Every Cold Means Danger

It does not do to neglect even a slight cold. When you have a cold your lungs are more susceptible to the germs of Consumption. Take

Shiloh's Consumption Cure

It will cure your cough or cold at once. It will heal and strengthen your lungs. It is a safeguard for you always. Take it at the first indication of a cough or cold.

REV. MR. PATTON, of Toronto, writes: "I used two bottles of SHILOH, and take pleasure in recommending it. There is nothing like it for cough, throat and lung trouble."

Shiloh's Consumption Cure is sold by all druggists in Canada and United States at 25c, 50c, \$1.00 a bottle. In Great Britain et 1s. 2d., 2s. 3d., and 4s. 6d. A printed guarantee goes with every bottle. If you are not satisfied go to your druggist and get your money back.

Write for illustrated book on Consumption Sent to you free. S. C. Wells & Co., Toronto.

Some Pointers on Getting Plump.

There is for emaciation as successful and simple a treatment as for obesity. You need not be thin any

more than you need be fat.

If one's system is run down from hard work and worry of course there are two things that must at once be done before the treatment is begun. First, take a tonic, and 'build your system up as well as you can. Second, join the "Don't Worry Chub" at once. Then you may begin the treatment for

Of course you must diet and avoid all acids as much as possible, that is acids like lemon, vinegar, etc. Drink plenty of mulk, eat cereals, good steak, roasts and all nourishing food; fruits are excellent; do not drink tea or coffee, cocoa is not harmful.

Sleep in a well ventilated room; and, when arising in the morning, take exercise with dumbells and Indian clubs, before taking a bath, then use friction with rough towels until you are in a perfect glow. Then you are ready to sit down and partiake of a good break-

After this, if you work, walk to your

place of business. If the distance is too great, walk part of the way any-way, and do so night and morning. When luncheon time comes don't sit in the office all noon, but take a walk, even if it is only around the block and back, briskly, with head erect, shoulders thrown back and chest out.

When you return home at night have who is weak from overwork is in need of rest, and should sleep as long as If you have a wheel spend what time

you can on it, but remember, in rid-ing, to sit erect, and breathe through the nostrils. One hour of riding and breathing through the mouth is worse than none at all. The nose, with its lining, acts as a filter of the air. If possible, take exercise in a gymnasium, but if a gymnasium is not

available, there are good exercises to practice at home.

Stand by a chair, resting one hand on the back of it, then, with the heels together and the toes turned out, bend

HER HUSBAND **WAS A DRUNKARD**

A Lady Who Cures Her Husband et His Drinking Habits Writes of Her Struggle to

Save Her Home.

A PATHETIC LETTER.



"I had for a long time been thinking of trying the Tasteless Camaria Prescription eatment on my husband for his drinking habits, but I was afraid he would discover that I was giving him medicine, and the thought unnerved me. I hesita-ted for nearly a week, but one day when he came home very much intoxicated and his week's salary nearly all spent, I threw off all fear and determined to make an efort to save our home from the ruin I saw coming, at all hazards. I sent for your Tasteless Samaria Prescription, and put it in his coffee as directed next morning and watched and prayed for the result. At noon I gave him more and also at sup-He never suspected a thing, and 1 per. He never suspected a thing, and I then boldly kept right on giving it regu-larly, as I had discovered something that set every nerve in my my body tingling with hope and happiness, and I could see a bright future spread out before me—a peaceful, happy home, a share in the good things of life, an attentive, loving husband, comforts, and everything else dear to a woman's heart; for my husband had to a woman's neart; for my husband had told me that whiskey was vile stuff and he was taking a dislike to it. It was only too true, for before I had given him the full course he had stopped drinking altogether, but I kept giving him the m dicine till it was gone, and then sent for another lot, to have on hand if he should related as he had done from promises he lapse, as he had done from promises be-fore. He never has and I am writing you this letter to tell you how thankful I am.

I honestly believe it will cure the worst FREE SAMPLE and pamphlet giving full particulars, testimonials, and price sent in plain, scaled envelope. Correspondence sacredly confidential Address The Samarla Remedy Co., 23 Jordan street.

