

BEAUTIFYING THE HANDS.

A lady, who has very beautiful hands, says that a few exercises will work wonders towards promoting grace in the finger tips and wrist. Stand with the arms at right angles to the body, the hands with the palms down. Bend the hands from the wrist, first as far up as they will go, then down. Repeat until the wrists become a little tired, but never until they are strained. Now close the hand tightly until it has become a formidable fist, then throw out the fingers sharply, spreading them as far as they will stretch.

These two simple exercises will produce great suppleness and ease of the finger joints, and tend to increase the circulation.

Tight sleeves are as injurious as tight gloves. When you see a woman who is wearing her sleeves so tight that they bind, look to her hands; they will be red and puffy, with the veins swelled, and the texture of the skin coarse and dark.

The hands respond readily to emollients. If they are chapped, or the skin is broken, rub in a little camphor cream with the tips of the fingers very gently. Rub in the cream at night, just before retiring, and put on afterwards a pair of white chamois or ordinary kid gloves, from which the finger-tips have been cut.

Never wash the hands in cold water, always dry them thoroughly, and never use inferior soap.

THE ROWE CASE.

A Mail and Empire Representative Investigates.

THE PARTICULARS IN FULL.

Consecon Has a Sensation, the Like of Which It Has Not Experienced for Years—David Rowe Gives a Written Statement of the Facts of the Case.

From The Mail and Empire.

Consecon, Jan. 21.—For some time this village and neighbourhood has been ringing with the story of David Rowe. Mr. Rowe is a farmer, who has lived on a farm three miles from here all his lifetime, and is known to every man, woman, and child for miles around. Some time ago his friends noticed a great change in his physical appearance, and no little comment was made as to the rapidity with which he was failing in health. From a strong, vigorous man he had become a bent and crippled invalid. Recently, however, he has appeared to his friends sturdy and straight, strong and well, and with all his old-time vigour and health. Knowing that such a case would be of great public interest, your correspondent visited Mr. Rowe to get the facts. Mr. Rowe is a modest man of few words, frank, straightforward, and truthful. After having introduced myself, he said:—

"You need not apologize for visiting me, to enquire into this matter. I do not consider it an intrusion at all. I have little to say beyond the fact that as everybody round here knows, I was bent nearly double with Kidney Trouble, pains in my shoulders, spine, and small of my back. The suffering I endured was something fearful. I could not stand up straight to save my life. I could do no work. I consulted my physician and took his prescribed medicines, but got no better. I read in the newspapers how Dodd's Kidney Pills were curing people of Kidney Disease, Lame Back, and Rheumatism. I bought a box from Mrs. German, who keeps the grocery here. Before it was all used I began to recover, and after I had used ten boxes I was entirely cured, and now, as you see, I am in perfect good health. This is my story. You can print it if you like, as I have nothing to hide, and it may satisfy a good many people who knew of my previous condition to know how I was cured."

"Have you any objections to signing a written statement?" enquired the reporter.

"None, whatever," answered Mr. Rowe, "just you go ahead and write down what I say."

At Mr. Rowe's dictation, I prepared the following statement, which he cheerfully signed:—

"I had very severe pain in my back, more or less, for upwards of two years. It commenced in my shoulders, and extended down my spine, finally concentrating its full force in what is commonly called the small of my back, or across my kidneys, and there the pain was almost unendurable. It

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SALADA

CEYLON GREEN TEA.
"Salada," Toronto.

made me go bent over. I could not straighten up to save my life. When I went to urinate it gave me great pain, and you can just imagine a man suffering as I did, was not able to do much. I consulted a physician, and he prescribed for me, but to no benefit. I noticed in the papers how that Dodd's Kidney Pills were curing many cases of Kidney Disease and Rheumatism, and I determined to give them a trial. I purchased a box off Mrs. German, who kept groceries and patent medicines here. I did not feel any benefit at first, but before I had finished the first box I began to feel a change for the better. I took in all ten boxes, and they have entirely cured me. I have no pains in my back or across my kidneys, and I am a well man to-day through taking Dodd's Kidney Pills.

Signed, DAVID ROWE.
Witness.
W. J. MARSH.

