

GIRLS ARE GROWING TALLER,

Because They Are Better Fed and Clothed.

EFFECTS OF CHEAPNESS.

Sugar and Milk Generally do the Business.

The assertion that the fancy of the day flows towards tall girls, about which so many essays have already been written, and that girls are manifestly taller than they were, is, we think, true; but it requires limitations. Nobody knows much about any general changes in the height or girth of the population, the only data we have, the measurement of recruits applying for enlistment, being utterly deceptive. They are younger and weeder, because the wages of soldiers correspond less and less with the wages of powerful unskilled men, because the dislike to long engagements increases—and three years is now a long engagement—and because the poorest and thickest class is found more and more in overcrowded towns, where brownness develops, if at all, rather late in life.

We think ourselves, as a matter of observation, that English men and women have profited by the cheaper food of the last thirty years, and are decidedly bigger than when we were lads, but we freely admit that we are unaware of any scientific evidence to support that opinion. We are only sure that a certain limited class, the well-to-do section of the middle class, has become decidedly bigger, healthier, and, as regards its younger women, apparently taller than was the case forty years ago.

We cannot understand how there can be any doubt upon the subject, and would appeal with the utmost confidence to any jury of mothers accustomed to mix in general society. They would say, thereby correcting an omission in the popular view, that in seven out of ten families they knew, the sons were larger than the fathers, unless the latter were specially big men; and that girls' daughters not only were larger than the mothers, but that they at all events seemed to be taller too. Nor is there anything surprising in the statement. The first cause of bulk and stature is probably race—we do not mean superior race, for the Negroes of many districts are bigger than are the English, and the "barbarians" were all bigger than the Roman soldiers who enslaved them—but race, and the continuance alike of pedigree and conditions of life usually involved in that word; but the second cause is diet in infancy; and the third, training in childhood and early youth.

Much milk, for example, makes good bones; and soldiers caught young visibly lengthen out under their food and drill. In both these latter conditions, the change within the last generation—we are speaking only of the well-to-do—has been very great indeed. The world has grown unconsciously much wiser as to the management of children. Nothing improves physique like good milk—that, and not porridge, is the cause of the tall Highlanders, Irishmen and Sikhs—and the little children of our day are nourished on cream-and-water, or milk procured from the great dairies, which is as good as milk can be, and as different from the milk of thirty years ago as bran is different from old bread. The very cows are of a different breed, not to mention the improvement in their food and lodging. Then a prejudice of an extraordinarily injurious character—we write these sentences on first-class medical evidence—has silently, no one knows why, entirely disappeared. Nothing nourishes like good sugar, possessing as it does just the requisite heat-giving quality; but the mothers of 1830-50 dreaded sugar. They had an idea that it sickened babies, who always crave for it like horses for salt; that it spoiled the teeth of growing children; and that it swelled the tongues of children a little more advanced in years—the last a fancy based on the effort of sucking taffy. They therefore withheld sugar, thus leaving the children half nourished, and permanently sensitive to a climate which for seven months in the year is always chilly. Nowadays, everybody among the cultivated knows that sugar is beneficial, and the children are left to their instincts, with the result that they make flesh, and are almost always warm. Then the matrons of 1830-50 had a fixed idea, incurable by the men, who never quite gave in to it, that children, if left alone, would invariably over-eat themselves, a theory true of about 5 per cent. The nurseries were dieted by a peculiarity of the result—all nurses exaggerating the popular ideas—that the children who longed for food were never fed enough, and the children who disliked much food—a peculiarity of many good constitutions—were gorged to indigestion. And finally, children are kept warm enough. The horrible old idea of those two decades, that children should be "hardened" by exposure, has died away; the nurseries, besides being properly ventilated, are kept warm, and the whole principle of children's clothing has been radically, and we hope finally, modified in the sense that the "body," as distinguished from the limbs, is thoroughly and warmly clad. The result is, that the child with a tendency to grow does grow, and that a greatly increased percentage of boys run towards 5 feet 11 inches, and of girls towards 5 feet 8 inches and 5 feet 9 inches, than has ever been the case before. Moreover, as the boys and girls grow naturally, they keep their good looks, and, except for a year or two of life, it has become a positive rarity to see "gawky" lads and lasses, as great a rarity as to see the latter with the shining red elbows which forty years ago were at once the most dreaded and the most frequent of the minor deformities. The improvement always, mind, in a strictly limited class which hardly considers the cost of food, is manifest at every turn, and is reported not only by every artist, but every caricaturist in the country. The undersized lads and skinny girls have disappeared from pictures of the middle class, even when drawn with distinctly hostile intent.—*London Spectator.*

The Island of Malta is the most densely populated spot on earth. In some parts of Berlin there are special public houses for women. In order to fulfill your obligations you must love your neighbor as yourself even though you don't think much of him.

