

Fidelity brings, to all who display it power and success in the highest sense. All men in the time of need want the strong and dependable man. The most cynical of the daily papers in one of our great cities in a time of great political need closed a leading editorial with the words: "If only an inscrutable, but ever benign Providence would raise up the figure of a man of faith; a man of integrity and of courage; a man of head and of heart; how might the black and cheerless prospect of the morrow be changed to radiant sunshine! Oh, for a man, a full-grown, adult man!" The world is always crying for such men. They are not made by compromise and unfaithfulness. The men of this type who are to do the country's work in the next generation are the boys who are flying their colors fearlessly, and holding fast to all that is true, and good, in the past.-Selected.

What Have You Done? (By General Booth.)

Let me ask you a question: "What have you done with your life? What works have you done? Have you done mighty works-works that the angels knew you could not have done if the Are you known among your brethren and in your neighborhood as having done anything worth talking about? Have you any havoe among the enemies of the

I might ask you whether you have gained any mighty victories over the inward foes, the Philistines of your own soul? What have you done with them? They are there if they have not been slain, crucified, put to death; even if they have only been crippled and maimed they are still there. What have you done with those Philistines? Have you allowed them to walk about like Goliath and defy all the armies of the Lord? Or have you slain them? Have you done any mighty works in your own heart? There are Philistines there, and I will name but one or two.

There is that indolent, loafing, selfish nature that leans always towards taking care of yourself and looking after your own comfort and pleasure, in your eatings, drinkings, dressings and workings, What about that Philistine? Have you done with it? Or have you indulged it? No wonder it is strong. Fed it? No wonder it is fat. Have you let it have its own way? No wonder it defies you and defies all you can bear to bring upon it, and defies the God of Israel Himself. I have had some difficulty with this Philistine myself. My poor body has always been crying out for mercy, and crowds outside all my days have been saying, "Don't kill yourself; it is your this way thousands of people are presented duty to take care of yourself." They be- with a copy of a portion, at least of the gan to tell me fifty years ago that I should kill myself. What have you done with that Philistine?

There is a proud-hearted spirit that struts about in some souls-a hasty, ambitious temper. There is also a tract people to peruse it. It is impossible grudge-bearing spirit. What have you to estimate the results, but the letters which done with that? Then there is the worldly disposition that at every turn leads you to look over the walls and outside on the fashions and pleasures of Mr. Walters started by publishing parts

There is that cursed habit of unbelief, rient in Icelandic and Swedish have created which is one of the chief enemies of God and the friend of all the other Philistines. Where, I ask you, are your of Mr. Walters to publish the whole Bible mighty works among the Philistines of the English illustrated in the same way, be-

among the enemies of God and man who mas was he enabled to accomplish his desire.

been against me. How can it be expected I should do anything remarkable? have been so unfavorably circumstanced: my abilities are small; my opportunities

Oh, the charm of the fighting of one's early days! Let us develop the capacity for facing the fighting in the young people. Oh, the joy I have in the memory of the bit of fighting I had in my early days, and oh, the pride I feel in the young people when I see them marching off to teach Christ among the Philistines of to-day! Encourage the chilwhich has been circulated, and His word dren. I am sure it is the right thing. Encourage them to begin early.

You and I must not complain because we are not always backed up with sym pathy, or surrounded by co-operating forces. The man who can do the thing slone is the man for the hour, is the man for the day, is the man for God. ston. the man that can walk out, trusting is the living God, all alone.

Along the Way.

There are so many helpful things to do Along life's way (Helps to the helper, if we did but

From day to day, So many troubled hearts to soothe, So many pathways rough to smooth, So many comforting words to say To hearts that falter along the way.

Here is a lamp of hope gone out Along the way. Some one stumbled and fell, no doubt-But, brother, stay!

Out of thy store of oil refill. Kindle the courage that smoulders still, Think what Jesus would do to-day For one who had fallen beside the way.

How many lifted hands still plead Along life's way! The old, sad story of human need Reads on for aye.

Love unstinted to every man! Content if, at most, the world should "He helped his brother along the way."

