

**Exercise the  
Muscles**

They do not waste any precious fluid of the Bowels, as Cathartics do. They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously. And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.



This is why the dose of Cascarets can be increased from time to time as you take them, instead of increased as with all Cathartics. Cascarets are as safe to use constantly as they are pleasant to take. They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive. They are put up purposely in this, flat, round-cornered, Enamel box, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble. Because the time to take a Cascaret is only when you are Sick, but when you first suspect you need one. Price 10c a box. Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC".

Sample and the famous booklet, "Cure of Constipation," Free for the asking, address Sterling Remedy Company, Chicago or New York.

Other with bolts and cement. If you want that means. Then gas, smoke and dust creep white heat and welded together. There can be no escape of gas, a new furnace this sketch of house, free of charge, cost of installing furnished.

at it, same address, since 1801. Write us, we'll do it for you. 1-18 King St. W., Toronto.

and while being and harmless and can well as adults. EVERYWHERE

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**The Difference Between Expert and Unskilful Tea Blending**

THE qualities of different teas prove that there is a distinct difference between expert Red Rose blending methods and the usual methods. Several kinds of teas may be blended, but if unskilfully selected they will not combine to make a perfect blend; they will retain their original individual characteristics with their roughness and harshness emphasized. Such tea is bitter, poorly flavored in the cup (and there is much of it in bulk and package form on the market). It emphasizes the result of inexperience, lack of knowledge of combining qualities of different teas, imperfect blending, poor selection, and the hundred and one other causes of poor tea. But my expert Red Rose blenders select the right grades of strong, rich Indian teas and delicate fragrant Ceylon teas, and produce Red Rose Tea with entirely new characteristics—a tea with that "rich fruity flavor"—a tea so exquisitely different and better than any brand of Ceylon alone, that no one who once tries it ever goes back to Ceylon again.

**Red Rose Tea is good Tea**  
T. H. Estabrooks  
St. John, N.B., Toronto, Winnipeg

PLUMBING AND HEATING  
Hot Water Heating a Specialty.  
Inspection of work invited. Estimates will be cheerfully given.  
I have none but the best plumbers and guarantee you first-class work.

DAVID HALL  
Snow, Beautiful Snow!  
is sure to come, and now is the time to have your Cutters and Sleighs renewed and fixed up. Be sure you send them to

JAS. LATURNEY  
The Carriage Maker, 390 Princess Street, where every detail will be attended to.

"THERE IS A TIME FOR ALL THINGS."  
Now, while prices are low, is the time to fill your coal bin with best quality SCRANTON COAL from

P. Walsh's Yard  
BARRACK STREET.

Ceetee UNSHRINKABLE UNDERWEAR  
Underwear that is sewn together never satisfactory or comfortable—seams chafe the body and rip after every second washing.  
Ceetee Underwear is not cut out of a roll of cloth but every garment is widened and narrowed on the machine to the shape of the limbs or body. Does away with all rough, galling seams.  
It is made of the finest Australian wool from two and three ply yarn.  
Your Dealer will replace any Ceetee Garment that shrinks.  
Made at Galt, Canada, by The G. TURNBULL CO., Limited, and sold by all reliable retailers.

"Brownie" Vest  
(PATENTED AND REGISTERED)  
As the above cut shows, they form a double cover for the infant's chest and abdomen, and are the most easily adjusted.  
No pins required to fasten the back. To fit from birth to a year.

All Up-to-date Dry Goods Stores Carry Full Ranges.

