TION
ACE CARD

ogram of Racing
the Four Days at
a, Industrial Ex-
Good Purses.

e card for the Regina
been prepared by the
charge and if adopted
s the events of this
follows:

IRST DAY
ly 27.
r ponies fourteen hands
atch weights, ½ mile
$100.
t or pace, ½ miles heat
a fide farmers' horses,
ree minute class. Hob-
100.
een running race, for
ners' horses that have
in a race for money, ½
in 3. $100.
ust be a resident on his
rming be his main occu-
r pace, ½ mile heats, 2

ECOND DAY.
July 28.
.30 trot, mile heats, 3
for ponies, 14½ hands
mile heats, 2 in 3. Catch
2.10 trot. Stake race,
katchewan Stakes, for
and bred in Saskatche-
ears old and upwards.
starting allowed ten
en furlongs. $300.
16th mile dash, running,

THIRD DAY
July 29.
2.20 trot, mile heats, 3
half-mile heats, 2 in 3,
ll, trot or pace, mile
. $500.
sh, running, $250.
a Derby stakes for horses
bred in Manitoba, Sas-
or Alberta, three years
pwards, weight for age,
$500 in stakes or purses
pounds additional, win-
00 or over, 10 pounds ad-
laidens at starting allow-
s. $500.

FOURTH DAY.
July 30.
2.15 trot, mile heats, 3
's road race (to four
hicles) ½ mile heats, 2 in
barred, any driver eligible.
ash running. $250.
e, 2.24 trot, mile heats 3
ion race, 5 furlongs dash,
that have started at meet-
ve not won first or second
00.

rl Grey Remains.

May 3.—At the opening of
of Commons this morning
rid Laurier made the an-
t that there was no neces-
the presentation of an ad-
Governor General Grey and
Grey, as His Excellency's
ld not come to an end this
his is confirmed by a cable
ect that Earl Grey will re-
Canada for his full term of
or till December 1910. As
vernor general's remain in
ve years.

KEES GREET JAPS

ancisco, May 1.—Almost the
panese population of this
bering about 5,000 and great
f Americans gathered on the
looking the bay and the
ate this morning to witness
al from Los Angeles of the
cruisers Iso and Soya. The
f the harbor were crowded
amer launches and sailboats,
them containing enthusias-
es of Niponese. The revenue
cCulloch put to sea early in
ing to meet the warships
the Heads and escort them
the Golden Gate and up the
nchor.
al Swineburne, representing
ed States navy, General Wes-
resenting the army, and Ma-
lor and the citizens commit-
on board the cruiser West
, flagship of the American
n, to await the signal for
off in naval launches for the
e admiral's visit, while col-
t the port Stratton, Presi-
Taft's official representative,
ut.-Gov. Porter and the Jap-
ounsul Matuso Nago were
own the bay on the revenue
Golden Gate. The elaborate
rogram for the entertainment
visitors details of which were
ted today, includes automobile
receptions and a banquet. All
panes residences and stores are
decorated.

PERUNA

For Catarrh of the Throat of Two Years' Standing.

"I was afflicted for two years with catarrh of the throat. At first it was very slight, but every cold I took made it worse.

"I followed your directions and in a very short time I began to improve. I took one bottle and am now taking my second. I can safely say that my throat and head are cleared from catarrh at the present time, but I still continue to take my usual dose for a spring tonic, and I find there is nothing better."—Mrs. W. Pray, 260 Twelfth St., Brooklyn, N. Y.

Aborigines of Australia.

There are now 75,000 of the aborginal population in Australia. Of this number there are about 20,000 in the colony of Queensland. Queensland has an elaborate system for looking after the welfare of the blacks by means of 'protectors" stationed all over the colony to see that the natives are fed and clothed and shielded from interference of white people. Many of the natives are over six feet in height. Like most savages, they are polygamists, but they are not cannibals. The natives under civilization have developed habits of economy and saving. They have made good progress in both reading and writing, but missionary reports state that teaching them arithmetic is hopeless.

An Historic Custom.

The forthcoming marriage of Lord Douro, son and heir of the Duke of Wellington, to Miss Coats, reminds one of the fact that at Apsley House, where the bride-elect will one day reign as Duchess of Wellington, the old custom is still kept up of presenting a flag to the sovereign on each anniversary of the battle of Waterloo. These flags are subsequently given to the regiment of Guards quartered at Windsor.

