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BEAUTIFUL ARMS.

A leading artist recently described

"A woman's arms are of just the cor-

rect length," he said, "when with the tips of her fingers she can measure

just her own height with arms out-

stretched. The shape of her arms, how-

be pretty, the color must be white,

does see them. A pretty wrist is one

that is small and tapering. Certain wrists are so tiny that they look as

though a string were tied around them

above the hand. This kind of wrist is

very childish and gives the owner an

appearance of youth.
"Nice hands go with nice wrists, of

course, and the woman whose arms

and wrists are good will not neglect to

make her hands nice also. She mus

preserve their plumpness and must see

to it that they are the right color and

A few simple exercises, which can be

practiced in the privacy of one's bed-

GRACEFUL.

room, are all that are required, in

pretty. There are very few with supple arms, and very few can lift the arms over the head high enough to escape the latter completely and touch

To make the arms gracefal, clasp the

hands at the back of the head and lean

the head back. A great many persons

to make them supple, lift them over the

head, swing them around and try in all

ways to exert every muscle of the

arms at least once every day of your

Women with good arms should en-deavor to keep them nice in color as

cuticle will have no effect whatever

upon another. Lanolin, with a little

peroxide of hydrogen intermixed, will

make the neck and arms exquisitely

white in some cases. In others it takes

Gin Pills Cure Kidney

Troubles.

OR YOUR MONEY BACK.

Read this letter f-om Mrs. Gargill. Has it not the ring of truth? Does it not describe your own sufferings? And loes it not point the way to quick relief?

"Mrs. Gargill, Winnipeg, Man."
Don't suffer the agonizing tortures of idney Trouble. Don't let it run into saded Bright's Disease. Cure yourself we with Gin Pills—the pills that are. Sold at all druggists on a positive tarantee that they cure or you get our money back. 50c box—6 for \$2.50. If you will write asking for it and tell the paper in which you saw this we will send you a trial box of Gin Pills absolutely free. The Bole Drug Co., Winnipeg.

a milk made of cucumber juice, ben

zoin and boracic acid.

cannot even do this simple thing. And,

finger tips.

cases, to make an ugly arm

the ideal arm as follows:

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REFERENCES GIVEN. ****************

NEW YORK EXCURSIONS NOV 2ND AND NOV. 20TH.

West Shore Railroad announces a rate of \$9.00, Suspension Bridge to New York and return on November 2nd, tickets good in all regular trains that date, good ten days for feturn. For the benefit of those who cannot get away on November 2nd a smilar excursion will be run on November 2nd a smilar excursion wil

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WITHOUT LICENSE

By EDITH M. DOANE

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There was such excitement in Four

corners as had not been known in

that small settlement for many a day. The quail on the Cornish estate were protected by the game laws from April to September and by Dawson, the gamekeeper, at all times, yet one May morning found Dan O'Connor in the Cornish preserves with a brace of quail at his belt, whereupon Dawson, summoning the sheriff from Windsor Bend, had promptly arrested O'Connor and jailed him.

Such a thing had never happened before the beauty of Row They May Be Obtained Witt Little Effort.

fore in the history of Four and public feeling ran high. A crowd had gathered at the one store the place boasted, and their muttered threats finally merged into open defiance.

"I heerd that Dawson had kinder got his eye on a couple more o' the boys,' ever, is far more important than their length. They must be symmetrical to hinted old man Pierson.

A ruffianly looking fellow leaning

against the counter looked up with a while not pallid, and the skin soft and smooth. Perfect arms are round arms, and the roundness should extend all the way from the shoulder right down "He'd better look out the boys don't get their eyes on him first," he growled

to the wrist. The arms must be plump, yet not fat, and finished off with a dimsavagely. "A few birds more or less ain't nothin' to make a fuss over nohow," put in ple at the shoulder, at the elbow and a tall, lank fellow behind the stove "Dimpled wrists are rare, yet one "He's got to look fer a little shoot

in'," mumbled old man Pierson. The hard faced fellow against the counter straightened up and moved slowly toward the door. "He might '



