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CROSSLEY SYSTEM OF PHYSI-CAL CULTURE

7 POINTERS.

1. Two Systems, (a) Resistance as in stretching, (b) Propulsion, as in Punching Bag.

2. Breathe deeply and naturally

when taking the exercises. Tendency is to hold breath. 3. Exercise before a looking

glass 4. Take 5 minutes or more ere re tiring and on rising, with little clothing on. Have air in room pure.

5. Ever act on the motto: Elevate 6. Cultivate the habit of taking the exercises, and continue them

daily all your life. 7. By these exercises you will avoid rheumatism, constipation, dyspepsia, stiffness, deformity, appendicitis and other ills, and facilitate health, happiness, hopefulness, a proper poise, longevity, and per-

petual youth. 7 EXERCISES FOR ARMS 1. Horizontal-Fingers to shoulders and then extend arms, return

and repeat 2. Perpendicular — Hands near shoulders, palms up, rise on toes and lift as hands are elevated, relax, return and repeat

3. Across breast-Pull. 4. Obliquely—One arm at a time rise on toes, shove, repeat.

5. Windmill-Swing the arms in circle both backward and for-6. Backward and forward, touching backs of hands as arms are

thrown back. 7. Quartet-Shut hands, shoot them up and return, out and return, down and return, forward and re-

7 EXERCISES FOR BODY 1. Expand chest as you take full breath

2. Shoulders, up and down, angular and circular.

3 Liver Squeeze-Bend sideway, at waist, right and left, alternating. 4. Bend backward and forward, hands akimbo, and again arms, extended as going backward, and touching floor as bend forward, and then again hand-car motion-shove.

5. Circular-Feet firm, swing upper part of body in a circle, alternating right and left, and then standing erect, swing upper part of body right left with arms extended.

6. On all fours: Stand on toes and palms, lower body and then raise it and repeat.

7. Across the bed-Lie on back, them till perpendicular, return, relax and repeat.

7 EXERCISES FOR LEGS 1. Rise on toes and heels alter-

nately, repeat. 2. Flip heels to hip, one leg at a time, alternating, repeat. 3. Hips to heels-Squat and rise,

4. Sideways, out, left and right, alternating the legs.

5. Backward-Lift leg or kick backward, alternating legs. 6. Step one foot forward and

bring knee of other leg near floor and then rise, alternate legs. 7. Kick forward, causing vibration of the leg muscles, and again

kick high. 7 EXERCISES FOR NECK 1. Bend head backward and for-

ward repeat. 2. Turn head right and left, re-

3. Circular right, swing head in swivel movement, repeat. 4. Circular left, repeat. 5 Turn head right and throw back and then left and throw back,

6. Hand on side of head, shove and resist, alternate. 7. Osteopathy -- Both palms on

back of head, pull and resist, pull chin to chest, and then press head far back. 7 EXERCISES FOR HANDS

AND WRISTS 1. Fingers - Piano movement,

2. Fingers-Pressure.

Wrist up and down, pressure. Circular right, pressure Circular left, pressure.

Flip up and down vigorously Relax movement-Let hands fall on gravity and relax the whole body at the same time.

7 EXTRA EXERCISES

1. Stretch before rising, always

2. Punching bag motion. 3 Rowing motion.

Running. 5. Skipping motion. Shoulder stone motion. For ankle: While seated

swing feet in circular motion, alternating right and left. 7 IMPORTANT SUGGESTIONS 1. Submerge eyes in clear cold

water every morning, open them, roll them round, rub towards nose and repeat. 2. Take cold hand bath vigorous-

3. Sleep with window open.

4. Breathe deeply diaphragmati-

4. Breathe deeply diaparted and ryythmically.
5. Sip a glass of cold water ere retiring and on rising. Take hot water after meals. Don't drink arring meals.

for constant practice Elevate the

chest. 7. Trust in the Lord and do good. Fraternally

H. T. CROSSLEY. NEW BUILDING FOR THE EAST-ERN ONTARIO LIVE STOCK

Larger Programme Being Ar ranged

AND POULTRY SHOW

The new wing to Howick Hall, Ottawa, for the Eastern Ontario Live Stock and Poultry Show, is rapidly nearing completion and will be ready for the opening of the next Show, on January 14th, 1913. This new wing provides increased accomodation for Horses, Dairy Cattle and Poultry, so that the congested conditions which existed in these departments in the nast, will be eliminated.

past, will be eliminated.

