

### The Diet Question.

Do not become a diet crank if you value your health. Do not take up any of the "crazy" fads that are now being paraded before the public as "sure cures." Do not be led astray by "fake" testimonials, even if those who present the testimonials do pose as examples of truthfulness and honesty. In the months of December and January three ignorant victims were "cured" to death by the starvation cure. Scores that escaped death were ruined for life. Miss Cora Dean, of Chicago, Ill., a writer of short stories, recently died from the "raw food cure." This poor misguided soul believed in the two-meal-a-day-plan. She ate soaked wheat, salads, prunes, grated nuts, and the various other messes usually recommended by diet cranks. After such a diet she took long walks and tried to hypnotize herself into believing that she was developing health and strength! It is useless to attempt to eat scientifically. We do not understand the first principle of digestion. The greatest physiologist can do no more than grope around blindly in any attempt to solve this great problem. The best advice I can give on the subject of diet is the following: Eat when you are hungry. Avoid food when you are not hungry. Eat what appeals to your taste. It is needless to advise any one not to over-eat if the above rules are obeyed. You can not over-eat if you eat only when you are hungry. Eat what your ancestors have eaten before you for thousands of years. Every cell in your body is the offspring of cells that were developed through eating a mixed diet. A cow must eat vegetables, because all cows before her lived on a vegetable diet. A lion must eat meat because lions have always eaten meat. If you do not believe that a mixed diet is the proper food for man, and you believe that we should live entirely on a vegetable diet, then make the change gradually. Perhaps in ten thousand years your descendants' digestive apparatus will change sufficiently to permit them to thrive without meat. If a good fairy were to make its appearance before me, and say—"Mortal, two wishes are yours; at your command I will rid the world of all the noxious poisonous insects and vermin, or remove the faddists." I would unhesitatingly ask to remove the faddists. All the snake bites, flea bites, etc., in the country do not cause as many deaths, and as much suffering, as can be traced to the heels of the faddists.—[Vim for April.

Coughs, colds, hoarseness, and other throat ailments are quickly relieved by Cresoleno tablets, ten cents per box. All druggists.

### DURHAM SCHOOL.

STAFF AND EQUIPMENT.  
The school is equipped for full Junior Leaving and Matriculation work, under the following staff of competent teachers for that department:

Thos. Allan, Principal.  
Miss Lick, B. A. Classics and Moderns.

Satisfying students should enter at beginning of term, or as soon after as possible.

Fees, \$1.00 per month.

WM. JOHNSON, C. L. GRANT,  
Chairman. Secretary.

### HIGH-CLASS

## Tailoring.



### GENTLEMEN

Don't forget where to go for a first-class Suit or Trousers. I have the finest stock in town (just arrived). Come and see for yourself. A large assortment to choose from. As to fit and style the same as any first-class city firm.

Author and Teacher of the Nonpareil System of Cutting.

**J. A. GLASS**  
DRAPER.

Lambton Street, — Durham, Ont.

### GENERAL NEWS.

The Salvation Army barracks at Listowel were burned.

John W. Buck was run over and killed by a train at Hagersville.

Judge Duncan MacMillan died in St. Joseph's Hospital, London, Ont.

Montreal coffin makers are being organized into a brotherhood.

Blind River Council has voted \$500 to defray the cost of electric lighting its streets.

John McAlpine, a Thessalon farmer has found a gold nugget in the intestines of a young cockerel he killed.

A Vancouverite has invented an automatic switch for street railways that is operated by the foot of the motorman.

An aged Quebec woman had her hand blown off by a spark lighting on a bottle of gunpowder that she was carrying.

The Winnipeg Trades and Labor Council will try to stem the influx of immigrants as they are considered a menace.

Poolrooms will be closed on Sunday in Vancouver, and drug stores will be prohibited from selling cigars and liquor on that day.

The graduates of the University of Toronto propose to establish a provincial university in British Columbia. The headquarters would be in Vancouver.

Master carpenters of Montreal threaten a lockout. There are 10000 men employed in building trades there and they will probably be thrown out of employment.

The Vanderbilts are in Quebec now, and somebody there will sell them a button from Gen. Wolfe's coat. There were 87,000 of these buttons sold last year.—Montreal Herald.