A CHAPTER FOR WIVES.

Timely Information About Masculine Apparel—How to Fix up Husbands.

Soft fabrics with slightly rough finish, says *Harper's Bazar*, are worn by well-dressed men at all hours of the day and evening. Their business and travelling suits are of dark lamb's wool or of vicuña cloth, or else of lighter plaids and checks. The principal colors are blue and black, mixed and very dark brown. The coat is a single-breasted sack fastened by three or four buttons, with vest to match.

Frock-coats are made very long, extremists wearing them to reach below the knee. They are of black rough chevrons with silk-faced lapels, and a cord finish on the edges instead of braid. The vest is of the material of the coat, and the striped trousers are of dark grayish-blue. This is the suit for day weddings—alike for groom, ushers and guests—and for any entertainment in the afternoon.

Evening suits are of undressed worsteds and chevrons of fine quality and purest jet black. For dress-coats the shawl collar and peaked lapels are equally popular. The shawl collar is faced entirely with silk, but peaked lapels are faced only to the button holes. All edges are corded. Besides a low-cut vest of black chevrons, a white silk vest is usually provided with dress coats to be worn at weddings and the theatre.

Overcoats for walking and general wear are single-breasted sacks of heavier cloth made loose, of medium length, with plain seams, double-stitched edges, and velvet collar; they are lined with plaid cloth. Similar overcoats are made of gray and black chevrons. Dress top-coats for evening have the Inverness cape, and are made of black chevrons, faced to the edge with silk.

Shirt fronts remain plain layers of linen in shield shape, fastened by two small studs—those for the day made of gold, with pearl or white enameled studs for evening. Standing collars are worn of good height and self-rolled or to meet, as is most becoming. Cuffs are square-cornered, with the edges meeting when fastened by linked sleeve buttons.

Dark scarfs are again in favor. They are in the familiar Ascot, four-in-hand and puffed shapes, with also the small square English bow. The new fancy is for rich dark, red scarfs, especially for wearing with brown suits. Grayish-blue, stone-color and heliotrope are also fashionable for neckwear.

Silk underwear is woven not only in ivory-white or flesh-color, but also in pearl, rose, salmon, blue and heliotrope.

Black silk socks very slightly embroidered are worn with evening dress. Finely striped Balbriggans for day use are in stone colors, tan or wood browns, and soft fine cashmere socks are of natural gray and ecru shades.

Buttoned gaiters of calf-skin for street wear have low heels, and either medium pointed or broad toes, the style being again for rather broad shoes. High-buttoned shoes are also worn in the evening; they have galoches of patent leather with kid tops.

Walking gloves are of reddish or yellowish tan shades, and are worn in English fashion of heavy qualities that were formerly used only for driving. They have very slight stitching on the back, and are fastened by two buttons.

The crown of new silk hats is even more bell-shaped than that worn last season, and is of two different heights, that for elderly men measuring six and three-fourth inches, while that for young men is a quarter of an inch less.

A Great Explosion!

In these days of gunpowder, dynamite, giant powder, and the like, tremendous explosions are no rarity, but the greatest explosion of modern times is, without doubt, that of the "old school" idea that Consumption is incurable. Thousands of lives have been sacrificed to this mistaken notion. Modern research has established the fact that Consumption is a scrofulous disease of the lungs, and that the cure is a remedy which will positively eradicate it from the system—Dr. Pierce's Golden Medical Discovery. Of course, there were in the olden times many who would have pronounced modern explosives instruments of witchcraft; but there are, fortunately, few to-day who do not acknowledge that the "Golden Medical Discovery" is the one sovereign remedy for all scrofulous diseases, and Consumption is one of them.

A Sure Sign.

New York *Weekly*: Mother—I'd just like to know who this young man is you have engaged yourself to.

