About Canadian Horses. Bread for the Farmers.

Mr. P. S. Dollar, the leading job-master in England, has been in Canada for a couple of weeks looking over horses bred in this country. Mr. Dollar is not a dealer in horses, that is, he does not buy them for sale again, but to let them out. In pursuance of his business he has traveled in many countries and was induced to turn his attention to Canada by Dr. Smith, Principal of the Ontario Veterinary College. While on a visit to the Toronto Exhibition he has bought sixteen horses of the driving class.

A few evenings ago Mr. Dollar gave the benefit of his experience to a number of gentlemen interested in horse breeding. Mr. Dollar said that the impression left with him after seeing the show of horses at Toronto Exhibition was that Canadian carriage horses are as a rule rather slight in bone; if they could be bred a little stronger they would be more valuable from his point of view. He did not know what improvement to suggest. That must be left to Canadian experts. In England the premium stallions selected annually and subsidized by the Government are doing a great deal of good, as a farmer can get the use of a real sound horse at a small fee. They are, he said, ousting the unsound animals that used to be patronized. No stallion should be allowed to travel unless he was certified by a veterinary surgeon and qualified to get sound stock.

As far as his experience extends the Canadian horses are tougher and better wearers than United States horses. The latter suffer much from splints and foot-lameness, and if they wear on a few years are apt to become sluggish. He trusted that the fashion of docking and cutting the hair off the tail will be stopped. There is, he said, not so much objection to the docking of horses as the cutting off of the hair, at least it rendered them useless to him when this was done. "Dock them if you will," Mr. Dollar exclaimed, "but leave the hair on." Jobbed, or leased, horses, he explained, are used all over England, Scotland, Ireland and Wales, and quite three-quarters of all the large carriage horses that are in use in London and its neighborhood are jobbed. Mr. Dolar said he was a practical veterinary surgeon, and the fact that he was a gold medallist attracted the attention of the largest job-master in England, which eight and a half years ago led to his taking up the business. He would pay as high as a thousand dollars for a horse that suited his business. He now owned 600 horses.

He found that many of the horses shipped to England from Canada were angular, skewlegged or knocked, but once or twice he came across a nice horse, which fact led him to come to Canada and choose for himself. He was exceedingly satisfied with his visit, and did not doubt that Canada could produce in quantities exactly the horse that he wanted. He said the accommodation at Toronto Exhibition was equal to anything he had seen in Great Britain except at Ball's Bridge, in Dublin, and there the situation was not so good. He thought the purchaser should have the right to say as to docking. Canadian horses needed more bone, muscle and weight. The first prize-winners at Toronto Exhibition in the carriage class were pounders. Their limit was six miles, and what was wanted abroad was more lasting power and more strength behind. Canada had a great opportunity if breeding was followed on the right lines, but the horses that were wanted abroad were those that would last—that would be as useful after their eighth or ninth year. He repeated that Canadian horses were hardier than those of the United States, but still Canadian breeders needed to pay more attention to bone and substance. He wanted only geldings. Mares should be kept to breed from. To drive at certain periods they were dangerous.

BREAD.

By Laura Rose, Instructor in Dairying, O. A. C., Guelph.

It is the things we are interested in—the things we are familiar with—which we like to hear and talk about, and so we find a bit of newsy gossip relating to our next door neighbor far more exciting than the latest daring bank robbery in a distant city.

I am going to say a little about bread, for it certainly is a very familiar article of food, and one which everybody apparently likes. This being the fact every thrifty housewife's aim should be to have upon her table the very best bread procurable. But our ideas of the "best" may differ.

I fear, as cooks, we study to please the eye more than the palate or stomach, and therein have we greatly erred.

Food is taken that our bodies may be built up, and that energy, heat and nervous activity be maintained, and whereas bread forms so large a portion of our diet, and is relied upon to such a great extent to supply the demands of the body, we should take special thought to the food value of the bread we eat, in connection with its digestibility. The appearance, odor and taste all help to increase its nutritive value, as they excite the flow of the digestive juices, and as a result a larger quantity is eaten and is better digested. Fresh bread, sour bread, underdone bread, heavy, soggy bread are accountable for much of the serious stomach trouble which is so rife in our country.

Especially should care be exercised with regard to the kind of bread fed to infants and invalids. I have seen many a child eating a huge slice of fresh baker's bread—bread which, had I pressed together in my hand, would have become nothing but a lump of dough. As I thought of the tax put upon the dear little child's frail stomach, my heart ached for the lack of knowledge the mothers of our land have.