Lindsay will buy a fifteen-ton steam roller at a cost of \$8500, and has appointed J. B. McWilliams Street Commissioner in an effort after good roads. The rate will be 28 mills this year.

Rev. R. A. King, M. A., graduate of Manitoba College, who pursued his studies in Edinburgh and Germany, has been designated to the principalship of Indore College, in place of Dr. Wilkie.

Matthew Stanley, boot and shoemaker, dropped dead in his brother's hardware store at Chesley.

Another disastrous fire occurred at New Denver, B. C., wiping out some \$25,000 worth of business property.

A human skull has been found on the lake shore near Port Dalhousie, and a further search is being made.

The grave-diggers in the Roman Catholic cemetery, Montreal, have struck for an increase of 25 cents a day.

Three hundred and fifty girls, employees of the Canadian Rubber Company, Montreal, have organized a union.

The permanent staff of the Hamilton Water-works Department have asked for a 10 per cent increase in their pay.

Dan Mann denies the report that the Canadian Northern will build a union depot with the Canadian Pacific in Winnipeg.

A business block belonging to Magean, Serre & Co., Sturgeon Falls, was destroyed by fire, the loss being about \$15,000.

The Clarendon Hotel, at Clinton, was destroyed by fire. The inmates barely escaped with their lives.

It is reported that the Western Federation of Miners have ordered a strike at Mr. Dunsmoor's mines at Cumberland, B. C.

Pacific Cable supplies are to be bought whenever possible in Canada and not in the United States, as has been the case recently.

While playing about a bonfire the little daughter of Joseph Becker, Port Dalhousie, was fatally burned and died a few hours afterwards.

In accordance with the request of the Temperance Deague Kingston license commissioners have reduced the number of licenses by four.

Hon. John Costigan will be banquetted by the Irish societies at Ottawa in recognition of his services in the interest of Home Rule in the House of Commons.

St. Catharines and Welland Canal Gas Co. has offered to sell their stock to the city at par, and a by-law may be submitted to the citizens of St. Catharines to endorse the purchase.

Hamilton License Commissioners received no protests against the issuance of any licenses, and consequently renewed all with the exception of six, which were reserved pending certain repairs.

Sir Thomas Shaughnessy says that the officials of the "Soo" line have for a long time been considering an extension from St. Paul to a point near Winnipeg, and that it is likely soon to be made.

A deputation from the Women's National Immigration Society of Montreal waited upon Sir Wilfrid Laurier and asked that the Government grant to the society be increased from \$1,000 to \$2,000.

Homestead entries at the different Dominion land agencies throughout the North-West during the month of March numbered 2,246, against 1,167 for the corresponding month of the previous year being an increase of 1,078 for March, 1903.

The body of Wm. Jordan, missing since Christmas, was found at Swan Lake, Man. Deceased was employed as a hired man and lost his way when returning from the village to his employer's place, after making Christmas purchases.

Miss Susan Kielely was cut in two while crossing the railway tracks at Montreal.

Belleville schools closed during the progress of Sir Oliver Mowat's funeral procession.

Twenty-five policemen are on duty at the water front at Montreal to suppress any trouble.

A Quebec jury acquitted Mrs. Shirley on a charge of procuring a man to murder her husband.

The post-office at Arcola, Assiniboia, was burglarized and 6,000 worth of mail stolen.

Rev. Mr. Elliot, Baptist minister at Belleville, was married to Miss Adeline Scott at Peterboro'.

A summons has been issued for a London Christian Scientist who refuses to have his children vaccinated.

Western Ontario Bible Society is in prosperous condition, and has on hand \$879.71 after meeting all obligations.

The body of Charles Campbell who was drowned in the Nashawak river, Fredricton, was found 38 feet below the surface.

Letters to Pictou friends confirm the death in South Africa of Captain Q. H. Y. Bradshaw, as the result of a railway accident.

Brantford will probably lose Mohawk Institute, burned Sunday, April 19th. If it is rebuilt at all it may be in British Columbia.

Kingston will probably have a new cement works established by the Gillies, of Carleton Place, and Allen McLelland, of Ottawa.

