

Red Rose Tea

STRENGTH

The flavory strength in the cup, obtained by blending Indian and Ceylon teas, is the secret of Red Rose Tea's success.

The proof is in the drinking—taste it for yourself.

Ask your grocer to send you a package to-day.

CORRECT BREATHING.

Fresh Air In Lungs and Exercise
Keystone of Health.

TO ACQUIRE BEAUTIFUL ARMS

Acquire the Habit of Deep Breathing.
It is Better Than All the Medicine
You Can Buy—Don't Be Afraid of
Overdoing It.

If a woman, says a physical culture specialist, wants perfect arms or a man well developed ones, care must be given to the triceps as well as the biceps. Here is what I do. I place two chairs side by side and grasp the edge of the bottoms with my hands. Then I raise myself as far from the floor as I can and lower myself until my knees touch the floor. I always practice this dip at least fifteen times every morning. When you get expert at this, try using the back of the chairs. These three exercises for the arms have developed them "before and after," as the saying goes.

Next comes the development of the lungs. You know as well as I that this is the key to the whole. Without well developed lungs you are going to fall on the others. I have tried many



EXERCISE FOR DEVELOPING THE LUNGS.
stunts, but have found nothing better than the ordinary breathing exercise—breathing in slowly fresh air to the full capacity of the lungs, with shoulders thrown back and head erect, then exhaling slowly.

Make a practice of doing this many times daily. Don't be afraid of overdoing it. Whenever you feel dull and sleepy at your work get into the open air a minute or two and try this deep breathing. It's better than all the medicine you can buy. It means good lungs, and for the woman it means development of the bust. Did you ever hear of the old saying that any one who can hold his breath one minute after a full inhalation need not fear consumption? It's a pretty sure test.

For abdominal treatment I come back to my chair. I lay my full weight on my stomach. The exercise strengthens and hardens the muscles in a way that most gymnastic exercises will not do.

I take my same old chair for back treatment. I grasp it from behind and bend backward as far as possible. I do this twenty to thirty times. Try it. If you need a doctor for kidney troubles, you will soon find it out—Brooklyn Eagle.

For a High Tea.

When a menu is limited to three articles and it is for an afternoon affair, it should include one substantial article, one sweet and sandwiches. A salad like green peppers scooped out and filled with all kinds of vegetables cut up and dressed with mayonnaise is popular, and with this sardine sandwiches; as a sweet, fruit jelly with whipped cream.

A pretty idea for this jelly is to use orange, apple and banana skins and serve the jelly in these, having the dish when passed look like a dish of fruit. Have the whipped cream sauce passed with the jelly.

If you do not wish the salad, you could have a hot dish, like scalloped crab or lobster, served in individual dishes, or you could have jellied chicken and sandwiches. The chicken is pretty if made in individual molds, using hard boiled eggs in the molds so that the slices of egg are on top when the mold is turned out.

Newest Note Paper.

A compromise between a postal card and letter paper are the cartes lettres of the French, which are finding favor for short notes. They are shaped like an envelope, the letter part being written on the inside, with a little gum around the edges for sealing purposes. These come in all styles and varieties, some of them opening out long and others containing extra sheets inside, while still others hold only as much as a postal card. At the less fashionable places where utility stationery is found a tablet can be found in cartes lettres form in cheap paper, the whole costing at some stores as little as 35 cents.

When the Stopper Sticks.

The quickest way of removing a glass stopper is to pour a small quantity of alcohol around it and on the mouth of the bottle. Touch a match to make a flame. When it is done burning pull out the stopper. This is the easiest and quickest way if bottles are large, but somewhat dangerous if they contain combustible ingredients.

ROYAL

The Absolutely Pure
BAKING-POWDER

Highest in Quality.
No Lime, no Alum.

Baking powders made from alum and other harsh, caustic acids are lower in price, but inferior in work and injurious to the stomach.

ROYAL BAKING POWDER CO., NEW YORK.

DISTRICT CLEARVILLE.

The funeral of the late Mrs. Neil McFarlane on Saturday was largely attended. Service was conducted at the house by Rev. Mr. Soffley, pastor of St. John's church, Morpeth. The flowers were many and very beautiful. The remains were interred in Duart cemetery. The following acted as pall-bearers, Ed. Morrison, James Webster, A. Leverton, T. Newhouse, C. O. Smith and D. McKellar.

Richard Wade and Winet Wood, of Morpeth, visited Mr. and Mrs. C. Wood on Sunday last.

Mr. and Mrs. Whiteman, of Ridgeway, was the guest of Hiram White-

man on Sunday last.

Martin Luther, of Howard, called on friends in the village Sunday.