Much more thought and study are given to the care and feeding of the calves in the farmer's stable than to the rearing of the young at our own tables.

Lately, in talking with a baker, the question of lightness in bread came up. He said the people thought by getting a large-sized loaf they were getting more for their money, whereas he himself knew that a drier, closer, better-baked loaf, would be vastly superior, but he had to meet the demands of the people and give them what they wanted.

The great objection I have to baker's bread is that it must be eaten fresh. Home-made bread is at its best when three days old, and still quite good at the end of a week. Not so baker's bread; it seems to lose instead of develop flavor. A fact which may appeal to many is that, apart from the many qualities in favor of good home-made bread, about one-third of the bread bill can be saved by baking at home.

Bread to be nutritious should readily crumble in the mouth to enable it to mix freely with the saliva, which acts on the starch, converting it into sugar and preparing it for further assimilation. Bread contains a large percentage of carbonaceous matter and a much smaller amount of proteids and ash.

We could hardly call it a balanced ration, but eaten with meat, butter or cheese all the essentials are secured for the proper support of the body.

Bread is commonly made from wheat flour. To obtain the best results much care should be exercised in the selection of wheat from which the flour is to be manufactured. Recent chemical investigation at the O. A. C. showed that flour made from some of the softer varieties of wheat contained only from 5 to 6 per cent. of gluten—the nitrogenous, muscle-building element of the grain—while that from the harder varieties has as much as 11 per cent. gluten.

The lightness, the digestibility and nutrition of the bread depend largely on the amount and quality of gluten contained in the flour. This is why Manitoba wheat has such a preference over many of our home-grown varieties.

While much importance may be attached to the flour, too much stress cannot be laid upon the yeast used to raise the bread. Many fail in bread-making owing to their ignorance of the nature of yeast.

Yeast consists of microscopic vegetable organisms—tiny little plants—which under favorable conditions grow and multiply very rapidly. In their presence starch is converted into sugar and the sugar changed to alcohol and carbonic acid gas. The gas is quite perceptible in the sponge and dough, but, along with the alcohol, passes off in the baking.

Like other plants, yeast when subjected to too great heat, will die, so when putting dry yeast cakes to soak care should be taken not to have the water hot, nor should the sponge or dough be kept over eighty degrees. This is a favorable temperature for the development of the yeast plant. Cold seriously retards their growth and causes the bread to be "slow." I might just here give my formula for yeast which makes excellent bread; Peel and grate raw, four medium sized potatoes into a stone crock, add three tablespoons of flour, two tablespoons of sugar and one tablespoon of salt. Take a generous handful of fresh, loose hops, put in a granite kettle, pour over one quart of cold water and let simmer for fifteen minutes. Strain the boiling hop water over the ingredients in the crock. Let cool to blood heat then stir in one fresh, dry yeast cake which has been soaking in a little lukewarm water. If made in the morning and kept warm, it will be ready for use by night. Next day put it into a self-sealer and place on the cellar floor. It will keep for several weeks.

I make a rather stiff sponge at night, using a large cup of yeast for eight small loaves. In the morning sift sufficient flour into the bread tins, sprinkle over two large tablespoons of salt, pour over the sponge, mould into a stiff dough and knead thoroughly for fifteen minutes. This thorough kneading gives a nice, fine, white, close-grained bread. When the dough has risen twice its original bulk, form into small loaves.

I would just like to say a word regarding "show" bread. I have taken special notice for a number of years of the exhibits in bread at our fairs, and in four cases out of five the loaves are too large. It is almost impossible to thoroughly bake to the centre a large loaf, and more especially so if two or three loaves are baked in the same pan. If the yeast plants are not all killed during baking fermentation still goes on and the bread becomes sour.

It is well to slightly prick the loaves with a sharp fork before putting them in the oven. This allows the gas to escape, and you will not have large cavities under the top crust.

The oven should be moderately warm. If too warm a thick crust immediately forms which acts as a non-conductor of heat and the result is an underdone centre and a burnt crust. If, on the other hand, the oven be too cool the bread rises too much and often exhausts itself and sinks, giving a loaf with a very light top and a heavy streak near the bottom crust. Usually bread requires from an hour to an hour and a quarter to bake.

When taken from the oven lift at once from the pans, and do not cover with a cloth, but lean it up against something so the air may circulate freely all around it. Have a covered tin to hold the bread. Scald it out every bake day and put it in the sun to dry and air, and it is a good plan to give it an airing in between bakings. On no account put clothes or paper, cakes, etc., in your bread tin.