Last year's Show was a record one in several respect, not only were records established in the Dairy Department, in the three days test; but the Heavy Horse Classes were also record ones, as the humber of entries were the largest in the history of the Show, and the quality superbay de. Show, and the quality superb as de monstrated by as fine a collection of horses as could be brought together, in

The Beef Cattle, Sheep and Swine, also showed increased and quality of exhibits over previous years, and the accommodation of the Sheep and Swine department was considerably over-taxed With the increased accommodation, the next Show gives promise of being a a record one, and scocamen and other visitors will have a better opportunity of closely inspecting the various stock exhibits

An important and highly instructive series of lectures is being arranged for, and subjects of economic importance such as: "Profits of Horse Breeding", The present Beef Situation and the "Winter Management Farme Hogs" "Improving the Dairy Herd" "Grain Smuts and their Treatment, "Seed Selection" and important poultry topics will be discussed by men of authority on the different subjects. Further information and premium list may be obtained free, from W. D. Jackson, Carp, Ont., Sec'y.

SALLOW SKIN feet to floor, make legs taut, raise Liver Spots, Pimples

are all signs of the system being clogged. The Liver and Eowels are inactive and the Stomach is were from undigested toods and foul gases. the great fruit remedy, will make you feel like a new person.

Winnipeg, June 27, 1911 After taking three boxes of your Fig Pills for stomach and live troubles I feel strong and well and able to do my own work.

MRS A. H. SAULTER Sold at all dealers in 25 and 50 cent boxes or mailed by the The Fig Pill Co., St. Thomas, Ont.

Electric Restorer for Men Pho phonol restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once. Phosphonol will make you a new man. Price \$3 a box, or two for \$5. Mailed to any address. The Scobell Drug Co., \$t. Catharines. Ont.

Prescription for SMASON Headache!

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During November and December

All Goods will be Shipped to nearest Railway Station FREE of Charge

500 Rugs to clean out, in Brussels, Wiltons, Velvets, Axminster, Tapestry,

Carpets in Wilton, Velvet, Brussels, Tapestry and Ingrain at special cut

Brass Beds-We carry the largest assortment shown here, in Bright or

Mattresses in 4 different sizes. We carry all grades—Prices \$2.98, \$3.98.

Linoleums in all widths, 21 yds., 3 yds., 32 yds, 4 yds., at 50c, 55c and 60c

Standard Sewing Machines at \$19.75 up to \$35.00 each

yard. Inlaid Linoleum at 75c, 90c, \$1.25 and \$1.35 square yard.

and Ingrain Rugs in all standard sizes.

prices. See our Special Brussels at 98c yard.

Satin finish, in any size—Prices \$9.75, \$13.50, \$15.75, up to \$35.00.

\$4.98, See our special all-felt mattress, any size, \$7.50 each.

If you should go to your family physician and ask him for a prescription for headache, and he knew the very latest discoveries in medicine, he would prescribe the ingredients of ZUTOO tablets. Yet he might not get the happy com-bination of the ingredients secured in ZUTOO tablets after long trial and ex-

The ingredients of Zutoo Tablets are prescribed for headache by the best physicians of the day.

Praised by all users, thousands gladly testify to the merits of this reliable cure for headache. 25c at dealers Try it.

Notice To Creditors

In the matter of the Estate of Caroline Amelia Kerr, late of the Village of Athens in the County of Leeds, Married Woman, Deceased.

