her parents, it suddenly occurred in city circles set forth brisk and early the other day on a Christmas shopping expedition. Travelling by rail, and having some little time to wait for a train, she withdrew to the lad- | * ies' room. It was some distance from the platform, and not easy to find. When she entered the door closed upon her with a snap-catch. That was all very well. But when she came to open it she found the bolt immovable. After prolonged effort she abandoned * the attempt as hopeless and took to banging the door and screaming for assistance. It was ten o'clock in the morning when she entered the place, and her watch hands pointed to seven in the evening when, hearing a footfall outsile, she began to resume her cries, and the door was opened by an inspector who was passing by. The lady was somewhat exhausted with her tussle with the door, carried on for nine hours in a close atmosphere Thus, so suddenly delivered from without food. She was, however, able

could hear the coming and going of The gentleman, whose name we the frequent trains. But no one heard guins were making great preparations will now disclose as Harold Edge- them. Hour after hour passed. The was locked up, an there they remainwhen the charwoman, going her woman had been 21 hours on the wrong sie, without fodo drink. The inspector's term was less severe, but sufficient to make him avoid demonstrations of the ease and accuracy of patent locks along the line. The anxiety created in households of the strangely-met pris-

oners may easily be imagined.

Winston Churchill's vulgar and

Stout fellow! Sportsman unaffeared, Who with a courage fine and rare Stepped forth and said: "I come to beard

The Lion in his native lair!" (Knowing full well the Lion wasn't there.)

Somewhere, you knew, far off he lies, Stretching his worn limbs in the

Watching with grave and patient eyes The slow hours pass him one by one. Loath to belive his fighting days are

So you were safe enough from him; And, since his heart has lost its You'll get no answer, straight and

Such as of old was wont to greet Whose assailed him, being indiscreet.

Sharp lessons you've already learned, Things that deserters get to know, Though scarce your party-coat was

And payment taken, when the blow Fell from the hand of Fate that struck him low.

And now, while decent lips are dumb, And ancient feuds in shadow fade. Flushed with your office-spoils you

And cast at him the name of rene 'No generous motives marked his

Price of

disloyalty earned and

Have you forgotten past all trace, Dazed with your own ambitious dream.

How he surrendered power as serve his loved Imperia

Enough! For him, he cannot need Our poor defence to guard his fame; meed-

they came. -Mr. T. C. Lamont, representing (If there wasn't any soda

guest at the King Edward hotel.

town for a couple of weeks. He is a And in looking o'er the records

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she and the servant cut the cords lock that was responsible for her im- + the whole 24 pages comprising AN ALL ROUND LIBRARY, the which bound the unfortunate English- prisonment. The inspector was pro- * regular price of which alone is \$1.00 per year.

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FUNERAL OF MASTER ERNIE

About 12.30 o'clock Friday morn ing death removed one of Lindsay's youngest citizens, Master Eric Reginald Fee, oldest son of Mr. and Mrs. R. M. Fee, south ward.

The deceased child was four years of age, having died with scarlet fever, which he had for the past two weeks. The funeral took place from his late home to the Riverside cemetry yesterday afternoon. The town citizens extend their sympathy. the bereaved parents.

HI'AWATHA-LONGBOAT. Fleet of foot was Hiawatha. He could shoot an arrow from him And run forward with such swiftness That the shaft would fall behind him. liver." Fleet of foot was also Longboat, Who could beat Signor Dorando From the land of macaroni. From the land of organ-grinders, From the land of sweet musicians, Who adjust piano organs Just beneath our office windows, And tear out the Merry Widow, Annie Laurie, Daisy Bell, and Then the tuneful intermezzo-From Mastagni's Rusticana-All of these and many others, Pleasing little nerve destroyers, The swift and sure recoil of shame, Rendered by the gents with ear-rings From the land of Sig. Dorando.

Fleet of foot was Mr. Longboat

Made by Marathon performers.

Who could train on Scotch and soda,

Made by English, Dutch, Italians, Made by Yankee, Greek and German, Made by T. Longboat's ancestors, We arrive at the conclusion That the great long-distance runners From the days of Hiawatha Down to those in this December Hadn't anything on Longboat. -Montreal Star.

CRIME.

(Toronto Telegram.) The pale, proud girl turns to the heavy-browned man, who is gazing at her so intently. He has a glittering

knife in his hand. "Have you no heart?" she asks in low, even tones.

"No," he tells her. "Then give me twopennyworth of

Rapidly cutting off the desired amount, the butcher wraps it up for her, gives her the chance, and turns to wait on the next customer.

BIRTHS.

SIMS .- In Fenelon Falls, on Sunday January 28th, 1909, the wife of Dr. S. J. Sims, of a son (still bern). PATTERSON.-In the township of Verulam, on Thursday, Feb. 5th, 1909, the wife of Mr. J. A. Patterson.

of a son. EDGAR.—In the township of Verulama. on Tuesday, Feb. 9th, 1909, the wifeof Mr. Wm. Edgar, of a son.

GRIFFIN.-In the township of Fenelon, on Saturday, Feb. 6th, 1909, the wife of Mr. Wm. Griffin, of a son.

rarious de-