

CATARRH!

Dr. Chase's Catarrh Cure

SPEEDY, INEXPENSIVE AND ABSOLUTELY PAINLESS.



See, Bessie, this is the way mother does. You insert the tube and give one good blow away the gunk. And do you know I have never had had breath or a touch of headache since using it. Now just let me try it on you and I am sure it will help that cold in the head and fix up that red nose.

Is the breath foul?
Is the voice husky?
Do you ache all over?
Is the nose stopped up?
Do you sneeze at night?
Does your nose discharge?
Does the nose bleed easily?
Is there tickling in the throat?
Is the nose sore and tender?
Do you sneeze a great deal?

Is this worse towards night?
Does the nose itch and burn?
Is there pain in the back of the head?
Is there pain across the eyes?
Is there pain in the back of the eyes?
Is your sense of smell leaving?
Is there a dropping in the throat?
Is the throat dry in the mornings?
Are you losing your sense of taste?
Do you sleep with the mouth open?
Does the nose stop up at night?

If so it is sure and certain indication of Catarrh.

DR. CHASE'S CATARRH CURE

Gives instant relief—in less than a minute after the first application the air passages are freed, and the breathing becomes natural and easy—the most acute attacks of cold in the head are cured in a few hours—cures chronic catarrh in a few days—and will permanently cure most chronic cases in from one to three months—it always relieves—counteracts all foulness of the breath—relieves the nose and in an incredibly short while absorbs and dries up all discharge. It contains no injurious ingredients, such as cocaine, the use of which, like morphine, in many cases has been the means of contracting the dread narcotic habit. Beware of catarrh cures containing such ingredients. Dr. Chase's Catarrh Cure is the only one that is safe and effective. Dr. Chase's Improved Inhaler accompanies every box free of charge. Follow directions closely. Here are a few from a thousand or more testimonials who have been helped and cured.

A BAD CASE BUT A PERMANENT CURE.

For years I suffered from that dread disease—catarrh—I spent a small fortune in medicine without receiving any relief—I had the disease in a very bad form, and nothing seemed to reach the seat of the trouble until I procured and used Chase's Catarrh Cure. I got almost instant relief and I declare that, should I ever have credit myself, I have been permanently cured, and gladly give my testimony to the merits of this cure.

ARTHUR P. THORNE.
Charlottetown, P.E.I.

CHRONIC CATARRH FOR 15 YEARS.

I had been a sufferer from catarrh for fifteen years—it became chronic. I have spent a lot of money and tried many doctors. I also treated with a catarrh specialist in London—in fact, had tried most everything I saw advertised without getting any benefit. I was directed by the advertisement to use Chase's Catarrh Cure. I used three boxes and a complete cure was effected. I heartily recommend it to all sufferers from catarrh.

Clachan, Ont. JAMES SPENCE.

DR. CHASE'S CATARRH CURE WITH BLOWER FREE—AT ALL DRUGGISTS, 25c.

WOMAN AND THE WORLD

Leaving the Queen's Presence.

A correspondent of the New York Tribune has some interesting things to say about the difficulties and dangers attendant upon the walking backward which etiquette makes imperative upon those who are leaving the presence of Queen Victoria, and other European sovereigns.

Let any one try to walk backward along the full length of a big hall, bowing every few steps, never looking backward, and yet keeping in the proper direction, and he will see how difficult it is to preserve either one's dignity or one's bearings; and very often the walking backward has to be done, not merely on the level, but also up and down steps and stairs, which is still more arduous, and requires an immense amount of practice.

On one of the rare occasions when Queen Victoria presided at the opening of Parliament she was attended by the Duke of Argyll, who, during duty for the nonce as lord high steward of the realm, carried the crown on a velvet cushion. At the conclusion of the ceremony, during which he had occupied a place on the dais of the throne in the House of Lords, he proceeded to move backward from the presence of her majesty.

He forgot, however, the steps of the dais, and when he reached the edge of the dais he felt backward all huddled up in his long and heavy ermine-trimmed robes, from the folds of which he was extricated with difficulty. The crown shared in the mishap, for it rolled from his cushion to the ground, and a number of the stones dropped out.