Mr. and Mrs. Duncan McFarlane, of Jackson, Mich., who was here attending the funeral of Mr. McFarlane's mother, returned home Tuesday.

Orval Eberle visited his parents at the fishery on Sunday last.

Miss Beatrice Declute visited her parents near Palmyra on Sunday last.

Alex. Monteth, of West Lorne, has engaged to work for C. McLean.

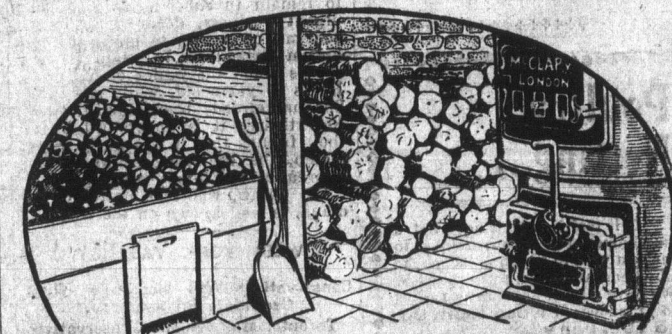
John Cochrane has a Ridgeway carpenter engaged repairing the house and outbuildings on the old Ridley farm.

Freeman Smith and Mr. Hall, of Slatton, spent Sunday with John Hall.

The Ideal Beverage

ASK FOR
Labatt's
(LONDON)

Now when chemists announce its purity, and judges its merit, one need look no further.



SUNSHINE FURNACE

BURNS COAL OR WOOD

The Sunshine is a good, "all round" furnace. Burns, with equal facility, either coal or wood. Coke, too, if you prefer it.

And so perfect is the combustion of the Sunshine that it extracts every unit of heat from the fuel. What's left in the ash-pan is not worth sifting.

Sunshine consumes less fuel, too. Because its perfect system of dampers prevent the escape of the hot air up the chimney—compels it to come out through the registers.

You pay for heating the inside—not the outside—of your house when you buy the Sunshine.

If your local dealer does not handle this most economical furnace write direct to us for FREE BOOKLET.

McClary's

LONDON, TORONTO, MONTREAL, WINNIPEG, VANCOUVER, ST. JOHN, N.B.

H. MACAULAY,
Sole Agent

Atlas Cement

Is the Best

Large assortment of Sewer Pipes at closest prices.

John H. Oldershaw

Thames St. Near Idlewild Hot

WOMEN AND WOMEN.
Use Big 40 for unnatural discharges, inflammation, irritation or ulcerations of the female membrane. Painless, and not astringent or poisonous.
Sold by Druggists, or sent, in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles for \$2.75. Circular sent on request.

WE HANDLE THE NATIONAL PORTLAND CEMENT

THE CEMENT OF QUALITY, ONE GRADE—THE HIGHEST, ALSO

Lime, Plaster, Sewer Pipe, Fire Brick, Etc., at Lowest Possible Prices.

J. & A. Oldershaw
King St. West Telephone 85

Minard's Liniment cures Diaper

EBERTS.

The continued cold weather has been very unfavorable to the wheat crop in this section.

Rev. Mr. Neilly will preach his farewell sermon here on Sunday next. It is expected that a large congregation will be present.

Mr. Mordon gave a graphophone entertainment to the members and friends of Knox church on Wednesday evening, which was much appreciated.

The carpenters commenced work this week on John and Rob For-

syth's new houses.

Chalmers' choir and their friends were entertained at the home of Mr. and Mrs. Alex. McKenzie in Dover on Wednesday evening. The evening was spent in games and music and a very pleasant time was had by all present.

While Mr. and Mrs. Will Bryan were in Chatham on Saturday their house in some manner caught fire and was burned to the ground. This is very unfortunate, as there was no insurance carried on the building nor contents.

MARVIN BOY FOUND.

Body Discovered in the Marshes—Foul Play Suspected.

Dover, Del., May 6.—Lying in a marshy piece of land, the body of little Horace Marvin, son of Dr. H. N. Marvin, whose mysterious disappearance from the Bay Meadow Farm, near Dover, had baffled solution since March 4, was found on Saturday about half a mile from the Marvin farm by Ollie Pleasanton, a farmer. Pleasanton, who lives on a farm adjoining the Marvin's came upon the child's body while out gunning.

The body lay face downward in a patch of meadow grass. There was not a mark upon the little boy's body indicating foul play. It was in a good state of preservation, suggesting that it was frozen.

Pleasanton says he saw the body at a distance of 20 feet. Saturday several gunners passed over this land, but none saw the body, if it was there then. The spot where the body was found is midway between the Marvin home and the Delaware River.

The recovery of the body was reported to Governor Lea, in Wilmington, who directed state detectives to make a rigid investigation of all the circumstances.

