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| $5 \times \pm \leq \pm \leq \pm$ |  | GILLETT'S LYE EATS DIRT |  |  | Ever Feel "Jopy" <br> After Meals ? $\qquad$ |
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| $\geq=1$ |  |  |  |  |  |
|  | Patio of bue eves and |  |  |  |  |
|  |  |  |  |  |  |
| pleasant spot in all that pleasant vil- <br> lage. |  |  |  |  |  |
|  |  |  |  |  |  |
|  | daughter. She was young and pret- |  |  |  |  |
|  |  |  |  |  |  |
|  |  | what you may call womanly?", That's "He is a wonderful man to argue," |  |  |  |
|  |  | thought it a little unwomaniy of MissDaintree to sacrifice her parasol?"'"Mrs. Budge mentioned that, sir. |  |  |  |
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|  |  |  |  |  |  |
|  |  | she could say 'knife.'""Does Mrs. Budge generally say'tnife' in moments of excitement?" | $\begin{aligned} & \text { e have got some man to marry her, or, } \\ & \text { if so be that she is not pleasing to } \\ & \text { them-why, she could set scmo one of } \\ & \text { her female relations to csone and live } \\ & \text { with her." } \end{aligned}$ |  |  |
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|  |  |  |  | ELFISH SAV | Preme |
|  |  |  |  | Prokanly no more cianniss--and un-selfish-people exist than the natives | Somen |
|  |  | house as anywhere else. You won't |  |  |  |
|  |  |  |  | 为 |  |
|  |  |  |  |  |  |
|  | the least amused. "If you mean me to understand that Mrs. Slade is getting infected with any of these new rebellious ideas, I |  |  | calls the other members of the tribeto share with him. If : whale is tak-en or a walrus is killed iha meat is di- |  |
|  | shall certainly speak to her on thesubject.""sir, there's not a better woman in |  |  |  |  |
|  |  |  | "That is not official," said herspouse, with dignit., "and so it don'tcount".(To be fontinued.) | is the hard winter, when lece is a shortaze of fond. if a seal is brought in by some fortunate hunter the meat |  |
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|  |  |  | MOTHERS NEFD |  |  |
|  |  |  |  | Arete all throys hite ummer | Flat stenalibrs. |
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|  |  |  |  |  | One Bia Adyantage the Rave Over the cerman |
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|  |  | the cottage he could see Miss Dain-tree and Slade. Almost as he came op-posite to the house she came into the | Whose work, apparently, is neverdone, try to disguise their sufferingand keej up an appearance of cheer |  |  |
|  |  |  |  |  |  |
|  |  |  | themselves know how they are dis- tressed by backaches and headaches. dragging down pains and nervous |  | ${ }_{\text {m }}$ |
|  |  |  | dragging fown pains and nervous weakness; how their nights are oftg sleepless, and they arise to a yew |  |  |
|  |  |  | sleepless, and they arise to a dew day's work tired, depressed and quite unrefreshed. Such women should | \|laty |  |
|  |  |  |  | has been the popular belief that |  |
|  |  |  |  |  |  |
|  |  |  |  | ing the arms up, expands the chestand enables it to take in more air.According to Dr. James FrederickRodgers of the Department of Physi- |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  | atiol |  | years of age, neasuring carefully thequantity of air inspired when elevat-ing the arms, as usually taught, and |  |
|  |  |  |  |  |  |
|  |  |  |  | harging loose. He found that in nosingle case did the arm movementsincrease the quantity of air inspired, |  |
|  |  |  |  |  |  |
|  | ate |  |  |  | Soly |
|  | , | just taken tea into the drawing-room"You will come and have some tea?"she asked Sir John. |  |  |  |
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