"HIST, MISS MOLLY, MIST !" BAID A

well look for it; it's comin' to him," he said menacingly as he slouched heavily from the room. The rougher element of Four Corners

were used to depending upon their rifles to eke out an existence, meager enough at best, and in the lifetime of old Mr Cornish, the former owner of the great estate, their depredations had been practically unchecked, but now a new order of things prevailed. Old Mr. Cornish was dead, and the villagers re-garded the son who had succeeded him with suspicion and the gamekeeper he had appointed with sullen hatred The villagers were not alone in their

disapproval of Dawson. "You are making a mistake in ap-pointing him," the doctor's daughter

had declared, her brown eyes resting well as nice in shape. To keep the arms white there are several recipes, one about as good as the other. A great deal depends upon the nature of the skin, and the food that will whiten one on the tall young man beside her. "I don't see why," Robert Cornish had returned stubbornly. has to be done to preserve the game These fellows are a lawless set, shooting in season and out and ruining the preserves. Besides"-his voice rung de-

terminedly—"It is my property."
"Yes," she admitted, "and yet they have so little it doesn't seem quite fair they should have no rights."

"But I'm willing they should do a certain amount of hunting," he pro-tested, "only they must observe the game laws, and they must also realize that it is my property, not theirs."

"Do they know you will allow them a certain amount of game?"
Robert Cornish shook his head: "Not yet. Dawson advised cutting them off short until they learn to realize the es-

yet. Dawson advised cutting them off short until they learn to realize the estate is private property. When they understand shooting is a privilege, not a right, they will give less trouble."

Molly shook her head doubtfully.

"I know them better than you do," she said. "They are lawless and ignorant, but there is more good in them than you believe, and Dawson isn't the man to deal with them. I wish you would talk to them yourself," she went on.

There was a brief silence.

"I will—if you wish," he said impulsively. "I will do it tomorrow."

But on the morrow two unforeseen things happened. Robert Cornish was called suddenly away on an urgent business trop and Dan O'Connor bagged the quail.

It was the evening after the excited discussion at the store that Molly, loes it not point the way to quick reief?

"For three years I suffered more than I can tell with terrible pains in the small of my back. When I stooped ver, it seemed as though I would never a shle to straighten up. I tried Kidney fills for a year and a half, but was geting worse all the time, until advised by my neighbor to try "Gin Pills," as he had been almost similarly affected, and had been completely cured by them. took three boxes of Gin Pills, and lmost from the first dose I began to feel etter. Now I am pleased to say I can to as good a day's work as ever in my fe without feeling tired out. Before etting Gin Pills I had to have a girl do my housework, but now I can do all myself, including the washing. I always recommend Gin Pills for incy trouble.

"MRS. GARGILL, Winnipeg, Man."

discussion at the store that Molly, prompted by an unusual feeling of

restlessness, crossed the room to the window and, stepping out on the veranda, wandered down into the moonlit garden. Robert Cornish would be back that night, but of course it was no vague hope of meeting him that brightened her eyes or led her through the gate into the read, made light as desired. gate into the road, made light as day by the full moon overhead.
"Hist, Miss Molly, hist!" said a voice

She started violently as a small, un-

SUIT MAY SHOW FRAUD.

and stopped short in her path.
"Don't go on, miss," said the boy, with much excitement. "Don't! They Royalties on Only a Portion are waitin' fer Dawson below, an of the Cut. Nelson, B. C., Oct. 22.-Sensation

"IS GOOD TEA"

kempt figure crept through the hedge

maybe they might do ye some harm.'

Windsor road through the cross path,"

another gap, across a wall, whose stones slipped and slid under her feet.

on again, lightly, swiftly, through a

plowed field, across a ditch, over

marsh where her slippered feet sank deep in the soft, wet sod, still onward,

with a passionate thankfulness in her

heart as she heard the distant ring of

"Robert! Robert!" she cried desper-

The sounds came nearer. A light

"Robert!" she eried again. Then, as

tall young man in the cart pulled up

his horses sharply, she sank, spent and breathless, beside the Windsor road.

.

The excitement had largely been a

natter of misunderstanding, and when

young Cornish had explained his plan of sharing the game, and, furthermore,

had refused to prosecute the ringlead

was with him to a man.

the more admiration.