The queen, whose face showed more concern than amusement, although the gravity of those about her was sorely taxed, spoke a few kindly words, expressing her hope that the duke was not hurt, and begging him not to be troubled about the affair, and then swept out with her cortege.

No sooner had she left the gilded chamber, however, than those present, comprising ambassadors, great officers of state, peers and personages of the realm, prelates and judges, were requested by the officials of the house of lords not to stir from their seats, or to approach the throne until the stones which had dropped from the crown had been collected.

Of course, the object of this precaution was to prevent the gems from being injured from being trodden on, but it sounded for a moment as if the officials entertained apprehensions lest some impecunious peer or lady diplomat should take advantage of the clumsiness of the Duke of Argyll to pocket a crown jewel.

Sometimes this walking backward is resorted to rather pretty and even the dais is not so stately as those of lords not to stir from their seats. Thus all the case of a relative who, on turning from active service, was

summoned with several other brother officers to Buckingham Palace to receive from the hands of the sovereign the order of the bath.

He had kept his right leg so near to the hip joint that there was no means of wearing an artificial limb, and he was consequently dependent upon crutches.

When he entered the royal presence it was noticed that he held, fastened apparently to the handrest of either crutch, a couple of lovely bouquets, third of the distance up the long room as best he could, and dropped one of the bunches of flowers to the floor.

Then he made his way up to the queen, tendered her the other bouquet, which she graciously accepted, received his order of the bath, which she herself fastened to his uniform, with many a kindly word, and then he proceeded to withdraw from her presence.

If ever there was a case in which the walking backward might have been dispensed with, it was there, and the faces of the Queen and of those around her betrayed signs of anxiety lest some mishap should overtake the colonel. He, however, backed away, displaying some hesitation, until he reached that part of the room where he had purposely left the first bouquet on the ground.

That gave him his bearings. He knew where he was then, and leaving the flowers there he reached the door in safety. The queen kindly nodding and waving her hand to him in appreciation of his somewhat arduous act of homage.

To Relieve Aches and Pains.

[New York Evening Post.]

"I complained so much of my aches and pains," relates an old lady, who seems never to have either any more, "that my son, who is a naval officer, became interested in their relief. 'What you need,' he said, 'is exercise, to keep the muscles supple and give strength. We use,' he went on, 'in the training of our boys and men for the navy, a set of eighteen exercises to strengthen the muscles, expand the chest and to give them an erect carriage. These exercises are equally beneficial for young girls and older ladies; you may in a measure renew your youth. I took his advice, and have practiced these exercises faithfully, and found them in a short time very beneficial. I think other women of my years may be glad of their formula. Care should be taken to perform the movements just as directed. When muscles which have been seldom used are called into play, a feeling of soreness may be felt for the first few times; this will disappear as custom brings ease in the movements."

First exercise—Neck. (1) Standing erect. Heels on the same line and together. Feet turned out equally, forming a triangle each other an angle of 60 degrees. Knees straight. Body erect on the hips. Hands on hips, fingers to the front, thumbs to the rear. Elbows pressed back. (2) Front. Incline the head forward, looking down till chin is nearly as possible rests on chest. (3) Straight. Raise head to natural position, with head erect. Repeat.

Second exercise—Position of the head. Stand as above described. (1) Rear. Turn back the head as far as possible. (2) Right. Carry the head to the right as far as possible. (3) Left. Carry the head to the left, face up. (4) Straight. Raise head to natural position. Repeat.

Third exercise—Elbows to front and rear. Stand as at first described. (1) Front. Bring the elbows forward in line with hips. (2) Rear. Turn the elbows back till the shoulder-blades meet, expand the chest, head erect. Repeat.

Fourth exercise—Stand as before described. (1) Up. Raise arms laterally until palms of hands up, fingers extended. Chest well out. (2) Down. Gradually lower the arms. Stretch them to their uttermost.

