THE SUNLIGHT WAY



Sunlight Soap is better than other soaps, but is best when used in the Sunlight way (follow

Hard rubbing and boiling are things of the past in homes where Sunlight Soap is used as directed.

Sunlight Soap will not injure even the daintiest fabric or the hands, and the clothes will be perfectly white, woolens soft and fluffy.

The reason for this is because Sunlight Soap is absolutely pure, contains no injurious chemicals indeed, nothing but the active, cleansing, dirt-removing properties of soap that is nothing but soap.

5c. Buy it and follow for.

YOUR MONEY REFUNDED by the dcaler from whom you buy Sunlight Soap if you find any cause for complaint. LEVER BROTHERS LIMITED, TORONTO

CARTS IN SCOTLAND.

RINSE WELL

They Were a Cause of Wonder In the Eighteenth Century.

In Scotland at the beginning of the eighteenth century produce was carried in sacks on horseback or on sledges, or-later in the century-on tumbrels, which were sledges on "tumbling" wheels of solid wood with wooden axletrees, all revolving together. These machines were often so small that in a narrow passage the carter could lift them bodily, for they held little more than a wheelbarrow. They had wheels a foot and a half in diam eter, made of three pieces of wood inned together like a butter firkin nd which quickly wore out and be me utterly shapeless, so that a load 600 pounds was enormous for the rarfish animals to drag. Yet even ch vehicles were triumphs of civili-ton when they came into use when

century was young: Jarts are a later invention still, and ien one. in 1723, first carried its tiny id of coals from East Kilbride to imbusiang, "crowds of people," it is ported, "went to see the wonderful achine. They looked with surprise and returned with astonishment." In

nany parts of the lowlands they were ot in ordinary use, even till 1760, while in the northern districts sledges or creels on the backs of women were chiefly employed to the end of the century. The wretched condition of the roads was the chief cause of the reluctant adoption of carts.

In the driest weather the roads were unfit for carriages and in wet weather almost impassable, even for horsesdeep in ruts of mire, covered with stones, winding up heights and down hills to avoid swamps and bogs. It was this precarious state of the roads which obliged judges to ride on circuit, and a practice began as a physical necessity was retained as a dignified habit, so that in 1744 Lord Dun resigned his judgeship because he was no longer able to "ride on circuit."— Scottish Review.

LIFE IN ANCIENT GREECE.

No Remains Whatever of Grecian Domestic Architecture.

Of the domestic architecture of the writes Jean Schoenfer in the Architectural Record Magazine. In ancient Greece private houses never had any architectural interest. A citizen of Athens or Sparta was too busy with state affairs to spend much time at home. He wanted to be in the public place where he could find his friends and fellow citizens. Moreover, the climate allowed him to live in the open air during the greater part of the year. It was on the agora that the citizens assembled in public meeting. It was there, from a rostrum, that the orators harangued the crowd; hence the need of a good voice and a clear enunciation; hence, too, the famous pebbles of Demosthenes. It was in the open air that Socrates and the sophists held their discussions alongside the Ilyssus, under the plane trees or on a public place. It was in the academy gardens that Plato patronized and in open air gymnasiums that the youths practiced their athletic games. There was no taison d'etre for a domestic architecture with such a people and in such a climate. It is not necessary to have palatial administrative buildings for governing a people that live in the pub-lic places. Besides, what significance would the term comfort, which is so full of meaning to us twentieth century westerns, living in cold, damp cli-mates where fog, wind and rain prewail during half the year—what sense, we ask, would this word have for the robust Greeks of the fifth century B. C., whose children Aristophanes pictures to as on their way to school barehead-ed, in spite of the falling snow, and singing as they go?

******* Invitation Cards, Programmes, Pencils, etc. can always be obtained at THE PLANET Office

LOOKING TO WINTER.

Autumnal Renovation of Heat and Light Apparatus.

It is after vacation days are ended that the real home life begins and we wish everything at its freshest and best for the season of good cheer that is to follow. Merchants and manufacturers understand this, and infinite pains are taken to have ready the latest findings and conveniences for the autumnal shopper.

When the house has been thrown

wide open to the sun and air after its whole or partial closing for the summer the first thing is to go over it carefully, taking account of stock to sewhat needs repairing or what should be replaced. And just here it should be remembered that it is the poorest kind of economy to put a large amount of money into the repair of something that is not good of its kind or that has long since served its purpose when a little additional outlay will replace it with something far better.