A Pill That is Prized.—There have been many pills put upon the market and pressed upon public attention, but none has endured so long or met with so much favor as Parmelee's Vegetable Pills. Widespread use of them has attested their great value, and they need no further advertisement than this. Having firmly established themselves in public esteem, they now rank without a peer in the list of standard vegetable preparations.

Possibly the hold-up man takes to the highways in order to raise sufficien tcoin to enable his wife to take to the byways.

CATARRH CANNOT BE CURED

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.

Sold by Druggists, price 75c.

Take Hall's Family Pills for constipation.

Farmer— You had a fire at the manse this morning. Any very serious loss?

Minister—Yes; ten years' sermons were completely burned.

Farmer—What a grand bleeze! They were gey an' dry, ye ken.—Scottish American.

Minard's Liniment Cures Dandruff.

Prisoner's Daring Escape.

A private of the Northampton Regiment, who was undergoing a sentence in the military prison at Colchester rang the fire alarm bell in his cell recently, and when a warder answered it he stunned him with the metal end of the fire hose seized his keys and escaped. The warder is in a critical condition.

His Occupation.

A big, brawny fellow in answer to a question in a justice's court as to what he did for a living said:

"Well, sir in the spring I ketches an' sells young mockin' birds, in the summer I mostly sells rattlesnake buttons fer rattles fer the babies, but in the winter I sometimes has to chop wood."

Enlarging the Limit.

"You are very foolish, Alfred. That is your third cigar, and you know the doctor limited you to one a day."

"Yes, dear, but I've consulted two other doctors, and each has allowed me one cigar a day; total, three!"

Every person has two educations—one which he receives from others and one, more important, which he gives himself.—Gibbon.

Free from Alcohol

Since May, 1906, Ayer's Sarsaparilla has been entirely free from alcohol. If you are in poor health, weak, pale, nervous, ask your doctor about taking this non-alcoholic tonic and alterative. If he has a better medicine, take his. Get the best always. This is our advice.

We publish our formulas

Ayer's

We banish alcohol from our medicines

We urge you to consult your doctor

A sluggish liver means a coated tongue, a bad breath, and constipated bowels. The question is, "What is the best thing to do under such circumstances?" Ask your doctor if this is not a good answer: "Take laxative doses of Ayer's Pills."

Made by the J. C. Ayer Co., Lowell, Mass.

THE DEATH PENALTY.

Horrors Incidental to Old Time Execution by Drowning.

Execution by drowning was abolished in France by Henri Quatre, only to be revived by one of his successors. It was finally abolished as a statutory method of execution by the earliest decree of the great revolutionaries.

As late as the eighteenth century death by drowning was decreed to a felon in Edinburgh, and in the middle ages it was a common enough mode of doing a convicted criminal to death. That execution of this nature was considered as humane as any other, so far as the victim was concerned, is shown by the fact that it was not unknown among the early Jews, who varied the punishment of stoning adulteresses by drowning them. Among the Egyptians it was common. The Roman lex cornelia sanctioned the method by placing it on the statute records. Tacitus tells us that the Germans copied the practice from the Romans. The Teuton termed it the "last baptism," and he did not allow his powers of imagination to sleep when he set about devising additional varieties which should add to the excitement attending upon the doomed person's departure from life. The convict was sewed up, Monte Cristo fashion, in a bag, and with him were inclosed a vicious dog, a hungry cat, a violent rooster, a venomous viper, all very much alive and presumably kicking.

For what reason it is hard to see, but death by drowning was by many peoples considered preferable for criminal women. In the case of very debased or very mean offenders the Romans had a more or less pleasant fashion of drowning the doomed ones in marshes, first incasing them in elaborate crates.

For refined cruelty in killing off their female criminals the earlier Albanians were certainly the most inventive in the matter of ingenuity. It is commonly known, of course, that even the modern Albanian has less respect for womankind than any other known male in the human catalogue, not even excluding the Chinese. The approved method of doing a criminal or even a displeasing woman to death prevalent among them up to rather less than a century ago was to chain her in a tank into which the water was allowed to flow gradually. As the water reached her breast it was allowed to recede, sometimes back to her ankles, when the refilling of the tank began anew. If the woman had children the torture was varied by the drowning or mutilation of them before her eyes. To various parts of her body was attached such food as attracts rats, of which a number would be let loose.

