

NO. 5, 1903.

Nothing Syrup should be used for Children's Coughing, It is soft and pleasant, cures wind and relieves for Diarrhoea.

BY MAIL. Leading... Expert instructions. Indis... Send for handsome cat... Correspondence: Jap... BASS COLLEGE, Toronto Can.

ENTS in every town... and villages in... to measure LADIES'... Canada's Largest Tail-

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WOMAN'S REALM

Some Stunning Toilettes.

The holiday season invariably brings about a falling off in the attendance of smart folk at the theatres, says Lady Moulsh in Town Topics.

Nevertheless beautiful toilettes have been conspicuous at several phythouses during the past fortnight.

Of one of these the hat was the most striking feature. It was very large, of white fur felt, and it was almost covered with chrysanthemum, of the big pinkish white variety, with undergirding petals.

A three-quarter coat of white handkerchiefs partially covered a white net gown, garnished with velvet flowers.

The coat was tucked all over, save where there were wide insets of lustrous lace, a cascade of which also ornamented the entire length of front.

A woman in a scarlet gown made in simple Princess style wore in charming contrast a brown chiffon cloak and hat of brown fur felt.

The hat was tilted to just the right angle by means of a cluster of red roses, which were tucked snugly under one side of the brim. The top trimmings were also red chiffon, ribbon and roses.

It was a curious combination of colors, but most effective.

Mr. Lourie Cockran escorted two handsomely dressed women to a box at the Bijou Theatre a few evenings ago.

One wore a white spangled costume, made in the most extraordinary manner. It had three-inch wide insets of black laced lace, crossed X-fashion over the back and front. The effect was so novel and striking that the toilette escaped no one.

The hat was a white, soft beaver covered with delicately tinted orchids in pink and white. Trimmed among these was a twisted pale blue satin ribbon, with ends falling just over the hair.

There were also flowers and ribbons under the left side of the brim, where it turned slightly away from the face.

One of the most delicate, becoming and revising costumes I have seen this winter is a silver-gray crepe de chine from one of the best Paris houses.

It is trimmed, the bodice only, with silk antique lace. This is set in a very shallow pointed yoke, and again at the waist line, for a depth of about two inches. It is subtle.

The finest of hand shirring, alternating with closely stitched bands of crepe de chine, forms the body of the waist, as well as the tops of the sleeves.

Dangling grey silk ornaments decorate the front and sleeves also.

The latter are quite too elaborate to describe.

Below the shirred top the fullness is left entire to the elbow, where it is caught into a wide kimono-like cuff of lace turned back, stitched and adorned with the ornaments.

Below this is still another more modest fullness or puff, ending in handsome pointed lace cuffs; the latter is feather-boned and perfectly finished.

The skirt is a gem. It has a short, hip yoke and slender front panel reaching to the bottom.

Five rows of finest hand shirring are joined to this yoke on each side with bands of closely stitched crepe de chine. The entire sides and back of the skirt.

There are no less than ten series of shirrings and stitchings on either side of it.

About the bottom is a graduated series of very full accordeon plaited dounces of crepe de chine finished with several ruchings. The skirt has not a particle of trimmings save this exquisite hand work, and it is beautiful.

The new Japanese cloaks for opera and evening wear are another feature of the new styles for winter. These are just as gorgeous as the orientals wear them, and only slightly modified in shape.

One worn at the opera last week on two different occasions was of pale yellow silk, elaborately embroidered in large red poppies and green leaves.

Its wide sleeves, not so loose as the original at the armhole, were pulled slightly, as was also the body of the cloak.

It had a straight, loose back, showing the flowers in clusters, and was about 44 inches long.

A white gown, with silver spangles and a supernatural of jewels, was worn under this gorgeous affair. It would be odd to predict a revival of spangles and solid jet gowns, but indications really seem to point that way. No less than a dozen of these brilliant creations were sprinkled about the horseshoe at every opera performance this week.

Most of these gowns had designs wrought out in the iridescent bits of tinsel.