This applies particularly to the plumbing and heating. There is no middle road between good plumbing and bad. If there is the slightest doubt as to its integrity, have it attended to

Range and Furnace.

Are the pipes damp and rusty of either furnace or stove? Replace them now ere the cold weather comes on the notice from the "priestess of the kitchen" on some cold winter's morning that "the pipes is bu'sted or me an' the fire won't burn" brings spread consternation in its wake

Is the lining to the kitchen range al right? Do the various drafts and dampers do their allotted work? Does the stove smoke or the oven fail to bake? Consider it carefully. If the cracks can be closed with cement or a new lining be put in with the assur ance that nothing more is needed, well and good. If, on the contrary, you are running the chance of being inconvenlenced all winter long, economize on something else and get a new, first class, guaranteed stove with all the latest improvements. If the old furnace is out of repair, now is the time to replace it with one that is new and not liable to leave you in the lurch in the dead of winter - Ladies' World

Very important it is in this age of competition to have a clear cool head, STRONG to have a clear cool head,

TEART

AND

STEADY

AND

STEADY

STEADY

NERVES

New or and nerve system will not stand it not work and nerve system will not stand it nerve system will not stand it new of the same thing attending to their household duties and looking after their social obligations. The constant strain under which they have to continue day in and day out, the irregularities of habits and loss of reat will soon shatter the strongest system. Before long you become nervous, starting at the least sudden sound, the heart flutters and palpitates, specks float before the eyes, the pulse becomes weak and irregular, you have faint and dizzy spells, lack of self-confidence, rush of blood to the head, irritability of temper, shortness of breath, starting in sleep, sensation of pins and needles, sleeplessness, restlessness and finally physical breakdown or nervous prostration.

MILBURN'S HEART AND NERVE PILLS

are the remedy you require to restore your strength and health. Their extraordinary ourstive power manifests itself immediately they are taken. Through the medium of the nervous system they impart a strengthening and restorative influence to every organ and tissue of the body. Many have been cured, among them being Mr. Ray V. Coomier, Wellington, P.E.I., Mrs. E. Kilmer, Humberstone, Ont., Mrs. C. McDonald, Portage la Prairie, Man., Mr. Walter Cleveland, Bayswater, N.S., Mrs. Owen Martin, Alma, N.B. and thousands of others.

of others.

The price of Milburn's Heart and Nerve Pills is 50 cts. per box or 3 boxes for \$1.25. Can be procured at all drug and general stores, or will be sent on receipt of price by The T. Milburn Co., Limited, Teronte, Only.

Minard's Liniment Cures Dandruff

Humor and Philosophy

By DUNCAN M. SMITH

THE ONLY WAY.

We are a hustling people, wewe are a nusting people, we—
Determined to arrive;
To get where we the show can see
We strenuously strive.
We want to be of those that win,
Of those that take the pay,
And this creates the butter-in
When there's no other way.

Of course it's nice to be of those

Unto the manner born,
Who are a past of all the shows
And never left forlorn,
But they are few who stand within
Dame Fortune's favored ray,
So you must be a butter-in
When there's no other way.

Much talk there is of dignity,

Of cultivated pride,
But he who banks on these you'll see
Ignobly shoved aside.
There are some things you'll hate
like sin,
They'll make your hair turn gray,
But it's up to the butter-in
When there's no other way.

The man who stands in pensive pose Is jostled by the throng; Crushed are his corns and bumped his

nose, His patient wait is long. red by the clang and din. He'll in the background stay, Juless he turns a butter-in When there's no other way.

Modern Weapon.

If Cupid were up to date instead of going around with a back number bow and arrow the chubby little unadorned mischief maker would hang them on the wall as relics and get a neat little shopping bag filled with love microbes, Then when the young man was loosen



ing up and buying two small glasses of red lemonade the little chap could slip up behind and drop a few microbes in each glass and they would do the

Strange that as bright a boy as Cupid never thought of that before. If in-stead of fiddling around like an Indian he would bring science to his aid he could have the whole world married off in about four weeks. Then he could spend the other eleven months in sack cloth and ashes repenting what he had done. As it is, he is kept so busy that he gets no time to repent.

The Secret.

No wonder that the men who sit
Around the livery stable.
To settle the affairs of state
Offhanded quite are able.
They have a chance without expense
To get first hand much good horse

Proved It to Him. "He has written a great play." "How does he know it is so wonder

"No one will produce it for him." Theoretical Knowledge.