Those who may read this article, and do not know Mr. Rowe, cannot fully appreciate the position he holds in this community. He is an able farmer, well and favorably known, and as an evidence of his character for truthfulness and honesty I append the statement of Mr. J. J. Ward, the local justice of the peace:—

This is to certify that I am personally acquainted with Mr. David Rowe, and know him to be a man of truth, a man of sterling honesty and integrity, whose word could always be relied on and a gentleman well and favourably known in Consecon and vicinity and in fact, all through the county, and any statement he might give you I have no hesitation in saying that you need not be afraid to use, as a gentleman of Mr. Rowe's standing giving a written statement would be sure to carry weight with it.

J. J. WARD,
Justice of the Peace in and for the County of Prince Edward.

ARTIFICIAL WILTED FLOWERS.

The imitators of nature in the floral line are fast becoming serious competitors of the florists who trade in naturally grown flowers. The following description of the latest triumph of the artists in artificial flowers is interesting.

Dame Nature must spare no effort this coming spring if she hopes to outdo Dame Art in the production of flowers of the field and garden. The velvet geraniums, pelargoniums, roses, poppies, fuchsias, chrysanthemums, marguerites, tulips, etc., that make up the floral display in the shops just now are marvels of loveliness in grace and color. Every woman dressmaker is loading the evening gowns with garlands of rich blossoms, and so strong is the influence of the flowers that the gowns are given the names of the posies they exploit.

One orders, for example, an orchid dinner dress, or a geranium ball toilet, or an iris opera frock, and the whole color scheme of the costume is laid down with a view to harmonizing with the tufts and festoons of brilliant blooms. Enormous shoulder knots of velvet roses or big pastel tinted peonies ornament every black dress, and, not content with garlanding the gowns, women pin mighty nosegays on their evening wraps, and their ostrich feather and chenille boas and on their chiffon and ermine muffs.

To render the flowers even more triumphantly conspicuous by gaslight, they are spangled, or glitter with silver dust along the edges of their velvet and silk muslin petals. This very frankly announces the floral garnitures as artificial, but does not detract from their beauty, though one of the oddest and most interesting species of this false flora is the charming wilted blooms that one artistic and enterprising manufacturer has produced. His wilted flowers are made of liberty silk and are so amazingly natural in appearance that only by actual touch and close inspection can the deception be discovered. A chiffon gown trimmed entirely with pale yellow and pink wilted roses was voted the first prize by the women at a fashionable ball in New York, where no less than a couple of bushel baskets of artificial blossoms were used in the ornamentation of the costumes.

ABOUT THE SIZE OF IT.

Little Clarence—Pa, what is flat-tery?
Mr. Callipers—Praise of other people, my son.

GOOD FOR LOTS OF THINGS.

The sweet Italian or Bermuda onions are the ones to be eaten au naturel, their flavor being much more delicate than the common varieties. But onions are really sweeteners of the breath, after the local effects have passed away, as they correct stomach disorders and carry off the accumulated poisons of the system. They provide a blood purifier that all may safely use, and do perfect work in constipation troubles. As a vermifuge the onion cannot be surpassed, and, eaten raw, will often check a violent cold in the head. One small onion, eaten every night before retiring, is a well-known doctor's prescription for numerous affections of the head, and is highly recommended for sleeplessness; it acts on the nerves in a soothing manner without the injurious effects of drugs so often applied. The heart of an onion, heated and placed in the ear, will often relieve the agony of earache, while the syrup procured from sprinkling a sliced onion with sugar and baking in an oven will often work wonders in a "croupy child."

A USELESS REMINDER.

Have you ever stopped to think that if you stopped smoking you would save enough money to buy a house and lot in the course of ten years of so.

Yes, answered Mr. Meekton, but the only object I'd have in buying another house would be to have a place where I could smoke without spoiling the rugs and lace curtains.

THE SECOND NEED.

Stockman—You remember that "pointer" you gave me on the street yesterday?

Bonds—Yes; what about it?
Stockman—Why, I tried it, and as a consequence I've come around to see if you couldn't let me have a retriever.

COREA'S QUEER FROGS.

Frogs in Corea do not hop or jump. They walk like well-ordered animals, quietly placing one foot after another until they arrive at the end of their journey. It is an amusing sight to one who has always seen the frog of America jump.

HE KNEW.

Do you believe there is really anything in phrenology?

