EGLAB'S STORY. erience Even

was talking to the Wash-was a burglar, and not ed kind either. He was

is profession just at that owing to the fact that as resecution by the state he elf more useful than he

, he was doing time in a his dress suit was a con-to the reporter that a been skinned somewhere

in the language of a man ter days and in response rom the reporter, 'I supyou a story if there was ing in it to me.'

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Re

ss wretch he was ! Trying ng manner to rob the er out of a part of his bend. However, the ren, and after a brief barve burglar proceeded. at the beginning,' he said, I got my start-all great t some way or other, you exception. When I was a away from home in the lived with my uncle, a d if I do say it myself. I brightest and sharpest o New York as the usual and, unlike most of them ding pursuit and settled as a newsboy. It was nd I used to go to night ras a leader among the me I was 17 I had a urant as a cashier, and e money was too much ay I shipped out with San Francisco. For the cept getting a little worse the hands of the police. and they put me in the one night I died. I he burglar, 'that as far

s dead. I didn't have the young doctor who to me didn't get any the authorites, to re-what and to save funeral y boby over to him, and ice for the usual purpose a table in a back room e morning and left me waile he adjourned to

the house and went to n fact I know. as you at time in the night it oing on around me, but

n to come to, and in a that I was not in the the hospital, and in a the hospital, and in a I began to be scared I knew right away unds of the doctors and thopped up. The fright and I got up from the to break away, any-got away, when the ab-gested that I get some, taround a bit. I soon s wardrobe, and it was-d dressed myself very e things, and warn't is I had been, owing to orandy I got out of a s.

s. hy the burglar instinct up at such a time, but that I felt in knowing that I felt in knowing account for my presence ad to urge me on to alue as I could out of before my departure arelessness and wealth, my exit I had \$1,000 iry, watches and that

## PROGRESS, SATURDAY, AUGUST 14, 1897.

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about \$100 or so I got concluded the burglar, i, 'I don't think, in all work, improved as it v experience, study and a more pleasant and, ny first one, to which d the keen pleasure of d on the doctor.'

## Bright and Attractive

aitable institutions and and city poor are with

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the second

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ly send the poor our orn garments, such as les, skirts, coats, vests works hundreds of halfe warm and comfort-led to appear on the

arity, many donors are right and attractive by aond Dyes. The old ome suitable color and new ones. lors add to the joys the poor, and the gar-the appearance of cold

ightening up old and at a trifling cost with Think of this special when your bundle of epared for the poor. ond Dye, costing ten erfully to the value of

ed for her.' Alice litted a corner of her apron to her eyes, but Tillie turned her attention to the Latin reader once more and refused to wel-come the addition to their family She did not refer to the subject again, but her ap-tions gave positive proof that the strike was

This is a set positive proof that the strike was the set of the text of the strike was set.
This is still sulking. Alice said to Geoffrey one morning, after her sister had gone to school without heeding the boy who held out his chubby hands and aked the held out his chubby hands. The sure is the her to shall be here and the set is the strike was any strength of the set of



Linseed and Turpentine is not only a popular remedy, but the best known to medical science for the treatment of nervous membranes of

**DR. CHASE** compounded this valuable syrup so as to take away the unpleasant taste of the turpertine and linseed. It was the Doctor's last and greatest remedy, and more of it is sold in Canada than all other cough medicines combined.

A Banker's Experience 9999 HEREAFTER HE INTENDS TO .... BE HIS OWN FAMILY DOCTOR

"I tried a both of Dr. Chease's Byrup of Linseed and Turpensine for a troublesome safection of the throat, writes Manager Thomas Dewson, of the Standard Bank, now of 1s Melbourne avenue, Toronto. "I proved effective. I regard the remedy as simple, cheap and esceedingly good, "I has hitherto been my habit to consult a physician in troubles of this nature. Hereastre, however, I intend to be my own Emily doctor."

tiresome detour over a miserable piece of

road-and when a railroad in Georgia is

The Spook That Makes An Annual Trip on an Abandoned Track.

> Stands at the Head of Her Profession.

She Speaks about Paine's Celery Compound.

The same detour over a minerable piece of road—and when a railroad in Georgia is bad it is bad with any sort of an adjective for emphasis you choose. It was 12 miles and through a mountain gap, and as it was nearly dark when I started I wound up by getting lost and going the Lord knows where till I struck a very fair two story house that looked as if it might have been a summer botel once upon a time. I asked the man who responded to my call how far it wasto the railroad, and he told me ten miles, and I had better "light" and stay all night. I 'lighted,' and after a bite of cold bread and meat and a drink of 'moonshine' I went to bed, tired enough to 'leave to state that, according to your instructions, I have used Paine's ti is the most powertul nerve strengthener that can be sound. It is with the greatest pleasare that I send you my sincere testi-monial."

train whitle apparently a mile or less away and than rumble along, coming near-er and nearer and nearer until suddenly it

state or physical condition, and it is a rare thing for a woman to use her lungs to the best possible advantage without a previous knowledge of physiology and an appreciat-ion of the merits of physical culture. Desirable is a thorough exercise in breathing, it is not safe to experiment in the matter. A very little instruction on the subject will enable any wom in to com-prehend the precises art of filing and emp-tying the langs on scientific principles. After this has been acquired the chief thing is to breathe in as much surshine as poss-isle and to believe in the efficacy of oxy-gen as a remedy for nearly all the ills that are fashionable. The following are some excellent rules for improving the respiration and bringing it up to a normal condition: . Stand at an open window or recline on a couch, with the waist and chest uncon-fined; hold the chest walls high and inhale in slow, long breaths; exhie as slowly, three times only at first. Gradually the number of times my be increased, and the time lengthened for the breathing exercises. Fitteen minutes, twice a day at least, should be devoted to this exercise to ac-complish the desired result. "The Railroad Etdney."

"The Railroad Kidney."

"The Eallroad Ridney." Railroad employes, bicylists, teamsters and other men who are subjected to much jolting, are often troubled with pain across the small of the back. This indicates the "Railroad Kidney." an insidious precursor of serious illness. On toe slightest symp-toms of backache take one Chase's Kidney-tower fill—one is a dose—and thus obtain instant relief. For all kidney troubles they have no equal. 26c. per box.

The Great Bernhardt 'Speaking of things," remarked a Phila-delphia drummer, 'I had a strange thing happen to me about a month age in Geor-

gia. I didn't exactly happen to me either, but it was in my hearing. I had attempted to drive across the country to catch a train at a station which I could not have reached otherwise except by a long and