Fifth exercise—Extension of the arms. Stand as before described. (1) Place the closed fists against chest, knuckles down, thumbs out, elbows well to rear. (2) Front. Briskly extend the arms to front horizontally. (3) Back. Resume first position. (as in pain) Briskly raise arms vertically, knuckles to the front. (5) Down. Force the arms obliquely back, and gradually down to the sides. Repeat.

Sixth exercise—Arms in circle. Stand as before. (1) Raise the arms laterally till horizontal, palms up. (2) Swing the arms circularly upward and backward, from front to rear, body erect. Arms not to pass in front line of chest. Repeat.

Begin easily, do each set five times, and having done the whole six, rest a bit. Then do another set, and so on, ten times, even more, but do not exercise violently too long.

An Awful Trial.

A curious custom prevails in Bulgaria. All newly-married women are obliged to remain dumb for a month after marriage, except when addressed by their husbands. When it is desirable to remove this restriction permanently the husband presents her with a gift, and then she can chatter to her heart's content.

House Decorating Ideas.

Don't put borders on carpets for small rooms.

Don't hang chandeliers or lamps in low-ceiled rooms.

Don't be chary of rich, warm tints in northern rooms.

Don't buy what suits the fancy, regardless of their utility or effect.

Don't select anything because it is good.

Don't have any apparent, much less any regular, arrangement of furniture.

Don't believe for a minute that expensiveness is essential to beautiful effects.

Don't make a table a pivotal point from which the rest of the furniture radiates.

Don't make a narrow door narrower with a heavy drapery. We drap too much.

Don't use decided patterns for upholstery if you have done so for wall and floor coverings.

Don't use large patterned wall paper in small rooms, or a deep border with low ceilings.

Don't have any fanciful, fixed arrangement of window draperies in rooms in daily use.

Don't buy chairs that are not well made and comfortable, or lounges that are not really broad.

Don't let aestheticism dominate sense and get plain carpet (filling) for the floor of your home.

Don't delude yourself into thinking that beautiful rugs spread over homely floors are more artistic than all-over carpets.

Women, Men and Colleges.

A writer in the Critic, replying to the objection made by a college man to women's colleges, acknowledges gracefully that the woman's colleges are somewhat remiss in the matter of training, but he adds, "The woman's colleges, and motherhood, and adds: 'Perhaps they are modestly waiting for the men's colleges to take the initiative. When Yale and Harvard provide their proposed courses in husbandry and fatherhood, I have no doubt the colleges for women will establish variable courses. Meanwhile, if the end of education is the development of character, may not one reasonably expect that colleges having this end in view will graduate students who will be, as the case may demand, good citizens, good Christians, good fathers and mothers, good wives and good husbands, without special training for any of these functions?'

Household Hints.

Rain water is the best and purest water for bathing delicate complexions.

A soft cloth wet with milk and rubbed over boots and shoes three or four times a month will improve the leather, and keep them soft and pliable.

It is well to soak under-flannels that have become hard from much application in a weak solution of soda and water for half an hour before washing them in the regular manner.

The whites of eggs is the most satisfactory of pastes, and is better than any prepared mullage or paste one can buy. Papers to be given off tumbled with jelly and water will keep it soft and thus make it last longer.

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News Links.

Gossip From Every Land Summarized for Busy Readers.

ACCORDING to Lord Tweedmouth, the area of the herring-nets in Scotland one year was no less than 184,000 square yards.

"THRUMS" keeps on claiming the celebrities. It alleges that Madame Melba's father, whose name was Mitchell, worked there as a stone mason.

ACCORDING to Nansen, Esquimaux lovers never kiss each other when courting, but show their mutual affection by rubbing their noses together.

ONLY 23 men in every thousand serving in the army are 6 feet and upwards in height; 33 in every thousand are 5 feet 11 inches, and 38 in every thousand are 5 feet 10 inches. There are 75 in every thousand army men under 5 feet 9 inches.

NO penman, either American or foreign, could have been worse than Horace Greeley. "Goodness!" said a New Hampshire "taker" of the editor's copy had been handed, "if Belshazzar had seen this writing on the wall he would have been more terrified than he was."