NOTICE is hereby given pursuant to "Statutes of Ontario" I. George V, Chapter 25, Sec. 55, that all creditors and others having claims against the estate of the said Caroline Amelia Kerr, who died Dark Circles Under the Eyes

all signs of the system being ged. The Liver and Eowels are tive and the Stomach is were undigested foods and foul gases. great fruit remedy, will make you like a new person.

Winnipeg, June 27, 1911

the said Carolinc Amelia Kerr, who died on or about the fourth day of October, 1912, are required on or before the twenty-eight day of December, 1912, to send by post prepaid or deliver to T. R. Beale of Athens, Solicitor for William Lafayette Washburn the executor of the last Will and Testament of the said deceased, their Christian and surnames, addresses and descriptions, the full particulars of their claims, the statement of their accounts and the nature of the securities, if any held by them.

held by them.

AND FURTHER TAKE NOTICE that after such last mentioned date the said executor will proceed to distribute the assets of the deceased among the parties entitled thereto, having regard only to the claims of which they shall then have notice, and that the said executor will not be liable for the said assets or any part thereof to any person or persons of whose claims notice shall not have been eceived by him at the time of such dis

Dated at Athens the 26th day o T. R. BEALE,

Solicitor for William Lafayette Washburn

W. G. JOHNSON

EASTERN ONTARIO Live Stock and Poultry Show

Ottawa, Jan. 14th to 17th, 1913 Large classes for the leading kinds of

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All my goods are of the latest design, the product of reliable manufacturers and will give good satisfaction.

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We ask only a fair price and in vite inspection of the values offered.

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and

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Custom sawing will be given prompt attention. I am in the market for the purchase of all kinds of logs. Arrangements for sale and delivery may be

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SHINGLES-When you want

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HRAILWAY TIME-TABLE GOING WEST No. 1 Forthton ... *10.35 ... 4.18 ... Elbe *10.42 ... 4.23 ... Delta 11.37 " 4.58 " Elgin ... 11 57 5 12 "
Forfar ... *12.05 5.18 " Crosby *12.18 " 5.23 " Newboro 12.23 " 5.38 " Westport (arrive) 12.40 p.m 5.45 " GOING EAST

No. 2 No. 4 Westport (leave) 7.20 a.m. 2.30 p.m Newboro . . . 7 30 " 2.47 " Crosby *7.40 " 3.00 " Forfar *7.45 " 8.06 " Elgin 7.51 " 8.18 " 8.05 " 3.40 " Athens. 8 35 " 4.30 " Elbe *8.42 " 4.36 " Forthton *8.47 " 4.48 " Seeleys *8.58 " 4.54 " Lyn 9.05 " 5.15 " Brockville (arrive) 9.20 " 5.40 "

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W. J. CURLE, Sup't

root cellar like this won a prize last year. THE drawing was made from a photograph of the root-cellar with which D. A. Purdy, of Lumsden, Sask., won a cash prize in last year's contest. In that last contest there were 36 prizes. There will be three times as many prizes (108) in the 1912 FARMERS' PRIZE CONTEST THUS you will have three times as many chances of winning a cash prize. You do not have to use any certain amount of Canada Cement to win a prize. There are absolutely no "strings" to this offer. There are twelve prizes for each Province (three of \$50; three of \$25; three of \$15; and three of \$10) and you compete only with other farmers in your own Province and not with those all over Canada. It makes no difference whether you have ever used cement. Many of last year's winners had not used it until they entered the contest. When you write for full particulars, we will send you, free, a book, "What the Farmer Can Do With Concrete," which tells everything you need to know about concrete. It is absolutely free, and you are under no obligation to buy "Canada" Cement or to do anything else for us. WRITE your name and address on the coupon, and mail it, or use letter or post card, an we will send you at once the book and full particulars of the 1912 Prize Contest Address Publicity Manager