

Up and Down Stairs with Ease

The Exercise May be Transformed from an Evil Into a Blessing.

"There is no evil that is not a perverted good," writes Edward B. Warman in the *Ladies' Home Journal*. "So the stairs may prove a blessing instead of a detriment, if women will learn how to go up and down them without fatigue. The majority of persons, especially women, climb the stairs. To avoid the difficulty and reap the benefits, do this: Incline the body forward, but do not bend at the waist-line. Do not stoop. Keep the chest raised and fixed. Ascend as it were from the chest, and no matter what may be your weight your touch of the foot on the step will be as light as that of a child. Touch only the ball of the foot to the step. Close the mouth and keep it closed when ascending the stairs and until the breathing is quite normal. Every inhalation should be felt at the waist-line. In going down stairs keep the body perfectly erect; touch only the ball of the foot to the step, yielding at the knee."

Helpful Advice.

"I sent a dollar to a woman for a recipe to make me look young."

"What did you get?"

"A card saying 'Always associate with women 20 years older than yourself.'—*Chicago Record*."

Another "Auntie."

"I know what expansion is since school started," said Bobbie, "and I'm agin it, too."

"Why?" his mother asked.

"Cause the more expansion you git the more joggerfy you got to study."—*Chicago Times-Herald*.

The Horseless Age.

Tommy—Say, paw

Mr. Figg—Well?

"What is the horseless age?"

"Eight. No horse ever gets past seven."—*Indianapolis Journal*.

A Fatal Opportunity.

"Did that bottle of medicine do your aunt any good?"

"No; as soon as she read the wrapper she got three new diseases."—*Chicago Record*

A Local Freak.

Visitor—You say those two Hill brothers are deaf and dumb?

Native—Yaas. We allers call 'em the two Hills without a holler.—*Indianapolis Journal*.

An Important Point.

He—What would you do if I should die and leave you?

She—Leave me how much?—*Tit-Bits*.

AMERICAN**Leicester Breeders' Association**

A. J. TEMPLE, Secretary.

CAMERON, ILL.

U.S.A.

THE NEXT ANNUAL MEETING will be held in the Parlors of "The Tecumseh" Hotel, London, Ont., on **Tuesday, Dec. 12th, 1899, at 2 o'clock, p.m.**

(The Secretary's headquarters will be at The Tecumseh during the Fat Stock Show).

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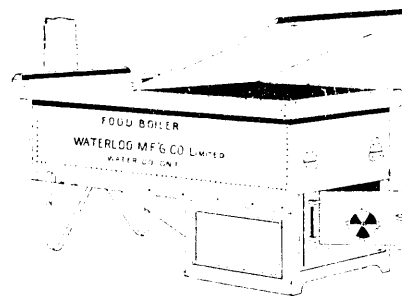
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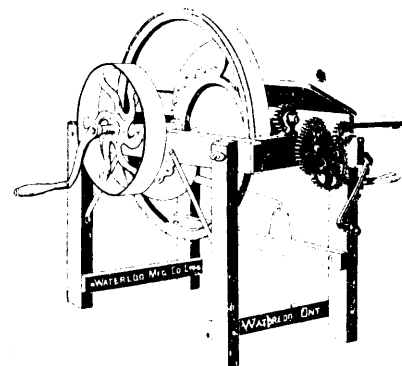
School will re-open for Factory Courses Jan. 4th to March 31st. Special Creamery Course, Dec. 4th to 22nd. Instructors: Chas. O. Luton, cheese-making; G. R. Johnson, separators and butter-making; Arch. Smith, milk-testing and home dairy. The best of attention will be given to makers and others who want instruction. Send at once for circular and forms of application to Strathroy, Ont. **ARCH'D SMITH,** Superintendent Dairy School

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