But let us follow the Saviour's plan-

-James Buckham, in Northwestern Christian Advocate. ***

Childish Faith. "Little girls, are you sure the milk you get at your bouse is pure and

teorology made but little progress "Yes'm. We get it from the country. among the Romans. The barbarous It comes from the nicest white cow you | state of Europe after the fall of the ever saw." western empire was not adapted to the

Distributing the Holy Scriptures.

cal observations in the fourteenth century. It was only during the latter part of the nineteenth century that mesion, passed away recently while on a visit with his eldest daughter at Woking. Walters was quite ready to meet his It was always a joy to hom to talk as when engaged in preaching the Gos-A Casual Encounter of Dona and Nogi the Prospect Park section of Brooklyn the Lord whom he loved. 'Jesus him- at an early morning hour recently saw drew near' was the title of another a dog with a jingling tag fastened to m which he wrote only recently, and tone seems to show that the Lord was its neck come running along the opposite side of the street. The dog ran up to

preparing the heart of our friend. The conding verse runs: And when, O Lord, I see Thee,
And on Thy beaties gaze
I'll cast my crown before Thee,
And give Thee all the praise; My all in all to be, Oh, when will come the home-call That wings my flight to Thee? His life was one of whole-hearted devo

power of God unto salvation' to all that be-Meve. In order also to attract the attention of the careless and indifferent in all the yard at about the time the dog arparts of the world, he conceived the idea of rived. The dog followed him up the illustrating the Scriptures of Truth, not with the 'oldmasters,' as had been so generally steps, waited until he took out his key done giving false notions of Eastern man- and let himself in, then, satisfied, went ners and customs, as well as teaching and per- on about its business. Holy Land, depicting places as well as the The man, who had forgotten just at meaners of the people whose customs are the moment that the policing of the city Come and Sec. practically the same as those of which we is now being done by improved methods, With this idea in view, Mr. Walters, at

his own charges, arranged with two noted performance being repeated at every Come and See. artists to go out to the Holy Land in order | house until he saw the animal run out to paint the necessary pictures for repro- into the middle of the street and sniff work, and the Scripture Gift Mission was founded in the year 1888. Among these who circled around the object several times become supporters in various ways at the and then darted off at top speed. aception of the work may be mentioned the inte Bishop of Liverpool (Dr. Ryle), the late General Sir Robert Phayre, and Sir George Williams, while the Archdeacon of London (Dr. Sinclair) became its first president, been trying to keep pace with the dog. remained in that position until the mis- Under the policeman's prodding the obsion's headquarters were moved fom St. Paul's Churchyard when the present Bishop of ject moved, and proved to be a man, Durham became president. Prebendary Webb- who got up and walked off uncertainly Peploe, has for many years been chairman of the committee, and he takes a considerable share in the general direction of the work.

Bible Stand approached Mr. Walters with a

Another branch of the work is that

sending out the Gospels to all parts of the

world in the specially illustrated form which

distinguishes the editions of the mission.

The pictures were drawn in order to throw

light on the sacred page as well as to at-

Mr. Walters used to receive from all quar-

ters testify to the attractiveness of these

of the Gospel, weekly, in English; then

uite a revival in the reading of the Word of

praise of this admirably filustrated Bible.

change which has come over the method of

So much as to the past; turning to the fu-

ture, we learn with thankfulness that the

mittee; and there is no doubt that memorial

of some kind will be started to perpetrate the

memory of Mr. Walters. This will probably

take the form of issuing the Scriptures in

some language not yet touched by the mis-

ANCIENT WEATHER PROPHETS.

Greeks First to Make Regular Obser-

vations-First Measurement of Rain.

fancy, but as a branch of knowledge it

ginnings of meteorology are to be found

be traced to its Indo-Germanic source.

The Greeks as far back as the fifth cen-

tury, B. C., were the first to make regu-

lar meteorological observations, some re-

sults of which still are preserved. Their

great capacity for pure science induced

them to propound meteorological theor-

ies. At this time they used wind vanes

and in the first century, B. C., they built

The first quantitative observations-

that is, the measurement of rain-were

made in the first century, A. D. These

were made in Palestine, and their re-

sults are preserved in the Mishnah. Me-

the Tower of the Wind at Athens.

at the origin of civilization.

