

TWENTY MINUTES' REST.

Short Naps Taken Daily Will Often Prevent Illness.

A knowledge of how to rest will be a saving of many ill attacks in hot weather. One might think that each individual would know the best way for her to find repose, but nowadays so many women fling themselves down to "rest" in summer, or winter for that matter, with all their clothes on, necks bound in tight collars and closely corseted, that comparatively few of them have even a notion of how to relax body and mind. Resting is a science, and to do it so that one will be refreshed it is necessary to completely relax. There will be little or no renewal of strength if the nerves and brain work like mad during the "rest."

Three things essential to repose are light garments (one is enough during this season), quiet and a subdued light. Lacking any one of these much good is lost, and twenty minutes used in this way are worth hours of lying down without relaxing.

A woman who is at home all day may take such a rest at any time that she chooses to arrange her household affairs for that purpose, but for a business woman it is different. Yet she needs it, and she should always try using a half hour in this way when she comes home from a day downtown, particularly while the summer heat has been exhausting.

To begin the "rest" first remove all the clothes one has worn during the day, and if possible take a shower bath. Failing this a sponging in cold water (a real sponging, not a bath) is sufficient, and then don a thin dressing gown.

No matter how small the apartment, there must be one room into which a person can go to be quiet, and there she should lie herself. If a woman can lie on the floor comfortably she will find this the coolest place in the house. For this she should have a spread, and she will want a couple of pillows in nice cool cases. Sofa cushions will not do for this; they are usually too warm.

Let her throw herself down for twenty minutes and close her eyes, trying at the same time to relax her mind. It will not do the least good in the world to think of the trials of the day or the perplexities of the next. Such thoughts will simply add to her fatigue, and it is more than worth while to try to fill one's mind with pleasant ideas, books one has read and liked or people of whom one is fond. Such a train of thought as this will quite frequently lead to sleep before one knows it, and even five or ten minutes of this are delightful. Even without sleep there is still great rest under such conditions.

Dress Accessories.

Belts, collars, veils, gloves, shoes and stockings—all the little details of the costume—count so tremendously in the total ensemble of the outfit this season that a goodly part of the allowance should be kept to be expended on just these so called misnamed minor articles. Half an inch more or less in the width of the belt often stamps a gown as smart or out of date, while by the height of the collar band, the style of the veil pattern and the color of the shoes, stockings and gloves the well dressed woman can at once be picked out of a crowd. Princess and empire frocks are so popular that it is difficult to say just what style of girdle will be a settled fact, for with the two pieces dresses, waist and skirt separate all possible widths and models are to be seen. The tailored suit with a narrow stitched belt seems the thing, and for dressier costumes the draped girdle—large buckles have just lately become the craze, and handsome rhinestones of fancy design in dull gold are always an effective finish to a ribbon belt. All collars are high, but soft in finish, and a splendid background for necklaces and brooches in most elaborate designs.

Chemisettes or plaited fronts, similar to the ruffled shirt our grandfathers wore, are quite a novelty and can be adjusted to any costume. They are made of handkerchief linen and have tiny ruchings of the same materials on each edge of a one inch fold. A stock and jabot of ruching edged with lace give the finishing an ultra smart touch.

Double Stewpans.

These granite stewpans are made with a flattened side in order that



both may be placed over one burner of a gas stove.

A Summer Hat.

One can be made by using a dolly set, the large piece hollowed out to fit the brim of wire frame; one small dolly for top of crown. The remaining five can be used as a rosette or for sides of the crown. Fill under the brim with gathered mull or net. You are saved lots of work of embroidering, and yet have a handsome hat, which is easily laundered.