Pierson.

ers of the disturbance, Four Corners

It is hard to say which of his two

ext moves—his marriage to Molly or

his appointment of Dan O'Connor to

the position of gamekeeper evoked

"Each uv 'em bein', so to speak, a

stroke o' genius," mumbled old man

NO"HAND-ME-DOWNS

AFTER THE FIRST

"The dealer said it wouldn't

MASHING

shrink and just look at it

now. Well, I guess Johnny

can wear it."

That is what

happens with com-

UNDERWEAR

is absolutely guaranteed not to ahrink, get out of shape or become hard in washing. Perspiration will not shrink it.

It will retain all its

THE C.TURNBULL CO.LTD.

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Keep Minard's Liniment in the

The poor excuses we have always

mon underwear.

oad cart swung swiftly toward her.

Could she reach him?

ately.

"Waiting? For what? To shoot him?" asked the girl breathlessly. evidence was given yesterday in the Fernie Lumber Co. suits for damages against the Crow's Nest Southern "Yes, miss. The wagon has gone to Windsor Bend to meet him, an' when Railway, through fire originating on the it comes back—well, they're waitin', miss, down in the hollow." "But it isn't Dawson the wagon has

right of way of the railway.

Inspector Martin for the Government testified that royalty had been collected on 900,000 feet of timber only, wheregone to meet," said Molly in a horri-fied whisper. "It is Mr. Cornish." ed on 900,000 feet of timber only, where-as accounts of the company produced showed more than double this cut. Government officials say that the books produced in court were not those in-spected by him at the mill. The mill accountant said he had nev-er seen the inspector examine the "I guess it won't make no difference iem, miss, whether it's Dawson or the master himself. They're bent on The boy darted through the hedge.

er seen the inspector examine leaving the girl, white and horrified, in the middle of the road. For a mobooks. He knew nothing of the books the middle of the road. For a moment she stood as if stunned. Then her mind leaped riotously to the chance of escape. "If I can reach the Windsor road through the cross path," she thought desperately, "I may be in

She turned through a broken gap in The best sofs. pillows are covered the hedge, into a field beside the road, and, breaking into a quick run, rushed through the wet grass into the thicket, with waxed cotton. This is done by ironing the inside of the cover with hot flatiron rubbed on a cloth well satover a high bank, into a tangle of blackberry bushes, whose thorus clutched at her light dress, through urated with beeswax. When treated way it is impossible for small, elusive downs to work through.

> The Sen a Good Neighbor to Man. Let us be thankful that we have not got to send the sea to school and teach it to think. The sense of restfulness it gives us as we contemplate it comes a good deal, I suspect, from our feeling that here is one powerful and active creature that we have not got to train. It will take care of itself, and we can take care of ourselves and not bother about it. It will never want to vote, never blame us for misrule, never shame us with evidences of our selfishness and neglect. Restless as it is, turbulent and untamable, it is a comfor able neighbor, as neighbors go. Really, is there anything else on the earth that takes care of itself? The mountains have forest fires and need land laws and game laws, the very air may be polluted with smoke and smells, the eataracts are water power and can be stolen, the forests are merchandise, the plains are real estate, but the sea is not property, not perishable, not damageable. It is the one thing that balks greed and laughs at abuse—the one thing whereof there is enough to go around, and in which no successful effort need be feared to claim a m oly.-E. S. Martin in Harper's Mag

Eat Light Food to Cure Ins Dr. Dabbs advises up to prefer light food to drugs during an attack of in-somnia and points out that in some cases night food is necessary, in spite feeding when in an inactive state. He thinks that this night food may induce sleep, particularly in the early days of training, when a man has been forced to give up much of what has been hitherto surplus food. He gives the preference to liquid food. "Always," preference to liquid food. "Always," he writes, "after excessive fatigue, where, as in an overridden horse, the blood becomes toxic (poisonous), let your first food be bland, light, warm liquid food—very weak tea, milk and warm water, thin, weak soup or merely copious drafts of warm water. See that the kidneys and skin uet freely before taxing the stomach to digest. And when you sleep (as you will, and all too soon) ask some friend to wake you and feed you every few hours. You might else sleep into sheer debility."—T. P.'s Weekly. T. P.'s Weekly.

A Blackberry Supersittion.