Odin Wyrzt will serve three months in the Central for drunkenness, disorderly conduct and escaping from custody at Hamilton.

Representatives of a Detroit cereal firm are in Canada looking for a location. The choice lies between Brantford and Toronto.

Edward Stevenson the oldest living official, burned the mortgage on the Aurora Methodist church at a happy anniversary celebration.

The Board of Management of the General Missionary Society of the Church of England in Canada is to meet in London to-day and to-morrow.

Rev. W. A. Smith, of Oil Springs, will succeed Rev. Mr. Moyer on Belmont circuit, the latter having accepted a call to Centennial church, London.

Allan Cameron, ex-chief of Cornwall police is dead at the age of 80 years. He was a veteran of 1837-38 and had been in active service until last fall.

Prof. Prince, Mr. Copp, M. P., and Edward Jones will probably form a commission to investigate the sardine fisheries and herring industry in the Bay of Fundy waters.

Queen's University, Kingston, has decided to inaugurate a six year course in arts and science whereby the degree of B. A. and B. S. C. may be obtained in that time.

The child of a Christian Scientist at Galt has been lying all winter with a disease affecting the leg. The limb is now so bent that he will probably be a cripple for life.

All but 70 or 80 of 554 passengers of the Allan steamer Pomeranian, which arrived at Halifax on its way to New York were Scotchmen who were on their way to Winnipeg.

W. W. Fraser, one of the farmer delegates to England from Emerson, Man., said he thought that personally he procured 200 people to come to Canada instead of going to South Africa.

Word has been received at Vancouver of the crucifixion at Kwangtung of a Chinese desperado who confessed to 60 murders. He was nailed hands and feet to a cross in which position he lingered exposed to the public for three days before he died.

Thomas Birkett, M. P., in addressing the annual meeting of the Ottawa Conservative Association, said that six-sevenths of the Fielding tariff was the same as the Conservative tariff of 1895, and most of the other seventh showed increases. All the old officers were re-elected.

The remains of Mrs. Jessie Lloyd, of Spring Brook, were found lying in two feet of water near an old well which had overflowed.

The Conservative Association of South Gxford yesterday presented Mr. Donald Sutherland, M. P. P., with an address and a check for \$750.

The libel action of Mr. W. C. Caldwell, M. P. P., against Rev. Mr. Buchanan of Lanark has been settled by the latter promising to publish an apology.

James Leisk was found dead hanging over the front of his buggy, going west, on the town line near Black Creek church. Deceased was about 86 years old.

In spite of the talk of people leaving the Soo, the facts show that there is no such exodus. Stationmaster Way has not observed any particular movement from town, and the real estate men report that the demand for houses is greater than the supply in spite of last year's enormous building program.

For several years previous to this winter the Buffalo Ice Company has been getting large supplies of ice from Dunnville, Ont., employing about 100 men. The ice was condemned by the health authorities, and the Buffalo company ceased their operations and employing the men. The trouble is believed to have been caused by the sewage of Brantford being deposited in the river, and now the town is being sued by Dunnville for damages.

Hon. Sydney Fisher will leave Japan for Canada on May 1st. He has been feted and entertained in the Mikado's kingdom, and has had some very interesting experiences. He was received in audience by the Emperor of Japan, and witnessed a performance of "Othello" in Japanese.

At the Brantford Assizes Mr. Justice Meredith found Thomas Elliot, President, and the Directors of the Ontario Coal Dealers' Association guilty of illegally conspiring to lessen competition in the sale and purchase of coal.

Messrs. John A. Cooper, Jas. Acton and Chas. N. Robertson, representing the Canadian Press Association, waited upon the Postmaster-General and presented a memorial from the Canadian Press Association, asking for a revision of the Postal Act and the postal regulations, especially with regard to trade and other class journals.

News has just been received at Rat Portage of the finding of the skeleton of a man who was lost six years ago. Louis Mattson and Alex. Pearson, who live three miles north of Rosseau, were working up near Rainy River, at Sprague's lumber camp. They went out cutting pine logs, and glancing up at a very tall tree about 90 feet high, noticed what they thought was a big nest. They felled the tree and were astonished to find the supposed nest was the skeleton of a man with a rope tied around his neck, the other end of rope being tied to the limb of the tree. There was a man lost in that region six years ago, and there is no doubt that the remains are his.