TRAMP PRINTERS.

Some Years Ago There Were Plenty in Ontario.

Twenty-five or thirty years ago Ontario was overrun with tramp printers, and they were heartily welcome, too, because when a voters' list or "The Official Proceedings of the Township Council," or "Rules for the Government of Fence Viewers, Pound-keepers, etc.," were given out to be printed it made the average country printing office busy for a month. The printers worked overtime, and the boss wore a clean white collar twice a week instead of fortnightly, feeling that he could be extravagant over the prospect of a little extra coin of the realm. Occasions are on record where even the office towel was washed. If a tramp printer happened along just at that critical juncture, he was welcomed with open arms and given a fortnight's work. Then he would fail to report the morning after drawing his pay and nothing would be heard of him for a year or more, when he would turn up just as mysteriously and asked for assistance. The stories he could tell of the other offices and of his experiences on the road were always interesting, and held the compositors spellbound, as they sat around the big box stove before seven in the morning or at noon hour listening to the Munchausenian utterances of their new-found friend.

In those days the supply of type in the average country office was wholly inadequate when it came to getting out either a voters' list or a fall fair prize list on the rush, the result being that four pages were about all that could be got up at one time. The printers could go on working at the next four while the first were being run off on the press, but as there would be a shortage of capital M's, and J's and periods, and a lot more "sorts," other letters had to be turned upside down for them, then when the first pages were liberated, replaced by the type obtained from the distribution of these. It occasioned a lot of swearing sometimes, but had the salutary effect of being the means of cleaning up all the "pi" around the office, hidden under imposing stones or thrown into the "hell box" by the devil, who was too lazy to sort it out. Frequently the tramp printer was given this work to do—and naturally the steady comps were mighty glad to have him round—and he didn't care. He could borrow all the tobacco, smoking or chewing, he required, and was willing to do any kind of work, especially when he could find a stool to sit on while at his case.

Scottish Impartiality.

Color sergeant of highland company (in which were one or two English) calling the roll:

"Angus Mackay!" No reply. (Louder.) "Angus Mackay!" Still no reply. (Sotto voce.) "I ken ye're there. Yer aye at yer jooty, decent mon, but ye're ower modest to speak before sae mony folk. I see ye fine." (Marks him down in the roll.)

"John Jones!"

Squeaky voice replies, "'Ere."

Sergeant—Ou, aye, ye're here or say ye're here, but ye're sic a muckle lear I canna believe a word that comes oot o' yer mouth, sae I'll jist mark ye doon as absent!"—London Answers.

Lincoln on Money.

"Lincoln," said a senator at a banquet in Washington, "had no great admiration for mere financial success.

"'Financial success,' Lincoln once said, 'is pugely metallic. The man who attains it has four metallic attributes—gold in his palm, silver on his tongue, brass in his face and iron in his heart.'"

SPRING BLOOD IS BAD BLOOD

How Best to Get New Health and Strength in Spring.

The winter months are trying to the health of even the most robust. Confinement in-doors in over-heated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery or clogged with impurities. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches; others are low spirited; some have pimples and skin eruptions. These are all spring symptoms that the blood is out of order. You can't cure these troubles with purgative medicines, which merely gallop through the system, leaving you still weaker. What you need to give you health and strength in the spring is a tonic medicine, and the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring ills but guard you against the more serious ailments that follow, such as anaemia, nervous debility, rheumatism, indigestion and kidney trouble. Dr. Williams' Pink Pills make new, rich blood which strengthens every nerve, every organ and every part of the body. Try this medicine this spring and you will have strength and energy to resist the torrid heat of the coming summer. Mr. J. R. Johnson, Loch Broom, N.B., says:—"Some two years ago I began to feel that my constitution was weakening. I could not stand any exposure or knocking about. I finally sought the aid of a doctor who said my system was very much run down, and that the trouble might end in nervous prostration. As his medicine did not help me, I decided, on the advice of a friend, to give Dr. Williams' Pink Pills a trial. I had used less than a half dozen boxes when my health was fully restored, and I think no other medicine can equal these Pills when one is run down and out of health."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

"Say, grandpa, make a noise like a frog," coaxed little Tommy.