For sale by W. T. Strong & Ca. 184

the knees and sink toward the floor, bringing the arm that is free forward with every sinking and rising. Ten of these movements will tire you a good

deal at first.
Place the hands on the hips and bend back as far as you can without hurt-ing yourself. Bend forward, keeping the knees straight, touch the fingers to the floor in front.

Raise the arms above the head, palms back to back, lower them to the side and try to touch them in the back, hold them straight to the sides and describe small circles with them. Bend the elbow, touch the finger tips to the shoulders, and then straighten the arms. Breathe in when you bring the arms up to the shoulders, and exhale

when straightening.

If these exercises are practiced and the diet regularly maintained, you will Caused by Over Study and Close find an increase in your weight before a month. Exercise is peculiar. While it diminishes the weight if one is too stout, it increases it if too thin. No one can hope to add flesh, unless the circulation be good, and to make it all that it should be, it is absolutely necessary to exert the muscles and get a

good free breath of air. Few people are aware that it is necessary to breathe well to have good health, and few have any idea how badly they are breathing. A full, deep respiration is like a tonic to anyone.— Marion Bright in Pittsburg Chronicle.

LITERARY NOTES.

The Presbyterian Review, published by the Poole Publishing Company, Toronto, contains a large amount of interesting matter in its issue of Nov. 29, just to hand. On the front page of cover is an excellent picture of the Rev. H. C. Hossack, M.A., LL.B., editor. There ie also an illustrated article on the work of Rev. Wm. Melkle, who has been stated pastor of Cookes Church, Toronto, during the vacancy; also on Rev. A. B. Winchester, minister-elect of Knox Church, Toronto; on Regina Industrial School and many other interesting features.

From the standpoint of illustrations, the Canadian Magazine surpasses itself in its Christmas number. The reproductions of characteristic bits of "Canada's Scenic Splendors" are done in colors most effectively. There are several poems by Ethelwyn Wetherald, Eve Brodlique, William Wilfred Campbel, Franklin Gadsby and Elizabeth Roberts Macdonald. There are short stories by Virna Sheard, Arthur Striner and Jane Fayrer Taylor, all bright and characteristic. Alired Ed-monds writes of "The Young Idea in Japan," while John A. Ewen takes us to the other end of the world to see "Mrs. Kruger at Home." The colored cover represents "Johnny Camuck's Christmas."

The December issue of Table Talk opens with a pleasant bit of poetry entitled "The Turkey's Jubilee," and is followed by a number of well-written articles, among them of special excel-Flower Women," "A Borrowed Christmas," "Cheerfulness at the Table,"
"The Making of Men," "A Dainty Christmas of Ye Olden Days," "Christmas Facts and Fancies of Many Countries," "The Children's Christmas" and "Gifts of the World." Illustrated Cookery is an attractive feature of Table Talk, and several timely and tempting-looking dishes enrich the pages of this month. Our readers can obtain a free sample copy by addressing the Table Talk Publishing Company, Philadelphia, Pa.

The fiction of the Christmas Home Magazine includes a strong story of a forest fire, entitled "The Path of the Destroyer," by Cloudsley Johns; "A Christmas Ghost," by Cassandra Lee; "Miss Tabitha's Last Chance," a humorous story by Will S. Gidley, and "The Wax Lady," by C. S. Long, which opens up a new field for the fiction writer.

The Christmas number of the Christian Guardian, which will be issued on Dec. 12, will offer many literary and Many People in England Do Their Touring artistic features. Among its many contributors are Mr. W. E. H. Massey, the manager of the Massey-Harris Company, who, from his great business experience, writes of the "Dangers Which Beset Young Men"; Mrs. Jean Blewett, one of the most popular of our lady writers, who tells "The Girl in Love" some things which she ought to know, and Miss Maude Pettit, a popular story-writer, who contributes a story entitled "In the Face of a Child." There, with a score of other articles, poems and stories, approprlate to the season of the year, will make the Christmas Christian Guardian a very readable number. The illustrations will also be numerous and attractive.

Russia Competing In Food Products.

