

MAKE EXERCISE A HABIT.

Take Long, Slow, Full Breaths Whenever You Can.

Exercise is much more necessary to human life than most women think.

Healthy stimulation is an absolute need; without it the body will rust and fall into bits. The baby that never creeps about or kicks or exercises at all either wastes into a liny midget of bones and wrinkles, or else takes on pounds of unhealthy fat and becomes soft and short-breathed and without vitality.

The brain that never calls upon itself for work must become dull and stupid, and it is the same way with the muscles of the body. They are filled with blood vessels that should be up and doing. The blood has several purposes, and one is to carry away much of the waste fluids of the body. The lungs are a sort of refinery, and the blood is a dis-milling agent. If the blood becomes thick and unhealthy and sluggish the body does not keep its youthful state. Eyes grow dull; lips loose their redness; the complexion is sallow and unlovely.

It is an easy and simple matter to make exercise a habit—just like the habit of putting out the lights at night and wondering if burglars will show up before morning.

A most excellent scheme is to take long, slow, full breaths, whenever you have a chance; when you are walking, when you are going to sleep, when you have just awakened.

Such habits are valuable, most valuable, but because they don't cost anything and are a little trouble, lots of women fancy there is nothing in such practices. Nonsense! Look at the athletic men that train. They are the healthiest, strongest, finest-looking creatures in existence. Go thou and do likewise on a little scale.

DROVE AWAY BOTH DISEASES

GEO. ROBERTSON CURED HIS KIDNEYS BY USING DODD'S KIDNEY PILLS.

And His Rheumatism and Dropsy Departed Never to Return—He Makes a Statement.

Montreal, Que., Nov. 9.—(Special).—The illness and cure of Mr. George Robertson, of 39 St. Antoine St., this city, is further and convincing proof that Rheumatism and Dropsy are both the results of Diseased Kidneys. Mr. Robertson had Dropsy and Rheumatism for five years. He cured his Kidneys by using Dodd's Kidney Pills and both diseases departed for good. Speaking of his case Mr. Robertson says:

"I had been troubled with Dropsy and Rheumatism for five years. I am now well and it is all owing to Dodd's Kidney Pills. Before I started using them I could hardly put my feet to the floor they were swollen so much from Dropsy. My arms used to swell at times so that I could not put my coat on. "A friend advised me to use Dodd's Kidney Pills offering to pay for them if they did not help me. Before I had used the second box I felt a great improvement. I took seven boxes in all and I don't know what it is to be sick since."

SHADOW OF THE ASSASSIN.

Great Men Who Have Paid Penalty for Greatness.

Precautions have failed to prevent the slaughter of over a score of the highest personages in the world during the last century. Within the last nine years France and America have each lost a President, Persia her Shah, Korea its Queen, Austria its Empress, Italy its King, and Serbia her King and Queen. The assassin does not reason. "A nobler, purer soul was never released," said one who knew him intimately when the Duke of Devonshire's brother was murdered in Phoenix Park.

They preserve to-day in the Winter Palace at St. Petersburg the room in which the torn, shattered and bleeding Alexander II. was carried to die. Everything remains to this hour as at the moment the life left his tortured frame. Hardly less ghastly was the memorial of his predecessor, which came unexpectedly to the hands of poor Frederick Cavendish's successor in Ireland. Sir George Trevelyan pushed aside a curtain in his room of the Lodge in the Phoenix Park, and there found the blood-stained coat of his precursor, forgotten by those who had brought him there, and carried him hence dead. No wonder Sir George Trevelyan's hair turned white; that the beard of the "Red Earl" lost something of its ruddy hue. Mr. Balfour's life in Ireland was one long vigil. Armed men accompanied him everywhere, even in the privacy of the golf links. The like precautions were observed as a matter of course for Mr. Morley, but Gladstone's biographer could not endure the restraint, went "neck or nothing" into his life as Chief Secretary, and came out unguarded and unhurt.