Meteorology as a science is in its in-

shall not return unto Him void.

down the street Then the dog that had brought assist-As time went on, Mr. Wasters felt that the ance to the intoxicated man ran on i work had grown to such dimensions that one direction and the policeman and the it would be wise to vest all the property of other dog went the opposice way. It the mission in the hands of trustees. The suggestion was readily complied with by the was Dona and Nogi, two of the police committee, who lent their aid and showed dogs, doing their duty faithfully and their deep and practical interest in the without any fuss. work by forming themselves into a respon-In 1397 the committee of the Crystal Palace

Ins and Outs. "What's the noise!" asked the visitor

furtherance of science, which was bare-

ly kept alive within the Christian church. The fathers of the church, writing

commentaries on the week of the seven

days, often took occasion to insert long

elaborations on the atmosphere and the

phenomena. The revival of experimental

science in the thirteenth century led to

the development of regular meteorologi-

teorology became partially an exact sci-

POLICE DOGS AT WORK.

on Duty in Brooklyn.

the front door of a house, sniffed and

was down off the porch and around to

Judging from the usual conduct

was either searching for its home

looking hungrily for a stray bone.

dogs the first thought was that this one

At the next house the same perform-

In a short time he returned, followed

by another dog. Not far behind the

second animal was a policeman who had

A night worker on his way home in

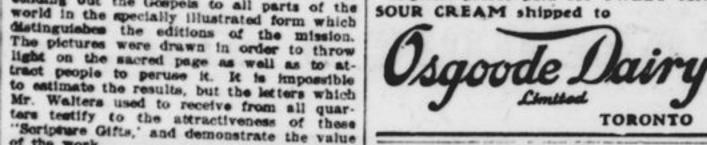
ence. Chicago Tribune.

the rear like a flash.

view of amalgamating that work with the Scripture Gift Mission, as Mr. William Howke in the apartment house. (who had founded the Crystal Palace enter-"Probably some one in the dentist's prime in 1862) was advancing in years, and apartments on the floor below getting a chought that in other hands the work might still be carried on. An incorporation was arranged, and at the present time the Scrip-"But this seemed to come from the

floor above." work of the old Bible Stand. Nearly all "Ah !then, it's probably the Popley's large exhibitions, in various parts of the world are visited by agents-in most cases baby getting a tooth in."-Philadelphia honorary workers of the mission, and in

> IMPORTANT TO FARMERS. Highest prices paid for SWEET AND



Hated Parsimony

hated parsimony. I never saw him in- ice .- From the May Bohemian. dignant save when some instance of It had long been laid down upon the heart parsimony would crop up.

with this rascally crew? Oh, have you fought and overcome them?

Have you done any mighty works

Sunday school teachers and others, since the illustrations themselves form a realistic commentary. For long years he had been thinking the matter out, but only last Christ-town of the complete to the complete the complet famed as a miser all over Connecticut. This has been done in conjunction with the "The farmer's cousin died in the six-Oxford University Press. The Blustrations ties, and the old man attended the read- colds and all ordinary ailments. Perhaps someone may say, "I have prepared by the mission are bound up with the well-known 'Oxford' Bibles. These ing of the will, for he had hopes. Bibles have been very favorably reviewed; "And, sure enough, in one of the later | promptly. in fact, the press is unanimous in expressing codicils, a certain eight-acre field was There is no doubt, indeed, that the marked "As the bequest was read out the illustrating the Soriptures was largely brought about by Mr. Walters.

It may be a surprise to many to learn that the number of Gospels, Bible and 'portions, circulated by the joint missions has "But the lawyer, reading on, made amounted to more than thirty-three and a known that the very good gray mare half millions of copies, while the number of then grazing in the said field was be-Scripture text-cards and smaller portions of the Word of God has been nearly stateen and a half millions. How many souls by this means have been led to the Saviour, lips in rage and piped excitedly: "At this news the farmer clacked his

"'Then she's eatin' my grass!""

farmer sat up in his chair, rubbed his

hands and smiled delightedly about the

ITCH

work will be carried on as before by the com-Mange, Prairie Scratches and every form contagious Itch on human or animals cured in 90 minutes by Wolford's Sanitary Lotion. It never fails. Sold by druggists. Impracticable.