Bracebridge, Ont. April 23.—On November 14th, 1901, Mr. Samuel Henderson, a man between 70 and 80 years of age, started for Baysville on the stage. When within a mile or so of the village he jumped off the stage and went into a house to warm, telling the stage driver that he would walk the rest of the way. After warming he left the house but never reached Baysville, and it was supposed at the time that his mind had become deranged and he had been lost in the bush or drowned in the river. The mystery has now been cleared up by the discovery of the remains by Mr. Jos. Fish in a hollow between Mr. Chas. Smith's and the river, some 80 rods south-east of the Gravenhurst Road.

### Asthma can be Cured.

Thousands of testimonials conclusively prove that Asthma can be permanently cured by inhaling CATARRHOLINE, a vegetable antiseptic that destroys at once the germs causing the disease. Catarrholine gives immediate relief to the distressing cough and suffocating sensations, makes breathing easy and regular and insures undisturbed sleep. Catarrholine cures Asthma that doctors are unable even to relieve and can cure you. The Catarrholine inhaler is made of hard rubber, fits into the vest pocket, can be used at work, in church, in the street, in bed,—any place—at any time. Two months' treatment (guaranteed), price \$1.00; trial size 25c. Druggists or N. C. Polson & Co., Kingston, Ont.

An exchange says:—"A kind-hearted farmer dismissed a hired man who used to steal his grain and vegetables. For the sake of the wife and family of the man, however, he gave him a testimonial worded thus: "I hereby certify that A. B. has been my farm hand for over two years, and during that time he has got more off my farm than any other man I ever employed."

A North Dakota paper relates the following:—"A Ward county homesteader had a peculiar experience a while back. After he had retired for the night his "shack" was lifted bodily on sleighs and hauled about fourteen miles where it was planted on some other body's homestead. The shock of setting the house on the ground aroused the man and he soon appeared at the door armed with a revolver, where he met the surprised thieves—and made them haul him and his house back home and pay \$25 for the fun they had had.

### Women and Jewels.

Jewels, candy, flowers, man—that is the order of a woman's preferences. Jewels form a magnet of mighty power to the average woman. Even that greatest of all jewels, health, is often ruined in the strenuous efforts to make or save the money to purchase them. If a woman will risk her health to get a coveted gem, then let her fortify herself against the insidious consequences of coughs, colds and bronchial affections by the regular use of Dr. Boschee's German Syrup. It will promptly arrest consumption in its early stages and heal the affected lungs and bronchial tubes and drive the dread disease from the system. It is not a cure-all but it is certain a cure for coughs, colds and all bronchial troubles. You can get this reliable remedy at Darlings Drug Store.

### TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for Consumption. Asthma, Catarrh, Bronchitis and all throat and lung troubles. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address, Rev. EDWARD A. WILSON Brooklyn New York.

## SHYLOCK

Shylock was the man who wanted a pound of human flesh. There are many Shylocks now, the convalescent, the consumptive, the sickly child, the pale young woman, all want human flesh and they can get it—take Scott's Emulsion.

Scott's Emulsion is flesh and blood, bone and muscle. It feeds the nerves, strengthens the digestive organs and they feed the whole body.

For nearly thirty years Scott's Emulsion has been the great giver of human flesh.

We will send you a couple of ounces free.

SCOTT & BOWNE, Chemists,  
Toronto, Ontario.  
50c. and \$1.00; all druggists.

### Notice to Creditors

In the Matter of the Estate of John Hopkins, Late of the Township of Bentinck in the County of Grey Farmer, Deceased.

NOTICE IS HEREBY GIVEN PURSUANT to "The Revised Statutes of Ontario" 1897, chapter 129, that all creditors and others having claims against the estate of the said John Hopkins, who died on or about the Fourth day of March A. D. 1903, are required, on or before the Sixth day of May A. D. 1903, to send by post prepaid or deliver to Richard Hopkins, and James Hopkins, of Allan Park, P. O. Ont., the Executors of the Last Will and Testament of the said deceased, their Christian and surnames, addresses, and descriptions, the full particulars of their claims, the statement of their accounts and the nature of the securities, if any, held by them.