Ball gowns are made as filmy and

SAVED FROM THE GRAVE

What T. C. Marsh Says of Dr. Ross's Kidney Pills for Him.

Story of a Nova Scotia Man who had Almost Given Up Hope of ever being Well Again.

Central Economy, N. S., Jan. 12, 1903.

(Special)—"I feel as if Dr. Ross's Kidney Pills had saved me from the grave," is the way T. C. Marsh, of this place, talks of those wonderful exterminators of the pains and aches arising from Diseased Kidneys. And Mr. Marsh should know whereof he speaks. He was under the doctor's care for some time, and, despite their efforts, continued to grow worse. He was almost in despair when a friend advised him to use Dr. Ross's Kidney Pills. In such a dire case the progress towards recovery was naturally slow, but he persevered, and now he feels justified in using the strong words quoted above. Mr. Marsh thus describes his case:

"I was under the doctor's care, but didn't seem to get any better, only worse. I was advised by a friend to use Dr. Ross's Kidney Pills. After I began to feel a difference, and I never stopped until I had used 22 boxes. I suppose I still have to use something as long as a life, but I feel as if Dr. Ross's Kidney Pills had saved me from the grave." "I have recommended Dr. Ross's Kidney Pills to everyone because of what they have done for me."

treat it to upbuilding physical culture exercises. It sounds simple enough and silly enough. But it is neither. A short trial will prove that the right kind of faces cannot be made in a jiffy, although it is a bright little magazine. The benefits that accrue to both men and women from making the faces herein described ten or fifteen minutes a day, either upon rising or before going to bed, are manifold.

They will round out and naturally fill emaciated, thin and hatched faces. Sunken eyes, hollow cheeks, and noses abnormally thin between the eyes will disappear.

They will reduce to more perfect outlines faces burdened with superfluous flesh. Double chins, puffy eyes, and flabby, down-hanging cheeks will disappear.

Their use will make the eyes bright. They will prevent wrinkles, that old, careworn look, and defects of the skin.

They will do away with excessive and easy blushing among those who have the complexion of a trout. Muscles will be thickened by exercise and under control will not permit blood to rush so suddenly to the surface as thin, flabby and powerless flesh.

The chewing muscles will be made stronger and mastication materially aided when, in turn will contribute to better digestion and assimilation of food.

Because the facial muscles will be filled with a bountiful supply of fresh blood, a more lively and less likely to leave scars.

Women will not find it necessary to resort to rouge and other accessories to cover the face. Red lips, sparkling, dancing eyes and charmingly contrasting facial lights and shadows.

These facial features also develop the throat muscles. By strengthening the throat muscles that part of the body is better guarded against all the ills peculiar to it.

The faces made work all these benefits by causing large supplies of fresh blood to be sent all over the face and neck. The blood building up and burning away whatever necessary. It fills out the thin face; it carries away superfluous and encumbering flesh on the face, and altogether it imparts new energy and power to all parts of the face.

In brief, whoever makes these faces will be blessed with features that are beautiful, healthy and the power of constant attraction, because everybody likes to see a human being who is the picture of health.

Exercise I.—For developing the upper part of the neck and the upper part of the breast, there is no better exercise. Among the muscles affected are those which join the face at each side of the lips and from there spread over the front of the neck and clear across the breast.

Therefore, whenever this exercise is executed the whole chest is raised up considerably. It also removes wrinkles from the forehead and around the eyes and makes the lips stronger and more pliable.

To do this exercise first open the mouth, draw down the corners, and wrinkle up the forehead, all as much draw the lower lip and adjacent muscles toward the nose. Try to make the lip touch the tip of the nose.

Bring all the muscles around the neck and face as much as possible. Then, holding the mouth and jaw firmly together and hold until weariness comes.

It is better to do this and all the other exercises gently at first, increasing the tension and energy with practice. In this way possible rupture of small facial vessels will be made impossible.

