## A Londoner From Home.

Mr. Thomas Caldwell's Visit to California.

Life and Excitement in the Boom Town of San Diego.

Curiosities of People, Climate, and Surroundings.

The Opening of a "School of Theosophy" by the Crusaders.

British Columbia and the Lower St. Lawrence Commended as Superior Summer Resorts.

San Diego, Cal., Feb. 25, 1897. To the Editor of The Advertiser: I received some time since from

Junipero Serra, and other Jesuits, who had been expelled from Lower California by King Charles of Spain, making it the oldest settlement in California. In 1867 Mr. A. E. Horton, still living in the city purchased at public are in the city purchased at public are in the city, purchased at public auction a large tract of land for 27 cents went on, but only for three years. It ation, like what occurred in London before and after the completion of the Great Western. Prices were asked and of the Crusaders have passed on their journey around the world. The stone of cypress, Corbet Corbet. was the period of crazy town lot specu ruined those who bought them. Many

work, and here able-bodied men ask streets for help. But notwithhouse, \$150,000; public library, 12,000 volumes; 20 churches, 8 graded public schools, 5 kindergartens, 44 miles of sewers, costing about \$425,000; 14 miles of gas mains, 65 miles of water mains, magnificent electric car system; 15 electric light masts 125 feet high, \$100,to a city of 100,000 inhabitants. This is showing 'for a population of about 20,000, and proves how enter Prising men can take hold of an old Mexican village and in ten or twelve

gears produce a live, modern city.

It must not be forgotten, however, that San Diego had natural advan-tages in its favor—the great Pacific

kind heretofore. The captain of the British boat has signified his intention to fire a salute of 21 rounds in honor of the birthday of Gen. Washington.

Property here is high; for a bare lot 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, if the birthday of Gen. Washington.

Property here is high; for a bare lot 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, if every age produce two or 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000. If you say that is too much, 100 feet square they ask from \$4,000 to 56,000 feet square they ask from they reply: "The lot we value at \$2,000, and the climate \$2,000." Coronado Beach is the peninsula forming the breakwater on the south

## HAVE YOU CATARRH?

But One Sure Remedy—Obtain It for 25 Cents, Blower Included, and be Cured. Cents. Blower Included, and be Cured.

Catarrh is a disagreeable and of
Catarrh is a disagreeable and offensive disease. It usually results from Ans.-Yes. a cold and often ends in consumption and death. The only effective remedy so far discovered for it is Dr. Chase's in the middle of the school section;

Catarrh Cure.

Physicians failed to cure Geo. Bel
9 years? Old school act said, send to trey, toll-gate keeper, Holland Landing road, Chase's Catarrh Cure did it.

One box cured Wm. Kneeshaw and two boxes James T. Stoddard, both of West Gwillimbury.

Division Court Clerk Joel Rogers, Polert J. Hoover and George Tester.

Robert J. Hoover and George Taylor, all of Beeton, voluntarily certify to the efficacy of Chase's Catarrh Cure.

J. W. Jennison, of Gilford, spent nearly \$300 on doctors, but found no permahent relief until he tried a 25the details of the various games they have played in is something wonderful. Take McPhee, for instance, who

cent box of Chase's Miss Dwyer, of Alliston, got rid of can recall certain plays and tell how cold in the head in 12 hours. 2 cold in the head in 12 hours.

Henry R. Nichols, 176 Rectory street,
London, tried a box with excellent

London, tried a box with excellent

Dr. Chase's Catarrh Cure is for sale by fire. by any dealer, or by Edmanson, Bates Some members of a church in London & Co., Toronto. Price 25 cents, including blower.

