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hearty, make them lay. The above is what Dominion Seeds, Limited, say.
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E. D. FOSTER, 269 Oxford Street, Campines and R. I. Reds, says: The best quality of feed I have ever used.
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s, team young horses. Apply G. Keays, Hyde Park, No. 1. *81n	COCOANUT, SCHEPPS, 35c POUND— Tyler's, 3551/2 Clarence, b
	FEATHER PILLOWS, MATTRESSES, renovated, Hunt & Sons, 593 Rich- mond street.
RY HANDSOME GRAMOPHONE for sale, with twenty double records; ost sixty dollars; will take twenty-ue. 400 King street.	BLANCHARD'S NEW FISH MARKET 529 Richmond street. Fresh fish every day. Phone 1510.
COND-HAND STOVES AND FUR- NITURE, good as new, at bargains, Stove repairing a specially, at Lewis', 101½ King. NE HANDSOME EVENING DRESS, worn a few times; also one worsted suit: both made to order; sizes 38 to	THE JOYFUL *SMOKE - SMITH'S "Joy" 10-cent cigar. S. Smith, manufacturer, London.
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NACES, EAVESTROUGHS, ROOF-

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eed men's and women's clothing, furs, weaters, furniture and housefurnishing. Drop me a card or phone 4214 and I will bring samples. I guarantee by price to be right. S. Samitt, 407 undas.

NEWLY-FRESHENED DUR-AM grade cows for sale. J. M. Ken-dy, Thorndale, No. 3. VER TYPEWRITER, bargain. E. O. ndel. almost new; raves. 110 Dundas.

aw mattresses and springs, splendid olin, square plane, and mostly any-ing you may need. 257 Talbot street, tone 4320. SSEY-HARRIS BINDER, NEAR Y new, also six Durham cows. Ap-ly H. Smibert, lot 9, con. 5, London HEAD OF CATTLE, COWS, HEIF-ERS-Apply con. 6, lot 8, Westminster Township. 80n

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Fred Stevens, lot 21, con. 7. Stu CHOICE SINGING CANARIES AND

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your family with the season's latest
suits, coats, furs, dresses, waists,
skirts, sweaters and shoes; also furniture and house furnishings, with
\$1 per week. Call, write or phone
1267. M. Lerner, 502 Hill street. BELTING, REPAIRING AND LEA-THER belting, Phone 1061, Mills, belt manufacturer, 152 Carling. OLD WALNUT TABLE AND BUREAU for sale. Apply 412 Princess avenue. 32tf

CHRISTMAS TREES, BRANCHES OF CHRISTMAS TREES, BRANCHES OF cedars for decorating, thousands of evergreer trees, many sizes, from 25c up. Shade and ornamental trees, flowering shrubs, many kinds, rose bushes, Christmas roses. Three varieties maple trees, basswood, mountain ash, horse chestnut, Charles Baker, nurseryman, Ridout south, Phone 2222. ONN'S FISH MARKET-FISH, OYS-

Good Might

DADDY WOODPECKER'S DEFENCE.

Tommy, and snatching up his gun he but the tree was an old red top-knot bob-

"Well, I'll certainly tell all the boys I

The water of the Rio Tinto, in Spain, hardens and petrifies the sand of its bed, and if a stone falls into the stream and alights on another, they, in a few months, unite and become one stone. Fish cannot live in the waters.

few apples?"

"You certainly are!" exclaimed Tommy. "Why, I never knew you were such helpers, indeed I didn't. or I'd never have tried to shoot you."

"Well, we can't sing like Robin or his friends, so we try to keep your orchards clear of destructive insects to pay for our food." chirped Mamma Woodpecker, and dusting herself she went into her house.

SPECIAL SALE of PLAYER - PIANO Well. I'll certainly tell all the boys I know that have guns," said Tommy, when he and Squeedee had reached the ground again, "and we'll have to find some way to protect the birds." "Yes, indeed!" said Squeedee. "For, you see, after all, the birds are the farmers' best friends. They are our helpers and entertainers, but how few folks, know that." Then like a puff of smoke he disappeared. Tommy hung his gun behind the kitchen door and his mamma said it stayed there until it rusted. For Tommy never forgot the promise he'd made Squeedee to protect all birds. ROLLS

Waltzes, Songs, Jazz, Hawaiian Music and every other kind of music written in the past and present

15c to 80c

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Secrets of Health and Happiness

How Loss of One Sense May Promote Growth of Others

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D., (Jo has Hopkins University.)



what not perceptive falls in the senses. However, he falls senses. However, he falls seven to use completely his finger-tipe. even to use completely his finger-tipe. even to use completely his finger-tipe.

senses. However, he fails mournfully even to use completely his finger-tips. ears, nose, eyes, muscles and his other senses.

There is a false belief among many average persons, as well as scientists, that deaf and blind mutes more than make up for the loss of speech, sight and hearing by an over-compensation and extra-extension of the senses of touch, heat, cold and the kinesthetic senses. Professor Knight Dunlap and other experimental psychologists, however, have found that this is not true. It is merely a normal growth of those other senses, generally neglected, which are brought into play.

One blind person tested by the fouch instrument, the aesthesiometer, showed twice as great a sensitiveness and delicacy of touch perception as the average individual in full possession of all his senses. This was true of subject's tongue as well as the finger-tips. The lips and the index finger were three times as capable, as were also the cheeks and forehead.

Training the Senses.

Training the Senses.

proctice, training and effort bring about improvement.

Dr. loteyko, once chief of the psychological laboratory at the University of Brussels, now at the College of Parls, describes in the French Revue Scientifique a twofold capacity of the human senses. When you see a bright spotthat is, a physiological phenomenon of sensation—to be a particular object with psychologic phenomenon of the sense of sight. This is in the sense, not in the brain. It is the intelligent compound of sensation past and present.