I never use potatoes, shortening or sugar in making bread as I think a sweeter, finer flavored bread can be made without them.

As She is Spoke.

This curious attempt at English was copied the other day from the label of a bottle of Kummel at Kitzuhel: "This fine aromatical liquor of cumin being carefullist destillated by me from exquisite green cumin must be recommended at the best as an excellent and savory hygienical middle."

Miller's Worm Powders cure fits in children.

GUIDE POSTS OF A BLIND MAN.

His Feet and His Nose Pilot Him Through the Streets of a City.

There is a blind man living in the heart of the old quarter who walks nearly every day to a little restaurant near Canal street. The distance each way is from sixteen to twenty blocks, according to his route, and to see him sauntering carelessly along one would never suspect his infirmity.

Talking yesterday with an inquisitive reporter, he declared that he saw with his nose and feet, and this was the way he explained it: "When a man has his sight," he said, "the smells of a street are all mixed up, but when he's blind he learns to separate them. The smells of the shops are almost as plain to me now as the signs used to be over the doors. Some of them you would hardly suppose to exist. Take a dry goods store, for instance; it smells of cloth, and cloth has a very peculiar odor. Iron and tin have smells of their own, and I can tell a hardware store immediately. I pass two book stalls nearly every day, and I scent them yards off by the old books. Then there are a great many indescribable odors by which I know this place and that. Of course, my feet are my principal guide, and I've been over the same ground so often that I've learned every little inequality by heart, but I couldn't get along with either nose or feet alone. They work together, and where one fails the other helps out. Between them they make very good eyes. The secret of my stepping out is this: I've learned how to stop. People who can see hurl themselves forward like locomotives. That's why the shock is always so unexpectedly violent when you collide with another person. I put no extra power whatever in my movements, and if the toe of my boot touches some unknown object I stop stock still instantly."

This clever blind man leads a very tranquil life. He has a small income, and lives with a granddaughter. A servant is hired especially to read to him every afternoon. Many of them who know him are unaware of his blindness.—New Orleans Times-Democrat.

ORIGIN OF LIFE INSURANCE.

The System Was Not in Existence Till Three Centuries Ago.

The practice of insuring human lives first came into use two hundred years ago—to be exact, on Oct. 6th, 1699—and credit for being the first to give real life to the movement is due to Rev. Dr. William Assheton, of London. On the date above mentioned the Insurance Society for the Benefit of Widows and Orphans was incorporated in London, its statutes and by-laws being framed in accordance with the views set forth in a book, which was published in 1661, and which was entitled "Natural and Political Investigations in Regard to the Current Lists of Births and Deaths."

John Graunt, a wealthy Londoner, was the author of this book, and Assheton was so impressed when he read it that he at once took steps to form a life insurance company. He succeeded, but not without much difficulty, and among the provisions of this first company were the following: A married man, not more than thirty years old, could be insured for £1,000, one not more than forty for £500, and one not more than sixty for £300. Sailors and persons travelling to distant countries would not be insured, and suicides, as well as those condemned to death, lost the benefits of their insurance.

The company flourished during the first year, but soon afterward the directors learned to their cost that the expenditures were much in excess of the receipts, and consequently they raised the rate considerably. This did not help them much, however, and the result was that Parliament finally came to their relief by granting the company an annual subsidy of £3,000. From this time forward the company did a good business, and it was not long before similar companies were started throughout Europe, as well as in this country.

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.

Mortality From Typhoid.

The August record of deaths from contagious diseases in Ontario shows a greater mortality from typhoid fever than for any month during the previous four years. This is attributed to the low water in the wells and streams consequent upon the long drouth. The number of deaths was 54. In August, 1896, there were 45 deaths from typhoid fever; in 1897, 22 deaths, and last year 34 deaths. The total number of deaths from all causes was 2,069. Consumption claimed 171 victims, scarlet fever 8, diphtheria 24, measles 5 and whooping cough 15.

Minard's Liniment is used by Physicians.

Easily Reminded.

"We were surely cheated on that carpet," she said, disgustedly. "It has shrunk until it is too small for the room."

"Well, that's easily remedied," he replied. "We'll get a smaller flat."

Your approval is our ambition. If you like.

BOSTON LAUNDRY STARCH

We are sure you will if you give it a trial for it is a beautiful starch.

The discovery of what is true and the practice of that which is good are the two most important objects of philosophy.—Voltaire.

Capt. Freystaetter, who showed such courage as a pro-Dreyfus witness at Rennes, has been promoted commandant in a marine regiment.