of the bay of San Diego. The ferry makes ten-minute trips, electric cars connecting with it. Arriving there, the first thing that arrested my attention was the extent of the grounds, which cover twenty acres. Then the avenues and walks, the beautiful palm trees, the many varieties of tropical plants, the flower beds and shrubs Further on I came to the hotel, with its lofty towers and turrets, overlooking the ocean. The hotel on the sea side has broad galleries running up to the top, shut in by glass, into which the guests may enter in the morning from their rooms for a sun bath. The dining room has a floor area of 10,000 oom, 4,800 feet; number of rooms, 75

square feet, ceiling 33 feet high, unsupported by a single pillar; breakfast ropical inner court, 2,500 incandescent lights; the circular ball room has an area of 11,000 feet. Outside, the ostrich farm, the museum, the plunge bath, with an expert to teach the ladies how to swim, and about 50 wheels

and an expert teacher.
From my experience here, for an all-year-round climate, there is, perhaps, no other better. Some persons find the coast air too strong, and leave or a drier air and higher altitude, easy found back from the coast. I met young Canadian who had lung disease, and some nervous prostration. He said: "I have tried many places; this is the best for me. I am here to stay. I am more comfortable here than elsewhere." He was not cured, and, I take it, not likely to be. He slept with his window open to get the benefit of London friends letters of inquiry about San Diego and its climate, which I put off answering, preferring longer experiences of winter weather. Having been here now over five months, I send you this letter, which may be of interest to some of the many readers of Phe Advertiser, as well as to others, who may think of visiting this fartamed health ort. History informs us that Californian the coast air. Thus, you see that it depends upon the patient and the distendence of the coast air. Thus, you see that it depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the patient and the distendence of the Cornishman with left depends upon the face and right and left body blows. Fitz's effective attack was a semi-fake left swing, followed by a quick half-arm hook. The third have been the first time for the fake blow, coming forward for a counter when he thought Fitz's glove was comfortably passed his jaw. Quick as a flash Bob doubled back and barely may be a dependence of the Cornishman w the coast air. Thus, you see that it depends upon the patient and the distamed health ort. History informs us that Call a was discovered at San Diego abrillo, sailing under the Spanish has in 1542—354 years ago. It was 60 years later that it was named by Sebastian Viscaino. The old town was settled in 1769 by Francisco Junipero Serra, and other Jesuits, who

warm and fine for walking or driving. safety in a manner which imply daz-if any person has insomnia or nervous ed him. tion a large tract of land for 27 cents per acre, laid out streets, built a wharf, erected a hotel, and started the city of which he is called the father. The growth of the new town was slow. Something to stimulate it was called for, and soon found in the shape of a monster subsidy, the final result of which was to bring the Santa Fe to San Diego. In 1885 the railroad completed it transcontinental line to the pieted it transcontinental line to the city. Then followed an era of prosperity. People poured in, values went up, amid great development; the boom went on but only for three hours. The livery stables were emptied to carry nearly a thousand people eight miles, all of whom, except 250 remained standing for three hours to mained standing for three hours to really worried me was the one that hear and witness the unique ceremon-ies. There floated in the breeze flags

QUESTIONS ANSWERED.

BOTHWELL.-Can an incorporated

The way that ball players remember

recently almost completely destroyed

calls on a bicycle, clad in "rationals."

has played at least 2,000 games.