Exercise II.—This, the opposite of the former exercise, pulls up the lower lip and draws down the muscles above the eyes. By stretching the chin muscles it takes away double and fills out hatched patches of the skin around the eyes. It broadens noses that are too thin between the eyes and fills out sunken eyes and takes away puffiness.

Starting with the mouth shut, thrust out the lower jaw as far as possible, and, while holding it there, shut eyes as close together as you possibly can. Then try to open the eyes.

Exercise 3.—Close the eyes and contract the forehead, elevating the eyebrows as much as possible. Open the mouth as wide as you can and try hard to close the lips over the opened jaws.

Exercise 4.—This dissipates hollow cheeks and replaces them with nicely rounded ones. It also strengthens the chewing muscles, and in this way greatly aids mastication and digestion.

With the mouth slightly shut, draw the lower jaw to the right for left as far as possible, and then pull the flesh over the teeth in the same direction as much as you can as you can. At the same time stretch the eye and pull the adjacent muscle together.

Exercise 5.—This fills out the lower part of the chin and makes it normal, and develops the laughing muscles under the eyes. Because it is excellent for general development, one should practice this exercise every day.

Execute the exercise by bringing every muscle toward the centre of the face as much as possible. The shape of a circle the better is the exercise performed.

For those who care to vary these best of facial exercises, try the following which will be found beneficial and extremely easy:

Exercise 1.—Smile. Place the ends of the fingers on the lumps of flesh on the cheeks under the eyes, and then while resisting with the fingers, draw up the laughing muscles by smiling and lower them in fairly rapid succession until they meet at the lips with the hands and, while resisting with the hands, pull the cheeks apart.

Exercise II.—Put a crooked forefinger on the chin just below the lower lip and raise up the lip, resisting with the finger.

Exercise III.—Close the mouth and push the tongue down toward the floor. This is good for the throat muscles, and materially strengthens the tonsils.

Exercise IV.—With the fingers on the eyebrows and resisting, try to close the eyes while raising up the eyebrows. Try to close the eyes while resisting with the fingers placed at the sides of the eyes.

Sunday School.

INTERNATIONAL LESSON NO. V. FEBRUARY 1, 1903.

Paul at Athens.—Acts 17: 23-31 Study Verses 13-31.

COMMENTARY.—1. Paul at Athens (vs. 13-21). As usual, persecution arose against the new religion at Beroa, and Paul, leaving Silas and Timothy (v. 14) to follow him later, hastened secretly to the city of Athens. He was here in the intellectual world, as Rome was of the political, and Jerusalem of the religious. While Paul waited for the coming of Silas and Timothy, he conversed with the Jews, and in the market places to those whom he met. The leaders in philosophy and religion were attracted by Paul's boldness in speaking in the market places to those whom he met. The leaders in philosophy and religion were attracted by Paul's boldness in speaking in the market places to those whom he met.

Exercise 6.—Put the ends of the fingers on the lumps of flesh on the cheeks under the eyes, and then while resisting with the fingers, draw up the laughing muscles by smiling and lower them in fairly rapid succession until they meet at the lips with the hands and, while resisting with the hands, pull the cheeks apart.

Exercise 7.—With the fingers on the eyebrows and resisting, try to close the eyes while raising up the eyebrows. Try to close the eyes while resisting with the fingers placed at the sides of the eyes.

PAINFUL PERIODS

are overcome by Lydia E. Pinkham's Vegetable Compound.

Miss Menard cured after doctors failed to help her.

"Lydia E. Pinkham's Vegetable Compound cured me after doctors had failed, and I want other girls to know about it. During my menstruation I suffered most intense pain low in the abdomen and in my limbs. At other times I had a heavy, depressed feeling which made my work seem twice as hard, and I grew pale and thin. The medicine the doctor gave me did not do me one bit of good, and I was thoroughly discouraged. The doctor wanted me to stop work, but of course, I could not do that. I finally began to take Lydia E. Pinkham's Vegetable Compound and felt better after taking the first bottle, and after taking six bottles I was entirely cured, and am now in perfect health, and I am so grateful for it."