"What for, my son?"

"Why, papa says that when you croak we'll get five thousand dollars."—Success Magazine.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

JERICHO.

The Famous City, Its Walls and the Curse of Joshua.

The walls of Jericho, remains of which have been excavated by German archaeologists, are, of course, chiefly famous in connection with their miraculous destruction by Joshua. It is recorded in the book of Joshua, chapter vi, that, by command of the Lord, Joshua's army compassed the city, going roundabout it once a day for six days, headed by seven priests bearing seven rams' horns before the ark. On the seventh day they encampassed it seven times. Then, on Joshua's command, "the people shouted, and the priests blew with the trumpets, and it came to pass when the people heard the sound of the trumpet that the people shouted with a great shout and the wall fell down flat, so that the people went up into the city, every man straight before him, and they took the city," destroying all that was in it, except Rahab the harlot, who had hidden the messengers sent by Joshua to spy out the city and her father's household. The date of this destruction is placed at B. C. 1451. In spite of Joshua's curse on any one who should rebuild the city, it was rebuilt in the reign of Ahab in B. C. 918 by Hiel, a native of Bethel, and it is recorded in I Kings xvi, 34, how the curse of Joshua was fulfilled. The second city flourished and under Herod the Great became important. It was sacked by one Simon, slave of Herod. Archelaus, the son of Herod, founded a new town on the plain, which he had planted with palms. Jericho was finally destroyed by Vespasian in A. D. 68.—Dundee Advertiser.

"I can truthfully say that I believe that, but for the use of your Emulsion I would long since have been in my grave. I was past work—could not walk up-hill without coughing very hard."

THIS, and much more was written by Mr. G. W. Howerton, Clark's Gap, W. Va. We would like to send you a full copy of his letter, or you might write him direct. His case was really marvelous, but is only one of the many proofs that

Scott's Emulsion

is the most strengthening and re-vitalizing preparation in the world. Even in that most stubborn of all diseases (consumption) it does wonders, and in less serious troubles, such as anemia, bronchitis, asthma, catarrh, or loss of flesh from any cause the effect is much quicker.

Do not delay. Get a bottle of SCOTT'S EMULSION—be sure it's SCOTT'S and try it.

ALL DRUGGISTS

Let us send you Mr. Howerton's letter and some literature on Consumption. Just send us a Post Card and mention this paper.

SCOTT & BOWNE 126 Wellington St., W. Toronto

WINTER WOOD.

It Makes the Best and Most Lasting Kind of Timber.

It has long been known that winter was the best time of the year for cutting down trees for their timber, but until the American bureau of forestry published the results of some experiments no one was sure why. The bureau of forestry selected four pine trees of the same age and of equal vigor, growing in the same soil, and felled them, the first at the end of December, the second at the end of January, the third at the end of February and the fourth at the end of March. They were hewn into logs of the same size and dried at the same place. Then the logs were tested.

The December log resisted a flexile strain twice as strong as that which the March log resisted. It furnished piles which were still perfect and undecayed sixteen years later, while the piles made from the March log had rotted within three or four years.

Wood that is felled in December is less porous than that cut at other times. It has been proved that oak felled in the spring allowed water to percolate through it in from two to three hours, while similar wood cut in December was seemingly impermeable.

There is a very simple method of as- three hours, while similar wood cut in winter or in spring. The former contains flour particles, which turn blue when tincture of iodine is poured upon them. The latter preserves its natural tint or merely becomes a little darker at the contact of iodine.

COPIED NAPOLEON.

South American Dictators Who Imitated the French Despot.

The dictatorship of Castro in Venezuela has been compared with that of President Francia, who terrorized Paraguay for over thirty years. Francia was a worshiper of Napoleon, whom he endeavored to imitate in every possible way. He possesses only one portrait of his idol, a German caricature, which depicted the emperor wearing an exaggerated version of the famous gray overcoat. Francia took this picture seriously and for many years paraded the streets of Asuncion clad in a gray dressing gown and a cocked hat, which he fondly believed to be the habitual garb of the French despot.