CORBETT'S VERSION. was laid, inclosed by ropes of cypress, around which were inscribed in letters left the city, others remaining sadder and wiser men, among whom, it is to be regretted, is the old gentleman, father of the city, who, by his enterprise, did much to give it a start. Severe depression has not yet passed away. It still exists, not only here, but throughout California. In Los Angeles 4,000 are said to be out of left serious and earnest. He said the left serious of his own Water-loo did not vary greatly from Fitz's. "I made a mistake in not keeping away," was the way he put it. "Fitz here, but heard them address a meeting in the city. President Hardgrove, who is said to be a young Englishman, is, in manner, a perfect gentleman, of scholarly attainments, clear-cut intellanded him to a certainty. His nose was closered and his legs were worthly Angeles 4,000 are said to be out of lect, serious and earnest. He said the was clogged and his legs were wobblobject of the school is to educate in ing. The gong sounded just as I was the highest sense, to draw from them about to plug him with my right and standing the hard times. San Diego has gone forward, having expended in 1896, \$500,000 in building operations, and also voted bonds in the sum of \$1,500. of for a new water system. The results brought about, all within the space of ten years, reflect great credit upon its citizens. The following is a part of the work done: County court house, \$150,000; public library, 12,000 in the mysteries of ancient Egypt and Greece. Mrs. Tingley, successor to Madame Blavatsky, took a silver urn, containing corn, which she scattered upon the stone; poured on oil and wine. Then, from brass urns she cast not move for 15 seconds, and it was several minutes before I reclived that various elements upon the stone, say-ing: "Earth, emblem of man's body; I had committed a breach of etiquette air, emblem of man's breath; water, emblem of man's inner self; fire, emblem of man's spiritual power." Mr. when he had put me out. I meant it blem of man's spiritual power." Mr. when I said I would be his friend when I said I would be his friend. 44 miles of street railway, including a magnificent electric car system; 15 electric light masts 125 feet high, \$100. 600 opera house, fire alarm system, magnificent business blocks, hotels and may they burn for evermore." Mr. Pryse said: "Esoteric or real, Christianity was simply another term for the ring." THE PLOW THAT DID IT.

Theosophy." I may add, that they hold the doctrine of incarnation—that all departed spirits have in all the past returned to this world for moral discipline. They hold that Christ, and also Paul, were Theosophists. The definition given of Theosophists is, "a sect who claim to derive all their knowledge from divine illumination, and by this light to make use of the lement of fire in the chemical art, Fitz pasted him on the back of the tages in its favor—the great Pacific Ocean, a land-locked harbor, bay thirteen miles long, available anchorage of six miles square, and a depth of from 18 to 30 feet; also a fruit-producing country and a paradise valley near by, with capabilities for raising pranges, lemons, silk, olive oil and topacco; and a matchless climate. These gave a capital greater and more certain upon which to build a city than gold mines could furnish.

There are now four American war ressels in the bay, and one British war ressels in the bay, and one British war prominence to mystic teachings which ponent's cunning, contemptuously turn the mind in upon itself, and the threw back his head and chest, thus ressel—the latter by invitation—all of vhich are to take part in a grand naval carnival. Thirty-one boats have teaching to be the same as Christian—Australian's small eyes twinkled, and the threw back his nead and chest, thus secret law of nature, and claiming this throwing his stomach forward. The caching to be the same as Christian—Australian's small eyes twinkled, and the threw back his nead and chest, thus are the caching to be the same as Christian—Australian's small eyes twinkled, and the threw back his nead and chest, thus are the caching to be the same as Christian—Australian's small eyes twinkled, and the threw back his nead and chest, thus are the caching to be the same as Christian—Australian's small eyes twinkled, and the caching to be the same as Christian—Australian's small eyes twinkled, and the caching the been entered for the regatta, and 36 ity. Christ's teachings is objective. with panther-like speed he drew back eases of fireworks and lanterns have He said, "And if I be lifted up I will his left with the forearm rigid, and darrived, to be distributed to all the vessels. The illumination, it is intended, shall surpass anything of the kind heretofore. The captain of the Captain "Enough, if every age produce two or three critics of the Esoteric, with here and there a reader to understand them."

THOS. CALDWELL.

Thos. CALDWELL.

knocked out fairly, and no notice was taken of the clamor. CORBETT CRAZY. When Corbett rose to his feet with difficulty he seemed about to fall prone self with a desperate effort, and Charley White and McVey came on either side of him and threw his dressing gown over his shoulders, and supported him until he recovered somewhat. When he got his senses back partially he worked himself into a state of hysterical mania. He broke away from his seconds and rushed at Fitzsimmons, who was standing at the side of the ring opposite his own cor-ner. When Fitz saw the half-demented pugilist coming at him he dropped his hands by his side and stood upright. Corbett swung at him wildly, and Fitz, without raising his hands, ducked the blows, and Corbett clinched him, striking him with his right hand back of the ear as he did so. The blow was not hard, as the Californian was very weak. Fitz took no notice of , and Billy Brady and others of Corbett's seconds dragged him away from Fitz. He was pacified and taken to

THE VICTOR. Coughs, colds and bronchial troubles readily cured by the latest discovery, chase's Linseed and Turpentine Pleasing and fast to take. 25 cents big hats.

