JUST HATROGRAM BERRIES SHIT

Only Country in Which the Sparkstotting is in Common Use.

The Sweden have made a fine art of aledding. Their feetal sled is called the sparkstotting and is an exceedingly light aled the the should be a fine art of aledding. Their feetal sled is called the sparkstotting and is an exceedingly light aled the inhabitants of Norriand, a province saturated at the north of Sweden, employ during the winter as a means of locuntion.

The use of the owestends throughout Sweden, where races upon this original yealide constitute one of the most highly appdeciated spatial of whiter. Among other people of the north, in Russia, Scotland and Germany, this sport is entirely unknown, a fact that is somewhat extraordinary, considering; that the sparkstotting can be employed in all countries in which the rigors of winter permit of the use of ordinary sleds.

The sparkstotting is constructed entirely of Norway spruce. It is straight, of clongated form and weighs no more than thirty pounds. It consists of two runners, curved upyard in front, and six and one-half feet in length. To each of the runners is fixed an upright that serves both as a point of support and a tiller. The entire affair is connected by two or three crosspieces, one of which supports all light seat placed twelve inches above the surface.

The Norriand sled differs perceptibly from the Vesterbotten type, in which the runaers, which are much shorter, are not shod with iron, but are well greased or impregnated with boiling tar. The lightest and best type for racing is the one manufactured at Umes, Norway. In order to push the Sparkstotting the racer, bearing with both hands upon the extremities of the uprights, places his left foot upon the runner to the left, and then with the right foot strikes the ground at regular intervals so as to propel the sled forward.

If the snow is very hard and the racer is not proved.

forward.

If the snow is very hard and the racer is not provided with spiked shoes it is necessary for him to fix steel calks to the soles. In recent times a horizontal bar, breast high, has been placed between the uprights. This modification renders the steering easier and besides permits of governing with a single-band. Upon a level route the sparkstotting-reaches a pretty good speed without great effort.

WAS SENT HOME

Then Jos. Boone Found Health in Dodd's Kidney Pills.

He was Unable to Work for Seven Years Before He Used the Great Canadian Kidney Bemedy.

Cottel's Cove, Nfld., Dec. 26.—(Special.) -The days of miracles are past, but the cure of Joseph Boone, of this place, almost ranks with the sensational cures

of the earlier ages.

Mr. Boone had been ailing for eight years, seven of which he was unable to work from the effects of Backache and Kidney Complaint. He wes all aches and

IN A SWELL NATATORIUM.

Description of the Bath Club Gymnasium in London.

The Viscountess Castlereagh is celebrate the Lady's Pictoral as one of the distinguished patrons and frequenters of the Bath Club in Dover street, London. Here the slegance of England disports itself.

the slegance of England disports itself.

Bright sunshine and the pleasant music of many voices greeted our scribe, says the Pictoral, as she entered the pretty hall, with its large bath, in which the swimmers were indulging in those most to their individual tastes. From the lofty roof hung large baskets of drooping ferns, and the paims dependent from the balconies were reflected in the clear green water below, through whose limpid deptusthe plate which an eager diver was just about to bring up from its watery resting place was as plainly to be seen as if it were not sunk six feet below ehe ordinary level.

JAPAN'S "HUMAN HORSES."

The feats of which the Japanese rickshaw men are capable are almost in-credible. I remember some years ago being driven ashore in a yacht in the Inland Sea during a typhoon. It was far beyond the treaty limits which then existed, and foreigners were not allowed to travel outside those limits without special passports. But the mayor of the nearest fishing village was kindness itself. He promised to supply the best rickshawmen which the neighborhood could afford, so as to take us to a railway station some forty miles away. And he kept his word, for the distance was covered in less than six house invitations. he kept his word, for the distance was covered in less than six hours, including a halt for refreshments. Each rickshaw was drawn by two men, tandem wise, the usual fashion when long distance, have to be covered. The leaders in each went through the whole distance while the wheelers, so to speak, were changed half way. The road was over a great part of the distance little better than a mountain track, and it was raining most of the time, but there was never a break in our progress except to never a break in our progress except to allow the coolies to take off or put on their clothes. They prefer running in nothing but a loincloth, and do so when-

ever they get safely beyond the eye of the pólice, who have orders strictly to administer the law against nudity. The fare paid for the prolonged jour-mey was, if I remember rightly, about three shillings for each rickshaw, the ca-tra shilling heightly a greatily three tra shilling being a gratuity thrown in for good service. I know that it pur-chased so many blessings on my honorable head as cannot be quite exhausted. And having made our farewells at the railway station, the coolies started back, headed for their own village.—London