Exercise and practice may not increase the physiological element of sensation very much, but the perceptive powers of insation—all psychological—can be vastly built up and improved.

Teaching the Blind to See.

Children blind at birth who later acquire sight have to be taught to see. Their sense impressions mean nothing to them, except as subsequent experience attaches meanings and intelligence to them.

By practice, experiment, memory, ex-

Man is a rational being endowed, like animals, with senses. Of the many senses he has, he allows few of them to take in many of their proper objects. That he needs many more senses than he has, no one dare deny. He uses all sorts of "go-betweens," such as lenses, telescopes, field glasses microscopes, ultrascopes, spectrascopes, X-rays, radium rays and what not to bring into his ken facts of reality not perceptible to his healthy senses. However, he fails mournfully even to use completely his finger-tips.

M. A., M. D., (30 lims Ropkins University)

person who has never seen, but acquires sight later, gradually learns to fuse and compound the new senses. The orange is first a spot of yellow. It is regarded indifferently until related to and compounded with roundness, touch, grasp, taste and smell.

Then it becomes, from an indifferent sensation, an interesting, cleasant, helpful, intelligent perception.

Restoration or movement is less an affair of the doctor and more a matter for teachers, psychologists and trainers.

J. R. B.; Q.—Kindly advise me what to do for a stomach that craves more food than the body needs.

A.—Drink soups, broth, eat gelatin, turnips, water, cabbage, krout, string

A.—Drink soups, broth, eat gelatin, turnips, water, cabbage, krout, string beans, spinach and fruits. R. H. G.: Q.-Kindly give me a good hair tonic.

A.—Quinine 1 tablespoonful
Sage 1 ounce
Sulphur ... 1 tablespoonful
Boracic acid ... 1 tablespoonful
Rain water ... 1 pint
Steep the sage over-night after pouring the pint of boiling water over it.
Strain and add the other ingredients.
Let this stand two days, strain and use
with massage every night, applying directly to the scalp. It the scalp is very
dry, two ounces of glycerine is a good
addition. to do for acne.

A —Apply little of the following to A.—Apply little affected p.ēts:
Sulphur precipitate... 1 dram
Pulv. camphora ... 15 grains
Pulv. tragacanth... 1/2 dram
Liquid albolene ... 1 ounce

Training the Senses.

The Scientific American reports a blind man who ran up and down stairs, in and out of rooms and corridors, with such amazing speed and precision that his ability to detect a wall several yards away was uncanny. His senses of heat, cold, motion, location and touch were developed acutely, not because his sight was gone, but because anyone may, if attentive, patient, diligent and interested, do the same.

Experiments made by careful observers on deaf and blind persons show absolutely no differences between their senses and those of normal persons until proctice, training and effort bring about improvement.

Dr. loteyko, once chief of the psycho-

Tincture of Capsi-Quinine sulphate ... Rose water Peroxide of hydrogen Witch Hazel . 34 wineglassful You might vary the use of this b rubbing the hands with olive oil.

MY SOLDIER HUSBAND ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

What Mother Graham Said To Madge About Her Costume.

What Mother Graham Salu 10 Makes

I dressed with unusual care for the Sunday afternoon meeting at Howard's Sunday afternoon meeting at Howard's Hall. I was painfully aware that my appearance would be carefully scrutinized, and I did not wish Mrs. Graham's Criticism.

There were no new gowns in my appearance would be carefully scrutinized, and I did not wish Mrs. Graham's Criticism.

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"You look as if you were going to a graden party, Margaret." my mothering had been in much better this part of the should have been in much better the sill in that rig you look to do to the find and the succeeded in altering the ones of former seasons to a more would have been in much better the sill in the displaced for clothes, but at least it makes you look dignified, and married and—your age," my mothering had been no place in my financial there things which should have been in much better the should into the should into the should into the sample of the true worth as killul needlewoman I had succeeded a skillul needlewoman I had succeeded to receive the skills with a white blouse to receive that she had asked me to be askillul needlewoman in the displaced for clothes, but at the word askillul needlewoman in the despite the dominant forces of the constitution of the dominant forces of the safety of the dominant forces of the sale for you to have worn that simple the dominant forces of the dominant forces of the sale for you to have worn that simple t

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Because the Club Payments are easily

6. Because prices will be higher after the

7. Because this opportunity may not

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Ladies' Heavy Wool Coats, in paddy green, trimmed with white, copen blue trimmed with white, corn trimmed with black, old rose and white, pink and white, nile green and white, and all white, to clear at\$9.75

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One special line of CHILDREN'S TEDDY BEAR SUITS in blue, navy and cardinal.

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Sensation past and present.

Exercise and practice may not increase the physiological element of sensation very much, but the perceptive powers of insation—all psychological—can be vastly built up and improved.

Teaching the Blind to See.

Children blind at birth who later acquire sight have to be taught to see, them, except as subsequent experience attaches meanings and intelligence to them.

By practice, experiment, memory, experience and trial after trial the blind.

Exercise and practice may not increased in the use of this by rubbing the hands with olive oil.

You might vary the use of this by rubbing the hands with olive oil.

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The increase of this paper on medical, hygical and sanitation subjects that are of this paper on medical, hygical and sanitation subjects that are of the accessories were older that all of the accessories were of the accessories wer

I the watchful eye of his grandmother. I sat down in a low chair near her with an old, thumbed Latin grammar in my hand, for I felt that every minute counted now in my preparation for my school ma'am today." I retorted. "That school ma'am today." I retorted.

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