"Your husband smokes his pipe in the house, does he? I suppose there is no way of getting the odor of tobacco out of the rooms, either.' "Yes, there is one way-but I hesitate about resorting to it. Our house and

furniture are only partly insured." is perhaps as old as mankind. The be- Minard's Liniment Lumbermen's Friend.

Believed in Signs. It would be error to imagine that the "Evangeline is an up-to-date girl," rich weather lore found in the Bible, confided the young man in the pearlespecially in the book of Job, and in the colored hat. poems of Homer and Hesiod, originated "How so?" asked his frient. in Palestine or Greece. On the contrary,

"Why, in the parlor there is a celethe familiarity of the people with the brated painting cutitled The Kiss. sayings and rules concerning the weath- have been calling on her two years and er revealed by these writings show clear. I never noticed anything unusual atout ly that they must be considered as a that picture nutil last night." primeval stock of the culture of that "What did you notice?"

"What did I notice? Why, right under | "Oh, she's in everybody's business." There is reason to believe that the ori. it there was a sign: 'Do it Now.' "- Wholesale, eh?" "Yes, except when it gin of such modern weather lore can Chicago News.



This sign is permanently attached to the front of the main building of the Lydia E. Pinkham Medicine Company, Lynn, Mass. What Does This Sign Mean?

It means that public inspection of the Laboratory and methods of doing business is honestly desired. It means that there is nothing about the business which is not "open and aboveboard." It means that a permanent invita-

ance was repeated with equal thorough-A little further down the street a tion is extended to anyone to come man swung the gate open and entered and verify any and all statements made in the advertisements of Lydia E. Pinkham's Vegetable Compound. Is it a purely vegetable compound made from roots and herbs - without drugs?

was at a loss to account for the dog's ally use as much of it as we are told?

Was there ever such a person as Lydia E. Pinkham, and is there any Mrs. Pinkham now to whom sick woman are asked to write? Come and Sec.

with sick women conducted by international liberties and restrictions. strictly confidential? Come and See. Have they really got letters from

over one million, one hundred thousand women correspondents? Come and Sec. Have they proof that Lydia E.

cured thousands of these women?

Come and See. doubters. The great army of women who know from their own personal world equals Lydia E. Pinkham's Vegetable Compound for female ills will still go on using and being benefited by it; but the poor doubting, suffering woman must, for her own sake, be taught confidence, for she also might just as well regain her health.

A Curious Souvenir.

A short time ago, Pope Pius X gave an audience to a group of distinguished Americans. While they were conversing. it down? Have you destroyed it? Have of the Indian languages, including several you kept it under?

You kept it under?

There is that cursed habit of unbelief.

There is that cursed habit of unbelief. to to attend the meeting of Cardinals ficulties by day or night.

> Minard's Liniment Co., Limited Dear Sirs,-Your MINARD'S LINI. So then I sit upon the floor, MENT is our remedy for sore throat, And mother closes every door, It never fails to relieve and cure She rocks, and watches me undress

CHARLES WHOOTEN. Port Mulgrave.

Peculiar Simplicity.

The peculiar simplicity of the country dark; in the south is illustrated by a story told by a Congressman. Ar old negro had gone to a post office I don't feel sleepy, but some way. in Mississippi and offered for the mail a When I wake up, then it's next day, letter that was over the weight specified for a single stamp.

"This is too heavy," said the postmaster. You will have to put another stamp Th old darky's eyes widened with as-

it any lighter, boss?" he asked. *** Minard's Liniment used by Physicians.

Successful Demontration.

Romulus was founding Rome. "What I'm trying to do," he explained,

big town without building it around an any very obvious aid from English oil well or a copper mine." At this inopportune moment Remus broke in with a remark that the new city was a Butte, all right; and he got it in the neck, as you find fully set forth in lishman your Latin reader.

A HINT. Mr. Nevergo-Yes, I am noted as a great "What business is Miss Gaddie in?" that."-Catholic Standard and Times.

Miserable All The Time? Dull headaches—back aches—low spirited—hate the sight of food-don't sleep well-all tired out in the morning-no heart for work?

