xercise the rels

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

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.



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 s in itself, a fine, natural Digestive.

They are put up purposely in thin, flat round-cornered, Enamel boxes, so they can be carried in a man's vest pocket, or n a woman's purse, all the time, without oulk or trouble Because the time to take a Cascaret is

not only when you are Sick, but when you irst suspect you need one. Price 10c a box. Be very careful to get the genuine. nade only by the Sterling Remedy Comany and never sold in bulk. Every ablet stamped "CCC." A sample and the famous booklet, "Curse

f Constipation," Free for the asking. Address Sterling Remedy Company, chicago or New York.



what that means.

han the metal surrounding them . 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 furnace.

t Tonic alids' Port

J PEROU)

ell as adults.

and while being an harmless and can

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to at that. The cely thing is, we haven't very r as many of each a you like and tell us what 13 Phonogrand one 86.95, free trial before, at once, you know yoursel how only every man If you're too lar from Toronto to call at our storeronte. Ontario

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.

is good Tea T. H. Estabrooks

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guarantee you first-class work,

Snow, Beautiful Snow Is sure to come, and now is the time to have your Cut-

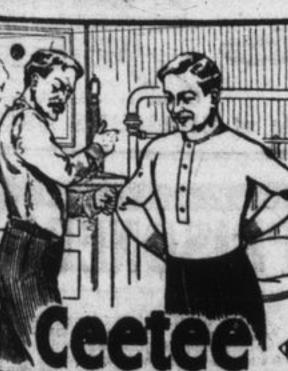
ters and Sleighs renewed and fixed up. Be sure you send them to

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

MANAGE OF THE PARTY OF THE PART "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

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Is made of the finest-Australian wool from two and three ply yaru. Your Dealer will re-

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we the most easily adjusted. No pins required to fasten the bom birth to 2 years.

OF CHURCHES

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

Finest Hymn of the Nine-Condition of a Mission Board. Bishop Potter, of New York, has had the degree of LL.D. conferred up-

Rev. Charles A. Sparling, incumorder to accept a position in the dio-Rev. James Lediard, Owen Sound,

announced to his congregation in the Disciples' church, his intention of The Prussian prayer-book enjoins

the diocese of Calgary. mount, Montreal, has accepted call to the pastorate of Immanuel

Baptist church, Toronto. A Barnardo memorial 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

Rev. John Urquhart, the Scottish "Defender of the Bible," has broken foliage—the scarlets and golds and down in health. Since April he has been speaking, preaching and lectur-

Dr. Armstrong Black has been re ceived into the English Presbyterian church since his return to Britain. He was formerly a member of the United resbyterian body. "Keep your eyes open to your mer

That part of piety is eternal thankful has fallen asleep in life. Robert Louis Stevenson. The universe belongs to him who

must will, he must know, he must the heart of the business section in pray; in a word, he must possess The position of teacher training waited till night, while Samuel Ad- lowa has been offered to and accept

> Prof. James Orr, of the United Free on "The Problem of the Old Testament." Dr. Orr regards the book as the ripe fruit of thirty years' study and preparation Br. A. F. Schauilier, secretary of

the International Sunday School Lesson Committee, announces that the advanced course of lessons authorized by this summer's convention at Toronto will be ready to put into the hands of publishers not later thannext March.

Rev. R. J. Campbell, of the City ed, the citizens disguised as savages, Temple, London, after a year's experience, will resign his office as editea was dumped into Boston harbor. tor of The Young Man with the close Ilt was but two years after that the of the year. He will be succeeded by society was driven from its meeting the Rev. W. Kingscote Greenland, house, pews and pulpit were torn Weslevan minister, author, and liter-

most exclusive and wealthiest congre- vessel for the South Sea Islands, was

Copley Square has become, in a Dr. Horton has recently stated that sense, the centre of Boston's educati- in his judgment, the finest hymn of

> Uncle Sam's Poison Farm. medical gardens and herbs, now finds it necessary to import \$16,000,000 worth each year. Even with this the government experts are busying themselves with starting an experimental are trying to determine whether 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

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 alco-

oil and more. McAuley's book store, Princess street. SCOTT & BOWNE, Torente, Ont.

holic substitute for Scott's

THE POTATO CROP.

. W. Neville, Newburgh Writes of

Our crop was fully half rotten, and were planted was high sandy loam, t Hymn of the Ninegood 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 on him by St. Andrew's University, very few potatoes there. Already they Scotland. city of Kingston, hoping thereby to reduce the prices, but they still remain at from SOc. to 81 per bag. is very doubtful, in my opinion, Frontenac, Lennox and Addington have enough to supply the local market. Since they have been put insel. our potatoes are not rotting, and believe my neighbors have the same ers who do, for the reason, it would Rev. S. A. Lawrence, owing to ill- taint our milk and spoil our cheese health, has resigned from the parish and butter. Our potatoes were injurof Markham, to take a position in ed some by the large white grub; some of them were nearly eaten up. Blight Rev. F. S. Weston, late of West- injured them more. It has come to the this with us, if we hope to have a crop we will be obliged to spray. One man near Picton sprayed his once and saved his potatoes, while his next neighbors lost all theirs.