"He can't understand why the boys do not remain on the farm." "Was he never there?"



Oh. pity the man with a jag on o sees snakes and bugs and a dragon!
Oh, lend him a hand
And help him to land High up on the tall water wagon

PERT PARAGRAPHS.

The reason why some people can't train their minds is because they have no material to work on.

their punishment by growing up into married men who daren't. Patience, perseverance and practice

Boys who sass back are apt to get

are the winning cards that widows bank on. The man who lives in a boarding

house is apt to think that the whole world is full of prunes. The easier a man falls in love the bigger chunks of experience he accum-

A new engagement ring makes a girl wonderfully fond of calling upon her

If we could all of us reach the top t wouldn't be the top.

Some people can't take a vacation ecause they haven't anything to va-

No sane man was ever in love, but that doesn't disconcert the lover.

Opportunity is a knocker that people

Den't find fault with yourself; your

ABSOLUTE

Carter's Little Liver Pills.

Must Bear Signature of



See Pac-Simile Wrapper Below Very small and as easy

to take as sugar. CARTER'S FOR HEADACHE.

FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION FOR SALLOW SKIR. FOR THE COMPLEXION

25 Cents Purely Vegetable.

CURE SICK HEADACHE.

A Claim For Lost Beauty. Monsieur Durand, a respectable mid-dle-aged citizen of a French provincial garrison town, says The Figaro, is mar-ried to a charming lady of preposses-sing appearance. The couple led a quiet and contented life together un-til one day last month, when Madame Durand left home to go to church. On the road an officer of the dra-mons came cantering along Whether

On the road an officer of the dragoons came cantering along. Whether it was Madame's bright red dress or the nodding white feathers in her hat, has not yet been fully established, but the officer's horse first shied, then got out of hand, and rushing at the approaching figure, knocked Madame Durand down. The poor lady was badly bruised and became unconscious. Conveyed home, it was found that her face was badly lacerated, necessitating several stitches. A month passed, and notwithstanding the surgeon's skill, scars remained which permanently disfigured Madame's beauty.

The husband has now instituted

The husband has now instituted legal proceedings against the officer who rode the horse for damages, the claim being worked in the following instituted quaint terms:-

"Whereas complainant, whose wife's beauty of face is now completely mar-red, has suffered the loss of the en-joyment of the said beauty through defendant's culpable action, plaintiff considers himself entitled to compen sation '

After this, it may cause some sur-prise that the value at which M. Durand assesses his loss is-\$100.



The story is told of an old Roman hero who desired to found a great city, and for a sum of gold he purchased from a bar-barian tribe as much land as he could a sum of gold he purchased from a barbarian tribe as much land as he could cover with the skin of an ox. By cutting the hide skilfully into one long strip, he encompassed enough space to establish a stronghold. The human skin is full of little tubes, which are called sweatglands. If all these glands were unravelled and laid end to end, they would be long enough to fence in an area of over a square mile! When they are all working properly they rid the body of two quarts of poisonous matter every 24 hours. If the surface of the skin is not kept clean and the mouths of these minute tubes open and free, all the substances extracted from the blood will be forced back into the system. Suitable bathing and rubbing will keep the outside clean, but the inside also needs attention. Doctor Pierce's Golden Medical Discovery and "Pleasant Pellets" relieve the glands of much unnecessary work, by opening up the bowels and kidneys. The strain is relieved; the bloom of youth returns; the mind feels clearer, and the body becomes stronger and more able to resist disease.

The common sign of the business man's slavery is "weak stomach," the natural consequence of the rapid eating, the indigestible pastry, the coffee and pie or doughnuts, with which many a man stuffs his stograch under the name of "quick lunch." The quickest way back to a strong stomach and sound health is to use Dr. Pierce's Golden Medical Discovery until perfectly cured.



gent or poisonous.

Sold by Druggists,
or sent in plain wrapper,
by express, prepaid, for
81.00, or 3 bottles \$2.75.
Circular seat on request.

RUBBER

ARE PROMPTLY FURNISHED AT

The Planet Office

THE MARKETS.

Liverpool Wheat Gloses Higher - Chicago Market Closed-Live Stock -The Latest Quetations.

Tuesday Evening, Nov. 7.
Liverpool wheat futures closed to-day ½
6 ½ 6 higher than yesterday and corp fures ¾ d to ½ 6 higher.
The Chicago market was closed to-day.
TORONTO PRODUCE MARKET.