—MISS GEORGE MENARD, 537 E. 152nd St., New York City.

\$5000 forfeit if original of above letter proving genuineness of compound.

Lydia E. Pinkham's Vegetable Compound cures female ailments when all other means have failed.



Lydia E. Pinkham's Vegetable Compound cures female ailments when all other means have failed.

THE FROST

The strongest and heaviest Wire Fence made.

If we are not represented in your district write us at once about the agency. Good openings for good men. Orders easily taken. Results satisfactory.

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His mission spirit. This showed itself at once to be the mainpring of his life. He cannot wait for a suitable time. Now is his time. He can not wait for opportunities, he creates them. He evidently first began with the Jews. They were always the enemies of Jesus, but they were God's chosen people and salvation must first be offered to them. They were also opposed to the idolatry practised in that city.

His tact and prudence, Paul was a most intrepid missionary, and knew no fear of danger. In his zeal for souls, His account of what he suffered, shows this. He had been beaten, stoned and shipwrecked. He had been in perils from waters, robbers, Jews and heathens in the city and in the wilderness; in hunger and thirst; in cold and nakedness. He was, however, a prudent man, and never an iconoclast. He did not get himself arrested and put in prison for breaking images, destroying altars or insulting priests. He wisely took something they admitted and allowed, and from this defused and taught that which they opposed.

His address. As soon as it was discovered that he was a man of parts, and that he taught a new religion, he was brought to Mars' hill for an address. This he made with great skill and with simple yet irresistible logic. He shows them there is an and can be but one true and living God; that they are ignorant of that God and need to be instructed in the knowledge of Him; that they do not need more religion as they are already too religious, but that they need a better kind of religion.

The Markets.

Toronto Farmers' Markets

Jan. 26.—Receipts of grain were fair, with prices firm. Wheat brought 72c per bushel for 300 bushels of white, and 500 bushels of red winter; goose sold at 66c for 200 bushels.

Barley active, with sales of 2,700 bushels of malting at 49 to 51 1/2c, and 300 bushels of feed at 44 to 47c. Oats, unchanged, 1,000 bushels selling at 31 to 32c.

Hay, quiet, with sales of 25 loads at \$13 to \$15 a ton for timothy, and at \$6 to \$8 for mixed. Straw, eastern, three loads selling at \$9 to \$10 a ton.

Dressed logs, steady, at \$7.75 to \$8.25, the latter for choice light weights.

Following is the range of quotations:

Wheat, white, bushel, 72c; red, 72c;	spring, 70c; goose, 66c; oats, 35 to 37 1/2c; peas, 78 1/2c; barley, 44 to 51 1/2c; buckwheat, 55 1/2c to 57c; rye, 57c; hay, timothy, per ton, \$13 to \$15.50; do, mixed, \$6 to \$9; straw, \$9 to \$10.50.
Seeds, per bushel—Alsike, No. 1, \$7 to \$7.50; No. 2, \$6 to \$6.75; red clover, \$8.40 to \$7; timothy, \$1.85 to \$2.35.	Apples, per bbl., \$1 to \$2; dressed hogs, \$7.75 to \$8.25; eggs, new laid, 50c; butter, dairy, 18 to 22c; creamery, 25 to 26c; chickens, per pair, 60 to 66c; ducks, per pair, 75c to \$1.00; turkeys, per lb., 14 to 16c; goose, per lb., 9 to 10c; potatoes, per bag, \$1.15 to \$1.25.

Leading Wheat Markets.

Following are the leading quotations at important wheat centres today:

Jan. 27	May
New York	83 7/8
Chicago	82 1/8
Toledo	79 1/4 to 83
Duluth, No. 1 north	77 1/2 to 79 5/8

Toronto Live Stock Market.