DATES OF FALL FAIRS

- Abingdon—Oct. 16 and 17.
- Alliston—Oct. 8 and 4.
- Almonte—Sept. 24, 25 and 26.
- Alvinston—Oct. 2 and 3.
- Alfred—Sept. 24 and 25.
- Alexandria—Sept. 9 and 10.
- Ameliasburg—Oct. 4 and 5.
- Amherstburg—Oct. 1 and 2.
- Arthur—Sept. 19.
- Atwood—Oct. 1 and 2.
- Aylmer—Sept. 2, 3, 4, 5 and 6.
- Baden—Sept. 13 and 19.
- Barrie—Sept. 23, 24 and 25.
- Baysville—Oct. 2.
- Bar River—Sept. 24.
- Beeton—Sept. 26 and 27.
- Becher—Sept. 25.
- Beachburg—Oct. 3 and 4.
- Berwick—Sept. 13 and 13.
- Belleville—Sept. 17 and 13.
- Bimbrook—Oct. 7 and 8.
- Bobcaygeon—Sept. 25 and 26.
- Bothwell's Corners—Sept. 26 and 27.
- Bradford—Oct. 1 and 2.
- Blyth—Sept. 23 and 24.
- Bradford—Oct. 15 and 16.
- Bracebridge—Sept. 26 and 27.
- Brussels—Oct. 3 and 4.
- Bridgen—Oct. 1.
- Brookville—Sept. 10, 11, 12 and 13.
- Bridport—Sept. 25.
- Bruce Mines—Sept. 25.
- Burt's Falls—Oct. 3 and 4.
- Burford—Oct. 1 and 2.
- Cayuga—Sept. 24 and 25.
- Caledon—Oct. 3 and 4.
- Caledonia—Oct. 10 and 11.
- Casselman—Sept. 17.
- Campbellford—Sept. 24 and 25.
- Casleton—Oct. 1 and 2.
- Carp—Oct. 1 and 2.
- Campbellville—Oct. 8.
- Cookstown—Oct. 1 and 2.
- Cobden—Sept. 23 and 24.
- Cornwall—Sept. 6 and 7.
- Coe Hill—Sept. 20.
- Collingwood—Sept. 24, 25, 26 and 27.
- Comber—Sept. 30 and Oct. 1.
- Clarksburg—Oct. 1 and 2.
- Delaware—Oct. 16.
- Desboro—Sept. 26 and 27.
- Delta—Sept. 24 and 25.
- Dorchester—Oct. 2.
- Durham—Sept. 24 and 25.
- Dundas—Oct. 3 and 4.
- Dunnville—Sept. 17 and 18.
- Dunthorn—Oct. 4.
- Dresden—Oct. 3 and 4.
- Drumbo—Sept. 24 and 25.
- Dresden—Oct. 8 and 9.
- Elmville—Oct. 7, 8 and 9.
- Emmala—Sept. 24 and 25.
- Emo—Sept. 19 and 20.
- Erin—Oct. 16 and 17.
- Essex—Sept. 24, 25 and 26.
- Exeter—Sept. 16 and 17.
- Fergus—Oct. 1 and 2.
- Fewerham—Oct. 3 and 4.
- Fenwick—Sept. 26 and Oct. 1.
- Fenella—Sept. 26 and 27.
- Fort Erie—Oct. 3 and 4.
- Florence—Oct. 3 and 4.
- Fleisherton—Sept. 26 and 27.
- Frankville—Sept. 26 and 27.
- Frankford—Sept. 19 and 20.
- Galt—Oct. 1 and 2.
- Georgetown—Oct. 1 and 2.
- Gore Bay—Oct. 3 and 4.
- Gooderham—Oct. 3.
- Gordon Lake—Sept. 27.
- Glencoe—Sept. 24 and 25.
- Grand Valley—Oct. 15 and 16.
- Guelph—Sept. 17, 18 and 19.
- Hanover—Sept. 26 and 27.
- Haliburton—Sept. 26.
- Harrison—Sept. 26 and 27.
- Harvey—Oct. 8 and 9.
- Highgate—Oct. 11 and 12.
- Holstein—Oct. 1.
- Huntsville—Sept. 24 and 25.
- Ilderton—Sept. 27.
- Ingersoll—Sept. 24 and 25.
- Jarvis—Oct. 3 and 4.
- Kesee—Oct. 2 and 3.
- Kemble—Sept. 26 and 27.
- Kemptville—Sept. 17 and 18.
- Kilmount—Sept. 10 and 11.
- Kilsyth—Oct. 10 and 11.
- Kirkton—Oct. 3 and 4.
- Lakewood—Sept. 24 and 25.
- Landdowne—Sept. 26 and 27.
- Lansford—Sept. 24 and 25.
- Langton—Oct. 1.
- L'Amble—Oct. 1.
- Leamington—Oct. 2, 3 and 4.
- Leamington—Sept. 26.
- Lindsay—Sept. 19, 20 and 21.
- Lombardy—Sept. 23.
- Loring—Oct. 4.
- Lyndhurst—Sept. 19 and 20.
- Maxville—Sept. 24 and 25.
- Markham—Oct. 2, 3 and 4.
- Markham—Sept. 26 and 27.
- Madoc—Sept. 12 and 13.
- Mantowaning—Oct. 1 and 2.
- Mattawa—Sept. 26 and 27.
- Markham—Oct. 1 and 2.
- McDonald's Corners—Sept. 26 and 27.
- Merrickville—Sept. 19 and 20.
- Meadow—Sept. 26 and 27.
- Metcalfe—Sept. 24 and 25.
- Milvinton—Sept. 26 and 27.
- Milton—Oct. 10 and 11.
- Midway—Sept. 23 and 24.
- Midland—Sept. 26 and 27.
- Morrison—Oct. 1.
- Morrisburg—Sept. 3 and 4.
- Mt. Hope—Oct. 2.
- Mt. Hope—Oct. 3 and 4.
- Mt. Hope—Oct. 4.
- Mt. Hope—Sept. 17 and 18.
- Murillo—Oct. 2.
- Napawan—Sept. 13 and 19.
- Newboro—Aug. 31 and Sept. 1.
- Newington—Sept. 10 and 11.
- New Liskeard—Sept. 26 and 27.
- Niagara-on-the-Lake—Sept. 23 and 24.
- Niagara Falls—Sept. 26 and 27.
- Norwich—Sept. 17 and 18.
- Norwood—Oct. 8 and 9.
- Oakville—Sept. 26 and 27.
- Onondaga—Oct. 1.
- Orono—Sept. 16 and 17.
- Orangeville—Sept. 26 and 27.
- Oshawa—Sept. 24 and 25.
- Osabruke Centre—Oct. 1 and 2.
- Otterville—Oct. 4 and 5.
- Owen Sound—Sept. 13 and 14.
- Parkley—Sept. 24 and 25.
- Paris—Sept. 26 and 27.
- Palmerston—Sept. 19 and 20.
- Perth—Sept. 4, 5 and 6.
- Peterboro—Sept. 26, 27 and 28.
- Petrolia—Sept. 19, 20 and 21.
- Piston—Sept. 25 and 26.
- Port Elgin—Sept. 26 and 27.
- Port Hope—Oct. 1 and 2.
- Pricessville—Oct. 3 and 4.
- Queensville—Oct. 9 and 10.
- Rainham Centre—Sept. 19.
- Rainbow—Sept. 23, 24 and 25.
- Ripley—Sept. 24 and 25.
- Richmond—Sept. 23, 24 and 25.
- Rockton—Oct. 8 and 9.
- Rocklyn—Oct. 3 and 4.
- Russell—Sept. 27.
- Sarnia—Sept. 23, 24 and 25.