A CITY CASE.

One of a Thousand Such Come to Light in the Queen City.

Mr. John Blow, 67 Princess St., Toronto, Cured of Lumbago and Diabetes—An Interesting Letter—High Praise For Dodd's Kidney Pills.

Toronto, Oct. 2.—This city is one of the finest in Canada, and among the healthiest on the continent of America, but like everywhere else it has its victims of kidney disease. Nevertheless it is safe to say, however, that these cases are seventy-five per cent. less common now than ten years ago, and but few of those that do exist are anything like so severe as formerly. This is due wholly and solely to the popular use of Dodd's Kidney Pills.

Dodd's Kidney Pills have been found to be the only medicine that will cure Bright's Disease, the only cure for Diabetes, the only radical cure for Rheumatism, Lumbago, Sciatica, etc., and equally efficacious for Heart Disease, Dropsy, Paralysis, Bladder and Urinary Troubles, Women's Weakness, Blood Disorders and any other form of Kidney Disease.

Concerning their virtue for Lumbago and Diabetes, Mr. John Blow, No. 67 Princess street, Toronto, says: "I have been a great sufferer with Diabetes and Lumbago for years. Every remedy I could hear of was given a fair trial in hopes it would help me. But until I began to use Dodd's Kidney Pills my hopes were all in vain, and my torture night and day unbearable. No one could imagine the sufferings I endured; night and day my pains kept me in misery. It seemed as if there was neither relief nor cure.

"When I began using Dodd's Kidney Pills I had lost faith in all medicines. But from the first one of these heavensent Dodd's Kidney Pills, I experienced relief. Every succeeding dose hastened my complete cure.

"I have used in all five boxes and am thoroughly cured—a strong, healthy, hearty, vigorous man, whereas before I started to use your Dodd's Kidney Pills I was a constant and miserable sufferer. I cannot find word to express my entire confidence in Dodd's Kidney Pills."

An Important Detail.

"I want to see some blankets," said a lady as she walked into a dry goods store on Woodward avenue. She was directed to the department where they were kept. Then she took from her purse a small wisp of hair tied with a blue silk ribbon.

"I want to get a pair of small blankets to match that," she said, holding up the little lock of hair.

The clerk took her over all the blankets in stock, but, unfortunately, none would match the lock of hair. So the lady said she would have to go somewhere else. "You see, it's for my little dog Fido," she said, "and I must have it exact," and she swept out of the store.—Detroit Free Press.

Elegance and Economy is what you get by using BOSTON LAUNDRY STARCH It gives a beautiful, hard finish, and the cost per shirt is less than one cent.

Debated Facts.

Men who celebrate their good fortune generally find out that it was bad.

Most men think their permit to marry is a license to preach to their wives.

People who hurl stones at street cars consider themselves the power behind the thrown.—Cleveland Leader.

Man in Distress.

A whole family suffering. A dull aching of nerve or muscle, or the acuter pangs of neuralgia, toothache or lumbago, makes life a misery. But Nerviline—nerve-pain cure—will relieve all these. Nerviline is powerful, penetrating, and effectual.

Up in Natural History.

"Describe the hippopotamus," said the teacher.

"The hippopotamus," answered the little girl, "is a very beautiful animal, but is not useful. It is raised only in circuses."

BOSTON LAUNDRY STARCH Is the only up-to-date starch on the market for Cuffs, Collars, Shirts and Ladies' Blouses. Nothing finer made.

Voters in Belgium.

Under the Belgian law unmarried men over 25 have one vote, married men and widowers with families have two votes, and priests and other persons of education have three votes. Severe penalties are imposed on those who fail to vote.

To be strong you must have good appetite, good digestion and good assimilation. Miller's Compound Iron Pills bring all these.

To Preserve Cheese.

Not every housekeeper knows that the best way to keep cheese in good condition is to put it in the refrigerator. This method prevents it from getting soft and oily in summer and from getting hard and dry in the winter. Wrap the cheese in a clean cloth and again in brown paper and lay it on the ice. Cheese preserved in this way does not become moldy.

Miller's Worm Powders make the children healthy.

Two Kinds of Peoples.

There are two great promoters of social happiness—cheerful people and people who have some reticence. The latter are more secure benefits to society than the former. They are the non-conductors of all the heats and animosities around them.—Helps.

Keep Minard's Liniment in the House.

Sizing Him Up.

"Broadminded as Wilkins usually is, he certainly has very narrow views on one or two subjects."