[New York Sun.7

With the return of normal conditions of traffic on the western section of the Siberian Railway and a sufficiency of rolling stock to meet the growing wants of the trade, Russia threatens to become a formidable competitor of this country in the British and European markets in regard to a great variety of agricultural products. Already Russian butter from beyond

the Ural Mountains is finding its way into the English market, and according to a report from the British consul at Riga, arrangements are being made for the quick transportation of butter from Western Siperia to connect with the steamship service from Riga to London, and Hull. From the port of Liban, on the Baltic to the north of Rega there were exported last year, 71,-855,640 eggs as against 59,377,696 in 1898, and the export of butter from the same port rose from 275 tons in 1898 to 700 tons in 1899. As yet the export of meat from Northern Eastern Russia has not begun, nor is it to be expected from Western Siberia until the population has increased and the agricultural development of the country has become more advanced. The population, however, is growing rapidly, the immigrants from European Russia having exceeded half a million in the last two seasons, and great attention is now given to cattle raising. The passenger and freight rates are kept by the government at the lowest possible point for the pur-

pose of stimulating traffic. Hitherto the export trade in grain and meat from Russia has been almost entirely confined to the south, the grain and cattle being shipped at Black Sea ports and finding their way to the Mediterranean and Western Europe by the Bosphorus and Dardanelles. A certain quantity also crosses. western frontier into Germany, but the tariff restrictions imposed at the instance of the Agrarian party in Germany interfere materially with the development of the trade. It is to afford other outlets for the produce of Northern Russia that the Russian Government has taken up the

cough, frequently curing it in a few days.

question of opening a direct trade with England and Western Europe by sea, and has ordered the construction of large steamers specially adapted to the purpose. Unless, therefore, events prove unpropitious, we shall soon see Russia entering the lists as an active competitor with the other countries exponting food stuffs and farm produce with an organized system for the handling of the produce from the time it is put into the station on a railway line until it is landed at the place of

Dizziness and Nausea

Confinement.

How a Popular School Teacher Suffered-And How Acting on a Friend's Advice She Tried Dr. Williams Pink Pilis and Was Restored to Health and Strength.

"About the most thorough and pop-ular teacher we have ever had here." is the opinion expressed by ane people of Canaan, N.S., of their present young hady school teacher, Miss Nellie Cut-Miss Cutten is possessed of keen intelligence and engaging manners, and has been peculiarly successful in her chosen profession. At present she looks the picture of health, and one observing her good color and buoyant spirits, would never think of associating her with sickness. It was, however, only last autumn that she was almost hopeless of continuing in her work on account of her ill-health, and her condition was a source of alarm to her friends. "Yes," she said to an Acadhan reporter who called upon her recently learn the particulars of her case, "I suppose it is a duty I owe to Dr. Wilkiams' Pink Pills that I should make public the wonders they worked for me, but perhaps I would not have thought of it if you had not call-

'You see, in addition to my teaching I had been studying very hard over my 'B' work, and then I was attacked with whooping cough, which did not leave me for a long time, and so I became pretty well run down. I was always considered the embodi-ment of health at home, but last autumn I was really alarmed over my condition. Sometimes in the schoolroom I would be seized with dizziness, and often I would faint away. I would take vomiting turns also, and had a feeling of nausea and languor all the time. I lost my color and became thin and pale, and it seemed as if my blood had turned to wa-

"This condition of things was so different from anything which I had previously experienced that I sought medical advice at once. I was informed that I was suffering from anaemia, and I at once put myself under medical treatment. But although I tried several bottles of prescriptions, my condition seemed to be getting worse all the time. When I went home for my Christmas vacation I was almost despair. It was while I was at home, however, that my friends advised me to use Dr. Williams' Pink Pills. Acting upon their advice, I took up their use. The first box made its effect felt, but I used four or five and then the cure was complete. Ever since then my health has been excellent, and I have felt my old-time self, and am able to attend to my duties, which are by no means light, without the fatigue and languor that made the work irksome. You may depend upon it, I will always have a friendly to say for Dr. Williams' Pink Pills." If your dealer does not keep these in stock, they will be sent postpaid at 50 cents a box or six boxes for \$2 50, by addressing the Dr. Williams Medicine Company, Brockville,

SEE SIGHTS FROM A COACH

Leisurely

Every year about 4,000 people, mostly Americans and Australians, traverse the whole of Great Britain in imitation old-fashioned coaches, says the London Mail. This year quite 10,000 Americans alone have booked up in advance complete tours in this way. and yet very few, indeed, of our own countrymen even know that one coach is now so linked with another throughout the whole of the English provinces that the railway can be almost totally ignored.