MODERN man is gradually waking up to the fact that he can utilize everything. Coal is not only a source of heat and light, but a storehouse of colors, tastes, medicines, perfumes and explosives. 275 of the 340 pounds of the tar in a ton of coal over 2,000 distinct shades of aniline dyes are made.

A CURIOUS marriage was celebrated in Glasgow on Oct. 1, the contracting parties being a woman who is blind and wants both legs and several fingers, and a man who wants arms. The woman makes her living by reading the Bible, being wheeled about in a chair, and her former husband, who died a few months ago, was also blind.

SCOTLAND is great on anniversaries. The Wallace memorial gatherings at Stirling have been followed by festive functions at Dundee, in which the Earl of Camperdown was the leading figure. The famous victory over the Dutch by Admiral Duncan was the occasion. It is 100 years since the poet Motherwell died, and Paisley, the home of poets, has not been oblivious of the fact.

THE house in which Sir Isaac Newton lived with his niece, Catharine Barton, a few doors down St. Martin's street, is doomed. The house was formerly occupied by the Duke of Devonshire, and among the famous people of the day who there visited Newton, Addison, Bentley, Whiston and Lady Betty Germaine. Dr. Martin Burney, the father of Madame D'Arbigny, also lived there.

BOHEMIAN sportsmen during the year 1888 shot and killed 50 men, women and children, and wounded 2,200 persons, chiefly gamekeepers. They also killed among other game over 150,000 dogs, 8,762 cats, 2 horses, 15 cows, 12 calves, 275 geese, 125 sheep. For this they had to pay collectively over \$500,000 for doctors, fines and indemnities, and to spend 14,888 days in jail. The Austrian Government collects the statistics.

THERE is a plant in Jamaica called the life-plant, because it is almost impossible to kill it, or any portion of it. When a leaf is cut off and hung up by a string, it will continue to grow like roots, gathers moisture from the air, and begins to grow new leaves. Even when pressed and packed away in a tin, it will continue to grow and outgrow the leaves of the book in which it was placed. The only way to kill it is by the heat of a hot iron or by boiling water.

ACCORDING to one of the judges of St. Louis, the applications for divorce in that city amount to one-seventh of the number of marriage licenses issued. Owing to the growing tendency to regard lightly the marriage tie, as evidenced by the applications for divorce, judges have come to scrutinize every case with the greatest care, especially when no defense is made, and the case is put on the default docket. By far the largest number of divorces are applied for on the ground of desertion.

THE Sydney Australasian has the following: "A witty Canadian lady tells the story of her dealings with a crossing-sweeper. The street, the other day, the man appeared for a crossing, and the lady shook her head. 'You gave me a coin three months ago,' said the man reproachfully. 'Three months ago,' replied the lady, smiling, for she is really a grandmother. 'Toronto!' exclaimed the crossing-sweeper, with enthusiasm. 'Are you a colonial? Then give me you 'and.'"

THE Duchess of Fife is one of the most unassuming young ladies in her grandmother's realm. She lives her own quiet life either in London or among the Braemar hills, where she goes about doing her errands like any other wife and is always quite out of the social whirl, excepting to her parents and the rest of the royal family. Two little girls, of whom she is the proud mother, and the duke, whom she married for love, adorn this model of a princess, and may always be seen by her side.

MISS CORA ROBINSON, who for the past ten years has been a servant in a North Branch, Lapeer county, family, one day last week visited Detroit, where she purchased an outfit of men's clothes and attire herself in them. She went out into the street, but was arrested while entering a barber shop to have her hair cut short. She told the police she was on her way to California, and had decided to wear men's apparel in the desert. The police had no reason for holding the new woman, she was released, had her hair clipped and started for the west.

SEVENTY-FIVE years have come and gone since Shelley was drowned, and the body recovered with that of his friend in the shore near Via Regio. Once in a letter the poet said that—

"When a man marries, dies, or turns Hindu."

His best friends hear no more of him. If that be so, his case is somewhat different, for just recently a memorial tablet to him has been placed on the house in Pisa, where he wrote "Adonais," "The Sensitive Plant," was also written in the same house.

IN A recent interview Premier Reid of New South Wales thus speaks of his impressions of England: "I came

THIS TELLS THE WHOLE STORY.

