

JUST SIMPLY STOP BREATHING.

That is said to be a sure way to avoid colds.

It is a fact not generally known that if a person holds his breath, swallows and does not breathe, he will not catch cold. The skin practically becomes a coat of mail against the insects which drive their stings. The moment a particle of air escapes from the lungs the stings will penetrate. In explanation of this curious fact a well-known physician advances the theory that holding the breath partially closes the pores of the skin, and thus leaves no opening for attack. This interesting statement explains and enhances the value of a practice I have followed for the prevention of colds. For many years my occupation took me to crowded political and labor meetings, generally held in rooms destitute of any means of ventilation. The heat was intense, the air fetid and poisonous. I have left such meetings lashed in perspiration and plunged into the chill air of a winter's night, thereby running the risk of catching the severest cold. Yet, strange to say, I enjoyed a singular immunity from such aggravating ailments. At the first touch of cold air I took a deep inspiration, and in a moment my breath half a minute, in the meantime walking as fast as I could. During that half minute the pores of the skin were closed against the chilling atmosphere, and by the time the lungs called for reinvigoration the body had considerably cooled and the risk of a chill was over. I recommend this practice to public speakers, vocalists, entertainers, and those who are obliged to frequent unduly heated rooms. In my own case the practice never failed, and although I fully believe in its value I never understood the reason of it until a learned scientist came forward with the remarkable theory that while holding the breath the skin could be maintained impenetrable to the sting of a bee. —James Miller Monthly.



S.W. Cor. Yonge and Queen-sts.

ON the millinery tables of this house will be found an assortment of pattern hats and bonnets that it's safe to say are to be surpassed by stocks nowhere else. The designs are the very newest, and at the same time not wildly extravagant. The whole of these stocks we've resolved to clear while the season is at its best at astonishingly low prices. We particularize some:

French Pattern Bonnet, trimmed blue and white, ostrich feather, \$5.00, original mark \$10.00. Handsome Bonnet, set trimmings, perambulator velvet, ostrich tips, \$5.00, original mark \$10.00. Hat, two-toned green, velvet, beaver trimmings and mount, \$5.00, was \$9.50. Rose felt hat, ostrich and velvet trimmings, \$5.00, was \$12.

We name these simply to indicate how we've dealt with the stock throughout. A rare chance to secure a handsome hat or bonnet at little cost.

R. SIMPSON

Entrance, Yonge-st. W. Queen-st. Toronto. Store Nos. 170, 174, 176, 178 Yonge-st.; 1 and 3 Queen-street West.



The Long and Short

of it is that S. DAVIS & SONS. Cigars have no equal. 367

WHEN YOU SEE

the name Standard Fuel Co. remember that the best quality of COAL AND WOOD can be bought at 58 King-st. East

Tel. 868, 898, 1836, 2035.

SEXUAL

decline may be arrested before decay's decline may be restored; powers which are impoverished by youth's reckless overindulgence may be reinvigorated by our home treatment

CONFIDENCE

never has it shined in the breasts of those who have weak, shrunken, undeveloped or diseased organs. The evil that men do lives upon their faces; good is oft shrouded in their eyes.

RESTORED

to vigorous vitality you might be successful in business, fervent in spirit. Our curative methods are unfailing. Write for our book, "PERFECT MANHOOD," sent free sealed.

ERIE MEDICAL CO.,

BUFFALO, N. Y.

ESTATE NOTICES

IN THE SURROGATE COURT OF THE County of Westchester, in the Matter of the Estate of Eugene Guilford Kirby of the Town of Canajoharie, in the District of Bertha, deceased.

THE HEARLE MFG. COMPANY

Of Montreal have opened a Toronto Warehouse, 184 Front-street East, for the sale of their stocks of goods, which they keep in stock a variety of goods of the highest quality.

YORK TOWNSHIP TAXES

Pay your Taxes at 28 Yonge-st. Arcade to save percentage.

A FACT

ALE & PORTER—BISWEE A WKEG. SPADINA BRISWEE. KENNEDY-ATVARE. TEL. 1503.

THE WORLD OF COMMERCE.

A SHARP RALLY IN NEW YORK SECURITIES.

Canadian Speculative Stocks are Stronger. Money Markets Unchanged.—Wheat in Chicago Irregular, While Provisions Broke Badly.—Local Grain Trade Quiet.—Cattle Steady, Cattle Dull.

Tuesday Evening, Nov. 28. The feeling on Chicago today showed improvement and both Canadian Pacific and Cable are higher.

The former sold in Montreal at 74, and it closed in London at 70 1/2. Money in London continues firm at 1 1/4 to 1 1/2 per cent. on call.

The gold in the United States Treasury has been reduced to \$33,040,000.

The sterling exchange market is higher at New York, and the current rates for the import of gold.

The price of silver bullion in London is \$194 1/2 per cent., and in New York 70 1/2.

Cables are a fraction easier to-day at 95 1/2 for money and account.

MONEY.

ALEXANDER BOYD & SONS

Will advance money to purchase dry goods, general and other stocks. Cash advances to merchants, manufacturers, and others. Loans for working capital, and for the purchase of real estate. Immediate replies, consignments and business. Adjoining Custom House, Toronto. Tel. 1008.

Money Markets.

The local money market is quiet at 6 1/2 per cent. on call. At Montreal the rates are at 6 1/2 per cent. At New York the rates are at 6 1/2 per cent. At New York the rate for call loans is 1 1/4 per cent.

Foreign Exchange.