FIBRE WARE

EDDY'S

make of this ware. See that EDDY'S name

FOREST OF 4,000 SQUARE MILES. In This Reservation World's Greatest

PS. SEAMLES

10US TO LIQU

Tract of Sugar Pines.

Tract of Sugar Pines.

The greatest forest of sugar pine on the globe begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the Klamath and extends an orthward past the glittering peaks of Mount Slote begins at the glittering peaks of Mount Slote begins at the glittering peaks of the gl

years, seven of which he was unable to work from the effects of Backache and Kidney Complaint. He was all aches and pains.

He was treated by several doctors, and after seven months in the hospital was sent home as incurable. It was there that reading of cures in the newspapers led him to use Dodd's Kidney Pills. It to-day he is strong and well, and hard at work lobster fishing.

People here have learned that if the disease is of the Kidneys Dodd's Kidney Pills will cure it.

Hubert, aged 8 years, had been given dollar with which to purchase Christmas gifts for his father and mother. After some dellited tion he announced that he should spend 75 cents for his mother and 23

cents for his father. "How is that?" asked his father, in affect-d displeasure. "Why do you spend threeed displeasure. fourths of your money for your mother and

buttu one-fourth for me?"

"Because my mamma is a good deal more relation to me than you are."

"How do you make that out?"

"Well," replied the boy, "I am related to mamma by bornation, and to you just by your being married to mamma. See?"—Woman's Home Companion.

Impoverished Soil

erished blood, needs a proper fertilizer. A chemist by analyzing the soil can tell you what fertilizer to use for different dragon's jaws drifted back from the mist products.

If your blood is impoverished

There is no fat food that is so easily digested and assimi-

Scott's Emulsion of Cod Liver Oil

It will nourish and strengthen the body when milk and cream fail to do it. Scott's Emulsion is always the same; always palatable and always beneficial where the body is wasting from any cause, either in children or adults.

We will send you a sample free.



Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy. SCOTT & BOWNE

CHEMISTS Toronto, Ont. 50c, and \$1.00.

SEEDS HAVE GREAT VITALITY. Stories of "Mummy Wheat" Found in the Pyramids Doubtful, However.

Lever's Y-Z(Wise Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time.

Useful Hints.

If silver is washed every week in warm suds containing a teaspoonful of ammo-nia the polish can be preserved for a long

Anyone who is in the habit of making snow pudding will find preserved pine apple a great addition to it. When the snow is ready, pour it into the mould ntil you have a good foundation, add our pineapple, and then the rest of the into the mould When it is cold, serve as usual, soft custard of the micest chafing-dish messes is

le of the meest chafing dish messes is by the same of the meest chaffing dish messes is white sauce with a tablespoonful of ter, the same of flour, and nearly a tempful of rich milk or cream. When this is smooth and creamy tir in the beaten yolk of an egg. Cook the oysters in this sauce until they are heated through. Season with salt and white pepper.

Chicken broth made from the feet of fowls is no new thing in French kitchens. Down in the neighborhood of Washington square you can buy the feet but a ton square you can buy the feet, but good cupful of broth may be made of the Impoverished soil, like impove feet of a pair of fowls purchased for raosting.