TOTONTO PRODUCE MAN	VE II
rain_	
Wheat, white, bush \$0 78 to	\$0.80
Wheat, red bush 0 75	0'76
Wheat, spring, bush 0 72	
Barley, bush 0 52	0 55
Oats, busn 0 37	0 381/2
Reans, bush 1 00 Rye, bush 0 72	1 10 0 73
Peas bush 0.75	0 13

LIVERPOOL GRAIN AND PRODUCE. Liverpool, Nov. 7.—Wheat—Spot firm; No. 7 red western winter, 6s 7d; futures steady; Dec., 7s ½d; March, 7s ¾d; May,

Gs 11½d.

Corn—Spot quiet; American mixed, 58
1½d; futures firm; Jan., 4s 6½d; March,
4s 4½d.

Bacon—Cumberland cut quiet, 48s; long clear middle, light, quiet, 49s; long clear aniddle, heavy, quiet, 48s 6d; clear belli-s, quiet, 46s 6d; shoulders, square quiet, 32s
6d. 6d. Cheese — American fluest white strong, 57s 6d; American fluest colored strong, 59s, Tallow—Prime city firm, 23s 6d. Turpentine—Spirits steady, 51s 6d, Receipts of wheat during the past three days 182,000 centals, including 97,000 American

Receipts of American corn during the past three days 10,600 centals.

CATTLE MARKETS.

Cables Unchanged-Chicago Report-ed Dull and Weaker for Cattle. Lendon, Nov. 7.—Cattle are quoted at 1/4c to 11/4c per lb.; refrigerator beef, 8/4c o 87/8c per lb.

TORONTO LIVE STOCK. Receipts of stock on the city cattle mar-et yesterday showed a barked decline om those of last Thursday. Deliyeries yes-rday were 36 ears by C. P. R. and 35 by . T. R., comprising altogether 838 cattle, 151 hogs, 2161 sheep and lambs and 38

Butchers' Cattle—For the best picked lots butchers' quotations are nominally unchanged, or from \$4 to \$4.15 per cwt.; medium, \$3 to \$3.60; inferior butchers' \$3; butchers' cows, \$2 to \$2.50; canners, \$1,50 to \$2 per cwt. Distillery bulls, weighing from 1100 lbs. up, were worth from \$2.40 to \$2.70 per cwt.

butchers' cows, \$2 to \$2.50; canners, \$1,50 to \$2 per cwt. Distillery bulls, weighing from 1100 lbs. up, were worth from \$2.40 to \$2.70 per cwt.

Feeders and Stockers—For the better class of feeders the demand was fairly good, with the result that the market was well c.esned up at fractionally unchanged prices from those prevailing on Thursday, Herry Murby's quotations are as follows:

Best feeders, 1000 to 1150 lbs., at \$3.70 to \$3.90 per cwt.; medium feeders, 1000 to \$3.50 to \$1000 lbs., at \$3.25 to \$3.70; medium feeders, \$50 to 1000 lbs., at \$3.25 to \$3.70; medium feeders, \$50 to 1000 lbs., at \$3.5 best yearling steers, 600 to 800 lbs. at \$3.5 best yearling steers, 600 to 800 lbs., at \$3.5 to \$3.25; good stock heifers, 700 to \$50 lbs., at \$2.50 to \$2.25; medium stock heifers, 700 to \$50 lbs., at \$2.40 to \$2.75; common light stockers, 400 to 850 lbs., at \$2.50 to \$2.25.

Milch Cows—Good milch cows are in demand, and all offering find a ready market. Prices show a wide range but from \$3.5 to \$60 would be a fair basks of values.

Veal Calves—The run of calves—28—was a fairly heavy one. Wesley Dunn, as usual, was the heaviest buyer, and took \$6 of them at an average of \$7 each, or at from \$2.50 to \$5.50 per cwt.

Sheep and Lambs—The run of sheep and lambs was moderately heavy, some 2161 altogether, while the market generally was characterized by a weaker fone. Wesley Dunn bought 900 lambs, which cost \$5.55 per cwt.

Hogs—The run of hogs, 1151, was light by comparison with one week ago, but fully as heavy as was expected. The hog market has developed a notable weakness, equal to 12½c per cwt. Mr. Harris yesterday quarted pricks as follows: Selects, \$4.50, and lights and fats at \$4.25.