Daughter—Oh, he comes of splendid family.

"Does his family object to the match?"

"Y-e-s."

"Then I guess he's all right."

She Would Be.

Colorado *Sun*: She—Ah, Jack, I'm afraid I'll make you a sorry wife.

He—I've no doubt. Any one who marries me will be sorry.

A Good Neighborhood.

Epoch: Foley—Have you nice neighbors?

Patterson—Elegant. Why, they spend the fall and winter in Florida and the spring and summer in Newport.

Many women suffer in silence from the troubles peculiar to their sex rather than consult a physician. Let them try Dr. Williams' Pink Pills and they will no longer feel life a burden.

The most chivalrous organization of modern times is the Mariahilf Matrimonial Club in Austria. The members, who are rich men, take each a vow to marry a poor girl.

If one breaks this vow and weds a rich woman he pays a fine of \$2,000, which the club devotes to giving some impecunious betrothed couple a start in life.

Lord Randolph Churchill will return from his African tour about the middle of December.

To remove obstinate stoppers from glass bottles, dip a piece of woolen cloth into boiling water and wrap it tightly around the neck of the bottle. In a few minutes the stopper can be removed.

The strike of printers which has been carried on for some time in Stettin has collapsed, leaving the strikers in sore straits.

British soldiers when marching take eighty-eight steps a minute.

LATE SPORTING NOTES.

Miscellaneous.

Electioneer, the dead hero of Palo Alto stock farm, will live in the history of the turf after many of the famous horses of today are forgotten. He was sire of 2,083; who holds the world's record of 2.083; Palo Alto, holder of the world's stallion record of 2.083; Arion, holder of the world's 2-year-old record of 2.102; and Bell Bird, holder of the world's yearling record of 2.264. He has 96 sons and daughters in the 2.30 list, 33 of which have entered the list this year. Twenty-two have records of 2.20 or better, and of the four trotters which have beaten 2.10 Electioneer was sire of two.

CANADIAN HORSES.

Canadian horses by thoroughbred sires continue to do remarkably well in the New York market, and I doubt if the average made by the lot recently sold there by Mr. W. D. Grand was ever approached by the prices of any other sale of half-bred horses ever sold in America. On the opening day of the National Horse Show, which is now in progress, the prize for the best tandem was won by a pair of Canadians, and that for the best lady's saddle horse went to the four-year-old gelding, Guelph, by Orange Bay, a stallion imported some years ago by Mr. John Hendrie, of Hamilton. Forty-one horses were shown in the last named class.

THE HENDRIE STABLES.

Ten horses, of which three were sold before the close of the season, carried the popular brown and yellow jacket of Mr. Wm. Hendrie, of Hamilton, the President of the Ontario Jockey Club this year, and their winnings amounted to over \$7,000. The 2-year-old Cottonade and the 3-year-old Versatile were the chief performers and both did well in good company, Cottonade getting a place in 14 of her 22 races. Bullfinch won the Thorne and Gladiator performed between the flags. Altogether, although there was no \$5,000 Iroquois Stake winner among the lot as a couple of years ago, the record is quite creditable. The stable ought to be somewhat stronger next year, as some good 2-year-olds are coming on. Strathapey's yearlings are good looking and real smart youngsters, but they are only three in number. The record for the past season is:

Name	Age	Starts	1st	2nd	3rd	Won
Wild Thorn	3	5	3	1	1	\$395
Gladiator	3	3	1	1	1	100
Versatile	3	7	1	1	3	2,083
Ayrshire Lass	3	1	1	1	1	300
Bullfinch	3	13	1	1	1	523
Sun Bonnet	3	3	1	1	1	1,105
Cottonade	3	22	5	1	7	2,335
Glee Boy	2	6	1	1	2	360
Lady Superior	2	2	1	1	1	160
Total		19	20	11	27	\$7,360

There is a new dog in England, a Thibet St. Bernard's look small.

The Metropolitan Athletic Club of New Orleans has matched Andy Bowen and Austin Gibbons to fight for a \$2,500 purse Dec. 22nd.

The trotting dog Doc, from Brighton, Ont., is credited with covering a mile at Chicago in three minutes on Thursday.

The Chicago *Times* says: "He never made a break. This dog was purchased for \$7, and his boy-owner, Willie Ketchum, has now in bank, the dog's earnings, \$70,000."