Exchange on London is at 25 1/2. Exchange on New York is at 100. Exchange on Montreal is at 100. Exchange on Toronto is at 100.

Money Loaned

ON MORTGAGES

Large or Small Amounts JOHN STARK & CO. 25 TORONTO-STREET

Commercial Miscellany.

Oil closed 7 1/2. Cash wheat at Chicago 61 1/2. Puts on May wheat 61 1/2 to 62 1/2. Cash wheat at Chicago 61 1/2. Puts on May wheat 61 1/2 to 62 1/2.

Exports at New York to-day.

Wheat, 60,000 bushels; corn, 40,000 bushels; and other grains, 100,000 bushels.

Imports at New York to-day.

Wheat, 60,000 bushels; corn, 40,000 bushels; and other grains, 100,000 bushels.

Receipts at Chicago to-day.

Wheat, 60,000 bushels; corn, 40,000 bushels; and other grains, 100,000 bushels.

Estimated receipts of wheat at Chicago to-day.

Wheat, 60,000 bushels; corn, 40,000 bushels; and other grains, 100,000 bushels.

Estimated receipts of corn at Chicago to-day.

Corn, 40,000 bushels; wheat, 60,000 bushels; and other grains, 100,000 bushels.

Estimated receipts of other grains at Chicago to-day.

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MONEY TO LOAN

AT 5 AND 6 PER CENT.

SIDNEY SMALL,

20 Adelaide-st. East, Telephone 1154.

W. A. CAMPBELL

Successor to Campbell & May. Assignees in Trust, Accountants, Auditors, Collecting Attorneys, Etc. 136

32 FRONT-ST. WEST

ROBERT COCHRAN

(Member of Toronto Stock Exchange.)

PRIVATE WIRES

Chicago Board of Trade and New York Stock Exchange. Margins from 1 per cent. up.

32 COLBORNE-ST.

MONEY TO LOAN

AT 5 AND 6 PER CENT. ON FARM AND CITY PROPERTIES.

J. WATT & CO.,

8 Lombard-street. 136

Commercial Miscellany.

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HAVE YOU A GOOD CARVING KNIFE AND FORK?

See our New Designs.

RICE LEWIS & SON

(Limited) King and Victoria-sts., Toronto.

Toronto Live Stock Market.

There was a quiet market to-day and the feeling was somewhat irregular. Cattle are steady, sheep are rather weak, and hogs are in demand.

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M. McCONNELL

SOLE AGENT IN CANADA FOR THE CELEBRATED

MOUNIE BRANDY

500 Cases must be sold this month.

The finest flavored Old Brandy in the market to-day. Unequalled for medicinal purposes.

Gorges-Germain Champagne, \$22 and \$24 case, equal to any of the leading brands now on the market.

Cabinet Sec Champagne (Black Grape, 1874), \$23 and \$25 Case, from the celebrated house of Deinhard & Co.

M. McCONNELL,

46 COLBORNE-ST.

THE CONSOLIDATED PLATE GLASS

COMPANY OF CANADA (LIMITED.)

HEAD OFFICE: 73 and 75 Wellington-street West, TORONTO.

BRANCHES: MONTREAL, 338 St. Paul-st. LONDON, 100, Abchurch-lane. OTTAWA, 100, Wellington-st.

FRANK J. PHILLIPS, Toronto, President. WM. R. HOBBS, London, Vice-President. ALEX. RAMSAY, Montreal, Vice-President.

Correspondence Solicited. Estimates Given.

OUR CAPACITY TO PRODUCE IS IMMENSE

—AND—

OUR SALES ARE IMMENSE

—OF THE—

DUCHESS OF OXFORD AND

KITCHEN WITCH RANGES.

See What our Patrons Think of These. No. 44 DUNDAS STREET, TORONTO, Nov. 28, 1893.

The Gurney Foundry Company, Ltd., Toronto. The Duchess of Oxford and Kitchen Witch Ranges are the best ranges in the world. They are made of the finest materials and are built to last. They are also the most economical and the most beautiful.

Stoves! Stoves! Stoves! The Largest Assortment in the City. Buy the AMERICAN - WARRIOR - RANGE. With Patent Improved Grate. Over 8000 Sold in Three Years in Toronto alone.

The Nolan Warrior, The Dandy Warrior, The Acadian, New Square Base-Heating Stove, All for Sale by NOLAN & CO., - 77 Jarvis-st. CALL AND SEE THEM.

GAS HEATING STOVES

GREAT CLEARING SALE.

Before removing to our new premises we are offering a special discount on all stoves. It will pay you to call on THE TORONTO GAS STOVE & SUPPLY CO. Tel. 1432. 203 YONGE-STREET.

GANANOQUE A THOUGHTFUL PERSON

DRY EARTH CLOSET

A Testimonial. One of Many. GEORGE TAYLOR, Esq., Toronto. I have a Dry Earth Closet in my house and I am very much pleased with it. It is the best I have ever used. It is simple, efficient, and economical.

There are 15,000 fifty privies in Toronto. All sanitary experts say that they are the best. They are simple, efficient, and economical. They are also the most beautiful.

Insurance. ASSESSMENT SYSTEM. Massachusetts Benefit Association. GEORGE A. LITCHFIELD, President. Home Office, 53 State-street, Boston.

The Police of the Massachusetts Benefit Association are the best in the world. They are simple, efficient, and economical. They are also the most beautiful.

Estimated Cash Surrender Value of Policy Carried to the Life Expenditure of the Insured. AGE 40 YEARS, \$100.00. Annual premium, \$