- Scarboro—Sept. 25.
- Seaford—Sept. 19 and 20.
- Simcoe—Sept. 24, 25 and 26.
- Shelburne—Sept. 24 and 25.
- Shanty Bay—Sept. 17.
- Shedden—Sept. 25.
- Shannonville—Sept. 23.
- South Mountain—Sept. 12 and 13.
- Springfield—Sept. 19 and 20.
- Smithville—Oct. 1 and 2.
- Spencerville—Oct. 1 and 2.
- Sprucedale—Sept. 27.
- Stirling—Sept. 26 and 27.
- Stratfordville—Sept. 13.
- Streetsville—Sept. 25.
- Stoney Creek—Sept. 26 and 27.
- St. Mary's—Sept. 25 and 26.
- Strathroy—Sept. 16, 17 and 18.
- Sutton—Sept. 26 and 27.
- Tara—Oct. 1 and 2.
- Teeswater—Oct. 3 and 4.
- Theford—Sept. 24.
- Thamesville—Oct. 1 and 2.
- Thorold—Oct. 8 and 9.
- Thorndale—Oct. 1.
- Thilston—Oct. 1 and 2.
- Tiverton—Oct. 1.
- Tweed—Oct. 2.
- Utterson—Oct. 1 and 2.
- Underwood—Oct. 8.
- Vankleek Hill—Sept. 13 and 14.
- West Kent—Chatham—Sept. 12, 13 and 19.
- Watford—Sept. 25 and 26.
- Waterford—Oct. 3.
- Walkerton—Sept. 19 and 20.
- Wallaceburg—Oct. 3 and 4.
- Wallaceburg—Oct. 3 and 4.
- Wallaceburg—Sept. 26 and 27.
- Waterdown—Oct. 1.
- Welland—Sept. 23 and 24.
- Western Fair, London—Sept. 6 to 14.
- Wellandport—Oct. 10 and 11.
- Welland—Oct. 1 and 2.
- Williamstown—Sept. 26 and 27.
- Winham Centre—Oct. 3.
- Wingham—Sept. 26 and 27.
- Winchester—Sept. 5 and 6.
- Winston—Sept. 25 and 26.
- Woodstock—Sept. 18, 19 and 20.
- Wolver—Sept. 13.
- Wyoming—Sept. 27 and 28.

