d to Ail

blanket and place on the on. Place your feet in a water, and wrap a quilt' ket about the chair, bowl Or a large cape may be oileloth, to fasten about encircle the bath, reaching dds so as to retain all the as to retain all th ites, after the steam I the cape about you, is le first bath or two e nrst bath or two. may be increased to or even half an hour. you are growing dizzy, aching, have a cloth water mader to low l water ready to lay on ve also prepared beforetenid water, that is of ature as the body, and ge bath towels with a tens. tenid water. ese last are to are in the bath, and

ration begins to es, rub the body with kneading, rolling e flesh wherever it i ities, or worl

eam bath is complete cape and step into the shing the body down e salt water and rubbing ttens; one min nd rub briskly benefits ath bey repay But there are can begin to de lexion, softens



STAR AND HEP THO GHILRO

as raised an action in his father last January.

isan, daughter of Sir ters. His father, the inguished of the Scot-Church of Scotland, de Franquetot, daugh

apor bath cleanses the ickheads and all rough mis on face. a up colds and sm and neuralgia, acts the liver and kidneys, ness of the joints, reom overtaxed

Seal Catch s Small per of Skins Taken the of the at Season 1s One of Lowest on Record.

VOL. XLVH., NO. 23.

Reports Received Show Scals Branded by Americans Are Dying Out

Switzerland a Poor Customer for

of Canada - Gossip From Ottewa.



<section-header><section-header><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

the Americans simply for identification, are dring out. Of all the countries which trade with spiceously as the poorest buyer of our goods. A trade statement issued shows that this country our began ally with three dollars worth of goods from Can-ada in the three months ending Octobe 1. The exports to Switzerland for the year before amounted to only twenty dollars, and nothing at all for these months in 1902. The sales were all for last September, and \$20 the previous September. Very different is the record of the sales by the Swiss people to Can-adians. In July, August and September



The advices further say that the stern shallow water. Her how is damaged in two places and the steering get is also damaged. The garrison is reported to be confi-

Semi-Weekly Colonisk. VICTORIA, B. C., FRIDAY, DECEMBER 30, 1904. Throws Up Army Commands. Ottawa, Dec. 28.—Special—The military council is determined to something and has evolved the idea of wiping out military dis-tricts and creating army com-mands, two for Ontario, one each for Quebec, Maritime Provinces and Western Canada, with a gen-eral at the head of each. **His Brief**

FORTY-FIFTH YEAR NEW FIELD GUNS. Congdon

After It

London, Dec. 29.-The war office has placed orders for sufficient 18½-pounder field guns to practically re-arm the whole British army.

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> The letter follows.)
Specification 2.—That Bishop Talba is suity of you that this man was deposed meaning two years ago for gross kumordi with women.' For reference set the proceedings of the occisinstical course between the set of the formation of the post office. The figures show an submatch of the occisinstical course between the set of the formation of the post office. The figures show an other which Rev. Dr. Irvine was tried in which are record will be found of years.'' and for twenty of the set of the post office. The figures show an other was tried in the unitative set of the set of the

the pores the pores, y is quite often enough which becomes debilitat-o often or too long. If bath becomes too great, rapid pulse, headache, rapid heart action, lift a little cool air into the danger in 120 degrees

.-May be made kish toweling. Cut out without a "thumb" and Around the wrist sew to hold the mittens on ing process.

Neet.--Many troubles of ticularly "tenderness," rting, may be overcome ful and regular bathing members. A daily hot rous and brisk rubbing and brisk rubbing nts, cures and pre-Give to the nails ills. Give to the used shalf the care that you will ernails, and you will with ingrown nails, and with ingrown nails, and th a deep purple, pain-toe where the nail of its ressed under the influ-ots or "pointed toes." he feet in hot water, ad the corn with melted vaseline. Dip a fine ush into strong accelle to the centre or pact the centre, or nard Nitrate of silver ap ed portion of the here again the healthy rotected by a coating

be treated with pow l to paste with the Dust cornstarch and tween the toes and eet or with offensive

d Feet .- In half a pint issolve a heaping tea-dered sal ammoniac, bath dry the feet well, th this solution. Vinefor the feet and arm-

red feet, the hot foot ng or through the day, ng the feet for half an ng them on a chair be-lying down and resting ions, at an elevation a of the body. Cold wa-nder the bend of the ments also cools the o relieve the burning

ere is only one cura se, soft shoe, and fre-the feet in an elevated with cold water and water and turpentine, mation. Once this is a little too long, and irritate the deformed is a recent acquisition

a grea' source of ason of the year, par-oungsters who delight run in every five min-ir feet. It is this contemperature which To cure it, give the th; drv well, and rub ad sweet oil mixed in teaspoonful of turpen-. Camplorated oil is tremplorated oil is remedy. To make amedy. 10 gum a deposit of gum is of the mixture. This ad you can make it in

GRANDMA.

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

Something to Say for and Preparing Affidavits for Arrest of Hus-band of Famous Woman.

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>