One of the Chief Horrors of War. At dabreak some red flecks from the and dust through which he was writhing forward. It looked, some man said, like the procession of the damned who filed your doctor will tell you what past Dante in hell. Each man had a red roll around him. They uttered no sound you need to fertilize it and give -they looked not at one another, but it the rich, red corpuscles that stared vacantly and mildly at us as they shuffled silently from the mist and shufshuffled silently from the mist and shuffled silently on. The expression of each was so like the expression of the rest that they looked like brothers. A more creepy, ghost-like thing I never saw. I knew not what they were, but they fascinated me and made me shudder, and I found myself drawing towards them, step by step, hardly conscious that I was moving. I do not recall that any of step by step. hardly conscious that I was moving. I do not recall that any of us uttered a word. Yet they were only sick men coming back from the front—soldiers sick with the kakke, the "beriberi," the sleeping sickness. It was hard to believe that the face of any one of them had ever belonged to a soldier—hard to believe that sickness could make a soldier's face so gentle. That man in a soldier's face so gentle. That man in the red shirt and those grey ghosts that shuffled so silently out of one mist and so silently into another are the high lights in the two most vivid pictures I've seen thus far.—From On the Dragon's Trail, by John Fox, jun., in the January Scribner's.

End of a Famous Boom Town.

The post office at Le Beau, in Walworth county, has been removed by the newly appointed postmaster from the town site to his farm, a half mile distant. This marks the final downfall of a town which at one tome hoped to be come a metropolis. In the early bo's Le Beau was the county seat of Wal-worth county, and a rival of Aberdeen The enterprising residents of the town believed that in time it would become believed that in time it would become the capital of South Dakota when the Territory should be admitted. Then it lost the county seat, the railroads failed to arrive, the Territory was divided into two States, and it was at one edge instead of the centre of the Commonwealth, and finally the end some in the emoval of the post-office to ar farm house.—St. Paul Despatch.

BELIEVES THAT ANIMALS REASON. Lord Avebury, the Scientist, Dis Unconscious Celebration.

kull and other writers have denied the elistence of any phychic powers, at any rate, invertebrate animals, which they explain a reflax machines.

"I confess, indeed, that I can not under stand how anyone who loves animals, or eve has devoted any study to them can dout that they possess some power of reason Many of their actions are unconscious animals, and the standard of the sta

house.

"One morning this summer, however, I was going to a committee in our present house but, thinking of other things, I walked pass our door and two or three intervening houses and into the porch of our old office."

ure, so in man, polluting the spring a disease and waste are bound to follow-the tomach and nerves out of kilter means solson in the spring. South American Nervine is a great purifier, cures Indigestic Dyspepsia, and tones the nerves. The best evidence of its efficacy is the unsolicited estimony of thousands of cured ones.-76

Britain's Readines: .

An Englishman says: "Lore Kitchener was sent to India for the especial purpose of organizing a big army there, and I am told by my cousin, who is a general, that Britain has 500,000 men ready in India at a moment's notice. In the Chitral campaign he commanded a regiment of Sikhs or Ghoorkas and told me they were the nonpareil, so far as fighting was concerned. They are not unlike the Japs, but stockier."

Minard's Liniment Cures Colds, etc.

His Wife's Retort.

Russell Sage thinks that smoking is ad habit. "I overheard one day," I had habit. "I overheard one day," he said, recently, "a conversation that de-lighted me. It was a conversation between a young man and his wife. He appeared to be a rather extravagant and lazy fellow. She appeared to be economical, industriaus and ambitious. The wife was trying to urge the husband to give up smoking. She was pointing out to him how much in the course of a year he spent on tobacco. She was showing him that mentally, physically and financially he would be better off without his pipe. "But all great men smoke,' he grumbled. "Well,' she declared, 'if you will give up smoking till you're great I'll be quite satisfied."

A Substitute. Lady Randolph Churchill was election eering in England at one time in behalf of Mr. Ashmead-Bartlett. One bold el-ector whom she was trying to secure, hinted that if the ladies would imitate the famous Duchess of Devonshire they the famous Duchess of Devonshire they would have no difficulty in securing votes. The duchess, in one memorable canvass, gave a kiss for each doubtful vote. Lady Churchill considered for a moment and then said demurely: "Thank

bers, and could not see the benefit of adertising, has had a year's ex with newspaper publicity, and he says: "By newspaper advertising we have increased the popular demand for our products, and this has enabled us to deal more advantageously with jobbers. They are bound to have our products because the people want them."

Practical Toke Costs a Wife Because he pulled a chair from under ment she was about to sit down upon it, says a Kansas City spec-ial in the Chicago Tribune, Floy S. Anderson yesterday sued Martin E. Ander-son for divorce. She alleges that she hit the floor so hard that it permanently disabled her.

Minard's Liniment Cures Diphtheria. Male and Female Buyers.