Hall Caine On Boyish Ways. Hall Caine was praising the Ameri-

"I 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 numerable flamelike tints-gave to the still forests an indescribable married

"And the leaves fell in a rain of olor through the transparent air. In the garden, one afternoon, I heard a gardener say to his little son "I wish you would rake up these

" '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 "The boy began to whoon and leap " 'Hurrah !' he shouted, 'Where's the

Dairy Pointers.

Give the cows plenty of roughage, A person in poor health should never go near the dairy. Try to make the change from

feet to another gradually. little before milking time Fresh water and plenty of it, not too cold from now to spring The cow brought down to a straw will not need the straw

Cold and cleanliness are the preventives against milk souring. The froth should be removed from the skim milk before feeding to the

Keep the come quiet, never let them he cited or disturbed. It tells on th If you want to feed garlie, turnips or cabbage, don't do it until after

Prince As Balloonist.

The Prince of Wales intends to clude ballooning among his experience es during his coming tour through In dia. He will thus be able to take bird's eve view of our eastern depend-

The balloon to be used will be large one belonging to Stanley Spencer. Mr. Spencer, who is taking his balloon to Calcutta for the prince's use, said that his royal highness is deeply interested in aeronautics.

A Glasgow-built motor-car is also to form part of the equipment of the Indian tour of the Prince and Princess of Wales. Finished in cream color with blue upholstery, it has a specially designed canopy and collapsible sun blinds with windows. It is of twentyfour horse-power, and is seated for

Thursday one of the best newspaper men in the country. Milt Saul, Washington correspondent. He has been evfarm near Washington upon which they erywhere, is acquainted with all the gentleman, "to the manner born." down and have a talk with him. And he is a great "mixer." He actually Large plots have been laid out for farmers and country people than the the culture of opium poppy, night town-people. The truth is, he never, shade, belladonna, licorice and all met but few of the Lawrenceville folk. He is used to the cities, and he says it is refreshing to get out among the

The Difference.

The two girls were having fun with others on their way home on Tenth and Jackson street car last ev ening, after finishing their work the department store, "My steady said the one who answered to th name of Mary, "talks shop too much to me. I think I'll turn him off and get another." "I like my fellow to talk shop," said the young woman addressed as Lizzie. "What for?" said Miss Mary, "Well, he's a street car conductor, you know, and he's always say-ing, 'Sit closer, please!' "

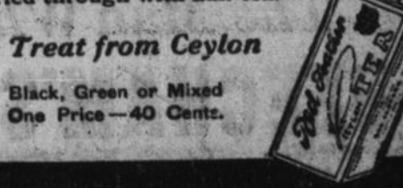
Dairying In Holland. In Holland, says a writer in the New York Produce Review, the prin cipal part of the country is six t twelve feet below the level of the sea Under such conditions moisture is na turally abundant, and the low-lying land furnishes the finest-pasture the world. Thousands of cattle are s en 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

Emulsion. It fulfills every mission of cod liver | W. J. Fair has removed the office of the North American Life Insurance company to corner Clarence and Well- Joints in a few hours. Positively cures in a few days. ington streets, to the office recently to does not put the discuss to sleep, but drives it occupied by John Bell Carruthers,

Feather

Quoth Bruin, "'Tis bad-ski! I'll be bound, For steppe by steppe I'm losing ground. Internal troubles also gall, But this Red Feather smooths them all, And burdens hard to Bear," says he, "Are carried through with ami-tea."

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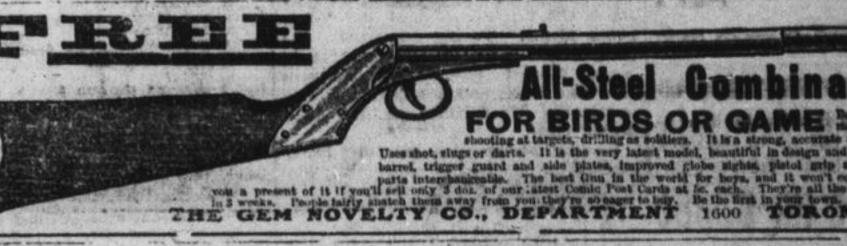
Housewives prefer Souvenin Ranges for their excellent cooking qualities simple construction and handsome appearance Musbands buy the 'Souvenir because they know it is a coal-saver and that

The best of materials and workmanship are employed in its making YOU CANNOT DO BETTER THAN BUY A 'SOUVENIR'

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SAVED SOLDIER'S LIFE.

