

**"Progress Brand" Clothing**

creates good impressions. "Progress Brand" Suits and Overcoats give men the appearance that Fashion demands.

A man who depends on "Progress" clothes need not read fashion notes to find out what is new and proper to wear.

"Progress Brand" sets the style—not follows them. "Progress Brand" creates fashion—not imitates it.

Make your clothes count FOR you, by wearing "Progress Brand."

**M. J. CARTER, - 40 Kent-St.**

**GANS PROOF.**

We have great faith in **Maple Leaf Rubbers**—so have the men who buy them year after year.

If you have lost faith in other brands, try **Maple Leaf Snag Proof Rubbers**. They are wear and weather resisters.

Men's "Snag Proof" Rubbers, one buckle, 1.85  
extra heavy soles and heels.

Men's Snag Proof Rubbers, Klondike 2.50  
laced, 6 inch top, rolled sole

We have other lines—call and see them.

Agency for **R. NEILL,** 90 Kent-st. LINDSAY, Ont.

**"A WORD IS ENOUGH TO THE WISE"**

Entrust to us the fitting up of your new watch and be sure of a time piece forever.

Starting Friday, Nov. 17th, I will sell

**Waltham or Elgin stem wind and set Watches in screw back and part nickel cases, fully guaranteed, usually sold \$8.00, special 4.90 price**

I sell a Ladies' 25 year gold-filled Watch, with Waltham movement, for **12.00**

See My Window for Special Prices.

**C. HUGHAN,**  
Optician and Jeweller, Lindsay, Ontario.

**TRAVEL IN COMFORT**

**Liverpool, England to Hong Kong, China**

VIA CANADA

On Canadian Pacific Steamships and Trains

FOR ONTARIO TRIPS

TO ENGLAND FOR XMAS

**T. C. MATCHETT,**  
Town Agent,  
or write C. B. Foster, D.P.A., Toronto.

**Money and Insurance**

Unlimited amount of Cash on Loans on mortgages at lowest rates. Note discounted.

Agents for the **Union Assurance Society of London, England, and the Scotch Union and National Insurance Company.**

**JOHN KENNEDY,**  
Adam Block Kent-st.

ADVERTISE IN THE POST.

**HEALTH IS FOUND IN OPEN WINDOWS.**

**A Constant Supply of Fresh Air is a Vital Necessity, Yet Many People Prefer to Breathe Polluted Air Over and Over Again—Why Consumption Flourishes.**

But a generation ago ventilation as a factor in the treatment of disease was a point hardly ever considered, and, indeed, to have ordered fresh air through the medium of widely opened windows would in such maladies as phthisis have almost laid one under a criminal charge of causing death.

Fortunately a great change has come about in medical opinions on these matters, and nowadays efficient ventilation is figured with quite mathematical precision, and fresh air is considered the first factor in all varieties of treatment. We know now not only from practical experience, but from bacteriological research as well, that by far the most powerful germicides—and so the greatest factors in combating and preventing germ diseases—are sunlight and fresh air.

It is, however, the wish of the writer to point out that the principles which underlie this treatment may yet perhaps play a more important role than as a cure for consumption and its prevention.

The open-air principles of treatment in their essence are these: That instead of using artificial methods as drugs to stimulate and strengthen the tissue vitality of the body in its never-ceasing war against malevolent germs, we should make use to the fullest extent of natural forces to achieve this purpose, with a far more lasting result. If, then, these measures are efficacious when disease has got a hold, the question that occurs to one's mind is: Why not adopt them as methods of prevention in health? That prevention is better than cure is perhaps a time-worn maxim, but in no instance could it point a better moral than in that of the writer's friend, who is now a political phrase, our policy should be one of "the open window."

**FRESH AIR NECESSARY.**

To illustrate the fact how even in a room crowded with people, the air is laid

down, do this:

Take a free outlet or if you are ready to appreciate the fumes of any bedroom under these conditions, one has only to go out into the fresh air for a few minutes and then return to the room where seven or eight hours have been passed and the almost unbearable closeness to which the long hours have made us accustomed will then be readily appreciated.

It is one of the inconsistencies of life which can not at first sight be explained that people who seem to find long confinement in one room during the day almost unbearable are yet content to spend eight or nine hours at night under similar conditions without demur. This toleration is due perhaps mainly to the fact that during the night the air in the room is not so vitiated as during the day, and the relative humidity of the air is not so low. The air is also not so vitiated as during the day, and the relative humidity of the air is not so low. The air is also not so vitiated as during the day, and the relative humidity of the air is not so low.