"I don't like the breath of that stove!" exclaimed little Ethel one day when the gas was escaping from the sitting-room stove. Coal-gas is like the "perfumes of India," compared with the breath of a person afflicted with catarrh, but among many other symptoms the sense of smell is often deadened, so the sufferer is unconscious of the offensiveness of his presence. Why any one will endure such a painful, dangerous and offensive disease, when Dr. Sage's Catarrh Remedy—costing only 50 cents—will cure the most stubborn case, is one of the many mysteries. The proprietors are so confident of the success of this Catarrh Remedy, that they offer to forfeit \$500 for any case of Catarrh they cannot cure. It would be suicide for their remedy, for them to make this offer, unless they understood its exact powers.

Buy bar soap by the quantity if you wish to be truly economical. Stand the bars on edge, one above another, with as much open space as possible between them. They will then dry out and last almost twice as long.

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THIRTY YEARS.

Johnston, N. B., March 11, 1889.
"I was troubled for thirty years with pains in my side, which increased and became very bad. I used
ST. JACOBS OIL
and it completely cured. I give it all praise."
MRS. WM. RYDER.
"ALL RIGHT! ST. JACOBS OIL DID IT."

TARRING AND FEATHERING.

How it Feels to Undergo That Humiliating ordeal.

People who read of tarring and feathering by white caps and others know that the punishment is a very unpleasant one, but few imagine how terribly painful and dangerous it is, says a writer to the *St. Louis Globe-Democrat*. In Wyoming I once saw a man who had been tarred and feathered, and, although he fully deserved the discipline I could not help pitying him. Hardened tar is very hard to remove from the skin, and when feathers are added it forms a kind of cement that sticks closer than a brother. As soon as the tar sets the victim's suffering begins. It contracts as it cools, and every one of the little hairs on the body is pulled, causing the most exquisite agony. The perspiration is entirely stopped, and unless the tar is removed death is certain to ensue. But the removal is no easy task and requires several days. The tar cannot be softened by the application of heat and must be peeled off bit by bit, sweet oil being used to make the process less painful. The irritation to the skin is very great, as the hairs cannot be disengaged but must be pulled out or cut off. No man can be cleaned of tar in a single day, as the operation would be too excruciating for endurance, and unless this is done he has to suffer from a pain like that of 100,000 pin pricks. Numbers of men have died under the torture, and none who have gone through it regard tarring and feathering as anything but a most fearful infliction.

"Four years ago," writes Col. David Wylie, Brockville, Ont., May, 1888, "I had a severe attack of rheumatism, and could not stand on my feet. The pain was excruciating. I was blistered and purged in true orthodox style, but all to no purpose. I was advised to try St. Jacobs Oil which I did. I had my ankles well rubbed and then wrapped with flannel saturated with the remedy. In the morning I could walk without pain."

No Better Off Than He.

Judy: Visitor (to inhabitant of very small village)—But surely you must find it very dull here, never getting any newspapers. How do you know what is going on in London, for instance? Inhabitant—Eh, mon! but dinna yet ken that th' folk in Lunnon are just as ignorant o' what's gaun on wi' us?

Growing Old Gracefully.

"What a lovely old lady," I heard a man remark, at the opera, lately. "She's quite as beautiful as any girl in the house. Such color and complexion is rarely seen in a woman past forty."
Indeed, the woman of whom he spoke was lovely. Her face was clear and smooth, her cheeks, fresh and rosy, her eyes bright with perfect health and the enjoyment of life. "She had passed the critical 'change of life' without falling into 'the sere and yellow leaf,' as most American women do. How had she succeeded in doing this? Simply by using Dr. Pierce's Favorite Prescription at a time when nature stood in need of some assistance. She had taken it at the right time. In doing this she was wise. Wiser than most women who 'trust to luck' in getting through the critical and trying period safely. This standard remedy is just what is needed at such a time. It is, from girlhood to old age, woman's best friend. In all diseases peculiar to the sex, it accomplishes what no other remedy does—a cure. Take it, woman, when life's autumn begins, and 'grow old gracefully.' Your money back if it don't help you."

The St. Clair Tunnel.