The revival of coaches some years ago ended in a dead loss to those who undertook it, for the very good reason that things were done on the most lavish and uncommercial scale. Nowadays nearly every coach running from a London hotel is a source of handsome profit, for nearly all the coaches are run as commercial speculations as well as for pleasure. When a good route is chosen they cannot be failure, for the reason that before they start a certain number of persons living along the road guarantee to make or pay for so many journeys in each season.

But this is about all that is known on the subject by most Englishmen, though thousands of Americans write months in advance, asking that a complete coach route may be devised for them throughout England.

A coaching agent declares that at the end of each four seasons past from 3,000 to 4,000 persons have returned to America and to our colonies who have seen the whole of England and a good part of Scotland and Ireland from well-appointed coaches that took them from inn to inn, and he further avers that he is understating rather than exaggerating when he says that quite 10,000 persons have already had these rail-ignoring journeys arranged for them this year.

Doctors Like It.

For over twenty years Vapo-Cresolene has received the unqualified support of the medical profession; we feel very proud of this. Physicians

everywhere realize the importance of this direct way of treating all throat affections. Put some Cresolene in the vaporizer, light lamp beneath, and then breathe-in the healing and germ destroying vapor. It is the doctor's prescription now for whooping

Vapo-Cresolene is sold by druggists everywhere. A Vapo-Cresolene outfit, including the Vaporizer and Lamp, which should last a life-time, and a bottle of Cresolene, complete, \$1.50; extra supplies of Cresolene accents and socents. Illustrated booklet containing physicians' testimonials free upon request. Vapo-Cresolene Co., 180 Fulton St., New York, U.S.A.

The Poets.

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Wars and Rumors of Wars.

Wars and rumors of wars, smoke, and riot and flame,
But our God is high in the heavens,
and the Prince of Peace is his

Wars and rumors of wars; the nations like wolves at bay, Growling and prowling and snarling, till their battles are set in array.

The heathen swarm to the conflict; they storm with fire and sword,
And hurl their gram defiance, bitter
and brave, at the Lord. Alas, for the heathen people who know

not what they do, Who must eat the bread of abasement, and drink of the cup they brew. Woe for the homes uncounted, where

sorrow and squalor meet,

Where the women wait and listen for unreturning feet. Gog and Magog are loose; rapine is in their track;
But the Lord who holds them in leash,

can call their cohorts back His saints are safe in the terror, whatever the stress shall be, Our Lord for his own is enighty; they

are safe on land and sea. The great world navies hasten, the great world armies rise, But One is serene above them, the

Out of the fury and temptest, out of the whirl and the rush,
A still, small voice shall issue; there shall follow a brooding hush.

Lord of the earth and skies.

And God shall bring his purpose to blossom and fruit in time; His purpose that marches onward to his hour of grace sublime.

Wars and rumors of wars, till the Master bid them cease, our God is King in the heavens, and his name is the Prince of Peace. -Margaret E. Sangster, in the Indepen-

The Age of Gold.

The clouds that tower in storm, that Arterial thunder in their veins, wild-flower, lifting fair sweet perfect faces from

dent.

plains,-All high, all lowly things of earth For no vague end have had their Low strips of mist, that mesh the

moon
Above the foaming waterfall, And mountains that God's hand hath And forests where the great winds Within the grasp of such as see

Are parts of a conspiracy-

To seize the soul with beauty; hold The heart with love, and so fulfill Within ourselves the Age of Gold, That never died, and never will; As long as one true nature feels The wonders that the world reveals. -Madison Cawein, in Frank Leslie

Monthly for October. The Tryst.

De night creep down erlong de lan' De shadders rise an' shake. De frog is sta'tin' up his ban', De cricket is awake; My wo'k is mos' nigh done, Celes', Tonight I won't be late, I's hu'ying thoo my level bes', Wait fu' me by de gate.

De mockin'-bird'll sen' his glee A-thrillin' thoo an' thoo, I know dat ol' magnolia-tree Is smellin' des' fu' you; De jessamine er'side de rode Is bloomin' rich an' white, My hea't's a-th'obbin' 'causa knowed

You'd wait fu' me tonight. Hit's lonesome, ain't it, stan'in' thaih Wid no one nigh to talk? But ain't dey whispahs in de aih Erlong de gyahden walk? Don't somep'n kin' o' call my name, An' say, "he love you bes"?

