

# ATHLETIC ERECTNESS

"ONE OF THE 14"



A TOO LOW HEELED SHOE

THE DOLLY VARDEN DEAD-LEVEL BALL AND HEEL BALANCE

A TOO HIGH HEELED SHOE

If you build a house with the foundation higher in the back than in the front, the house will lean forward. If the base is lower in the back, the house will lean backward.

Shoes are the foundation of a woman's poise. If the heels are too high, she'll stoop forward. If too low, she'll incline to the back. In either case the poise is displeasing.

Of course to build a shoe which will give the body an erect poise is the thing, but a mighty hard thing to do, because the natural ball of the foot is lower than the natural heel. That's why the market is crowded with too high or too low heel shoes.

But after years of scientific experiment with thousands of feminine feet we have solved this difficulty.

We have balanced the heel and ball of the Dolly Varden Shoe to such delicate nicety that it actually gives the poise a foundation as level as a chemist's scales, and unless the wearer is already stooped by wearing the too high or too low heel foundation, or by the weight of many winters, she can with Dolly Varden assistance and a little effort, acquire enviable athletic erectness.

Our agent in your city will take pleasure in showing you the Dolly Varden Shoe. Purchasers or investigators equally welcome. \$3.50 and \$4.00 in Canada and the States. Every pair Goodyear welted. (To be continued.)

Wm. Somerville & Son,  
Sole Agents for Chatham

## THE DOLLY VARDEN SHOE

THE SHOE OF FOURTEEN NEW FEATURES

BOSTON MONTREAL

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### DISTRICT

MIDDLE ROAD.

L. A. Pardo and A. Boyce have rented a cottage at the Eau for the summer.

Miss Florence Boyce and Lorne English were the guests of Miss Violet and Olen Bennett, on Friday evening last.

Geo. Bennett has purchased a new disc drill.

Messrs. Pardo, Scaman and Boyce spent a couple of days last week at the Eau, fishing. They report fish as pretty scarce.

Frank Bump has secured a position driving a drag in Sandison.

Messrs. Knott and Pardo have opened up an office in Sandison and are ready to do all kinds of work in pump and gas fixtures.

The wheat crop in this district does not look well.

EBERTS.

Spring has at last arrived and some farmers already have seed in the ground.

Wm. Bowers, Jr., and Allan Moir left on Saturday for the west with a car of horses for J. L. Scott. They will spend the summer there with a view of looting.

Some of our fairer sex will regret to learn that Thomas Gray, a popular young man of these parts, also left for the West on Monday, where he intends taking up a claim.

Will Wilson has accepted an engagement for the summer on the

## Abbey's Effer-vescent Salt

puts the whole system in the best possible condition to resist the enervating effects of "spring fever."

It is the only tonic needed to purify and enrich the blood—regulate bowels, liver and kidneys—sweeten the stomach—and strengthen digestion. Physicians everywhere recommend it.

A teaspoonful in a glass of water every morning. 25c and 60c.

### GALT GLASSIK CEILINGS



This is the Sheet Metal Age. Previous to the advent of Galt Glassik Ceilings little attention was paid to harmony in design. The various parts were grouped together irrespective of harmonious effect or similarity of construction; and required an expert to erect them.

Our Ceilings are in perfect harmony throughout, and combine the plastic relief of the elaborate stucco work of the Louis XIV. period with the mechanical excellence of sheet metal; and are constructed so that any one can erect them.

Worth knowing more about. Write for Catalogue and Glassik Kids Booklet. GALT ART METAL CO. Ltd. GALT, ONT.

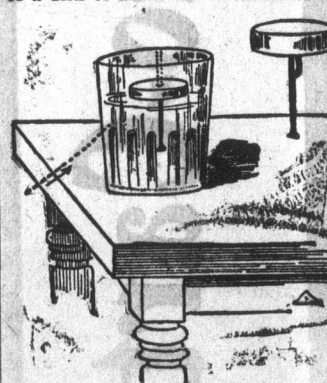
### FOR YOUNG FOLKS

#### THE PHANTOM PIN.

A Toy That Teaches a Lesson in Light Reflection.