Great political crisis like that through which Britain is now passing always engender danger for their principal figures. Unknown to the

What shrunk your woolsens? Why did holes wear so soon? You used common soap

SUNLIGHT SOAP REDUCES EXPENSE

Ask for the Octagon Bar.

public, Britain's foremost statesmen are shadowed. From the outbreak of the South African war Mr. Chamberlain has been followed day and night in his walks abroad by a skilful and powerful emissary of Scotland Yard. A man of Mr. Chamberlain's spirit does not like it, but there are other minds than his whose peace he has to consider. Mr. Gladstone hated the idea of a body-guard, and had to be tracked in secret. The accident is not infrequently a better safeguard than the sleuth hound. Mr. Gladstone, popping across the Horse Guards and into his house by the garden entrance, escaped unwittingly the man who was awaiting him with a loaded revolver in the main street. Mr. Foster preserved his life by departing quite by chance from Dublin by a route contrary to that chosen.

MUTUALLY HELPFUL.

"I am sorry to disturb you," said the gentleman burglar. "I trust you'll keep quiet while I remove the valuables." And he smiled pleasantly as he levelled a revolver at his victim.

"Why, certainly!" said the latter, with equal affability. "Perhaps you'll permit me to facilitate the proceedings by giving you some information that may save time and hasten your departure. There is very little cash in the house—only three dollars, as it happens—not a cent more, on my word as a gentleman—and you'll find it in that pocket-book. But the silverware is worth taking, and there is some valuable bric-a-brac. If you haven't room for it all in your bag I shall be happy to point out what is best worth taking. You may rely on my judgment, and I assure you that my advice will be entirely disinterested."

"You're very kind, I'm sure," said the burglar. "I shall be glad to hear what you have to say, although I shall reserve the privilege of rejecting your advice if it should not coincide with my own opinion. And as I can't quite understand your motives, you'll excuse me for keeping this revolver pointed at you while we make the rounds."

"By all means," said the victim. "I should prefer to have it so. What ever I do in this matter I wish to do under compulsion. I yield gracefully to the inevitable. Your revolver, I trust, is loaded?"

"Of course."

"Good! The less likely to be discharged."

And he helped the burglar to select the desired articles.

"And now," said the victim, "if you don't mind, I should like to make an inventory of these things. It won't take very long."

"The fact is," said the burglar, "I'm rather in a hurry. And I must confess that I'm of a suspicious nature. We can't help our dispositions. I find it impossible to rid myself of the lurking suspicion that there may be a trap."

"Not at all," said the victim. "Perhaps I should have explained sooner. Pardon me for having thoughtlessly prolonged your uneasiness. The fact is, I am insured against burglary—over-insured, between you and me—so that this little affair isn't costing you and me a penny. But an inventory would greatly assist me in proving my loss. So, if you don't mind—"

"Of course I don't mind!" said the burglar, warmly. And he called off the names of the articles while the owner made a memorandum.

He: "Reggie Fitzjames has become recklessly engaged to any number of girls, but he always gets out of it." She: "With decency?" He: "Oh, yes! He merely has to go and ask the father's consent, and it's all off."

A Pleasant Duty.—"When I know anything worthy of recommendation, I consider it my duty to tell it," says Rev. Jas. Murdoch, of Hamburg, Pa. "Dr. Agnew's Catarrhal Powder has cured me of Catarrh of five years standing. It is certainly magical in its effect. The first application benefited me in five minutes. 50 cts."—9

Lender: "I've been told Rivers' name is in old Goldsworthy's will." Friend: "Yes, his name is in it. He signed it as a witness. That's all, and—good gracious! What's the matter?" Lender: "Nothing; only I've lent him \$50 on the strength of it."

Minard's Liniment is used by Physicians

Husband: "I am surprised, Emly, that you should have such bad taste as to wear the hair of another woman on your head." Wife: "And I am surprised that you should wear the wool of another sheep on your back."

BEREAVED.

I heard a lover tell his love, And could but sympathise To hear him calling her his dove And note her soft replies.

I heard the man the maid adore, I saw her girlish glee; And when the tender scene was o'er They turned and worshipped me.

But when he saw my beauty there In that delightful grove, Of ornaments he stripped me bare And gave them to his love.

Now in my heart there is no room For tender sympathy, Until next year, sweet roses bloom Again upon this tree. Columbus said the world was round, And most of us declare That since his time we've often found It anything but square.

DECEITFUL MAN.

"Didn't you think that was a beautiful girl with me to-day, Arthur?" "What girl, my dearest?" "Why, she was with me when you met us in front of the church." "Was there a girl there, dear? I didn't notice. I was looking at you." And then she loved him all the more.