Castro's most distinguished predecessor was also a Napoleon devotee, but Bolivar had seen his idol and could thus imitate him more faithfully. He managed to acquire the emperor's brusque speech and other mannerisms, pulled people's ears when in a good humor and dictated dispatches to several secretaries at once. He founded an order closely modeled on the Legion of Honor; surrounded himself with a guard of negroes from Haiti, after the style of Napoleon's mamelukes, and endeavored to codify the laws of his country. When he returned to America after witnessing Napoleon's coronation Bolivar entered Caracas standing in a Roman chariot drawn by twelve maidens belonging to the first families of the town.—London Chronicle.

A Narrow Escape.

When Mr. Hartman returned an hour later than usual, Mrs. Hartman asked him the reason, and his good natured face was solemn as he answered her. "I haf had one narrow escape from drowning, Katchen," he said.

"How was that happen?" asked his wife as she helped him unwind the knitted scarf from his neck. "Tell to me it at once, Hans."

"It was at the ferry that I came late," said Mr. Hartman, "from the blocked cars, and the boat she was just starting. A man he called me out, 'Joomp, joomp!' and for one moment I thought to make as he said But I reminded myself to be cautious and wait, and in one minute more, Katchen, came a great patch of water showing! Then I took holt of the post whereby I stood and said to myself, 'Hans, you were the wise man that you joomped not at first when that man advised."

A Bashful Princess.

Princess Alexandra, the elder of the Duke of Fife's two daughters and granddaughter of King Edward, was to have been presented at one of the courts which are to be held during May. Just before she left for Egypt with her father and mother, however, she begged hard to be let off until the season of 1910, when her younger sister, Princess Maud, will be able to brave the ordeal with her. Princess Alexandra's timidity is even worse than that of her mother the Princess Royal, who is known in intimate family circles as "Her Royal Shyness." Being a royal personage, she would not be presented like an ordinary debutante, but would have to take her place on the royal dais to be criticized by everyone in the ballroom. Her mother probably fully sympathizing with her daughter, has let her off until next year, when the two sisters will be able to hold hands on the dais. Princesses Alexandra and Maud, who were born in 1891 and 1893, respectively, have lived a very retired life, formerly at Brighton, which residence the Duke of Fife has now given up, and latterly in the Highlands.

Queen to Wear Great Gem.

The Queen will wear the great Cullinan diamond in future on state occasions when the crown is not in use.

It will be set in the imperial crown in such a manner that it can be detached for separate use.

The crown and diamond were taken to Buckingham Palace a few days ago, and the matter was discussed between the King, the Lord Chamberlain, Col. Sir Douglas Dawson, the master of ceremonies, and representatives of Messrs. Garrard, the court jewelers.

The feasibility of the plan having been demonstrated, the court jewelers have been commanded to carry out the work. Thus the Cullinan, while retaining the status of a crown jewel, will be available for wear by the Queen on some occasions upon which the crown itself is not in actual use.

It is understood that the King's main object is to show to the fullest possible extent his appreciation of the Transvaal's gift, feeling sure that the donors would be more gratified by this use of the gem than if it were to be fixed permanently in the crown and kept as a rule from the public eye.

Announcement

I beg to announce to the **Officers of Western Municipalities and School Districts** that in future all negotiations for the purchase of **debentures** shall be carried on in my own name, and not in the name of my former representatives in Regina, with whom I have severed connection.

William C. Brent

Canada Life Building . . . TORONTO

"My dear sir," said the doctor, as he left his patient to speak to her husband, "I am afraid your wife's mind is gone." Husband (in no way startled)—I am not surprised, for she has been driving me a piece of it almost every day since we married, and that's fifteen years ago. — Scottish American.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

And the world would be just as well off if some stage-struck people were hit by automobiles.

THE ILLS OF BABYHOOD AND OF CHILDREN.

The ills of childhood are many and may prove serious if not promptly attended to. In all homes where Baby's Own Tablets are kept there is a prompt cure at hand for such troubles as indigestion, colic, diarrhoea, constipation, worms and teething troubles. And the mother has the guarantee of a government analyst that this medicine contains no opiate or poisonous drug. Mrs. R. Hammond, Copetown, Ont., says: "I have used Baby's Own Tablets and think nothing can equal them for small children. I would not be without them in the house, for they saved my little girl's life." Sold by medicine dealers, or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

"What's the matter? What did they throw you out for"

"I'm selling oil stoves, and by mistake I called at a coal dealer's house."