It is possible at times to get more than mere amusement out of toys. There are some toys that will instruct as well as amuse, and while the phantom pin may not be in the strict sense of the word a toy, it will amuse and instruct you at the same time, for it will serve the purpose of giving you a little lesson in the properties of the reflection of light. This is the way the phantom pin is managed:

Take a cork and cut it into the form of a disk of about the thickness of an



THE WAY TO ARRANGE THE PIN.

inch. In its center stick the point of a pin. This done, take a glass about three-quarters full of water and place the cork upon the surface of the liquid with the pin below.

Now if you will look at the cork from above you will not see the pin, but if you will alter your position and diminish the angle of the visual ray by placing the eye on a parallel with the table on which the glass rests you will perceive a pin above the cork.

To increase your own store of prophecy good to others—for a good consideration.

Defeat is a tonic that many of us need.

One way to avoid paying debts is not to have any.

When a trust is not a trust it is because the organizers overlooked a bet.

Don't be fearful that you are doing the wrong thing all the time.

It doesn't follow that the middle-man is in middle life.

#### Why a Dog Trots Sideways.

It is said that a dog trots sideways so that his hind feet will not strike his fore feet. That seems to be a reasonable explanation, for if he be harnessed to a small wagon, between shafts, so that he cannot turn his body to one side, his feet will often come into collision. When he trots sideways, however, one hind foot goes between the fore feet and the other outside.

### BABY'S TORTURING SKIN HUMOUR

Ears Looked as if They Would Drop Off—Body Entirely Covered—Face Mass of Sores—Three Doctors Could Not Cure—Child Grew Worse—Face and Body Now Clear

#### CURED BY CUTICURA IN TWO WEEKS

Mrs. George J. Steese, of 701 Coburn St., Akron, Ohio, tells in the following letter of another of those remarkable cures of torturing, disgusting skin humors daily made by Cuticure Soap and Ointment, assisted by Cuticure Ointment, after physicians, and all else had failed:

"I feel my duty to parents of other poor suffering babies to tell you what Cuticure has done for my little daughter. She broke out all over her body with a humor, and we used everything recommended, but without results. I called in three doctors, they all claimed they could help her, but she continued to grow worse. Her body was a mass of sores, and her little face was being eaten away; her ears looked as if they would drop off. Neighbors advised me to get Cuticure Soap and Ointment, and before I had used half of the cake of Soap and box of Ointment the sores had all healed, and my little one's face and body were as clear as a newborn babe's. I would not be without it again if it cost five dollars, instead of seventy-five cents, which is all it cost us to cure our baby, after spending many dollars on doctors and medicines without any benefit whatever."

Complete External and Internal Treatment for every Humour, from Pimples to Scrofula, from Infancy to Age, consisting of Cuticure Soap, Ointment and Remedies (also in form of Chocolate Coated Pills, in vial of 60), may be had of all druggists. A single sheet often cures the most distressing cases, when all other remedies, and even the best physicians fail. Potter Drug & Chem. Corp., Sole Props., Boston, Mass., U.S.A.

"Sole Mailed Free," All About Skin, Scars, and Hair."

This would be a pleasant world if men would pay debts as cheerfully as they pay grudges.

#### BEAUTY OF LONDON HOUSE.

One in the West End Makes Others Look Insignificant.

A house for E. R. Debenham of a well known drapery firm is being built in the west end that makes every other house in London look insignificant, colorless, and cheap. It is nothing less than an Italian palace and when it is finished promises to eclipse any house on the other side of the Atlantic in stateliness, design, richness of color, exquisite beauty of proportion, and international decorativeness.

It is a square building with its back to the road, but each face is as rich as the others in design, and the face towards the road is made up of four bays or slightly recessed spaces running up nearly to the cornice and round, arched at the top. They are divided by pillars of cream white terra cotta, from which arches of the same material spring. Four spaces, save for long, severely cut windows, are made of highly glazed green bricks of a rich sea color.