GIN PILLS

will make you well Your kidneys are affected-either through overwork, exposure or disease. It is the Kidneys that are making you feel so wretched. Gin Pills cure sick kidneys-make you well and strong-give you all your old time energy and vitality. Cheer up-and take Gin Pills. 50c. a box-6 for \$2.50. Sent on receipt of price if your dealer does not handle them. WHAT OF BRITAIN

When All Nations Equal Her in Possession of the High Seas?

What of England, the country which How is she contemplating the era when vented cramp or epilepsy. all nations equal her in possession of the atmospheric ocean., the nigher seas? pass as readily as her own ot into, but over, the Cinque ports; over St. Paul's, profession' about 1557, for Andrew and Lombard street, and Buckingham Palace; over Windsor, over Manchester. Majestie hath a great helpe in this matand Birmingham and Sheffield: over the length of the fairest, strongest, se. money or petition." curest, most historic and richest of argosied realms, from Land's End to John o Groat's-from her new naval base at Rosyth to the borders of the Mersey?

Major F. S. Baden-Powell, late of the Scotch Guards, summed up the whole matter, last year, with so quiet a significance that one would think there could be no other subject so occupying the mind of his countrymen. "If in the future all nations adopt airships for war, much of our insularity will be gone, and we must make due preparation." But in the event of England's loss of insularity, what preparation, or equality of aerial equipment, can restore to her a specific supremacy like that—with all it includes-which is possessed by her, so

long as sea power is the sovereign power, and "Britannia rules the waves"? Recalling the past, it is typical to say the least, that all England is not at this moment evincing for once a just appre-Do the women of America continu- hension; not of defeat in war or even of violence at aken hands, but of the fall ing-in of that concession of specific im munity which has been a sound warrant for the "gude conceit of hersel" so little relished by the envious. A like apathy however, prevails in other countries most concerned, in some of which the people at large express a full realization of Is the vast private correspondence | what is soon to affect modes of life and

women only, and are the letters kept | The subjugation of the atmosphere has not come impressively like the steamboat of Fulton, or the "What hath God wrought" over Morse's wire, but has crept slowly from the diversion stage to the equilization of advanced engineering and equipment. Who can doubt that the actual condi-

tion is understood in the chancelries of Pinkham's Vegetable Compound has | Europe-it must be that cabinets and rulers have an inkling of it, that British statesmen know what it means, else why This advertisement is only for are they watching so intently the efforts made by one another? England, as usual, is letting others pull the chestexperience that no medicine in the nuts out of the fire, ready to profit in imitation of what others may produce; although, even she, at last, has tested. rather unsuccessfully, a dirigible airship of her own.

And yet, if the statesmen of the great powers really appreciate what is coming, why do they insist so on the increase of their navies !- From Edmund Clarence Stedman's "The Prince of the Power of the Air" in the May Century.

Better Than Spanking

Spanking does not cure children of more spiral grooves cut into it. The obthe reverend gentleman took from a bed-wetting. There is a constitutional ject of this is to permit a portion of the compartment in a near-by desk, a piece cause for this trouble, Mrs. M. Summers, material of the bullet or projectile to of paper, and, handing it to one of the Box 8, Windsor, Ont., will send free to sink into the grooves. As the projectile party said: "By the way, allow me to any mother her successful home treat is forced out of the barrel these projecment, with full instructions. Send no tions into the grooves tend to remain your visit to Pius the Tenth." The recip money but write her to-day if your there, thus giving rise to a spinning moient, upon examining his treasure, found children trouble you in this way. Don't tion. In fact, it is not only going for-Mammon and the pleasant things of this life. What have you done with that?

What have you done with that?

What have you done with the publication of the mission have come to be issued in the other day of the late Morris K.

Mammon and the pleasant things of this portions were sent out in French. Spanish then the come in the roung mens in the roung mens in the roung mens in the come in t A leading official in the Young Men's it to be the return coupon of a railroad blame the child, the chances are it can't ward, but is rotating rapidly as it goes.

Undressing.

Sometimes, when father's out of town, At bedtime mother brings my gown And savs to me: "The fireplace is warm and bright, You may undress down here to-night, Where I can see.

Then in her chair And I go just as slow, I guess She doesn't care.

And then I stand up in my gown, And watch the flames go up and down As tall as me Bu' soon I climb on mother's lap, And listen to the fire snap, So comf'r'bly.