Fitz's Victory.

He Fairly Won the Fight at Carson,

Californian Frankly and Freely Admits.

Corbett Cried But Wants Another Go at the Australian - Final Scenes of the Struggle.

FITZ'S VICTORY. Carson, Nev., March 18 .- After two years of dispute and postponement the heavy-weight championship of the world was decided beyond cavil, when Robt. Fitzsimmons sent James Corbett helpless to his knees, with a left-hand blow under the heart after one minute and forty-five seconds in the 14th round of their battle yesterday afternoon. The great contest was won in the simplest manner, and the knockout was the result of one unwary move on the part of Corbett. The fight was won fairly and squarely. It demonstrated two facts—that Corbett is the cleverest boxer of his weight in the world, and that Fitzsimmons is able to hit him. The Californian

t my lip. The others I never mind-He fought, and hereafter he may of all the many nations through which have my respect if he continues to

Corbett's version of his own Water-

Theosophy." I may add, that they hold THE BLOW THAT DID IT. peated throughout the arena, and the crowd clambered through the ropes and surrounded both men. Of course there was no foul, as Corbett was

> on his face again, but he steadied him his dressing room shortly afterwards.

the arms of his wife, who sat watching him in a box right behind his chair. Mrs. Fitzsimmons kissed her husband's face, taking no notice of the blood which was trickling freely from his nose and mouth. Martin Julian headed the procession to the dressing room, followed by Fitz, with Mrs. Fitzsimmons at his side, the crowd

cheering the victor heartily.

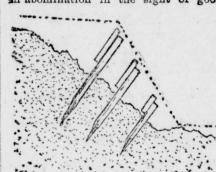
The crowd quickly made a lane for the champion and his smiling wife, as the drove away, and cheered them loud and long. Bob lifted his hat in acknowledgment of the applause, and Mrs. Fitzsimmons shifted the reins from her right hand to her left, and waved a tiny cambric handkerchief Thirty minutes later Fitzsimmons sat down to his dinner at Cook's ranch as though nothing had happened. swollen lip and a red nose were al the marks of a struggle which could be observed about his face.

CORBETT CRIED. Corbett was a pitiful sight. He cried like a baby and raved like a wild "Oh, it's all right, boys, man. sobbed. "Tain't kicking, but to think that I was licked with one punch by a cur who was afraid to stand up be fore me when he came into the ring. I had him going, boys, you know that. Look, there ain't a mark on me. He knocked out two of my teeth in the thirteenth round. Wasn't I fresh? He missed that left lead time and again before he got it in. I never thought it would reach me, but it did, and I was put out fair and square." Jim was fondled by his friends, and coaxed into

that he would post \$2,500 in gold, which he has on deposit in the bullion bank "I have invented." sell his property at Brooklyn and Asbury Park, and deposit the remaining \$17,500 within ten days. Later in the to the deposit in the bank.

THE MAKING OF TERRACES. A Wrinkle or Two of Value In Terrace

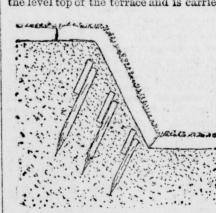
Building. Whatever may be one's personal opinion as to the beauty of terraces, it is certain that men and women will continue to like them and to construct them. It is important, therefore to know how to construct them in the best manner. But before explaining a wrinkle or two that are of value in terrace building a Country Gentleman correspondent protests vigorously against the making of double terraces. He says, "They are an abomination in the sight of good