Above the arches and below the cornice there runs a kind of deep plain frieze, sapphire in color, while a smaller band between the cornice and roof is blue of the most gorgeous peacock hue. The ribbed roof of emerald green tiles especially imported from Italy rises from the projecting eaves of cream white terra cotta. The stately chimneys are of white terra cotta with spaces of blue tiles.

The effect of the masses of rich color, cooled by pillars, arches, and cornices of cream white terra cotta is one of splendid harmony, and the whole house is crystallized into a picture of perfectly balanced parts and most beautiful hues.

The centre of the interior is a large, lofty hall, the walls of which now are in course of being faced with peacock blue tiles of deep tints. The lofty roof is domed.

#### Poisoned by Wood.

Workmen engaged in the manufacture of shutters in Lancashire, England, from a wood known as West African boxwood have been afflicted with a mysterious disease, which is several cases has culminated in what is known locally as "the yellow death."

So many cases of illness occurred that the matter was brought to the notice of Dr. T. M. Legge, chief medical inspector to the factory department of the home office.

Suspicion eventually fastened upon the wood, and Prof. Harvey Gibson undertook the examination of its botanical characters.

These experiments, says The Lancet, prove that the wood contains an alkaloid which acts as a cardiac poison inducing a gradual slowing of the heart-beat and diminution of vigor in the contractile tissue of the heart.

It is suggested that the fine particles of wood falling on the perspiring skin, more especially of the hands, yield the alkaloid in varying quantity, which so becomes absorbed into the circulation.

#### A Great Herd of Caribou.

From figures and facts given me by Mr. H. T. Munn, Brandon, Man., writes Ernest Thompson-Seton, I reckon that in the three weeks following July 28, 1892, he was at Arcturion Lake—latitude 62° 1-2 degrees, longitude 112 degrees—not less than 2,000,000 caribou traveling southward, and yet he calls this merely the advance guard of the great herd. Col. Jones—Buffalo Jones—who saw the herd in October, in Clinton Golden, has given me personally a description that furnishes the basis for an interesting calculation of their numbers.

"I stood," he says, "on a hill in the middle of the passing throng. I could see ten miles each way, and it was one army of caribou. How much further they spread I do not know. Sometimes they were bunched so that a hundred were on a space one hundred feet square, but often there would be open spaces equally large without any. I should think that they averaged at least one hundred caribou to the acre."

#### Is Sky Blue Stone Topaz?

A new gem has been discovered in Rhodesia. The stone resembles a topaz and is of a light blue. It is this feature which has given the experts cause for thought as to whether it is correct to call it a topaz.

The yellow topaz has been discovered in Rhodesia, but whether the sky blue stones belong to the topaz class is still doubtful. The question of value has not been decided. This, of course, will depend upon the favor with which the new stones are received and also on the quantity produced.

The stone has been discovered upon the property of a South African option syndicate and reference was made to it the other day at a meeting of the company.

#### Children of the Empire.

Prince Edward, the eldest son of the Prince of Wales, is a keen collector of picture post cards. He is also credited with a deep interest in the colonies, to which he is his presumptive. In consideration of the two facts it has been suggested that each of the several hundred members of the children's branch of the Imperial Order of the Daughters of the Empire in Canada and the West Indies, should send cards to the little Prince on his coming birthday, the 23rd of June. The cards must bear scenery typical of the location represented, and a short, suitable greeting. The signature will, of course, be given. No action could more fittingly embody the spirit of loyalty and imperialism which it is the Order's aim to encourage.

#### "Pin Money."

Pins were unknown at the beginning of the sixteenth century. Poor people used a sort of wooden skewer, while the rich used silver, bone or boxwood. When pins first came into use they were so expensive that only fashionable people could indulge in them, and they were given as New Year gifts and greatly appreciated. It became customary at last for husbands to give their wives the money to buy them instead, and so the term "pin money," meaning an allowance for small personal expenses, arose.

#### Needless and Merciless.

The proposed new Lord's Day Act will prevent newspapermen from reporting sermons on Sunday, such not being a work of necessity or an act of mercy, says The Ottawa Citizen.

## THIS PRETTY CANADIENNE

Saved From Terrible Kidney Disease By "Fruit-a-tives."