The St. Clair tunnel will be opened for passenger business on December 7. This was decided yesterday at a meeting of Grand Trunk officials held at the Queen's Hotel, Toronto. Mr. William Edgar, general passenger agent, presiding. Those present were: Superintendants James Stephenson, C. Stiff, Atwater, and W. E. Davis, general passenger agent C. and G. T. R. and D. S. Wagstaff, Michigan, passenger agent G. T. R. In consequence of the new arrangement there will be a great saving of time, which will necessitate the preparing of new time tables and instructions to employees. It was decided to proceed at once with the preparation that all may be in readiness for the new order of things.

Across the Continent.

Wm. Renwick, M.D., M.R.C.S.E., Victoria, B.C., writes: I have used Miller's Emulsion of Cod Liver Oil in cases of indigent patients with the most gratifying results. It does not upset the stomach, is easily assimilated and possesses undoubted power in rebuilding weakened constitutions, where the ordinary form of administering Cod Liver Oil is not admissible. For the future, whenever I have occasion to prescribe any preparation of Cod Liver Oil, I will give Miller's Emulsion the preference, being perfectly satisfied with its therapeutic efficacy. In big bottles, 50c. and \$1 at all drug stores.

The Mistake They Made.

Rochester *Herald*: The chrysanthemum show in Buffalo did not pay expenses. The florists of that city made a mistake. They should have opened a beer garden.

Easy to use, pleasant and agreeable is the verdict of all who have used Nasal Balm, and better still, there is no case of cold in the head or catarrh that it will not cure.

A Carlinian man has invented a birdcage perch, one end of which is attached to the bars of the cage, the other end being free and extending but half-way into the cage. More freedom is thus given the imprisoned bird.

WANTED,

A live energetic salesman who is active and industrious. A lady or gentleman of the right stamp can make a handsome income. No capital required other than a good and pleasing address, and an honest and upright character. Address M. A. C. Co., P. O. Box 72, Hamilton Ont.

INFORMATION ABOUT ARKANSAS.

Good Lands, Low Prices, Easy Terms, Mild Climate, Variety of Crops. Maps and Circular free.

THOS. ESSEX, Land Com'r,
LITTLE ROCK, Arkansas.

CONSUMPTION.

THE GREAT PULMONIC REMEDY
Wistar's Pulmonic Syrup of Wild Cherry and Horshound. Consumption, that hydra-headed monster that annually sweeps away its tens of thousands of our blooming youths, may be prevented by the timely use of this valuable medicine. Consumption and lung diseases arise from coughs and colds neglected.
Wistar's Pulmonic Syrup is sold by all druggists at 25c.

Do you want to correspond for pleasure or marriage, or join Marriage Association that pays \$500 to \$5,000 if so send for our matrimonial paper, Mailed FREE. GUNNELS MONTHLY, Toledo, Ohio.

SALESMEN WANTED to sell our

sample to the wholesale and retail trade. Liberal salary and expenses paid. Permanent position. Money advanced for wages, advertising, etc. For full particulars and reference address CENTENNIAL MFG. CO., CHICAGO, ILL.

DO YOUR DREAMS TIRE YOU?

Out-classing all other home treatments in our specific remedy, called the GREAT ENGLISH PRESCRIPTION. It has extraordinary success in curing Permenorrhoea, Night Lapses, Nervousness, Weak Parts. The results of its application, it will invigorate and cure you. 30 years' success a guarantee. All druggists sell it. \$1.00 per box. Can mail it sealed. Write to sealed letter to Eureka Chemical Co., Detroit, Mich.

CURE YOURSELF. REMEDIES.

NO. 1 POSITIVE HERBAL REMEDY cures Nervous Debility from whatever cause arising.
NO. 2 POSITIVE HERBAL REMEDY cures Chronic Discharges, either recent or otherwise, in a few days.
NO. 3 POSITIVE HERBAL REMEDY infallible in blood diseases, catarrh, etc. Price each Remedy Two Dollars. In pill form. Sent in plain, sealed packages with Rules. Rooming sale. GUARANTEED CURE. Best Sealed Samples Free. DR. JOHN PERCY, BOX 503, WINDSOR, ONT.

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Pico's Remedy for Catarrh is the Best, Easiest to Use, and Cheapest.

CATARRH

Sold by druggists or sent by mail, 50c. E. T. Haeclint, Warren, Pa.