But General Didn't Like Man's Version. The late Gen. Blackmar was once taken in amusingly by a stranger who had claimed his acquaintance at camp

The general disregarded the shabby man's salute and turned away from him. The man persisted, "General don't you remember how you saved ness?" General Blackmar at once be came interested, and called some his friends to meet the soldier, say ing, "I saved this man's life once, Tell them how I did it, old comrade.' The man began: "It was this way. vanced steadily toward our entrench ments. A hail of fire swept our posibody looked at Gen. Blackmar- and and I ran after you, If you hadn't done so, I should have killed; so that's how you saved And the rascal made himself scarce before the infuriated general

The Earliest Post.

newspaper men in this country, is a Commons has recalled the history and it is a treat to anyone to sit scripture. In Job ix., 25c, it is wri outside the city limits of Washington, took more delight in talking to the ther, chapter xiii., letters were sent ment of systematic couriers, and pos horses throughout Persia, and August horses throughout Persia, and Au gustus is credited with introducing post chaises at Rome. It was in reign of James I. that a postal sys-

In No Hurry. take the express train? Costs just Jakev (suburban boy) Yes, but you, don't get half as many stops for

He who waits never heads a pro-



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Are universal flavorites. . Unlike the majority of beverages, they are ABSOLUTELY FREE from car bonic acid gas, being made from the purest of Malt and Hops. They are positively guaranteed. Just what you need, and a trial will

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chafe the body and rip after every secon widened and narrowed on the machine to the shape of the limbs or body. Does away with all rough, galling seams.

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"Brownie" Vest

As the above cut shows, they form a double over for the infants' chest and abdomen, and

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

LOVELY COPLEY SQUARE. (Continued from Page 9.)

church one of the historic landmarks. still zealously guarded by the lovers of the past. Few tourists neglect to wills, who knows, who prays, but he pay tribute to this old structure, in Washington street. In this house, in force, wisdom and faith.-Balzac. March, 1770, after the Boston massacre, an overflowing town meeting retary for the Sabbath schools ams, went back and forth to the state ed by William R. Manning, principal house till Hutchinson yielded and of the public and model schools withdrew the regiments; and here Jo- Walkerton, Ont. seph Warren delivered for the secondtime an oration commemorative of church, Scotland, has been awarded this massacre, three months before he the Bross prize of \$6,000 for his book gave up his life at Bunker Hill. In his house, on November 29th, 1773, a meeting of 5,000 citizens, resolved that the taxed tea should not be landed. and on December 14th, a meeting of seven thousand citizens sat till after candle-light, listening to Josiah Quincy, Jr., and Samuel Adams, while get redress of Hutchinson at Milton. refused and at the doors of this old church, the war-whoop was raisled the way to the tea ships, and the

away and broken up and General ary critic Burgoyne desecrated the sanctuary as The financial condition of the Amea riding school for the British troops. rican Board of Foreign Missions, says After the surrender of Cornwallis, at The Interior is giving grave anxiety to Yorktown, and the colonies were free, its friends. The report for 1904 showthe "Old South" meeting house re- ed a deffeit of \$22,000, which has sumed its porper functions. To-day it risen this year, with an outlay is used as a museum. The "Old | 8695,000, to \$175,000. The cost South" church society, is one of the the new "Morning Star," a mission

onal section. A few steps down Boyl- the nineteenth century was Binney's ston street is the Massachusetts Insti- "Eternal Light! Eternal Light!" tute of Technology, and upon the The death of Rev. Pr. G. S. Green has streets radiating to the west, are the brought to light the interesting fact Conservatory of Music, and the prin- that the lines were originally written cipal dramatic schools of Boston, in a lady's album, and that Dr. Every day handsome youths and pret. Green, who was an expert hymnoloty girls may be seen walking through gist, recognized their merit and gave them publicity. Now they are sung Copley Square with books and papers under their arms, their faces shining with health and enthusiasm, To such as these this artistic thoroughfare will remain a lasting memory. Subtly its beauties have crept into their consciousness in these days of growing artistic and intellectual life, And, unconsciously, these four beautiful buildings, devoted as they are to high alone in its architectural design and to each other, teach a moral lesson, They indicate that no matter how variant the type, no matter what the high achievement meets upon a com-

common harmony.

The Cook Needs To Know.

When boiling ham to pour a little cold water into the pot every little while, This, makes the heat go in, and the meat cooks quicker. To keep cake fresh, cut an apple in two and put it in the cake-box. It will not take up the flavor of the ap If the top of a sponge cake be dust

ed over with powdered sugar before the cake is placed in the oven, a del cious crust will be formed. To remove stains on earthenward vessels which have been burned brown in cooking fruit or milk, or when en amel pans or pie dishes are stained or if silver spoons are stained with eggs, or cups with tea, dampen them and rub with a little common salt

and the results will be most satisfac smooth as glass, and as clean, with beeswax and salt. Tie a lump of wax them first with the wax rag, then with a cloth sprinkled wit

Sunlight soap is better than other Sunlight way. Buy Sunlight Soap Within the past four years France has recorded 26,000 suicides, while in Italy the number has been only 8,-

Henry Cunningham, plane taner

from Chickerings. Orders received at

o's tues . a timber to wante to see the state of