**Teething Trouble.**

Teething is generally accompanied by nervousness, irritability and stomach disorders, which may lead to serious consequences, if not promptly treated. Baby's Own Tablets is the best medicine in the world for teething children. They allay the inflammation in the tender, swollen gums, correct the disordered stomach, and help the teeth through painlessly.

Mrs. T. Nutt, Raymond, Ont., says: "My baby suffered terribly with teething, but as soon as I began giving him Baby's Own Tablets he improved in every way and is now a bright, healthy child." The Tablets also cure colic, constipation, and destroy worms. They are guaranteed to contain not one particle of opiate or harmful drug, and may be given with equally good results to the new-born baby or the well-grown child. Sold by all druggists or sent by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

**How Magazines are Sold.**

W. H. Cochran, a Western advertising specialist, speaking of the relative value of newspaper and magazine publicity says: "I cannot wait thirty days to make my announcements to the public. Life is too rapid and too short to wait on the publisher. A good advertising campaign may be well established by the newspaper before the magazine is issued. The popular magazine is a good medium, but the daily paper is better. The why the new issues of the magazines are advertised in the newspapers: Advertisers in the Post."

**THE SLEEPING ROOM.**

The importance of abundant fresh air at night can best be brought home to one by considering a few of the factors which contribute to such a malady as the tubercular disease of the lungs. As regards its cause and onset, one may mention that here, as elsewhere, in nature, soil and seed are the essential factors for germination and growth. In disease these two factors are always operating. They are called in medical parlance "pre-disposition" and "exciting" causes. This, explained in common terms, means that the first named factor prepares, so to speak, the soil and surroundings for the second, the seed or exciting cause, to germinate and grow in. The seed which falls on stony ground withers and dies, but that which alights on suitable soil lives to produce its kind.

The human body is a vegetable growing ground, or, more properly, some of them beneficial, some of them malignant. To cope with the latter, special cells scattered throughout the tissues make never-ceasing war on them. These cells are the guardians of our health, and in order for them adequately to fulfill these functions, they need an amount of oxygen that only free access to fresh air can give. Microbes coming in contact with these special cells or leucocytes share the fate of the seed that fell on stony ground.

Now in order to cope successfully with the germinating war that is waged and to keep down the increase of microbes in the system, it is plainly essential that the vitality of these cells should be maintained, as this can only be achieved by a constant supply of fresh oxygen through the lungs—and a sufficient nutrition through the alimentary tract.

**THE DANGER POINT.**

Our natural sense of taste in such that we are, generally speaking, able to select or reject that which is useful for food nutrition. Not so with respiration, except with those few who are able to detect immediately air that is not fresh or suitable for respiring. It is here, in this instance, that the great damage is done, and the persons who, through a night's rest of eight or nine hours duration or a third of a day, breathe through lack of ventilation, the same air over and over again, could not do themselves more harm if they took unwholesome food.

The main objections raised to having windows widely opened at night are four—namely, a prejudice against night air, fear of draughts, discomfort of feeling cold, and, lastly, fear of damp. The prejudice against night air has perhaps come down from an age that understood little of hygiene. Night air is not only harmless, but is, as a matter of fact, purer than day air, because the percentage of dust, soot and the products of fire combustion are less. As regards draughts, they can in the first place be obviated either by screening or by having the windows wide open. Most people know that the rate at which



The above picture of the man and fish is the trademark of Scott's Emulsion, and is the synonym for strength and purity. It is sold in almost all the civilized countries of the globe.

If the cod fish became extinct it would be a world-wide calamity, because the oil that comes from its liver surpasses all other fats in nourishing and life-giving properties. Thirty years ago the proprietors of Scott's Emulsion found a way of preparing cod liver oil so that everyone can take it and get the full value of the oil without the objectionable taste. Scott's Emulsion is the best thing in the world for weak, backward children, thin, delicate people, and all conditions of wasting and lost strength.

Sent for free sample.

**SCOTT & BOWNE, CHEMISTS**  
TORONTO, ONT.  
50c. and \$1.00. All druggists.

**BREST REGIMENT CAVES IN**

Asks Pardon of Vice-Admiral Choukhin and Return to Duty—Two Ships in the Harbor Join the Mutineers. But There Were No Disorders on Sunday—An Admiral Seriously Wounded by the Sailors.