And further take notice that after such last mentioned date the said Executors will proceed to distribute the assets of the deceased among the parties entitled thereto, having regard only to the claims of which they shall then have notice, and that the said Executors will not be liable for the said assets or any part thereof to any person or persons of whose claims notice shall not have been received by them at the time of such distribution.

All parties indebted to the Estate to please remit immediately.

Dated at the Township of Bentinck this Fourth day of April, A. D. 1903.

RICHARD HOPKINS,  
JAMES HOPKINS,  
Executors of the Last Will and Testament of John Hopkins, deceased.

### Ready-Made

## . CLOTHING .

### And Guernseys

### AT COST

—For—

### Ten Days

### S. SCOTT.

## CONSUMPTION

### Prevented and Cured.

Four marvelous free remedies for all sufferers reading this paper. New cure for Tuberculosis, Consumption, Weak Lungs, Catarrh, and a rundown system.

## FREE.

Do you cough?  
Do your lungs pain you?  
Is your throat sore and inflamed?  
Do you spit up phlegm?  
Does your head ache?  
Is your appetite bad?  
Are your lungs delicate?  
Are you losing flesh?  
Are you pale and thin?  
Do you lack stamina?

These symptoms are proof that you have in your body the seeds of the most dangerous malady that has ever devastated the earth—consumption.

You are invited to test what this system will do for you, if you are sick, by writing for a

### FREE TRIAL TREATMENT

and the Four Free Preparations will be forwarded you at once, with complete directions for use. The Slocum System is a positive cure for Consumption, that most insidious disease, and for all Lung Troubles and Disorders, complicated by Loss of Flesh, Coughs, Catarrh, Asthma, Bronchitis and Heart Troubles. Simply write to the T. A. Slocum Chemical Company, Limited, 179 King Street West, Toronto, giving post office and express address, and the free medicine (the Slocum Cure) will be promptly sent. Persons in Canada seeing Slocum's free offer in American papers will please send for samples to Toronto. Mention this paper.

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"High Grade Work Only."

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STRATFORD, ONTARIO.

Our graduates readily secure good positions because our high grade training prepares them to render first-class services. Business men want first-class workers and have no time to waste upon the other kind. Commence a course now and be ready for a position in the fall. Write for handsome catalogue.

W. J. ELLIOTT, PRINCIPAL.

## Bicycles.

A fine assortment of new, up-to-date wheels

Massey-Harris,  
Cleveland,  
Perfect and  
Other Makes.



We Also have a number of good second hand WHEELS which we can sell very cheap. REPAIRING done promptly and Repairs kept of Wheels. GIVE US A CALL.

Second Hand Wheels taken in exchange for new Wheels.

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## W. D. CONNOR

Manufacturer of  
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### Pumps of all Kinds.

Galvanized and Iron Piping; Brass, Brass Lined and Iron Cylinders.

### Pumps from \$2 upward.

SHOP open every afternoon.

All REPAIRING promptly and properly attended to.

W. D. CONNOR.

## The Big 4

"He Sells Cheap."

### Lace Curtains.

2½ yds long, 30" wide, taped edge, 40c pair.

3 yds long, 36" wide, taped edge, 65c per pair.

3½ yds long, 42" wide, taped edge, 90c per pair.

3½ yds long, 48" wide, knitted edge, \$1.00.

3½ yds long, 54" wide, knitted edge, \$1.40.

Roller Window Shades, 35c each.

Table Linen 54" wide, 25c yd.

" 64" wide, 50c yd.

White Bed Spreads, 85c and \$1.20 each.

Floor Oil Cloth, 1 yd wide, 25c yd.

" 2 yd wide, 50c a yd.

Colored wash Silk waist lengths in white, black and colors, \$2 up to \$3.50 each.

Black mercerized Sateen Underskirts at \$1.40, \$1.50, \$1.75 and \$2 each.

### New Prints and Fancy Ginghams.

### BOOTS and SHOES.

Don't forget us when you want a good pair of Shoes as we carry a full line of Sterling Bros' Shoes.

### Best Groceries at Low Prices.

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## W. H. BEAN.

Calder Block, Durham.