(London Truth.) Whereas some woman will go into a vas tablishment intent on spending a certain sum, say, on an article of dress and will successively scrutinize half a dozen thing successively scrutinize hair a dozen, things besides what she originally wanted and retire without buying any, a man will stray in without any fixed plan of purchase and will sometimes purchase large quantities of goods that he never dreamed of wanting when he entered the shop.

REDUCES

EXPENSE \$5,000 Reward will be paid by Limited, Toponto, to any person who can prove that this soap contains any form of adulteration whatsoever, or contains any injurious chemicals.

JAVA'S BOUNTEOUS RICE TABLE. In Java, as in most really warm countries, it is customary to rise early and to take a cup of tea or coffee, together with a biscuit and some fruit, immediately on leaving one's bed. This is followed by a more substantial breakfast; but the first really serious meal is served at half-past twelve o'clock, and is the equivalent of the French "dejeuner a la fourchette" or the Anglo-Idian tiffin. This meal is called rice table—"rystafel"—from the principal dish, a very elaborate curry, in the preparation of In Java, as in most really warm coun elaborate curry, in the preparation of which the Malay cooks are especially

skilful.

The peculiarity of the rice table consists in the number and variety of dishes presented. From these dishes the guest has to select the materials which, together with the rice upon the soupplate before him, are to constitute his curry. It is also as well to know beforehand that one is not required to hunch solely on curry, but that the rice table is succeeded by courses of ordinary luncheon dishes. It is a case therefore of "embarras de richness,"

The second danger is tat of making

The second danger is tat of making up one's curry "not wisely, but too well," and leaving neither appetite nor capacity for the beafsteak or for any of the other solid dishes which subsequently appear, and which under these circumstances only produce a feeling of circumstances only produce a feeling of mingled horror and consternation. It is then that one suddenly realizes that the rice table is merely a sort of tremend-

ous "hors d'oeuvre There are two dangers to be avoided In the first place it is quite possible, in spite of the number of dishes present-ed singly, to say noting of an octagonal tray, containing a separate chutney in each of its nine compartments, to get no lunch at all. For nothing is easier than, after saying "nein" to a succession of frivolous compounds to dismiss the one solid and palatable dish capable of sustaining an Englishman until dinner time.

TAKE NOTICE.

We publish simple, straight testimon ials, not press agents' interviews, from well-known people. From all over America they testify to the merits of MINARD'S LINIMENT,

C. C. RICHARDS & CO.

A Chadwick Drama.

Mrs. Chadwick is to be put upon the stage. She has been dramatized, and with Andrew Carnegie and other well-known people will be shown to New York audiences after Christmas. Several playwrights tried their hands, but a newspaper man turned out the first promising-looking melodrams with Mrs. Chadwick as the villainess. The title is "For Love and Millions." Mrs. Badwick, as the character will be called, is arrested on a charge of forgery. She escapes several times, but is often rearrested. What becomes of her finally Mr. Niemeyer doesn't tell in his play. She kills her lawyer and two or thr other people during the first three acts.

Heart-Sick People. -Dr. Agnew's Cure for the Heart is a heart to fails to cure-is swift in its effects-goes closer to the "border land" and snatched from death's grip more sufferers than any other remedy for any family if diseases and ailments in the category of human sufferings Gives relief in 30 minutes.—75

Good Reason for Envy.

(Cleveland Leader.) were bragging about their hom said one, proudly, "came from Cincin envy you," asserted the Cleveland man "Indeed?"
"Yes. I'm just going there."

Minard's Liniment Cures Distemper.

Still of the Same Mind.

(Baltimore American.) "Morning, sir."
"Mording. What can I do for you?"
"You told me, sir, when you hired me sir months ago for \$10 a week that as soon as showed signs of improvement you would raise my pay."
"That is still my intention, sir."
"Good morning, sir."

If the ostrich knew how much his fea thers were worth he would be prouder than the peacock.



International Stock Food.

ISSUE NO. 1. 1905.

AGENTS WANTED.

IFE INSURANCE CANVASSERS ARE invited to write the Star Life Assurce Society (Londox, Eng.), Teronto, for est plans and terms; women insured at me rates as not, previous experience of coential: liberal terms.