MARION, P.Q. Nov. 16th, 1904.

"I have much pleasure in reporting to you the great benefit I have received from taking 'Fruit-a-tives'—and I feel that I cannot say too much in favor of a medicine which has done me so much good. I was a martyr to that distressing complaint, chronic constipation accompanied with severe headaches, backache, sick stomach and all the symptoms of dyspepsia. I had also a dreadful complexion, sallow in the extreme and black under the eyes. I had every symptom of kidney irritation and I had been told by physicians that my kidneys were affected. I consulted a number of physicians and took various remedies but received very little benefit. Last May I was advised to try 'Fruit-a-tives' and when I began to take them I had little faith of getting anything to give me permanent relief, but after I had taken half a box of 'Fruit-a-tives' I began to feel better and before I had finished one box the constipation was relieved, the headaches left me, the pain in my back was better and I could sleep as soundly as when I was a child. Also, my complexion began to clear up again, all the sallowness disappeared and the black circles under my eyes went away. The pain in the back gradually left me and all signs of kidney disease disappeared by the first of August after I had taken three boxes. Since then I have continued to improve and now I have none of my old symptoms and my appetite is good, digestion splendid and my complexion as clear as when I was a young girl. Also the constipation from which I had suffered so long has been entirely cured and it is not necessary for me to take the 'Fruit-a-tives' now as I am quite well in every way. I took no medicine but 'Fruit-a-tives' but I followed faithfully the directions as to diet etc., given in the pamphlet which accompanies each box of 'Fruit-a-tives.'"

(Sgd.) FLORENCE JAMISON.

Every part of the body is constantly decaying and being renewed. The dead cells, or tissue waste, should be removed by the skin, kidneys and bowels. When these organs do not act regularly, this poisonous matter stays in the system—is taken up by the blood—carried to heart, liver, stomach, brain and nerves all over the body—and poisons everything it touches.

"Fruit-a-tives" keep each organ clean and healthy. "Fruit-a-tives" act on the skin, stimulating the millions of minute glands and opening the pores so the waste can escape. They act on the liver sending more bile into the bowels and making the bowels move regularly and naturally every day. They act on the kidneys, strengthening and invigorating these organs and curing all kidney disorders.



At all druggists or sent postpaid on receipt of price—50c. a box or 6 boxes for \$2.50.

Fruit-a-tives  
or Fruit Liver Tablets.

Manufactured by  
FRUIT-A-TIVES LIMITED, OTTAWA.

### REMEMBER--

At BAXTER'S Floral Emporium can be seen during Easter week the finest display of Lilies, Lily of the Valley, Violets, Roses, Carnations, Tulips, Daffodils, Hyacinths, Narcissus, Spirea, Asparagus, Plumoseus, Springeri, Boston Ferns and the great English Pelargonium.

LILIES! LILIES! LILIES!

Orders left at Heyward's for Easter Flowers will receive prompt attention.

C. W. BAXTER,

Phone 370 FLORIST

### FRED BIDDELL

Horseshoer and General Blacksmith. All kinds of Iron Work Made and Repaired. Lawn Mowers Sharpened. Good workmanship at reasonable charges. Awarded Two Diplomas for Horseshoeing. Shop: Wellington St., Opposite Market Square.

### NOW IS THE TIME!

#### THE CANADIAN FEATHER CO.

Is located on King St. West, next door to Geo. Stacey's Meat Market, and are prepared to clean Feathers and Mattresses.

HIGH GRADE FEATHER RENOVATING A SPECIALTY.

ALL WORK GUARANTEED

We buy new and old goose and duck feathers.

J. J. CLAYTON, Manager

### RINGS

Our stock of rings is complete—all kinds and all sizes. If you are in need of a birthday ring come and see us. A Bloodstone for March. You shouldn't be without one. Or if you know a pretty hand on which you would like to see the sparkle of a handsome ring, come to us. We can supply one that will please, and the price will be moderate.

#### Sign of the Big Clock

A. A. JORDAN

Marriage Licenses Issued.

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LAMON BROS.  
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