Hit's true, I wants to say de same,

So wait fu' me, Celes'. Sing somep'n, fu' to pass de time, Outsing de mockin'-bird, You got de music an' de rime, You beat him wid de word. I's comin' now, my wo'k is done De hour has come fo' res', I wants to fly, but only run,-Wait fu' me, deah Celes'. -Paul Lawrence Dunbar, in November, Lippincott's.

Lowell's Tribute to Religion

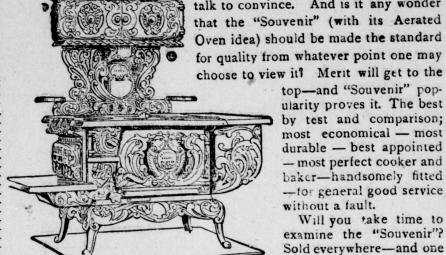
Following is an extract from a speech made by Mr. James Russell Lowell, at a banquet in London, England, during the latter part of his residence there as United States minis-

"The worst kind of religion is no re-

ligion at all, and these men, living in ease and luxury, indulging themselves in the amusement of going without religion, may be thankful that they live in lands where the gospel they neglect has tamed the beastliness and ferocity of the men who, but for Christianity, might long ago have eaten their carcasses like the South Seat Islanders, or cut off their heads and tanned their hides like the monsters of the French revolution. When the microscope of skepticism, which has hunted the heavens and sounded the seas to disprove the existence of a Creator, has turned its attention to human society and has found a place on this planet ten miles square where a decent man can live in comfort and security, supporting and educating his children unspowed and unpolluted; a place where age is reverenced, infancy protected, manhood respected, womanhood hon-ored and human life held in due regard-when skeptics can find such a place ten miles square on this globe, where the gospel of Christ has not gone and cleared the way and laid the foundation and made decency and se-curity possible, it will then be in order for the skeptical Mterati to move thither and there ventilate their views. But so long as these men are dependent upon the religion which they discard for every privilege they enjoy, they may well hesitate a little before they seek to rob the Christian of his hope and humanity of its faith in that Saviour who alone has given to man that hope of life eternal which makes life tolerable and society possible, and robs death of its terrors and the grave

of its gloom." A conduit line to cost \$500,000 is projected in Folkestone, Kent, England, in downtown sections, with an over-

"Souvenir" Superiority



is so apparent that it takes mighty little talk to convince. And is it any wonder that the "Souvenir" (with its Aerated Oven idea) should be made the standard for quality from whatever point one may

> top-and "Souvenir" popularity proves it. The best by test and comparison; most economical - most durable - best appointed - most perfect cooker and baker-handsomely fitted -for general good service without a fault.

Will you take time to examine the "Souvenir"? Sold everywhere-and one will last a lifetime.

This handsome Watch, stem winder

WYATT & SON. Local Agents,

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THE GURNEY TILDEN O. Limited, HAMILTON.

Wholesale Branches-Toronto, Montreal, Winnipeg.

This handsome Watch, stem winder American movement (lady's or gent's size); a solid Gold Ring, set with Pearls and Garnets or Opals, an Autoharp or a 10 keyed Accordeon. • No money required. Simply send us your name and address and we will send you 9 boxes of the famous old English remedy, Dr. Price's Sarssparilla Blood Pills to self for us among your friends at 30 cents per box. When sold remit us the payment and We will send you by return one of the above premiums. These Pills are the best remedy in the world for impure blood, liver and kidney diseases, Rheumatism, general debility and all stomach troubles. Remember in selling for us you are dealing with one of the largest medical firms in Canada and you can rely on our promises being faithfully carried out. The fact that we have reduced the price of Pills to 30 cents this season should enable you to sell them very easily. You take no risk as Pills are returnable if not sold. Write us to-day and mention this paper.