H. P. Kennedy reported the receipts at the Union Stock Yards at 400, with prices weak at the decline. Mr. Kennedy's quotations are: For selects, \$5.50, and lights and fats a

EAST BUFFALO CATTLE MARKET. East Buffalo, Nov. 7.—Cattle freceipts, 350 head; fairly active and steady; prices

charged. V(als—Receipts, 100 head; steady; \$5.25 vals—Receipts, 100 head; steady; \$0.25 to \$8.00.

Hogs—Receipts, 6800 head; shade low, on light; others about steady; heavy, \$5.05 to \$6.15; a few \$5.20; mixed, \$5 to \$5.06; Yorkers, \$4.90 to \$5; plgs, \$4.95 to \$5.70; roughs, \$4.25 to \$4.40; stags, \$3.25 to \$3.75; dairies, \$4.75 to \$5.

Sl.eep and Lambs—Receipts, 3000 head; sheep active and steady; lambs slow and 10c lower; lambs, \$5.75 to \$7.40; yearlings, \$6 to \$6.25; wethers, \$5.50 to \$5.75; ess, \$5.25 to \$5.59; sheep, mixed, \$2.50 to \$5.75.

CHICAGO LIVE STOCK.

CHICAGO LIVE STOCK.
Chicago, Nov. 7.—Cattle—Receipts, 14.000; dull, weak. Beeves, \$3.20 to \$6.25;
cows and helfers, \$1.25 to \$4.75; stockers
and feeders, \$2.25 to \$4.75; western cattle,
\$3 to \$4.75.
Hogs—Receipts, 25,000; generally 5 cents
lower: light, \$4.75 to \$5.12½; mixed, \$4.75
to \$5.15; heavy, \$4.40 to \$5.15; rough heavy,
\$4.40 to \$4.70; bulk of saies, \$4.90 to \$5.16,
Sheep—Receipts, 25,000; steady; native
sheep, \$3.30 to \$5.75; western sheep, \$3.30
to \$5.65; yearlings, \$5.10 to \$6; lambs, \$6
to \$7.60,

What We Sell Britain.

London, $N_{\geq}v$. 8.—(C. A. P.)—Following are the amount and values of Canadian imports to Britain during

October:		
	Amount	. Valu
Cattle	19,475	£ 330,71
Sheep	3,632	6,01
Wheat, cwts	862,300	320,50
Wheat, meal, cwts	146,800	74,00
Peas, cwts	5.010	3,36
Bacon, cwts	98,471	237,50
Hams, cwts	12,189	29,11
Butter, cwts	53,477	
Cheese, cwts	291,349	783,98
Eggs, gt. hundreds	44,210	17.05
Horses	2	

Christiania, Nov. 8.—The future King and Queen of Norway (Prince and Princess Charles of Denmark) are expected to arrive in Christiania Nov. 25 or 26. The prince will take the oath before the Storthing immediately af-ter his arrival.

Norway's New King.

Canadians at Aldershot.

London, Nov. 8 .- (C. A. P.)-Lleut. Col. Dunbar, Canadian militia, and Lieut-Col. Fages, Royal Artillery of Canada, passed at Aldershot the tacti-cal examination for promotion to com-

Sympathy From Canada. London, Nov. 8 .- (C. A. P.)-A me sage of sympathy has been sent on the death of Sir George Williams by 20,000 members of the Canadian Y. M

Imports Decline.
London, Nov. 9.—The October state ment of the Board of Trade shows a decrease of \$4,207,000 in imports, and an increase of \$19,619,500 in exports.

For Lung Ayer's Cherry Pectoral certainly cures hard coughs, hard colds, bronchitis, consumption. And it certainly strengthens weak throats and weak lungs. There can be no mistake about this. Your own doctor will say so. Just ask him about it, then do as he says. We have no secrets! We publish J.O. Ayer Co., Lowell, Mass.

The Robber Robbed.
"I remember a long time ago," said
a burglar, "going late one night into
a room in which there was one man sleeping. His clothes were on a chair near the head of the bed. I was bend-ing over these clothes and about to take them out to the hall when the man suddenly wok up. Without a mo-ment's hesitation he threw his arms crushed me to a jelly if he had wanted. As it was he put me out of the house with the greatest ease. But before he did that he carried me over to the table and it a light. As he looked at me my watch chain caught his eye, and, do you know, that man took my watch and chain and kept them!"-London Tit-

Ryrie

Steady Flow"

Fountain Pen

Our \$1.00 Fountain Pen

is a popularly favored specialty at Diamond Hall's

enlarged Stationery De-

The point is of finely finished solid 14k gold with iridium tip. The name "Steady Flow" is accurately descriptive, and the pen is guaranteed for a year.