DAN MONEY FOR LADIES, SPENDIN money for men. Will pay regular salar for one hour's home work daily. No ng. Must write plainly. Address Box 24

FOR SALE

POR SALE, A FEED GRIST MILL—LEN-nox county, near Napanee; water power, with steam as auxiliary; 3 run, 4' stone; two on feed; premises twenty acres; dwelling and outbuildings; church, school and postoffice, with daily mail, within 50 rods; one mile from Fredericksburgh-Station, G. T. R. For particulars, address James A. Close, Cham-bers P. 0., Ont.

MISCELLANEOUS

L ADIES, WHEN IN NEED, SEND FOR relief quick and safe. Paris Chemical Co Milwaukee, Wis.

PROFITABLE POSITIONS SECURED quickly; help supplied; send stamped envelops for engagement forms. Toronto Employment Agency, 142 Bay, Toronto.

D. H. BASTEDO & CO. 77 King St. East, IORONTO. MANUFACTURERS OF FURS

Everything in Furs at lowest prices. Send for ILLUSTRATED CATALOGUE. RAW FURS. We will pay highest New York prices for Mink, Skunk, Coon, Fox, and all other Furs. Send for price list.

The Policeman and His Revolver In a recent case where a Brooklyn policeman killed a little boy while shooting a fleeing criminal a motion to dismiss the criminal charge brought against the policeman was denied by Supreme Court Justice William J. Kelly in these words: "You want me to rule as a matter of law that the officer was justified? A police officer has no more right fied? A police officer has no more right fied? A police officer has no more right to discharge a revolver in the streets than you or I have. Motion denied." This may disagree with the preconceived notion of policemen generally that they have a right to shoot a gun at anybody anywhere, but whether it is good law or not it is good sense. A policeman ought not to be allowed to use firearms or other weapons unless it is to protect himself or the lives of others.—Duluth Herald.

\$100 REWARD, \$100

The readers of this paper will be pleased to learn that there is at least one greaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting mature in doing its work. The proprietors have so much faith in its curative powers that they offer One-Hundred Dollars for any case that it fails to cure. Send .or list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.

estimonials.
Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c.
Take Hall's Family Pills for constitution. A Bald-Headed Club.

America is usually considered to be the land of eccentric clubs, but Belgium is trying to equal it, says the London Sketch. In Brussels a Bald-headed Club has been founded, the entrance to which has been founded, the entrance to which is very strictly guarded. It is not sufficient to have a bald patch on the top of the head, or very thin hair; a man, to be admitted must be absolutely and ompletely bald.

When you think you have cured a cough or cold, but find a dry, hacking cough remains, there is danger. Take

Shiloh's Consumption Cure The Lung

at once. It will strengthen the lungs and stop the cough. Prices: S. C. Wells & Co. 305 25c 50c \$1. LeRoy, N.Y., Toronto. Can. S. C. WELLS & Co. 305

ANIMALS OUT OF THE SKY. There is a township in North Carolina that for many years greeted Christmas with a balloon ascension and a shower of gifts. At prompt 2 of the afternoon people gathered from all the country, people gathered from all the country, round to watch a large red balloon carty up a professional aeronaut. When hereached a proper height he dropped from his basket a dog attached to parachute, which floated down to the waiting multitude, who scrambled for it. The fortunate one that gripped it became its owner. When the balloon had climbed the sky a few more reds the halouse. the sky a few more rods the helmsman released a fat and desirable goose. This flapped its way down and was welcomed

even more warmly than the dog. Then the crowd melted home, well content. Mistake Made Somewhere.

(Boston Transcript.) Mrs. Kindle (whose husband had told her hat the apartment house was the proper hing for her, on the principle of suites to he sweet)—Henry said an awfully nice thing

sweet)—Henry said an awfully nice uning ne to-day. rs, Kandle—Yes? rs, Kindle—Yes. He said this was just the ce for me—flats to the—why, somehow that sn't sound right, after all.

Quite a Task Ahead of Him. (Atlanta Constitution.) "You know, dear," said the major's wife,
"you promised to swear off next January."
"Sakes alive!" exclaimed the major, "have I got to drink up the balance of that barrel before the lat of January!"