CUNNING OF MUSKRATS.

Forethought With Which These Animals Build Winter Homes.

In the month of March, before the rivers have opened, on the snow around the heads of the creeks and about the airholes in the thick ice may be seen the curious trail of the muskrat. It can readily be recognized by the firmly planted footmarks, heavily and slowly impressed, and the sharp after drag of the long, scaly, blade-like tail. All through the cold winter months these heavily furred animals have lived warm and comfortable in their well constructed houses, rearing their third and last litter. One house erected about September seemed planned with almost human foresight. Here, with their long sharp teeth and strong, inch long claws, they had cut and cleared wide paths through all the marshes, paths so deep that three feet of ice did not close them, so wide that we have often paddled along them, marvelling at the great floating masses of torn up aquatic vegetation. These paths were a hundred yards long and four feet wide and were cut through a mass of tangled cover high enough in most places to thoroughly conceal a duck hunter and his canoe. In the winter months the muskrats can easily drive from their houses into these under ice channels, and the whole marsh before them to choose their meal from. The long yellow roots of the flag and the juicy tubers of the wild onion (the muskrat apple) is the more poetic of the way) hang exposed before them or are readily torn out—Bonnycastle Dale in Onting Magazine.

The American Sailor.

It is related of Commodore Decatur that after he had tamed the Barbary powers, whose energies had been reawakened while the war of 1812 kept our navy busy, he set out in his flagship, the Guerriere, to make his way across the Mediterranean, attended and suddenly found himself in the midst of one of the corsair fleets which had remained in a neutral port during hostilities. The situation looked rather equally. The corsair admiral hailed, "What sheep is that?" "The United States ship Guerriere, Commodore Decatur," was the reply. "Where you going?" was the next question. "Where I please!" thundered Decatur through the speaking trumpet, and the Guerriere proceeded unmolested. — Boston Transcript.

Man's Walk Shows Age.

"You can tell a man's age by his hands," said one of the girls. "They get knotty and veined, and terrible. They get old sooner than his face."

"You can tell it most of all, I think," said the woman, "by his walk. I know a man who has been one of the brightest minds of his time who is still the best company I know, but the other day when I saw him come toward me at his home along the hall it made me awfully sad to see the heavy, old, old way in which he walked." — New York Press.

Inspid Company.

Low spirits are my true and faithful companions. They get up with me, go to bed with me, make journeys and returns as I do; nay, and pay visits and will even affect to be jocose and force a feeble laugh with me, but most comcomply we sit alone together and are the prettiest inspid company in the world.—Thomas Gray.

In a Hurry.

"How did your wife like that new hat you got her?"

"She was speechless with delight."

"Say, where can I get one like it for mine?"—Cleveland Leader.

Agreed.

Wife—I'd rather starve than cook. Husband—I'd rather starve than have you cook.—Harper's Weekly.

Every action is measured by the depth of the sentiment from which it proceeds.—Emerson.

PANDORA RANGE

PANDORA FLUES
Arrows show direction of heat.

The Pandora Flue System is an Immense Improvement

While we don't desire to say that the usual flue construction is not good, for it is considered good, still we do say that the Pandora flue system is an immense improvement.

In the ordinary range the flues conduct the smoke and heat by the shortest route to the chimney (as shown by illustration in lower corner). The heat does

not pass directly under all pot holes, nor around all surfaces of the oven.

In the Pandora (illustrated in upper left hand corner) when the draft is set for baking, the heat, by means of a curved flange, is made to pass under and heat every pot hole except the back inner one, before it is drawn down the outer half of the back end flue, and under the oven—a dividing flange under oven bottom prevents the heat from short cutting, and forces it to travel, first under the outer half of oven, then under the inner half.