A Hamilton lady restored to Health.

Mrs. A. Simpson spoke to our reporter as follows, at her cosy residence, 113 Locke St., Hamilton, Ont. Said Mrs. Simpson, "For the last two years I have suffered greatly from heart and nerve troubles,



also pains in my head. My appetite was very poor, and I felt very miserable all the time, hardly able to do my household work. My heart was so bad that I frequently fainted away, and was liable to drop down at any place or time.

Sometimes my heart seemed to bound into my throat so that I thought I would smother. My rest was very much broken, and I grew quite discouraged after using so many medicines without relief.

When I heard of Milburn's Heart and Nerve Pills I decided to try them, and procured a box at John A. Barr's drug store, and now after having used two boxes can say that I am completely cured. My appetite is good, indeed it seems as if I wanted to eat all the time. I sleep well and am thoroughly toned up. Truly I am better than I have been for many years."

here expecting, may I say, to find a weary and depressed nation, that had reached the apex of its power and energy, and was now growing weaker rather than stronger; in place of that I find you are a young people—and, in your sleeping, the premier brought his hand down on the little table with a crash to emphasize his point—"I see in England more vigor, more enterprise, more full of fire, of life than ever before. It is a marvelous thing, when one comes to think of it. Here are your forty millions of people cooped up on 120,000 square miles of land, and yet able to thrive and lead the world."

THE Glasgow police are making inquiries with a view to tracking an English tourist who disappeared in a most mysterious manner in that city. Arthur John Wilkinson, 33 years of age, manager of a corn mill in Ulverston, Lancashire, left there on Saturday, Sept. 18, bicycled to Edinburgh, and thence to Glasgow, where he arrived on the following Monday. He had sent on his bag to the Central station, and left it in the morning, went to the Old Waverley Hotel, where another gentleman was heard addressing him by name, although he had no friends in Glasgow. He left the hotel, and was to have traveled home that night; but he has never been heard of since, and no trace has been got of his bicycle, which was never booked at the station. His father resides at Nottingham. An examination of his books has been made, and they are all in order.

AN English weekly paper is collecting samples of queer prayers. Among them is one of Bishop Leslie, "the fighting bishop," who, before a battle in Ireland, prayed: "Oh, God, for our unworthiness we are not fit to claim Thy help, but if we are bad our enemies are worse, and if Thou seest me not to help us we pray Thee help them not, but stand Thou neuter this day, and strike it to the arm of flesh." The United Service Magazine compares with this the supplication which an officer offered before one of the battles of the Hungarian independence in 1849: "I will not ask Thee, Lord, to help us, and I know Thou wilt not help the Austrians; but if Thou wilt sit on yonder hill Thou shalt not be ashamed of Thy children." A similar prayer is credited to a Scottish Highlander, Macdonald, who pleaded that if the Lord would not help him, let him at least not help the other clan, and he, Macdonald, would trim them properly himself.

Doctored Nine Years for Tetter. Mr. James Gaston, merchant, of Wilkesbarre, Pa., writes: "For nine years I have been afflicted with tetter on my hands and face. I have spent hundreds of dollars with doctors and tried scores of remedies. At last I have found a cure in Dr. Agnew's Ointment. It helped me from the very application, and now after using it for two months I believe I am permanently cured, as my skin is smooth and soft and free from every blemish."

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There are 75 doctors to every 100,000 persons in London, England.

The Bermuda export over 17,000,000 of onions annually.

Be Not Deceived. A Cough, Hoarseness or Croup are not to be trifled with. A dose in time of Shill's Cure will save you much trouble. Sold by all druggists.

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THOS. WHITE, H. GUMMER, High Secretary, H. C. R., Brantford, Ont. Goodwin, Ont.

Or E. GARTING, Supt. Organization, Brantford, Ont.

In this city there are several courts of the order. Information in reference to any matter of local interest in connection with the order may be obtained from A. R. Galt, D.D.H.C.R., 140 Simcoe street, London, and S. B. Taylor, D.D.H.C.R., 520 Ontario street, London East.

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