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To work for us either whole or part time, or as a side line in connection with their regular business. NO EXPERIENCE NECESSARY. NO CAPITAL REQUIRED. We are the largest nurserymen in Canada. We ship over twenty thousand orders annually and guarantee satisfaction. Before engaging with us write to the Standard Bank, Colborne, or, better still, come to Colborne yourself and see us before engaging and satisfy yourself regarding every word we say. You can get STEADY WORK and GOOD PAY. If you have ability, there is no reason why you should not make a fairly good living and save your money every year. Insurance men, country storekeepers, implement agents, retired farmers, etc., make good money working for us. In fact ony good man willing to work can easily earn a fair remuneration for his time.

Chase Bros. Co., Limited, Colborne, Ont.



Curious Churches.

The Baptist Church in Santa Rosa, Cat., one of the largest edifices in the country, is built entirely from the wood of a single redwood tree, the size of which may be roughly computed from the fact that 60,000 shingles were made therefrom after enough material had been taken for the church A church which, like the temple of Solomon has been raised without the sound of hammer being heard is the vitrified clay church at Chicago. Not a single nail, not a single inch of timber has been employed in its building The ceiling is of brick and tile vaulting, the keystones are of terra-cotta, a material which is utilized in the construction of the altars, the communion rail, the pulpit, and the front of the organ loft, while the ribs of the arches and groins are of molded brick. At Perth, a small town of Western

Australia, a unique church was built iy the 2nd Company of the 63rd Regi-ment soon after their arrival in 1829. The materials used in its construction were bulrushes, and not only did it serve for Divine worship on Sundays, but was used occasionally for a theater and always for a barracks.

The Church of St. Aidan, near Mid-

diesborough. Eng., is remarkable as being built entirely by the minister and his flock. As no money was forthcoming for the church which the parish lacked, the Rev. C. H. Sellwood Godwin determined to take the matter into his own hands, so, assisted by some sixty stalwart workers, he commenced his task, and, aided by gifts of bricks, timber, glass, slates, and other useful materials, succeeded after many weeks' labor in accomplishing his pur-

GREAT BRITAIN'S LOCOMOTIVES. An interesting record of the number of locomotives upon twenty of the principal railways in Great Britain has just been compiled, and it gives a very good idea of the progress of locomotive building and the development of the railroads in the United Kingdom. There are in all 16,451 locomotives in operation upon these railways, which is an increase of 277 upon the contemporaneous returns of 1899. The railroads possessing the greatest number of engines are the Midland, 2,597; the London and North-Western, 2.464; and the North-Eastern, 2,083. Three other leading railways each possess over 1,000 en-

Pietermaritzburg, South Africa, is to build an electric tramway to be owned and operated by the municipality. Eight-wheeled double-decked cars are to be tried.

RHEUMATISM CURED.

Jas. McKee, Linnwood, Ont. Jachlin McNeil, Mabou, C. B. John A. McDonald, Arnprior, Ont. C. B. Billing, Markham, Ont. Mahone Bay, N. John Mader. Lewis Butler, Burin, Nfld.

These well-known gentlemen all assert that they were cured by MIN-ARD'S LINIMENT.



Are supplied in various qualities for all purposes.

Pure, Antiseptic, Emollient. Ask your dealer to obtain full particulars for you.

F. C. CALVERT & CO., Manchester

"A PERFECT Food for Infants."-BABY. Over 70 Years' Established Reputation.

BEST AND CHEAPEST For INFANTS and INVALIDS. "Very carefully prepared and highly nutri-tious."—Lancer.
"Equally suitable to Invalids and Old People."

MEDICAL MAGAZINE.

NEAVE'S FOOD has for some time been used in THE RUSSIAN MPERIAL FAMILY

44 Admirably adapted to the wants of Infants and Young Persons."

SIR CHARLES A. CAMERON, M.D.

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Manufacturers: JOSIAH R. NEAVE & CO

Fordingbridge, England.

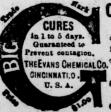
SHIRT COLLARS IRONED STRAIGHT so as not to hurt the neck. Stand up collars ironed without being broken in the wing. Ties done to look like new. Give me a call. It you are not suited no pay. Washing returned

you are not suited no pay. Washing returned in 24 hours. All hand work. Best in the city Parcels called for and delivered. Lee Hing Laundry

467 Richmond Street.

WOMEN!

I will send any woman information of a harmless monthly regulator that will relieve in two to five days. A simple home treatment. MRS. MORTON E. 27 W. Ferry St., Buffalo,



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