MAKING A SINGLE TERRACE. landscape gardening, and as for three terraces, one above another-well, words fail to characterize such atrocious mutilation of the 'old sod.' " Following are some helpful suggestions along with explanatory illustrations from the same

In making a single terrace it is a somewhat difficult matter to make a loose bank of earth remain in place until the sod is applied, and even after the sod is in place any pressure on the top of the terrace is likely to cause the whole upper edge to slip off. To prevent this trouble drive two or three rows of stakes along the extent of the proposed terrace, and to the upper part nail rough boards, as shown in the cross section in Fig. 1. This will hold the heaped up earth in place till the sod is applied. and thereafter will give great firmness to the terrace until nature so compacts all the materials as to make slipping impossible, as shown in Fig. 2.

There is shown in this cross section an excellent point in applying turf to terraces. The end of the roll is begun on the level top of the terrace and is carried



THE TERRACE FINISHED. out over the edge and down the slope, thus giving no open crack at the upper edge, where an opening is specially detrimental to the well being of a terrace. As sharp and distinct an edge can be made in this way as where the opening comes at the edge, while the results of the former practice are far superior.

Bow Legged Children. Bowlegs sometimes become straight as

the child grows older and stronger. Bathe them night and morning with salt and water, rubbing them thoroughly and pressing with the hand on the outside of the curve as if to press them straight. This must be done gently and without the least violence. The little bones are soft, and careful manipulation, long continued, will

Lace Table Decorations.

Many ladies are condemning the excessive use of lace as a table decoration. That it is beautiful goes without saying; that it is inappropriate is also obvious upon the slightest thought. Table clothing is esbility for ages employed tables whose surface was precious wood, marble, bronze, alabaster or mosaic.—Exchange.

Women who wish to gain fiesh should keep warm. One physician puts his whole prescription to such pattents in one sentence, "Est soot treatables and keep warm." Sort, warm, wanded longing rates deep draw the before the before-

Take along

some Pearline. Keep a little in your Bicycle tool-bag. It cleans dirty and greasy hands quicker and better than any soap can. Takes grease and mud stains out of your

clothes. You need it to clean yourself with, after you've cleaned your wheel. Pearline and water is the best for cleaning and washing anything that water won't hurt. Wheelmen and wheelwomen have a hundred good uses for Pearline. Unequalled as a lubricant for the chains. 521

Eational Housework Dress.

Mrs. Annie Jenness Miller says that she believes that the house dress of the future will be short enough; "that the woman goes up stairs, or who goes around with all kinds of household implements, will be able to go up stairs naturally, three steps at a time if she wants to, and get all the benefit she can out of that exercise. Going up and down stairs is the best exercise in the world. And yet you can find learned doctors who will warn women against going up and down stairs. do it justly, too, because the learned doctor knows that a woman who has a lot of skirts pressing down, who lifts herself up. and down stairs on levers, so to speak, churns all the vital organs and does her-

"I have invented a houseworker's dress which any woman can carry out for herself," Mrs. Miller went on to say. "It does not require a pattern. All you have to do is to make the skirt come half way between the knees and the ankle, and make the waist and skirt all in one piece. Then you can have a little Eten jacket hanging over a chair, and when a caller comes in all you have to do is to slip off your apron and slip on your jacket, and you can entertain your friends in the parlor. That is utility in dress."

Lacing Not Good Form To be "laced" is now considered the height of vulgarity. Fashion, frivolous as she is, does once in a decade strike something sensible, and this is certainly one of the times. Fancy the human figure being expected to show the neck and waist of muriate of potash. of the same proportion. Those who are trying to live up to this false ideal must have grown into deformity. It is quite natural the waist should be smaller than the bust or hips, but it need not be strangled. Few of us are constructed on the lines of the ideal woman, so that much of our beauty of form depends on good corsets. These are of primary importance. All modistes declare this, although few of them have any preference, provided the corset is suited to the figure wearing it. What is needed is a corset allowing plenty of room at the bust and on the hips, interfering in no way with the breathing and catching one in just below the ribs. The

Ornaments In the Hair.