The result is that the heat is spread uniformly over the oven. And every loaf of a whole batch of bread will be done equally well on all sides.

From under the oven bottom the heat travels up the inner half of back end flue, and passes under the back inner pot hole before disappearing up the chimney.

Thus it will be seen that all the heat circulates around the oven twice and under every pot hole before it goes up the chimney—that the draft for baking is also the best for cooking.

And, as the heat is made to perform a double duty by this improved system, the fuel bill is greatly reduced.

The most economical as well as the most improved range on the market to-day bears the name Pandora. It's a name worth remembering when buying a range.

If your local dealer does not sell the Pandora, write direct to us for free booklet.

McClary's

LONDON, TORONTO, MONTREAL, WINNIPEG, VANCOUVER, ST. JOHN, HAMILTON

H. MACAULAY, Agent

DISTRICT

OROTON.

A number of farmers from here are attending the London Fair this week.

We are pleased to report that Mrs. Childs, Senr., is improving.

Master Stanley Hanks is attending the High School, Chatham.

Mrs. George Elliott is visiting friends at New Hamburg.

Mr. and Mrs. Frank Hanks are attending the Toronto Fair.

Mr. and Mrs. D. M. Healy and Miss Nellie Leak returned from a very pleasant visit at Toronto and Georgetown a camp n'ed by Miss McGregor, of Georgetown niece of Mrs. Healy.

Miss De la Tyler and friend, Miss Pierce returned to Paris on Monday.

The farmers' picnic at Oakdale, last week, was a grand success.

Miss Grace and Mr. Harry Wilcox visited friends in Dawn last Sunday.

Charley Johnston visited his cousin, Benson Huston, last week.

ZION'S CORNERS.

Mr. and Mrs. E. Clunis spent last week in Detroit, at the Fair.

Miss Mildred Chatterton is attending the "Model School" this term.

A large number were at the Dutch Picnic, and report an excellent time.

A new flag pole has been put up at S.S. No. 8.

Mrs. John Clunis and family spent Sunday in Benheim.

Miss Lena Chatterton spent the week in Chatham.

A large number were at church Sunday.

Miss H. Miller, of Adrian, was the guest of Mr. and Mrs. R. Adams the past week.

Mrs. J. Clunis and daughter Norma have returned from Standish, where they have been visiting the past month.

Mrs. Van Bleet and Mrs. Bonney, who have been visiting their sister, and brother, Mrs. O'Neilson and Mr. Smith, returned to their home in

Winnipeg.

Miss Vera Johnston and Miss Edith Taylor resumed their studies at Ursuline Academy.

BIG POINT.

Miss L. Carron is visiting friends here.

Miss M. Labadie has returned, after visiting her cousin, Miss J. Chant, in Chatham.

Mr. and Mrs. J. Chant have been visiting their aunt, Mrs. F. Labadie here.

Mr. C. Cheff left on Monday for Montreal College.

Mr. E. Curriean will leave Sunday for Chatham.

Mr. N. Labadie is sporting a new buggy.

A "Hecla" Furnace

will always keep your home warm and comfortable, and provide, in addition, a system of ventilation that will always keep the air fresh and pure and free from gas, smoke or dust.

Hecla Fused Joints guarantee this purity of atmosphere, because they are made by fusing the iron and steel of the Hecla together at a white heat in such a way as to make a joint that is absolutely tight for all time. In all other furnaces, this joint is made with bolts and cement, and the difference in the ratio of expansion between iron and steel soon strains the bolts and loosens the cement, leaving openings for the escape of gas and dust. Fused joints are everlasting.

Sectional Fire Pots.

I make Hecla Fire Pots in sections to prevent cracking in the centre where most fire pots give way. I provide for expansion and contraction in such a way that there is no strain on Hecla Fire Pots. The flanges, cast on Hecla Fire Pots, add 50% to the heating surface.

If you are building a House

or installing a heating system, you should know why the Hecla is the most sanitary, the most efficient and most economical furnace made. See our nearest agent or write the Clare Furnace Builder for the latest catalogue and a free estimate.

CLARE BROS. & CO. Limited
PRESTON, Ont.
J. C. WANLESS
Agent, Chatham