Sebastopol, Nov. 27.—Though the mutineers had not yet submitted, but on the contrary have received promises of support from the crews of the battleship Panteimon (formerly the Kniaz Potemkin) and the cruiser Otchakov, and though they are in complete possession of the Admiralty port, where the barracks are located, there were no disorders yesterday and the situation is regarded as much improved.

The mutineers have been deserted by the Brest Regiment, which marched under arms to a camp formed by loyal sailors, and sent a message to Vice-Admiral Choukhin, asking his pardon and saying that they were ready to return to duty.

The authorities have posted artillery and have the mutineers completely hemmed in, but are awaiting the arrival of the troops from Simferopol before attempting to retake the barracks.

Disciplined Mutineers.

The mutineers apparently are in a state of excellent discipline. They have erected barricades, have placed a guard at the aqueduct which supplies the barracks and have thrown out pickets, which take regular turns at guardian duty. They declared yesterday that they had risen because their commanders had withheld concessions promised by the Emperor, and they were ready to hold out until these were put in effect.

The sailors who mutinied number about 4,000 and belong to various equipages from the 56th to the 96th. Including the sailors on board the ships, there were about 5,000 in Sebastopol when the mutiny occurred. The troops in the garrison consisted of the Brest and Simferopol regiments, with two battalions of artillery, one battalion of fortress artillery.

**ADMIRAL PISAREVSKI SHOT.**

Seriously Shot by Sailors Whom He Prevented Meeting.

Sebastopol, Nov. 27.—The sailors of this port and the Brest Regiment have united and joined the workmen, who are holding a meeting under the red flag. The city is in a state of panic. The sailors Saturday attempted to hold a meeting and read Admiral Pisarevski announced that the meeting would be dispersed by the use of firearms, whereupon the sailors fired on and wounded the admiral.

Sent Admiral a Coffin.

Odesa, Nov. 27.—Troops have been sent here to quell the disorders at Sebastopol, which are reported to be increasing. The mutineers have sent the chief admiral a black coffin in which he is demanded that he leave the town immediately. Railway traffic with Sebastopol is interrupted.

The wounds of Admiral Pisarevski, who was shot by the mutinous sailors, are serious.

**Budget Completed.**

London, Nov. 27.—A despatch to a news agency from St. Petersburg says the Minister of Finance has completed the budget for the coming year and that the revenue is estimated at \$1,027,000 and the expenditures at \$1,026,000.

Zemstvo and the Police.

Moscow, Nov. 27.—Late Saturday night after two days which were devoted to a continuous discussion of the Polish question, the resolution proposed by the committee endorsing the stand of the previous congress of autonomy, but favoring reference to the whole question to the National Assembly for a settlement, was adopted unchanged by the Zemstvo Congress.

Positions Abolished.

St. Petersburg, Nov. 27.—An imperial decree published yesterday announces that the posts of Governor-General of St. Petersburg, Assistant Minister of the Interior and Chief of Police, have been abolished. These positions were held by Gen. Trepozin prior to his resignation.

**Ex-Prisoners Revolt.**

London, Nov. 27.—Vindictive, dated Nov. 26, says: "A number of Russian troops who were taken prisoners at Port Arthur, and who recently were returned here for enrollment in the local garrison, revolted to-day, killing two of their officers and wounding five others. The reasons for the revolt are not known."

Bomb-Throwing in Warsaw.

Warsaw, Nov. 27.—At 10 o'clock last night two bombs were thrown through the windows of the cafe of the Hotel Bristol. The explosions resulted in the smashing of furniture and the slight injury of a few persons. No one was killed, though the cafe was crowded.

Section Man is Arnie.

London, Nov. 27.—James Westwood, aged 50 years, a section man employed on the Grand Trunk, was run over by a freight train near Hyde Park, a station about five miles west of here, about six o'clock Saturday afternoon. Both his legs and an arm were amputated, the former being above the knees. He died at 8.30. He is survived by a widow and one child, a young boy.

**Her Last Hymn Written.**

Boston, Nov. 27.—Mrs. Mary Kidder, the hymn writer, died at Chelsea Saturday. Mrs. Kidder was 86 years of age. "Is My Name Written There?" "We Shall Sleep But Not Forever" and "The Golden Side" were among some of her best known compositions, and it is estimated that she wrote more than 1,000 hymns during her life.

Barge Melrose Sunk.

Brockville, Nov. 24.—The barge Melrose of the Montreal Transportation Company ran on a shoal a mile from here yesterday morning and sank. The crew were removed in safety. The barge was loaded with 50,000 bushels of wheat, which is not insured.

Premier Going East.