-Philadelphia Times.

The fashion of wearing ornaments in the hair invariably commends itself. An admirable dignity and grace is frequently given to the plainest face by the addition of some tiara, star or other arrangement, placed well forward, to obtain that smart, piquant appearance which every one agrees is so desirable, and there is no particular necessity that anything shall be real, for jewels are one of the few things which escape the searching analysis of the day. That the glitter is not always that of diamonds affects us not at all, the only imperative demand being that we shall indubitably glitter-if not by real means, then by sham. It is impossible to conceive a more serviceable present for the girl of social instincts than one of these most excellent imitation stars or bands, the which she will pin, as described, in her bonny brown hair and depart to the fray, safe in the thought that so far as her coiffure is concerned she is profoundly correct. -Philadelphia Ledger.

A Novelty In Portieres. An agreeable change in the convention al portiere is to have for a door that is not constantly used a set of hangings consisting of two side curtains and a deep valance, the former hung upon rods, so that they may be opened, if need be, but which are for the most part kept closed. These should be of some heavy material, of which there is a wide choice, running up and down the scale of cost. Among the more expensive fabrics velvet or some one of the thick, plain surfaced goods of the broadcloth order may be satisfactorily used.

Calling Etiquette. A fine line of courtesy leads the visitor not to offer her card to the servant, but to inquire if Mrs. Blank is receiving. If an- I gwered in the affirmative, she asks if she will see Mrs. S-.... If in the negative, then the card is left as evidence of the call, Cards are in a measure falling into disuse the English method of announcing guests being very generally accepted in the best circles of society, a pasteboard only being left when the lady is out and not receiving

The Responsibility of Parents. The responsibility of a wicked parent in regard to the welfare of his child is nothing less than awful. Badness is self perpetuating as well as goodness, and the vicked man holds not only his own destiny, but, in heavy, adverse odds, that of his children, subject to the final decisions of his own will. The church and the Sunday school cannot carry this responsibility for him, for at the best they are but the adjuncts to the family forces.-Advance.

Crust cases in which to serve various minces, creamed macaroni, chicken flakes or any of the make ups of a meal are made from thick slices of slightly stale baker's bread. Trim off the crust, and with a cutter make rounds of the easily shaped heart of the slices. Hollow these out in the midsentially a modern idea. Royalty and no- | dle, leaving a rim, dip in milk and fry in plenty of fat to a golden brown. Dry on blotting paper a few minutes before filling them with whatever is arranged.



Restoring Pastures.

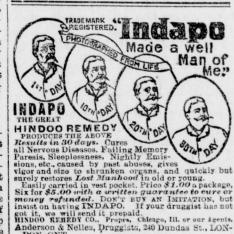
Where pasture grasses have been killed out in places and it is desired to restore them without plowing the whole field, it may be done as follows, says Country Gentleman: Thoroughly harrow the bare places, and where mosses are growing give a top dressing of quick or caustic lime at rate of about 40 bushels per acre. Many old pastures have run out in the last few years because of the acidity of the soil, or because the available supply of plant food has become depleted. After thoroughly harrowing the bare places sow on them a mixture of grass seeds made up as follows: Six quarts timothy, 2 quarts red clover, a quart alsike, a pint white clover, 2 pounds orchard grass. The quantities given are the rate per acre. After sowing harrow again and roll thoroughly.