Then mother rocks and cuddles me Close in her arms, where I can see! The coals shine red.

And I'm in bed!

Absolutely all packet teas and most to start in carrying out the things bulk teas show the grocer a larger profit than "Salada," but few of them show as bed from under me this morning. tonishment. "Will anudder stamp make much satisfaction to the consumer. ---

-Century Magazine.

Education in India.

Education as now understood India is an exotic and arouses nowhere any real enthusiasm. Indian trader, banker or money lender is to show that it is possible to start a has accumulated his wealth without education, and he probably therefore man you had in the parlor last evening," does not see why he should help said the trate old gentleman, others to what he has himself dispensed with .- From the Calcutta Eng- the pretty daughter.

> WHAT CAUSES HEADACHE frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box, 25c.

Had Seen Her.

"There are great things in store for you," said the fortune telier to the young man; "but there will be many obstacles to overcome. There is a woman continually crossing your path, a large woman with dark hair and eyes. She will dog your footsteps untiringly." "Yes; I know who that is." "Ah, you have seen her?"

"Yes. She's my washerwoman." ____ Prevented. Miss Cutting-I see by the paper that all the swell set was at the assembly

ball last night. Miss McBluff-Yes. I expected to be there, but was prevented-Miss Cutting-The idea! I hope the doorkeeper wasn't rough with you, dear. CRAMP RINGS.

Once Highly Recommended by the Medical Profession in England

Formerly it was customary for Kings of England on Good Friday to hallow certain rings, the wearing of which pre-

They were made from the metal decayed coffins and consecrated with an elaborate ceremony, some details of When the aerial fleets of the world can which are still preserved. They were "highly recommended by the medical Boorde, in his "Breviary of Health," peaking of cramp, says: "The Kynge's ter in hallowing Crampe Ringes without

Occasionally cramp rings played a persuasive part in diplomacy. Lord Berners, our Ambassador at the court of Charles V., wrote in 1508 "to my Lorde Cardinall's grace" for some "crampe strength forms an important part of the ryngs," with trust to "bestowe them straightening process. well, by God's grace."-Westminster Ga-

Get acquainted with the big black plug chewing tobacco. A tremendous favorite everywhere, because of its richness and pleasing

Chinese Doctor's Prescription. The brilliant Chinese Ambassador, Wu ling-Fang, was recounting to a group of correspondents-but not for publication his view of a certain selfish politician. minds me of a doctor of Shanghai." advice. He could not sleep, had no ap- able acquisition to any fruit farm. With petite, suffered a good deal from depres- it two men can do the work of twenty sion, and nevertheless was taking on fat | do it better and with less injury to the at an alarming rate.

flavor.

again," said the physician. 'What you itself in one day in saving wages. need is exercise-good, hard exercise. Provincial rights for sale, which can Four times a week you can come here be re-sold in counties at good profits. and put in the morning polishing my | For particulars apply to "But why not my own floors?' the mandarin inquired.

'Mine,' said the physician, 'are largr.' "-Washington Star. PAZO OINTMENT is guaranteed to cure any

case of Itching, Blind, Bleeding or Protrud-

Rifle and Smooth Bore.

The main difference between a rifle and a smooth-bore gun is that the inner surface of the rifle barrel has one or

without change, its direction. But that is really saving that the projectile will tend to remain in its true course. this is why a rifled gun shoots straighter than a smooth bore. From J. F. Spring. er's "The Gyroscope," in March St. Nich-

Bathe the Baby with Mira Skin Soap. It cures chafing, scalp irritation and all skin troubles. mira TRADE MARK REGISTERED. SKIN SOAP

is wonderfully soothing on account of its antiseptic, healing properties. Grateful to the most delicate skin, fragrant and refreshing. It is the best toilet soap as well as the best medicinal soap. 25c a cake—at druggists or sent on receipt of price. The Chemists' Co. of Canada, Limited,

Moving Day. "Say, ma," said the irate head of the family, "I don't mind your moving once a year. But couldn't you possibly persuade those moving men in the other rooms? They took my and, confound 'em, they got clean shirt and my only necktis stowed away in that moving van before I had time to get out of my

Keep Minard's Liniment in the house. Rather a Compliment.