"He doesn't always agree with you, then?"

Miller's Compound Iron Pills, only 25 cents for 50 doses.

It is reported that a Kingston firm has cornered the canned corn market by buying up at least three-quarters of the output in Canada.

NEW WOMAN NOBLY PLANNED.

Keep the Shoulders Straight and the Chest Inflated.

To be physically well and perfectly proportioned the modern woman must be ever on the alert.

A common form of neglect is the shoulders, which are allowed in childhood to grow lop-sided, and take on an ungraceful stoop. Often they are crowded so by ill fitting corsets that they seriously displace the collar bone. Instead of such malformation they should be level, large, erect, in sensibly descending and well poised, making the waist appear round and small. Massage and oils will do much to tone up the neglected shoulders, and the skin can be whitened and made beautifully firm by this paste, which is of Spanish origin: Beat the whites of four eggs in rose water, adding a few grains of alum. Beat until the paste is thick, spread the composition on a layer of old linen and apply to the neck and shoulders at night. French ladies are so expressive with their shoulders that they give them every advantage, as their "shrug" is a part of French conversation. An authority on this subject says: "A difficult habit to break is that easy, lazy manner of sagging down when sitting, which, in addition to sleeping on high pillows, makes so many round shoulders and sunken chests. People should always watch themselves, and when they discover the fault straighten up; but it is so easy to settle down in this way after years of indulgence in the habit that many get discouraged and prefer to grow crooked. Let me warn you, ladies, to be eternally vigilant in acquiring a good sitting posture. The joints you possess were given to you to bend with, and it is almost a crime to sag down as if you had no lungs or other vital organs. Hold in the backbone, throw the chest out, bend from the hips only, and so contribute to the perfection of your figure, your beauty and your health."

Stanstead Junction, P. Q., 12th Aug., 1893.

Messrs. C. C. Richards & Co.

Gentlemen,—I fell from the bridge leading from a platform to a loaded car while assisting my men in unloading a load of grain. The bridge went down as well as the load on my back, and I struck on the ends of the sleepers, causing a serious injury to my leg. Only for its being very fleshy, would have broken it. In an hour could not walk a step. Commenced using Minard's Liniment, and the third day went to Montreal on business and got about well by the use of a cane. In ten days was nearly well. I can sincerely recommend it as the best Liniment that I know of in use. Yours truly,

C. H. Gordon.

One on the Stenographer.

The other day a little stenographer in a downtown office in Boston begged some workmen who were putting up a new telephone not to place it so high on the wall as they were doing.

"You see," she said, "I have to use it as much as any one, and I am so short that I can hardly reach it."

"Oh, well, miss," said the humorist in charge of the work, "you can raise your voice, can't you?"—Boston Transcript.

The best goes Farthest.

That's what you will get by using BOSTON LAUNDRY STARCH as it goes farther and does better work than any other starch sold.

Plague of Spiders in Japan.

Spiders are a serious plague in Japan. They spin their webs on the telegraph wires, and are so numerous as to cause a serious loss of insulation. Sweeping the wires does little good, as the spiders begin all over again.

Ask for Minard's and take no other

Her Meaning.

"Now, what on earth did she mean by telling him she dearly loved rainy days? Surely she didn't want him to think her sentimental."

"Oh! no. She knows well enough that sentiment is out of date. She wanted him to get the idea her hair curled naturally."

Miller's Grip Powders Cure.

A Short Prayer for Soldiers.

While travelling by stage coach in the Transvaal last summer I heard a discussion upon a recently deceased South African bishop. "He meant well, no doubt," remarked an officer of the Bechuanaland Mounted Police, who happened to be a fellow-traveller, "but, unfortunately, he generally contrived to do what should have been the right thing at the wrong time. The best he did was the prayer he taught our men to say when we were out in the last campaign. It was: 'O, Lord, when I forget Thee, remember me.'"—Notes and Queries.

Ladies! If you would be strong and healthy, and have good complexions take Miller's Compound Iron Pills.

A Rag Time.

"Do you have any rag time down here?" asked the man with the guitar.

"It's always rag time down here," replied the hard-time citizen, with a lugubrious sigh, "nothing but rags, hardly any patches."

Minard's Liniment the Lumberman's Friend

"Cut rates" is the somewhat incongruous sign displayed by a five cent barber up in Kensington.