I do. I had my head examined by a phrenologist once, and the moment he came to my first bump he told me my wife used an old-fashioned rolling pin.

CEYLON and INDIA TEA GREEN OR BLACK.

There is nothing artificial about these teas. The purity is unquestioned, the flavor is delicious, the bouquet is a revelation. If you have never tasted British grown teas a treat awaits you. Japan tea drinkers try Ceylon Green.

THE POWERS THAT BE.

Hush! Not so loud. We're having a conference of the powers.
Eh? Who is conferring?
My wife, my mother-in-law, and the cock!

MADE TO FEEL AT HOME.

Didn't you feel yourself a stranger in your literary club after being absent so long, Mrs. Jinks?
No, one of the other members snubbed me the minute I opened my mouth.

THE WAYS OF MEN.

The pessimistic boarder frowned because his piece of pie was small; The optimistic boarder smiled. "To think they'd any pie at all."

HAS A GREAT PULL.

Is your friend, the dentist, a society chap?
Well, in one way. He attends lots of swell gatherings.

SPEAKING OF MARRIED MEN.

Mrs. Benham—The fools are not all dead yet.
Benham—Just think how many widows there would be if they were to die.

IT DEPENDS.

Jaggles—Does it cost much to run an automobile?
Waggles—That depends on the value of the things you run into.

AN EASY ONE.

He—Tell me why you do not love me—I demand it!
She—Oh, ask me something hard.

NAME FOR VOTING MACHINES.
A name for voting machines has been invented. They are now called votometers.

WORTH TRYING.

LUDELLA

CEYLON TEA. You cannot do better than put it to a severe test. The results will surprise you.
Lead Packets, 25, 30, 40, 50, 60c.

WANTED THE FULL BENEFIT.

I was awfully glad to receive your letter, stating that you had repented. But why did you send it unsealed?

Because they say, "an open confession is good for the soul."

A SURPRISE.

And was my present a surprise to your sister, Johnny?

You bet! She said she never suspected you'd give her anything so cheap.

AVOIDING USELESS EXERTION.

He, at the opera.—Very good, indeed. I hope she will sing that again. She—Then why don't you applaud?
He—It isn't necessary. There are so many others to demand encores, you know.

POPPING CORN AT TWILIGHT.

Corn popping at twilight at the big fireplace in the hall, over the furnace fire or the comfortable kitchen range is one of the unending delights of a winter afternoon. With a stock of well-dried popcorn, a long handled popper, a new, bright, tin pan, a salt shaker, and, if liked, a dish of melted butter, not alone the younglings, but children of a larger growth, will find abundant occupation and gustatorial delight.

E. W. Grover
This signature is on every box of the genuine
Laxative Bromo-Quinine Tablets
The remedy that cures a cold in one day

AN UNLUCKY ANIMAL.

Traveler—Get on, man get on! Wake up your nag!

Driver—Shure, sor, I haven't the heart to bate him.
What's the matter with him? Is he sick?

No, sor, he's not sick, but it's unlucky, it is sor, unlucky! You see, sor, every morning, afore I put 'im in the car, I tosses 'im whether 'e'll have a feed of oats or 'I'll have a drink of whiskey, and the poor baste has lost five mornings running!

SOAP IN GREAT BRITAIN.

The production of soap in Great Britain is about 45,000 tons a week, of which between 3,000 and 4,000 is made in London.

FOR OVER FIFTY YEARS

MRS WINSLOW'S SOOTHING SYRUP has been used by mothers for their children's teething. It soothes the child, softens the gums, allays pain, cures wind colic and is the best remedy for diarrhoea, 25c a bottle. Sold by all druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

Mme. Clemence Royer, a French scientist, 70 years of age, has just received the Cross of the Legion of Honor. Mme. Royer is a Breton, who received an English education and founded a famous school for girls at Lausanne. The cross, ornamented with beautiful brilliants, was the gift of the staff of La Fronde, the daily woman's newspaper of Paris.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer one Hundred Dollars for any case that it fails to cure. Send for list of testimonials.
F. J. CHENEY & CO., Toledo, O.
Sold by druggists, 75c.
Hall's Family Pills are the best

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If every man capable of bearing arms were put into the field Britain's army would be 9,000,000, against 11,000,000 Frenchmen, or 12,500,000 Germans.
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For all skin ailments.
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