"I don't like the looks of that young "He's a nice young man, pa," hastened "Well, I had the pleasure of calling him a 'young squirt' to his face." "Oh, he didn't mind that, pa; he took

it as a compliment." "As a compliment?" "Yes; he belongs to our volunteer fire

department."-Chicago News.

"No, dear! Not even one more!"

They have no hoops-no seams. They will not leak, water-soak, or rust, and they LAST LONGER and COST LESS MONEY.

All Good Grocers sell it-and Eddy's Matcher

ISSUE NO. 21, 1908

AGENTS WANTED.

CALESMEN WANTED FOR "AUTO D Spray." Best hand sprayer made. Com-pressed air; automatic. Liberal terms. Cavers Bros, Galt, Ont.

ROUND SHOULDERS.

Deformity for Which There Are Simple Remedies.

According to the newest theories, round shoulders are not to be exercise alone. For they are caused not merely from a careless way of holding the back, but indicate a weak conuccion of the entire system, and so a special diet calculated to supply the missing

A treatment to effect a cure for this trouble should include an invirrating tonic, such as quinine and iron, and the most simple and regular way of living. Only easily digested and nourishing food should be eaten, and sound sleep neces sary for perfect rest must be secured Being out of doors all that is possible is part of the cure, the theory being that fresh air tones and strengthens the entire body. Walking is the best of all exercise to take at such times, making every effort to hold the shoulders back, expand the chest and breathe deeply. says the New York Evening Telegram. Once chest expansion is gained, round shoulders are banished, for the spine takes on its proper line and the shoulder blades go back into place. Bicycle riding is good to straingten the back, always providing that one does not go in for 'scorching,' but rides slowly and easily, sitting erect. Horseback riding is the perfection of exercise to remedy

"In short," said Mr. Wu, "the man re- We have for sale the Canadian patent for Smith's Fruit Gathering Apparatus,

"A mandarin came to this doctor for which has proven on test to be a valufruit. Can be used in gathering various "'We'll soon put you in condition | kinds of fruits and nuts. Will pay for

70 Pearl st., Toronto

Lighter Then. "You did say Atlas held up the world?"

"Carried it on his shoulders?" "Yes, sir."

"He must have been a remarkably strong man. No man could do that now "But things are different now." "In what warf"

"Well you see, there was but a small part of the world discovered when he ENGLISH SPAVIN LINIMENT moves all hard, soft and calloused lumps and blemishes from horses, blood spavin curbs, splints, ringbone, sweeney, stifles, sprains, sore and swollen throat, coughs. etc. Save \$50 by use of one bottle

Cure ever known. Sold by druggista.

Warranted the most wonderful blemish

Tourist and the High-priced Candles A tourist was shown to a room in hotel in Brussels, where he found twenty candles stuck in a chandelier. As it was dark the attendant lighted them all; but the guest had been in Continental hotels before and nade him put them

out immediately. This was of no avail, however. In his bill next day he found them charged "Twenty candles, 10 francs." The tourist thereupon went back to

the room and took out all the candles wrapped each one in paper and put them When he was about to leave the house he found the servants drawn up in two lines in the hall, ten men servants on one side, ten maid servants on the other, all smiling and ready for the expected

Then he drew out his package and distributed the candles, one to each "Allow me, monsieur," he said, with a bow, "permit me, mademoiselle. They are very superior candles, I assure you; paid half a franc apiece for them," and he left them all staring at the candles in their hands like so many altar boys.

----Ask for Minard's and take no other, ----

Improving.

A father, whose looks are not such as to warrant the breaking up of all existing statues of Apollo, tells this on "My little girl was sitting on my lap

facing a mirror. After gazing intently at her reflection for some minutes she said: 'Papa, did God make you!' " 'Certainly, my dear,' I told her

"'And did He make me, too?'-taking another look in the mirror "'Certainly, dear. What makes you "'Oh, I don't know, Seems to me He's doin' better work lately."

----Enchanting Echo "Lucy," gasped the despairing youth "are you going to throw me over an marry some rich nabob?" "Nay, Bob!" she whispered softly

Now Look Here!

Why do you use WOODEN Pails and Tubs, when those made of FIBREWARE are away ahead?

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