Toronto, Nov. 24.—Premier Whitney leaves to-day to spend four or five days with old friends in Morrisburg. Hon. Mr. Foy will be Acting Premier.

Murderer To Be Hanged.

Waterbury, Conn., Nov. 22.—Ciriaco Capobianco was sentenced yesterday to be hanged Feb. 27 next, for the murder of Angelo Solomita.

Liberal in Verdict.

Yorkton, Sask., Nov. 24.—A. Garry, rancher, was nominated for the Legislature at the Liberal convention yesterday.

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought Bears the Signature of **Dr. J. C. Ayer** In Use For Over Thirty Years **CASTORIA**

Vegetable Preparation for Assisting the Food and Regulating the Stomach and Bowels of INFANTS, CHILDREN, Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Febrile Disorders and LOSS OF SLEEP.

The Single Signature of **Dr. J. C. Ayer** NEW YORK. 15 Doses—25 CENTS. EXACT COPY OF WRAPPER.

**BOVRIL**

BOVRIL is a great thing for cold days—nourishing and strengthening while it cheers and comforts. A cup of BOVRIL will ward off cold. All the flavor, essence, nutriment and all that's food in prime beef is concentrated in BOVRIL.

**FARMS FOR SALE. YOU CAN SAVE**

100 acre Farm, west half of lot 12, con. 6, Mariposa, all cleared and all tillable land, about two miles from Mariposa Station, one of the best markets in the country; small orchard; very good house; frame barn with stabling. Also log barn. Purchaser can apply to JOHN WALLEN, adjoining farm to the east, or to Elias Howes, Lindsay.

For sale, lot 6, con. 9, Ora, property of William Reid, 1-2 miles from Rosboro; Store, post office; blacksmith shop; good grain market; cheese and butter factory within two miles; 9 churches; fruit mill; two-story frame house and frame barn; 20000 bushels of fruit; 10000 bushels of wheat and clover; 1 acre fruit trees; 70 acres tillable land; balance pasture and wood. Full particulars on application. Price \$1500.00. Terms on 10th day of March. Cash on delivery. See ad in this issue.

A number of other farms for sale, also some desirable buildings in town.

**ELIAS HOWES,**  
Real Estate Agent, Lindsay.

**WANTED! HIDES AND BARK**

The H. M. Beal Leather Co. of Lindsay will pay HIGHEST CASH PRICE for HIDES SHEEPSKINS, LAMBSKINS, TALLOW and BARK. Also and warehouse at Wellington-Bridge—6m.

**CATHRO'S SUITS**

Give satisfaction because the material is of the best and the workmanship without fault.

We invite an inspection of our large stock of SCOTCH, IRISH, and CANADIAN WEAVES. Better values have never been offered to a critical public.

Just now is a good time to leave your order for a fall suit. If you are thinking about one, don't fail to see our goods and get our prices before deciding. It will pay you.

**A. CATHRO,** Merchant Tailor.

**GROGERS UNCOVERED**

Light Let In At Hamilton to Tariff Commission.

**SENSATION AT THE INQUIRY**

Grocers' Wholesale Co. Lifts the Lid Covering the Wholesale Grocers' Guild, Which They Said Controlled the Output of the Redpath Sugar Refinery—Affects Ginning and Starch Industries.

Hamilton, Nov. 26.—The Tariff Commissioners spent a busy day yesterday with the manufacturers of the city. They will complete their work here Saturday at noon. The stove manufacturers put up a strong plea for more protection. They complained that there had been an extraordinary increase during the past two years in the number of stoves imported from the United States. They complained particularly of the way the Americans were cutting into the trade of the west. One reason was that the American enjoyed more favorable freight rates.

The Grocers' Wholesale Co. made the most startling claim. They said that they had been refused goods by the Redpath Sugar Refinery, which said that its whole output was controlled by the Wholesale Grocers' Guild, and that it would be necessary for the wholesale grocers to join that guild to get goods. The starch manufacturers, owners of vegetables, and so forth had been forced by the guild to decline orders from the wholesale grocers, and for this reason the grocers asked that all these articles should be placed on the free list.

A large number of individual firms preferred requests affecting their businesses, some for more duty and some for none at all.

**Machine Shop**

Our Machine Shop and Foundry is exceptionally well equipped with all modern tools and devices, and we have a staff of experienced workmen, who are specialists in all kinds of work in our line.

All classes of machinery repaired. Special castings a feature. Satisfaction guaranteed.

**A. CULLON & SONS,**  
Lindsay Street Bridge.