Export cattle, choice, per cwt.	\$4.80 to \$5.00
do medium	3.80 to 3.95
do cows	3.40 to 3.55
Butchers' cattle, picked	4.10 to 4.25
Butchers' cattle, Blaine	3.90 to 4.05
Butchers' cattle, fair	3.60 to 3.75
do common	2.80 to 2.95
Butchers' calves	3.20 to 3.35
do light	2.75 to 2.90
do stock	2.30 to 2.45
Feeders, shorthorn	4.25 to 4.40
do medium	3.75 to 3.90
do light	3.25 to 3.40
Stackers' choice	2.75 to 2.90
Stackers' common	2.30 to 2.45
Mixed cows, each	20 to 25
Sheep, ewes, per cwt.	3.30 to 3.45
do lambs	3.75 to 3.90
Butcher's hog, per cwt.	6.30 to 6.45
Lamb, per cwt.	7.50 to 7.65
Hog, light, per cwt.	5.50 to 5.65
do stock, per cwt.	4.50 to 4.65
do sows, per cwt.	1.85 to 1.95
do stags, per cwt.	1.50 to 1.65

Bradstreet's on Trade.

The demand for spring staples at Montreal is increasing. Orders so far booked by travellers are larger than in previous years at this time. The domestic wooden mills are very firm and refuse to make concessions on prices and some are positively refusing to take further orders now, as they will have all they can do with present business in hand for four months.

Business at Toronto is showing more activity this week. The country from country retailers who have completed stock-taking, is larger now, and the outlook promises a good expansion of sales over last year when the trade was probably the best in the history of this market.

Little change is noticed in trade conditions at Quebec during the past week from that of the preceding week. Payments, as a rule, are reported satisfactory for this season.

Business at Winnipeg and through Manitoba generally the past week has shown a fair development in connection with spring lines and at the moment the outlook is for a large increase in the season's turnover.

At British Columbia trade centres there has been a fair movement in seasonal lines.

Wholesale trade at Hamilton this week has been quite active. Large shipments of spring goods are being made and orders coming forward from travellers make it look as if activity in this direction would be marked for some weeks. The conditions of trade are healthy and payments have been very fair lately for this period of the season. Values of staple goods continue firm.

In London there has been a good demand from the retailers, who are looking forward to a good increase in the sales of spring goods and who desire to be well prepared for a busy season.

Lydia E. Pinkham's Vegetable Compound cures female ailments when all other means have failed.

FOR THE COOK.

A good and an inexpensive breakfast sweet is apricot marmalade made from canned apricots. Measure the fruit, and to each pint allow three-fourths of a pint of sugar; cook over a slow fire, stirring once in a while until the marmalade is a floored consistency; roll thin and bake in a quick oven.

Gingerbread Cakes—Take one cup of New Orleans molasses; one cup of sugar; one cup of sour cream; one small cup of butter; three eggs; one small cup of flour; one spoonful each of cloves, cinnamon, ginger and baking soda. Bake in two loaves in a moderate oven.

Doughnuts—Cream two cupsful of sugar with one-half cupful of butter, add one-half cupful of milk, two eggs beaten light, two cupfuls of flour into which has been sifted a teaspoonful of baking powder and flavor with vanilla. Work in enough flour to make a soft dough. Roll out into a sheet nearly an inch thick, and cut into shapes with a cutter. Fry in deep fat.

For Ginger Snaps—Cream a cup of butter with one of sugar, beat in a cup of molasses; stir in a cup of ground ginger and cinnamon, a tablespoon of allspice and a scant one of soda, sifted with a pint and a half of flour. Add enough flour to make a dough that can be rolled out; roll thin, cut into rounds and bake.

For Hard Gingerbread—Heat one cup of New Orleans molasses over a pan of hot water; add half a cupful of butter to it; when the butter has melted remove the bowl from the water; add one tablespoon of ginger; dissolve half a teaspoon of soda in a little boiling water; add it to the molasses; stir in flour to make a rather stiff dough; toss on a table.

FACE MAKING AN AID TO HEALTH.

If you want to improve your face, make faces. That is the best way to

For Goodness Sake

Wear Granby Rubbers

The Rubber that has the largest sale in Canada, simply on account of its goodness. Made from new rubber.

"Granby Rubbers wear like iron"

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