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

"The bachelor is worse off than the married man." "How do you make that out?" "The married man is afraid of only one woman, the bachelor is afraid of all of them."

I consider MINARD'S LINIMENT the BEST liniment in use.

I got my foot badly jammed lately; I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

Yours very truly,
T. G. McMULLEN.

Place a penny flat on the table, then seize it by the edges between the points of two pins. You may raise it without difficulty. Blow against the upper surface and you will see the coin twist round and round.

The Alphabet in a Sentence.

The following is the shortest sentence containing all the letters of the alphabet: Pack my box with five dozen liquor jugs.

Must Call a Halt To Pneumonia

It often cannot be cured but it can be prevented.

Every cold must be taken seriously, and care taken in selecting effective treatment such as Dr. Chase's Syrup of Linseed and Turpentine.

While consumptives are being taken care of and tuberculosis is being conquered, who is going to fight pneumonia, which seems each year to claim more and more victims.

It is the children and older people who yield most readily to this disease, but with the system run down or from undue exposure it is to be looked for as the result of any severe cold on the chest and lungs.

While the doctors are experimenting with cures why not do all we can to prevent this dreadful ailment by taking every cold seriously and using Dr. Chase's Syrup of Linseed and Turpentine to allay the inflammation of the bronchial tubes, to aid expectoration and to keep the cough free and loose.

This great medicine has a thorough and far-reaching action, which is not obtained from ordinary cough medicines, and this is why three bottles of it are sold for one of any similar treatment. It has proven its extraordinary value in the cure of coughs, colds, croup, bronchitis and asthma and people have learned to trust it implicitly and to keep it constantly at hand.

Mrs. F. Dwyer, Chesterville, Ont., writes: "My little girl of three years had an attack of bronchial pneumonia. My husband and I thought she was going to leave this world, as her case resisted the doctor's treatment. After the first two doses of Dr. Chase's Syrup of Linseed and Turpentine the child began to get better and we are thankful to say is now well again after seven weeks' illness." 25 cts. a bottle at all dealers or Edmanson, Bates & Co.

TO AVOID ILLNESS.

Several Simple Health Rules That Make For Comfort.

There are a few simple rules for health that, carefully observed, are money in the pocket and peace in the household.

Avoid wet feet. That is a wise old saw that "the best place for a chest protector is on the feet." It is not hard to keep the feet dry, but should they get damp change the shoes quickly. More colds are taken by letting shoes or stockings dry on the feet than in any other way.

If your feet are sensitive to dampness it is better to wear cork soles when walking. These are more sightly and less apt to draw than the habit that some women have of donning sandals or overshoes in the fall and wearing them steadily until warm weather.

There are several waterproof mixtures than can be rubbed on shoes without injury to the leather. They should be used by all women who have the overshoe hatred.

Avoid living in too warm rooms, or, if you do, be careful when first going into the cold outer air to keep the mouth closed and to inhale slowly through the nose.

Wear sensible clothing. Do not go petticoatless because slimness is in order, and if you take cold easily do not adopt the prevailing net sleeves and transparent yoke.

It is not specially attractive to sensible people to see girls and women on the streets in winter weather with low shoes and unlined yokes. The former are even more injurious than the latter, as the ankles are extremely sensitive to changes of temperature.

Do not exhaust yourself either mentally or physically. The strain of over-exertion leaves one less able to throw off any microbe that may come your way.

SIT; DON'T STAND.

Get Comfortable Chairs For Household Tasks When Possible.

A quaint old woman used to say: "There ain't no sense in them that has rockin' chairs being tired. Why don't they set in them?"

That is not a half bad question for many a weary housekeeper to ask herself. She would find life much easier, would fight the wrinkles off longer and would generally be brighter and happier if she could learn to sit down whenever she gets a chance.

Standing, unless one is trained to it, is very wearing on the average woman. She becomes worn and peevish, a burden to herself and to all around her, yet never realizes that all she needs to sweeten her temper is to get off her feet.