Dr. Marvin is convinced that his son met with foul play.

There is much to make it appear that the boy wandered away and fell exhausted into the pool where his body was found. Drs. James Wilson, Wilbur B. Barton, William F. Hoey and Alfred Roby, the latter a bacteriologist, are trying to determine the cause of death for the coroner, and have decided that the body did not drown.

The condition of the stomach indicates, according to the physicians, that the boy suffered privation for at least 40 hours previous to death.

HONOR FOR STRATHCONA.

King Edward May Confer Dukedom On High Commissioner.

Montreal, May 6.—The statement was going the rounds in political circles on Saturday to the effect that His Majesty King Edward VII. would, in the near future, confer a dukedom upon Canada's high commissioner, Lord Strathcona and Mount Royal, who will naturally resign the office of Canadian high commissioner, to be replaced by Sir Frederick Borden, Minister of Militia and Defence.

As Lord Strathcona's great wealth has enabled him to do the honors of the office with a more lavish hand than any possible successor could expect to attain, it is understood that the Canadian Government have decided to increase the salary attached to the position from \$10,000 to \$25,000. This, it is held, while not putting the high commissioner on the same footing as his predecessor, will at least enable him to discharge the social duties of the position in a manner that will not be humiliating to Canada, following the footsteps of so generous an official as Lord Strathcona had proved himself to be.

GENDARMES USE VIOLENCE.

Ursuline Convent Entered—Doors Battered In.

Nantes, France, May 6.—At daylight on Saturday fifty mounted gendarmes surrounded the Convent of the Ursulines here, and when the sisters refused to open the doors they were battered in. The sisters were found assembled at prayers in the chapel, but after the mother superior had read a protest against the action taken by the authorities, the officiating priest removed the holy sacrament and the sisters withdrew. In the meantime an excited crowd gathered outside the convent, shouting maledictions on the soldiers. A number of persons were arrested, including a lieutenant of the 25th Dragoons.

FIREMEN SAVED LIFE.

Rescues London Man Who Was Stunned By Explosion.

London, May 6.—James Angus, proprietor of a bowling alley here, owes his life to the heroism of Dan McDonald, of the fire department.

Saturday night Angus went into the basement and let a match. There was a leak of gas somewhere and the explosion which followed stunned Angus, blew out part of the building and set the place on fire.

McDonald had to grope his way into the cellar, but finally found Angus, who is seriously burned, but will recover.

Vivian Austin's Arm Broken.

Port Arthur, May 6.—Vivian Austin, welterweight boxer of Canada, met with a bad accident Saturday. He was employed in the lumber camps. During the night a fire burned his tents, where the men were sleeping on the ground. A train backing along the track awakened Austin. In some manner he stumbled on the track and was struck by the train. His arm was broken and he was badly bruised.

It's The Tone That Proves the Quality Of A Piano . . .

In outward appearance one make of piano may resemble another very closely. The real difference lies in the tone, which is concealed within the case.

It's the tone every time that proves the quality of a piano. Run your fingers over the keyboard of a "Nordheimer" and just listen to the superb tone. No doubt about the quality of the "Nordheimer" piano with such a tone as it possesses.

Those who know the real value of tone-quality naturally select the "Nordheimer"—the unrivalled Canadian piano. Will you not come in and play over a selection and judge the quality of the "Nordheimer" tone from what your own ear tells you?

Our Mr. R. V. Carter will visit Chatham frequently in our interests, and will be pleased to furnish you with any information you may desire. Correspondence addressed to him, in care of the Garner House, will receive careful attention.

"NORDHEIMER'S"
Limited, London.

THE RELIANCE LOAN AND SAVINGS CO. OF ONTARIO

HEAD OFFICE, TORONTO

BRANCHES: AYR AND CHATHAM

The funds of the Reliance ARE LOANED ON FIRST MORTGAGES ON IMPROVED REAL ESTATE, AND ON MUNICIPAL DEBENTURES AND BONDS, BUT NOT ON STOCKS OF ANY DESCRIPTION, EXCEPT THAT OF THIS COMPANY.

DEPOSITS

3¹ PER CENT. interest allowed from date of deposit to date of withdrawal. Money can be withdrawn by cheque.

DEPOSIT RECEIPTS

4 PER CENT. per annum allowed on deposit receipts issued for twelve months or longer. Interest paid by cheque half-yearly.

DEBENTURES

4¹ PER CENT. per annum interest allowed on Debentures issued for five years. Interest coupons paid half-yearly.

THERE IS NO BETTER SECURITY

J. BLACKLOOK, J. A. WALKER K. O.,
General Manager. Manager Chatham Branch