Very frequently the cattle will persist in pawing and digging up these bare places and preventing the grass from getting a start. This can be obvisted by covering over with brush to keep the cattle off until the grass has an opportunity to get a footing. If you could put a light top dressing of barn manure on the newly seeded spots, it would be advisable. If you have not the barn manure, then give an application of 100 pounds nitrate of soda, 200 pounds of dissolved phosphate rock and 75 pounds

Overflowed Land. A contributor to The Country Gentleman describes the method practiced of seeding Hudson river island land. It consists in plowing the land for corn, keeping it clean and free from weeds, and just before the last cultivation sow, either broadcast or with a Calhoun seeder, one-half bushel timothy seed per acre. Cultivation must be level and not ridged. The corn will shade the seeding till fall, and the overflow of water will have the effect of leveling and smoothtrouble with corsets in general is they are | ing the land. The corn stubble will not too long and press upon the ribs. The be noticed after the first year. When the glove fitting corset is the correct mode. In seeding is poor or running out, repeat Paris the shortest sort of corsets are worn. | the operation. No need of adding ferti-Every corset should have at least two laces lizers or manure. so there will be no straining at any point.

How to Get a Sod Quickly. According to The Farm Journal, you can get a sed quickly on upland by sowing blue grass, 15 pounds; orchard grass, 7; sheep fescue 3; meadew foxtail, 2; timothy, 5; white clover, 5; redtop, 8. For low, wet land leave out the orchard grass and white clover and add more redtop, say 6 pounds.

Duty is a power which rises with us n the morning and goes to rest with is at night. It is the shadow which cleaves to us, go where we will, and never leaves us till we leave the light of life.



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The Outward Sign of Inward



LOVELY FACES.

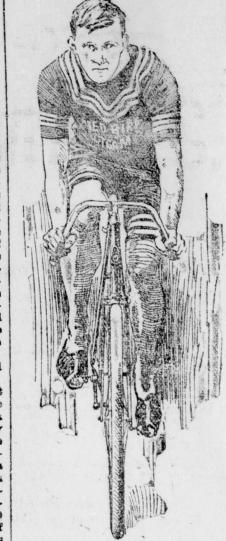
BEAUTIFUL NECKS, WHITE ARMS AND HANDS, DR. CAMPBELL'S SAFE ARSENIC COMPEXION WAFERS

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the Australian rider, who won \$2,500 in two weeks on a Brantford Red Bind, his success as a rider dating from the day he adopted the staunch and speedy Canadian wheel for his mount. The same easyrunning qualities that helped Canadian Red Bird Riders win four out of five of the Class B Championships of 1895 and four out of five of the Canadian professional championships in 1896, assisted Kellow in scoring a marvelously brilliant succession of wins on the Australian race tracks

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THE VALLEY OF PAIN. HOW ONE WOMAN MADE HER

ESCAPE. A LIFE OF TORTURE CHANGED TO A LIFE OF COMFORT AND HAPPI-NESS BY KOOTENAY

CURE. Of all the intense and persistent forms of pain one cas scarcely conceive of anything more agonizing than Neuralgia. Its victim is one of those that draws forth our sympathy and pity as all efforts to effect a cure with the ordinary remedies signally fail to do anything more than give the merest temporary relief. Unbounded joy should fill the hearts of neuralgic sufferers at the announcement that in Kootenay the "new ingredient "als effecting miracles in the way of banishing the excruciating agony which has rendered their lives a curse,

perhaps for years.

Mrs. William Judge, of Crumlin, P.O., in the County of Middlesex, went before C. G. Jarvis, a notary public of Ontario, and made a solemn declaration (so firmly did she believe in Knotenay) to the effect that for many years she was an intense aufferer from Remalgia. She says that the mans in her head and neck were so severe she thought she would lose her

She has taken Ryckman's Kootenay Cur and willingly tastifies it has been her salva-tion, and betieves that without it she would now be in the asylum.

This lady has had the deep shadow o' suffering lifted from her life. She has been transported from the Valley of Pair to the Hill Top of Health-and all through Kootenay.

Mrs. James Kenny, of 30 York St., Hamilton, Ont., and many others testify under eath how they were released from suffering through the agency of Ryckman's Kooteny Full particulars of these cases will be mailed you by sending your address to the Ryckman Medicine Co., Hamilton, Ont.

The remedy is not dear, one bottle lasts

CAKES AND PASTRY

Leave your orders with us. We deliver promptly to all parts of the city. JOHN FRIEND, Dundas St.

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