

The Stone Method

..IS a system of exercise which requires no apparatus, and only 10 to 20 minutes time each day, in your own room, just before retiring. **Does not overtax the heart.** Systematically follow our instructions and we promise you a fine, strong, well-developed physique, **and good health.** All ages—5 to 85 years—are alike benefited.

WOMEN receive as much benefit from **The Stone Method** as men. We are the only instructors of prominence who pay special attention to instruction of women and children. Mrs. Ellen Walker, who has charge of this department, has had an extensive experience, and alone opens and answers letters of a private nature. Address confidential letters: "Mrs. Ellen Walker, care The Stone School."

24-Page Booklet **FREE**
with photos from life

..We have prepared one for men and one for women, which contain many photos from life, showing what others have accomplished by **The Stone Method**, and what you may accomplish if you will. We are glad to send them **FREE**.

The Stone School of Physical Culture.

1785 Masonic Temple, Chicago.

Use **Taylor's Lettuce Cream** for chapped hands. Our **New York Chocolates** are always fresh. They are the best.

DISPENSING AND HIGH-CLASS DRUG SUNDRIES

DISCOUNT TO STUDENTS

Taylor's The Students' Drug Store

124 PRINCESS STREET, Successor to E. C. Mitchell

The Dominion Engraving Company.
Photo Engravers

9½ Adelaide St. East.
(Snowden Chambers)

Coronto
F. WATTS, Mgr.

British American Hotel and Hotel Frontenac
Kingston, Ont.

RATES, \$2 to \$3 E. MCINTYRE, MGR.

THE STUDENTS' TAILOR

See his Goods and get his Prices before
Purchasing elsewhere.

T. LAMBERT, Merchant Tailor

North American Life

THE unexcelled financial position of the **North American Life**, its large surplus, its handsome dividends, its liberal policies, and its promptness in paying all legitimate claims, make it a most desirable company for both agents and policy holders. Students who either require assurance or who are looking for profitable employment during the holidays, will do well to write to the **North American Life**, Head Office 112-118 King St. West, Toronto

J. J. HARPELL, B.A.,
SPECIAL REPRESENTATIVE

Breck & Halliday

Electrical Contractors

Dealers in Electric Supplies of
Every Description.

Estimates Furnished.

79 Princess St

KETCHUM & CO'Y

The Largest Sporting Goods Store in Canada.
Footballs, Football Jackets, Football Pants, Football Boots, Head Harness, Suspensories.

Clubs Outfitted. Estimates and prices furnished.

KETCHUM & CO. 104 & 106 BANK STREET
OTTAWA.

N.B.—Catalogue of Fall and Winter Sporting Goods about ready. Send a post card for one.

A. E. HEROD,

BOOT & SHOEMAKER

Repairing Promptly Attended To.

PRINCESS ST.

OPPOSITE HOAG'S DRUG STORE

PATTERSON & HEWARD

BRASS STAMP ENGRAVERS,
SIGN MAKERS AND
ALUMINUM STAMPERS

MACHINE NAME PLATES.

40 West Wellington St., Toronto, Canada

J. HISCOCK,

FRUITS, - CONFECTIONERY, - OYSTERS

Agent for the Niagara District Fruit Growers' Association.