Larger sizes \$2.00 and

Samples of note paper,

embossing and engraving are gladly sent on request.

RYRIE BROS.

134-138 YONGE ST.

TOPONTO - ONT.

Making a Great Speech

A lawyer, whose eloquence was o

the Jury at great length, and his legal opponent, growing weary, went outside to rest.

"Mr.-B.-- is making a great

"Oh, yes; Mr. B.—— always makes a great speech. If you or I had occasion

to announce that two and two are four,

we'd be just fools enough to blurt it

we do be just roots enough to blurt it out Not so Mr. B.—. He would say, If by that particular arithmetical rule known as addition we desire to arrive at the sum of two integers, we would find—and I say it boldly, sir, and with—

we, I repeat, should find by the parti-

cular arithmetical formula before men-tioned—and, sir, I hold myself perfect-

ly responsible for the assertion I am

about to make-that the sum of the

two given integers added to the other two integers would be four," --- London Tit-Bits.

TAKE MY CURE.

The fear that you could not be cured may we deterred you from taking honest treatment you may have been one of the unfortunates ho have been treated in vain by inexperienced systicians. free treatments, free trial samples atent medicines, electric beits and other similar

or vitality, stomach ir these set. All medicine for patients are prepared in my own laborator; omeet the requirements of each individual case. All medicines for Canadian patients sent from Windson, Out, duty and transportation prepaid I will send a booklet on the subject which contains the 14 diplomas and certificates, entirely free. Address simply.

g. 208 Wandward Ave, Suita 311

out fear of successful contradiction

speech," said a countryman to

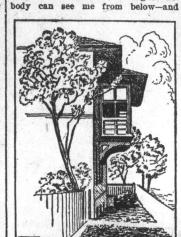
SLEEPING PORCHES.

A NEW IDEA IN THE SCHEME FOR OUTDOOR LIFE.

Eight Hours More of Fresh Air Out of Every Twenty-four - Denver Makes the Sleeping Porch an Architectural Feature.

My friend-a Denver attorney-smiled and stretched in modest apprecia-tion of my congratulations upon his evidently fine physical condition.
"Yes," he said, "I've been sleeping

outdoors for about six months no "Tent?" I asked. "Oh, no; on the porch!" he explained. 'Just take a cot out there nights-no-



AN OVERHANGING POBCH. to sleep. Have got my wife into the habit of it, too, and I don't know whether we can go back inside for the winter or not. It seems mighty stuffy

there." He paused. "Gives me eight hours more fresh air out of the twenty-four, you understand," he added. "That means a lot to a man shut up as I am in an office. Right he was; so here presented itself a fad-if "fad" it might be styled-that

appeared worth looking into. Denver builds its porches both on the front and on the back of the house However, the back porch is not delive ered over entirely, as might be expected, to mop and pails and other kitchen and cleaning utensils and de-bris, but is apt to be a two story affair, with a railing around the second story and a door opening into it or upon it from within. Here is a splen-did place for dusting rugs and clothing and for sunning whatever at the moment requires to be sunned. Here is a fine place to sit and write or read or watch the ever changing mountains, invisible, perchance, from the front porch. And here is a grand place to

sleep o' nights. The average Denverite when asked if many people of the city sleep out of doors is apt to confine the practice to invalids. As is well known, the chief element in fighting tuberculosis is fresh air-fresh air and pure air every moment. Therefore the invalids who are sent to Colorado have their instructions. Many sleep in tents, and it is not unusual to read the advertisement in, say, a Denver paper, "Wanted-By man and wife, a room with

sleeping porch," and so on.

Thus introduced maybe by the weak, WHEN CURED YOU PAY ME by extending among the strong. Denver is witnessing houses being built



& SECOND STORY PORCH.

with sleeping porches especially stipulated, but destined for use by the well, not by the sick. In apartment houses loggias are be-

ing incorporated, whereon tenants may sleep, and an upper floor is left, roofed, but open, as available.

It is entirely feasible for a person of good constitution to pursue this healthful plan all through the winter with good results, since the gradual change om warm to cold weather serves to narden the system.—Edwin L. Sabin in

It is wonderful what a comfort-able doctrine the survival of the fit-test is to those who survive.

Good Housekeeping.

Ask for Minard's and take no other greeted with an (cy stare,