$3.95 Cut this out and return to us, with name of your nearest express office and we will send this watch there for you to examine. It is an open-face, gold-plated, dust proof case, handsomely engraved, fitted with American model 7 jewelled stem wind and set movement, lady's or gent's size. It is a good time piece, equal in appearance to a $25.00 watch, and is just the thing for trading purposes. If, on careful examination you are convinced this watch is worth far more than we ask, pay the express agent $3.95 and express charges and it is yours. Perry Watch Co., Box H Toronto, Can.

$4.95 Cut this out and send it to us with the name of your nearest express office and we will ship you this Violin with Outfit by express, subject to examination. Examine it at your express office, and if you find it exactly as we represent it and entirely satisfactory, pay the express agent our special price, $4.95 and express charges. This is a finely finished, regular $9.00 Stradivarius model violin, richly colored, highly polished, powerful and sweet in tone. Complete with fine bow, extra set of strings and rosin. A genuine bargain at the price. Buy direct from us and save the dealer's profit. Johnston & McFarlane, Box H Toronto, Ont.

Tested and Tried For 25 Years

Would you feel perfectly safe to put all your money in a new bank? One you have just heard of?

But how about an old bank? One that has done business for over a quarter of a century? One that has always kept its promises? One that never failed; never misled you in any way?

You could trust such a bank, couldn't you?

SCOTT'S EMULSION

of COD-LIVER OIL WITH HYPOPHOSPHITES is just like such a bank. It has never disappointed you, never will. It has never deceived you, never will.

Look out that someone does not try to make you invest your health in a new tonic, some new medicine you know nothing of.

50c. and $1.00; all druggists.

SCOTT & BOWNE, Chemists, Toronto.

Kingston citizens have subscribed $12,500 to build a summer hotel.

A FREE SAMPLE OF PERFUMED Royal Lavender Blue

Will be sent to anyone who will act as agent for this entirely new household preparation. The Blue is put up in 15c. packages and guaranteed not to streak or spack the finest fabrics. Each package contains sufficient Blue to do the blues for an ordinary family for about 4 months. It is the cheapest, most convenient and perfect Blue in the market.

NO MONEY REQUIRED!

Anyone sending name and address will receive the Free Sample and a number of packages, together with our big premium list of Watches, Rings, Musical Instruments, etc., etc. Premiums are given for selling $1.20 worth and up. Liberal cash commission if desired. When sold return us our money and the premium selected will be sent.

Do not delay. Write at once and secure the agency for a meritorious article that will give every satisfaction, and is used in every home. When writing mention this paper.

WRITE NAME AND ADDRESS VERY PLAINLY.

TORONTO CHEMICAL CO., Toronto.

CARE OF YOUR HANDS.

There is a great knack in using the hands successfully etc.

FREE! This beautiful little Lady's Watch for selling 3 doz. of our full-sized Linen Doylies at 10 cents each. Fine Boy's Watch for selling 2 doz. Latest and prettiest designs; sell at sight. No Money Required. Simply write and we send Doylies postpaid. Sell them, return money, and we mail your watch free. Unsold Doylies returnable.

LINEN DOYLEY CO. DEPT. H TORONTO

ROKCO

Cereal Coffee Health Drink. Pure, Wholesome Nourishing. 15c lb., or 2 lbs. for 25c. ROKCO is equal to 40c coffee.

—For Sale by all Grocers—

or send 16c for ½-lb package to the Rokco Mfg. Co., 154 Queen E., Toronto. Agents wanted every locality.

FOR SALE

A 1 National Paper Cutter, 25 inches, good as new. Price $50.00, a bargain.

ADDRESS "HERALD," Dundalk, Ont.

Progressive Bakers

Put up their BREAD so it leaves the oven in

EDDY'S BREAD WRAPPERS

which protects it from impurities bound to arise from the frequent handling of the naked loaf.

Write for samples of wrappers and prices to

THE E. B. EDDY CO., LIMITED. SOLE MANUFACTURERS, Hull, Canada.

Branches and agencies in all the principal cities and towns in Canada.

FREE! This beautiful Gold-Shell Solitaire Ring in exquisite plush-lined case for selling 1 doz. gold topped Lever Collar Buttons at 10c. each. We send buttons postpaid. Sell them, return money, and we send you ring, all charges paid. Lever Button Co., Box H Toronto.

Mrs. Winslow's Soothing Syrup is a Never failing remedy. It not only relieves the child from pain but invigorates the stomach and bowels, corrects acidity, and gives tone and energy to the whole system. It will almost instantly cure griping in the stomach and wind colic. Mothers, don't fail to procure it. Twenty-five cents a bottle.

ONTARIO ARCHIVES TORONTO