

WHAT THE OLD DOCTOR SAID. "Doctor," said I, "you say appendicitis is a very common disease and that it is very dangerous."

"What doctor, do you attribute this increase of appendicitis?" "The healthy eating and to the use of foods which have a tendency to clog and from the intestines and deacid peristaltic action."

"People who eat shredded wheat for breakfast do not have constipation and hence need not fear appendicitis. This perfectly natural food preserves the tone of the digestive tract and induces every secretory gland to subserve the body's interests."

"I have been eating your shredded wheat for years and I have completely cured my constipation, with which I had been troubled since I was a child."

"The best and safest way to keep Baby's skin healthy is to use only BABY'S OWN SOAP. Pure, Dainty, Delicate. Beware of Imitations."

Fans of thousands in health today solely through drinking the M.A.G. Caledonia. The Waters without a peer. Sold by all best dealers.

Do You Read? If so a book case is a necessity—there are varieties in cases—but the sectional bookcase, always complete, yet never out of kind, are the best.

T. F. HARRISON CO. Undertaking and Embalming. 200 SAMPLES OF Furniture Coverings. Comprising the complete samples of five manufacturers.

SPORT REVIEW. POSITION TAKEN BY THE LIMESTONES.

Toronto's Strong Junior Team Coming—Rough Riders and Varsity—Hockey Notes and General Sport.

A change has been made in the O.R.F.U. junior semi-finals by the executive ordering Toronto II, to play Limestone next Saturday.

Of the gate receipts next Saturday, 75% has to go for ground rent and advertising; then come the expenses of the officials and ball; and of the balance each team will receive two-fifths and the union one-fifth.

The O.R.F.U. executive propose Dr. Wright of Toronto, as referee. That is decidedly unwise and unfair.

Whether Varsity and the Rough Riders will play at Ottawa next Saturday for the Canadian championship or not will be determined to-day.

An Estimate of "Chaucer." Belleville Intelligencer. It is expected that the much-talked-of "Chaucer" will play cover point for Kingston's senior O. H. A. team this winter.

Could Not Change Date. Last evening the management of the Limestone football club telephoned Secretary Woodworth, Toronto, and asked that Limestone be allowed a bye until Sarnia and Toronto Juniors played off.

Rugby. In thirteen years Harvard has only beaten Yale twice in the annual match. One match was a tie. Yale has been victorious in the last five matches.

SPORT REVIEW. QUEBEC CHAMPIONS.

Quebec champions, as they are much speedier all round, Varsity's splendid tackling should stand them in good stead. Where Varsity undoubtedly will have a big advantage is in punting.

Hockey. Pitsburg, Pa., begins this week. Detroit lacrosse club may organize a hockey club.

Another year has gone by and Toronto has no respectable hockey rink. All the small eastern towns have larger ice surfaces than Hogtown.

The Hamilton club's prospects are very bright. Among the new players are Fraser (formerly of Paris), Laridge of Clinton, McNichol of Stratford, Bourge of Arriprue and Cook of Orillia.

The Toronto Argonauts have decided to place teams in the intermediates and junior O.H.A. series, and one in the senior ranks if they succeed in securing permission to play bank league puck-chasers.

Pictou rink has an ice surface of 175 feet by sixty-five feet. Two balconies have been put in with cushioned seats. There are ladies' and gentlemen's dressing rooms, a cafe. The edges of the rink have been rounded off and netting put up.

General Sport. There is talk of a covered bowling green in Toronto for winter play. Winnipeg curlers have already begun work. They had good ice last week.

WRONG EATING AN EVIL. Dr. Mundell Spoke At Success Club. The Y.M.C.A. Success club is a lively organization. Fourteen young men have joined the club, having their object the studying of things that lead to success.

First Number Out. The Ontario Churchman has been issued from Kingston for November, as a newspaper. It is in eight pages of full columns, printed on fine paper.

CAN CUT IT OUT. RATEPAYERS DO NOT WANT STREET OPENED.

The Civic Committee Need Not Further Trouble Itself About The Matter—Council Congratulated.

Kingston, Nov. 24.—(To the Editor): Permit me to use sufficient space to congratulate the city council upon its decision to refuse the proposed extension question.

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INCIDENTS OF THE DAY. Local Notes And Also Things In General.

Gospel services are being held nightly at the Salvation Army barracks. Wm. Spaul, piano tuner, orders received at McAlley's or 183 Sydenham.

It was merely in the capacity of garnishes that S. Oberlander appeared in a division court case yesterday. The members of court Earl Roberts, I.O.P., have issued invitations for another of their pleasant dances in the Whig hall Friday night.

No doubt your grocer keeps Clark's Pork and Beans. No doubt you use them. If not, begin now. Nothing is quite so good. 5c. and 10c. tins.

After the inspection of the 14th Regiment to-morrow night, the officers will be "At Home" in the lecture room at 7 o'clock. Light refreshments will be served.

The Kingston members of the Salvation Army are to give a dinner to the poor at Christmas. Unjust attacks in the press killed of St. George's annual distribution of cheer two years since.

J. H. Brickwood has in his possession a rare and ancient volume, Foucault's "Dialogues of the Dead," published in 1730. It is a French translation by John Hughes.

Something characteristically Canadian and artistically excellent is much sought for at the Christmas season to send abroad as well as to treasure in home gifts.

Dr. Third is around again after being laid aside for the past two weeks with a severe cold. Dr. W. S. Murphy, formerly house surgeon at the general hospital, will practice at Spencer's.

Dr. H. J. of the general hospital, goes to Toronto to-morrow as an examiner at the Ontario medical council supplementary examinations.

CLEAR VISION. CAPTAIN SULLIVAN HAS A GREAT EYE.

Spotted The Erin Before The Glasses Found Her—The Steamer Was Abandoned By The Crew.

A most peculiar circumstance in connection with the finding of the steamer Erin is related by Capt. "Jack" Sullivan. When about twelve miles off the point where the Erin was found as an anchor, Capt. Ganley, who was looking eagerly through the glasses for some sign of the missing craft, thought he descried an object which might have been a huge rock or ship.

The Erin was riding at anchor in sixty fathoms of water not a hundred yards from the rock bound shore. Any minute she was liable to burst the chain which held her and be dashed to certain destruction.

Stuart's Dyspepsia Tablets are for sale by all druggists at fifty cents a box and they are the one article that the druggist does not try to sell something in the place of that "just as good."

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THEY ACTUALLY DO THE WORK. Food Eatata Is Worthless Unless Digersted—Some Stomachs Must Have Help.

Food taken into the stomach which, from the nature of the food or the condition of the stomach, is not digested, is worse than no food at all.

Stuart's Dyspepsia Tablets actually do the work assigned to them. They relieve weak and overburdened stomachs of a great portion of digestive action.

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FOR WOMEN. Much That Every Desires to Know.

About Sanative and Hygienic Cleansing. And about the Care of the Scalp, Hair and Face.

Too much stress cannot be placed on the great value of Cuticura in the cleansing of the mucous and the blood and circulating affording pure, sweet and local and constitutional strengthening ulcerations, irritations, inflammations, pains and itching.

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For Drunkenness and THE Keeley Drug using Cure. Over 300,000 CURES.

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Now is the Time to Use Buckwheat Flour, Pure Maple Syrup, Pure Clover Honey, Edwardsburg Table Syrup.

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