In some of the southern counties of England queer supersitions are current about eating blackberries after Michaelmas day. The country people say that on Michaelmas eve the old gentleman "plants his cloven foot" on all the blackberries as yet ungathered. After this date, Sept. 29, it is unlucky to pick or eat the fruit. The date upon which the devil puts his foot down against blackberry eating varies in different districts. In some it is as late at Oct. 10, by which time one would naturally suppose there were no blackat Oct. 10, by which time one would naturally suppose there were no black-berries left to stamp out. But the story of his prohibition is told in many places. Great misfortune, sickness or death will surely follow disobedience to his orders. But why his Satanic majesty should concern himself so particularly about blackberries when so many greater matters might be said to many greater matters might be said to claim his attention, none of the stories states. It may be that he considers blackberries too healthy and wishes to

KILLED BETWEEN TRACKS.

John Corrigan, Too Deaf to Hear Train, Was Run Down. Fernie Lumber Co. May Have Paid Hamilton, Oct. 22.-John Corrigan, T. R. carpenter, was run down by

G. T. R. carpenter, was run down by a yard engine in the Stuart street yards yesterday morning and instantly killed. He was very deaf, and while walking in a narrow space between two tracks the engire backed into him, dragging him some distance. His head was severed from his body, his hand was cut off and his body frightfully mangled.

The unfortunate man was 66 years of age. A widow and a grown-up family survive him. An inquest will be held.

hands and feet, shortness of breath, weak here sallow skin, impaired digestion, the results of

rvil habits, etc.

They supply nerve-force and help the body to attain normal health in the shortest possible time.

50c. a-box. Used with Mira Blood Tonic and Mira Ointment, Eczema, and the worst forms of skin diseases are speedily cured. At drug-stores—or from The Chemists' Co. of Canada, Limited, Hamilton—Toronto.

Badly Hurt by Fall.

Cornwall, Oct. 22.—Robert McKay of Cornwall, Dominion Government inctor of the work on the Morrisburg water power improvements in connec tion with the new tin plate works, was badly hurt Saturday by falling into the

Right Hand Shattered. ckville, Oct. 22.—While blasting for a sewer excavation the premature explosion of a small quantity of powder caused injuries to a driller named Bufns, who right hand was so terribly shattered as to require amputation. A fellow-wo:kman named Francis Troy had his sight slightly, but ently injured.

Rest and Comfort For the Kidneys.

If your kidneys are all inflammed—if there are sharp, shooting pains in the small of the back and dull sche through the hips—if there is a constant desire to urinate—if the urine is hot and scalding—if the head aches and specks float before the eyes—you can't imagine what relief there is for you in

THE GENTLE KIDNEY CURE

These wonderful little pills soothe and heal kidneys and bladder-take away all peinclear the urine—enable one to go through the night without arising—and relieve every trace of your kidney trouble.

Cures Rheumatism Too. THE CLAFLIN CHEMICAL CO., LIMITED WINDSOR OFE - - Hew York

Winnipeg's Centennial.

Ernest Thomson Seton thinks that the arrival of the first settlers in the Red River district in 1808 should be fittingly commemorated by the holding in Winnipeg of a centennial celebration. It was in 1808 that Lord Selkirk's first settlers arrived to begin the life of farmers as distinguished from the trading and hunting life of the plains. The Selkirk settlers have exercised an immense influence upon Canada both east and west, and Winnipeg will not be the successor of Fort Garry if she does not adequately mark the event. Winnipeg's Centennial.

Not Milk for Babies Don't risk baby's life by feeding

Nestle's Food

The perfect substitute for mother's milk. Always the same. Sample (sufficient for 8 meals) FREE. THE LEEMING, MILES CO., Limited, MORTREAL

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LODGES

PARTHENON LODGE, NO. 267, A. F. & A. M., G. R. C., meets first Wednesday of every month in Masonic Temple, King Street. Visiting brethren always J. M. PIKE, W.M. J. W. PLEWES, 'Sec'y

WELLINGTON LODGE, NO. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month in the Masonic Hall, Scane Block, King St., at 7,30 p.m. Visiting brethren heartly welcomed. W. A. HADLEY, W. M.

ALEX. GREGORY, Sec'y LEGAL.

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