**NEWS OF CHURCHES**

**THE VARIOUS DOINGS IN THE RELIGIOUS WORLD.**

The Finest Hymn of the Nineteenth Century—Financial Condition of a Mission Board.  
Bishop Potter, of New York, has had the degree of LL.D. conferred upon him by St. Andrew's University, Scotland.  
Rev. Charles A. Spurling, incumbent of Calceon East, has resigned in order to accept a position in the diocese of Niagara.  
Rev. James Redford, Owen Sound, announced his resignation from the Disciples' church, his intention of resigning his pastorate.  
The Prussian prayer-book enjoins that the whole of the service, including the sermon, shall not last longer than one hour.  
Rev. S. A. Lawrence, owing to ill-health, has resigned from the parish of Markham, to take a position in the diocese of Calgary.  
Rev. F. S. Weston, late of Westmount, Montreal, has accepted the call to the pastorate of Immanuel Baptist church, Toronto.  
A Barnardo mission fund of £250,000 is projected in England. The liabilities of the various Barnardo institutions almost total this amount.  
Lullington church, near Eastbourne, England, is said to be the smallest church in England, perhaps there is none smaller in the world. It seats eight persons.  
Rev. John Urquhart, the Scottish "Defender of the Bible," has broken down in health. Since April he has been speaking, preaching and lecturing almost daily.  
Dr. Armstrong Black has been received into the English Presbyterian church since his return to Britain. He was formerly a member of the United Presbyterian body.  
"Keep your eyes open to your mercies. That part of piety is eternal, and the man who forgets to be thankful has fallen asleep in life."  
—Robert Louis Stevenson.  
The universe belongs to him who will; who knows, who prays, but he must will, he must know, he must pray; in other words, he must possess force, wisdom and faith.—Balzac.  
The position of teacher training secretary for the Sabbath schools of Loyal has been offered to and accepted by William R. Manning, principal of the public and model schools at Walkerton, Ont.  
Prof. James Orr, of the United Free church, Scotland, has been awarded the Broom prize of \$5,000 for his book on "The Problem of the Old Testament." Dr. Orr regards the book as the ripe fruit of thirty years' study and preparation.  
Dr. A. F. Schanliker, secretary of the International Sunday School Lesson Committee, announces that the advanced course of lessons authorized by this committee's convention at Toronto will be ready to put into the hands of publishers not later than next March.  
Rev. R. J. Campbell, of the City Temple, London, after a year's experience, will resign his office as editor of the Young Man with the close of the year. He will be succeeded by the Rev. W. Kingscott Greenland, Wesleyan minister, author, and literary critic.  
The financial condition of the American Board of Foreign Missions, says The Interior, is giving grave anxiety to its friends. The report for 1904 shows a deficit of \$22,000, which has increased this year, with an outlay of \$655,000, to \$175,000. The cost of the new "Morning Star," a mission vessel for the South Sea Islands, was a chief item in the expenditure.  
Dr. Horton has recently stated that, in his judgment, the finest hymn of the nineteenth century was Binney's "Eternal Light." Eternal Light.  
The death of Rev. Dr. S. Green has brought to light the interesting fact that the lines were originally written in a lady's album, and that Dr. Green, who was an expert hymnologist, recognized and saved them in publicity. Now they are sung in every land.

Uncle Sam's Poison Farm.  
The United States, once so rich in medicinal gardens and herbs, now finds it necessary to import \$16,000,000 worth each year. Even with this the government experts are buying themselves with starting an experimental farm near Washington upon which they are trying to determine whether or not the drug plant can be grown in America upon a commercial scale. This poison farm, as it is called, is situated on the Potomac flats, just outside the city limits of Washington. Large plots have been laid out for the culture of opium poppy, night shade, belladonna, licorice and all manner of drug plants.

THE EASY OIL.  
Scott's Emulsion is "the easy oil"—easy to take, easy in action. Its use insures deliverance from the griping and nauseating sensation peculiar to the raw oil. Nobody who has any regard for their stomach thinks of taking cod liver oil in the old way when Scott's Emulsion is to be had. It is equally certain that no one having a regard for their health will accept a cheap emulsion or alcoholic substitute for Scott's Emulsion. It fulfills every mission of cod liver oil and more.

THE POTATO CROP.  
C. W. Neville, Newburgh Writes of It.  
Our crop was fully half rotten, and still most of the land on which they were planted—was high sandy loam, good and strong. Where they were planted on clay they were scarcely worth digging. Many farmers in this country are buying potatoes now for family use. Near Kingston the land is mostly heavy clay, and there are very few potatoes there. Already they have been shipping potatoes into the city of Kingston, hoping thereby to reduce the price, but they still remain at from 50c. to \$1. per bag. It is very doubtful, in my opinion, if Potatoes, Lennox and Addington have enough to supply the local market. Since they have been put inside our potatoes are not rotting, and I believe my neighbors have the same experience. We do not raise turnips, and there are very few of our farmers who do, for the reason, it would taint our milk and spoil our cheese and butter. Our potatoes were injured some by the large white grub, some by the weevil, and some by the blight. It has come to this with us, if we hope to have a crop we will be obliged to spray. One man near Preston sprayed his crop and saved his potatoes, while his next neighbors lost all theirs.

**THE POTATO CROP.**

Hall Caine on Boyish Ways.  
Hall Caine was praising the American autumn in "The Boy," which he visited in October," he said, "the country house of a New York man, it was in New England, on a mountain-side, and the splendid colors of the foliage—the scarlets and golds and innumerable flame-like tints—gave to the still forests an indescribable magnificence."  
"And the leaves fell in a rain of color through the transparent air. In the garden, one afternoon, I heard a gardener say to his little son: 'If with your would rake up these dead leaves in a pile.'  
"Oh, I don't feel like it," whined the boy. "My back's sore, and I've got a cramp in my wrist, and there's growing pains in my leg."  
"After you get 'em raked up," went on the gardener calmly, "you can make a nice bonfire out of 'em, and jump over it."  
"The boy began to whoon and leap."  
"Huh!" he shouted. "Where's the rake?"