\$100 Reward, \$100

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Doctor: "You've got a fever, sir." Patient: "Is it what you would call a 'high fever,' doctor?" Doctor: "Well, it is and it isn't. Two dollars, please." Patient: "H'm! Is the fever as high as the fee, would you say?"

Dear Sirs,—I was for seven years a sufferer from Bronchial trouble, and would be so hoarse at times that I could scarcely speak above a whisper. I got no relief from anything till I tried your MINARD'S HONEY BALM. Two bottles gave relief and six bottles made a complete cure. I would heartily recommend it to anyone suffering from throat or lung trouble. J. F. VANBUSKIRK. Fredericton.

Angry Father-in-Law: "Didn't you tell me when you married my daughter that you were worth \$40,000?" Son-in-Law: "No, sir; I said that I could lay my hands on \$40,000; but had I done so I should now be in gaol."

Eat what you like.—Give the digestive organs some work to do. These functions need exercise as much as any part of the human anatomy, but if they're delicate, give them the aid that Dr. Von Stan's Pineapple Tablets afford and you can eat anything that's wholesome and palatable—Go in a box, 35 cents.—8

Bobby: "Ma, you said that I wasn't to eat that piece of cake in the pantry—because it would make me sick." Mother: "Yes, Bobby." Bobby (convincingly): "But, ma, it hasn't made me sick."

For Over Sixty Years Mrs. Winslow's Soothing Syrup has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, allays pain, cures that colic, regulates the stomach and bowels, and is the best remedy for Diarrhoea. Twenty-five cents a bottle sold by druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup." 23-74

Mr. Noodle: "Clever? Why, she has brains enough for two, Miss Cutting." Miss Cutting: "Has she? Then she is just the girl you ought to marry, Mr. Noodle."

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath, softens the water and disinfects.

Papa: "How is it, Alice, that you never get a prize at school?" Mama: "And that your friend, Louisa Sharp, gets so many?" Alice (innocently): "Louisa Sharp has such clever parents!"

Itching, Burning, Creeping, Crawling Skin Diseases relieved in a few minutes by Agnew's Ointment. Dr. Agnew's Ointment relieves instantly, and cures Tetter, Salt Rheum, Scald Head, Eczema, Ulcers, Blotches, and all Eruptions of the Skin. It is soothing and irritating and acts like magic in all Baby Humors, Irritation of the Scalp or Rash during teething time. 35 cents a box.—7

She: "Poor Jack says he cannot live without Miss Riche. He's worried himself into dyspepsia, and can't eat anything but bread-and-milk." He: "Well, if that's all he eats, he ought to be able to live without Miss Riche."

Keep Minard's Liniment in the House.



The real joy of an outing is good tea! Blue Ribbon Tea is made from the tenderest and most delicate leaves and flowers of the Ceylon tea plant. It is delicious and creamy to the taste—is simply delightful with bread and butter.

Blue Ribbon Ceylon Tea

Black, Mixed Ceylon Green 40c. should be Fifty Ask for the Red Label



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Over 40 inches long, 5 inches wide, made from selected full-furred skins with six fine full black tails, the very latest style. We know you will be more than pleased with it. Miss J. Bockers, Rossberg, Can., said: "I write to thank you for the handsome fur scarf. It is just beautiful. I could not buy one like it in our store for \$5.00. The regular price in all fur stores is \$3.00, and they fully equal in appearance any \$10.00 Fur Scarf. We could not think of giving them for so little, were it not that we had a great number made specially for us during the summer when the furriers were not busy. Ladies and girls, take advantage of this chance and write for the pictures to-day. We guarantee to treat you right, and will allow you to keep out money to pay your postage, so that your Fur Scarf will not cost you one cent. Address THE COLONIAL ART CO., Dep. 20 Toronto.

He: "Could you love me if I lost all my money?" She: "How much have you to lose?"

Ask for Minard's and take no other.

Babies cry most when they realize that they look like some of their relations.

Minard's Liniment Lumberman's Friend

Charlie: "Young Biddle seems to think the girls are crazy after him." Flo: "Well, the ones who are after him certainly must be crazy."

YOUR OVERCOATS

and faded Suits would look better dyed. If no agent of ours in your town, write direct Montreal, Box 153 BRITISH AMERICAN DYEING CO. MONTREAL.

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