Dairy Pointers.  
Give the cows plenty of roughage. A person in poor health should never try to make the change from one food to another gradually.  
If the fodder is dusty sprinkle it a little before milking time.  
Fresh water and plenty of it, but not too cold from now to spring.  
The cow brought down to a last straw will not need the straw very long.  
Cold and cleanliness are the best preventives against milk souring.  
The feed should be removed from the skin milk before feeding to the calf.  
Keep the cows quiet, never let them be excited or disturbed. It tells on the milk.  
If you want to feel girly, turnips or cabbage, don't do it until after milking time.

Prince As Balloonist.  
The Prince of Wales intends to include ballooning among his experiences during his coming tour through India. He will thus be able to take a bird's eye view of our eastern dependency.

Lawrenceville had as her guest on Thursday one of the best newspaper men in the country, Mr. Saul, Washington Post-Review. He has been everywhere, is acquainted with all the newspaper men in this country, is a gentleman, "to the manner born," and it is a treat to anyone to sit down to a table with him. And he is a great mixer. He actually took more delight in talking to the farmers and country people than to the town-people. The truth is, he never met but few of the Lawrenceville folk. He is used to the city, and he says it is refreshing to get out among the country boys.

The Earliest Post.  
Indianapolis News.  
A recent discussion of certain postal grievances in the British House of Commons has recalled the history of the post. Posts are mentioned in scripture. In Job ix, 25, it is written: "My days are swifter than a post," and again in the Book of Esther, chapter xiii., letters were sent "by posts on horseback." The word, of course, here means runner. To Cyrus has been ascribed the establishment of systematic couriers, and post horses throughout Persia, and Augustus is credited with introducing post chaises at Rome. It was in the reign of James I. that a postal system was introduced into England.

In No Hurry.  
Chicago Tribune.  
Tommy (city boy)—Why didn't you take the express train? Costs just the same and you get here half an hour sooner.  
Jakey (suburban boy)—Yes, but you don't get half as many steps for your money.

A woman's idea of a sensible man is one who makes a fool of himself over her.  
He who waits never heads a procession—except in the company of an undertaker.

Dairying in Holland.  
In Holland, says a writer in the New York Press-Review, the principal part of the country is six to twelve feet below the level of the sea. Under such conditions moisture is naturally abundant, and the low-lying land furnishes the finest pasture in the world. Thousands of cattle are seen everywhere browsing on land which is worth \$800 to \$1,000 an acre. A farmer owning ten to twelve acres is considered well off, as he can safely count on producing from \$100 to \$125 worth of milk per acre.

W. J. Fair has removed the office of the North American Life Insurance company to former Clarence and Wellington streets, to the office recently occupied by John Bell Carstairs.

**"Red Feather" Tea**  
Quoth Bruin, "Tis bad-ski! I'll be bound, For steppe by steppe I'm losing ground. Internal troubles also gail, But this Red Feather smooths them all, And burdens hard to Bear," says he, "Are carried through with ami-tea."  
A Treat from Ceylon  
Black, Green or Mixed One Price—40 Cents.

**ALL AGREE THAT SOUVENIR RANGES**  
Are superior to any other make. The thousands of satisfied users in Canada go to prove this. Housewives prefer SOUVENIR RANGES for their excellent cooking qualities, simple construction and handsome appearance. Husbands buy the "SOUVENIR" because they know it is a coal-saver and that the best of materials and workmanship are employed in its making.  
YOU CANNOT DO BETTER THAN BUY A "SOUVENIR"  
The GURNEY, TILDEN COMPANY  
Manufacturers  
HAMILTON WINNIPEG TORONTO VANCOUVER MONTREAL  
Our personal guarantee as well as that of the makers goes with every stove. Call and see the Souvenir Range.  
S. J. HORSEY, Kingston, Ontario.

**FREE All-Steel Combination Rifle**  
FOR BIRDS OR GAME  
This rifle is made of all-steel, and is a perfect example of modern rifle construction. It is a combination rifle, and is equally adapted for both birds and game. It has a long barrel, and a powerful action. It is a perfect example of modern rifle construction. It is a combination rifle, and is equally adapted for both birds and game. It has a long barrel, and a powerful action. It is a perfect example of modern rifle construction. It is a combination rifle, and is equally adapted for both birds and game. It has a long barrel, and a powerful action.

**Coal Oil Heaters**  
There is nothing as convenient in the heating line as a good COAL OIL HEATER. You can take them anywhere and make any room comfortable to sit in.  
Our Coal Oil Heaters are perfectly free from odor or smoke and are safe. Come in and have a look at them. We also have the very best American Oil in the city.  
All orders delivered promptly.

**LEMMON & SONS**  
351 AND 353 KING STREET. 'PHONE 388.

**Labatt's London Ale and Porter**  
Are universal favorites. Unlike the majority of beverages, they are ABSOLUTELY FREE from carbonic acid gas, being made from the purest of Malt and Hops. They are positively guaranteed. Just what you need, and a trial will prove it.

**JAS. McPARLAND, AGENT**  
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**RHEUMATISM**  
Price 25c.  
Florida Oranges  
Florida Grape Fruit  
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A. J. REES' Princess St.