It is worth while to get comfortable chairs for almost every household task. Save sweeping, scrubbing and bed-making, there are few things about a house that cannot be done just as well sitting as standing.

A remarkably expert laundress says her back is so weak that unless she could sit over her ironing board she would have to go out of business. She carries with her from place to place a light high stool, just the right height to give her good purchase on her iron.

Get the rocking chair habit about your work, and you will be surprised how much less irritable you feel when that work is doing and done. If you can get your chair out on a porch or beside a sunny window, so much the better.

What if it does take a little longer to get a chair than to stand? Saved time is not the chief requisite of living. If you have not sense enough to see this for yourself, try the sitting down cure and see which the family votes more important—lost minute or saved temper.

Sit down, not grudgingly and half apologetically, when tired, but unless you are in training for your flesh stand only when you have no longer an excuse for sitting.

Arrowroot.

Use arrowroot to thicken fruit juices. It cooks clearly and does not destroy the color nor cloud the transparency of the fruit.

HEALTH AND BEAUTY.

The nervous patient should have eight or nine hours of sleep.

To get the full value of cold cream it must be let dry on the face. It takes time for the skin to absorb it.

In massaging wrinkles use the tips of the fingers and thumb, always working across the line. Never follow the lines of the creases.

A pallid skin indicates an anaemic condition of the blood, the lack of the red corpuscles. A good iron tonic is a necessity to improve such a complexion.

A glass of hot water before breakfast is a cleanser and tonic for the entire system. For an oily, greasy skin squeeze half a lemon into the water and drink without adding sugar.

For a soft, painful corn try the old fashioned remedy of binding it tightly in common baking soda moistened with a little water. The most stubborn and painful corns will disappear after three weeks of this treatment.

There is probably no more effective agent for producing the effect of a soft, clear skin than a sheer white chiffon or mallinet veil worn beneath the usual face veil. Women who are conscious of a few wrinkles are taking note of this fact.

If you wear corsets all day remove the side steels and you will not feel that bad effect that many do, especially if one's work requires one to sit at the sewing machine or desk all day. A corset will not lose its shape even though the side steels be removed.

Matrimonial Repartee.

She (in stern and rockbound accents)—You married me for better or worse, didn't you, Edgar?

He—Er—um—yes, I suppose so, my love.

She—Then what are you complaining about? I'm no worse than the average married woman, I can assure you!

He (meekly)—Well, if that is the case, all I've got to say is I'm mighty glad—

She (breaking in)—Glad?

He—Yes. Glad I'm not a polygamist. Er—um—looks a trifle squally over to the northeast, doesn't it, Miranda?

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knows that Sunlight Soap means a wonderful saving of time and labour in house-cleaning.

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Sunlight makes the home as fresh as new.

They Needed Prayers.

A member of parliament tells a good story of an out of the way country clergyman who did not keep up to date in what was going on in the world. One Sunday he asked his sexton: "Is the prayer for parliament to be used today? Is parliament still sitting?"

The sexton's reply came promptly, "Well, sir, I don't know; but, anyhow, better pray for them, for they're a precious bad lot!"—London Standard.

Truthful.

He—Give me a kiss. She (decidedly) —I won't. He—You shouldn't say "I won't" to me; you should say, "I prefer not." She—But that wouldn't be true.

The greatest firmness is the greatest mercy.—Longfellow.

Some persons are more susceptible to colds than others, contracting derangements of the pulmonary organs from the slightest causes. These should always have at hand a bottle of Bickle's Anti-Consumptive Syrup, the present day sovereign remedy for coughs, catarrh and inflammation of the lungs. It will effect a cure no matter how severe the cold may be. You cannot afford to be without a remedy like Bickle's, for it is the best.

A woman appreciates an indulgent husband—if he doesn't allow the indulgence to stop with himself.

Minard's Liniment Cures Burns, etc.

Cracked Furniture.

Ugly marks caused by splits or cracked places in furniture are easily filled in with beeswax, and the mark is never detected. In fact, this is how furniture dealers cover such blemishes. First slightly soften the beeswax until it is like putty, then press firmly into the cracks and smooth evenly with a thin knife. Sandpaper over the surrounding wood and work the dust into the beeswax. This gives a wood finish or color, and when the furniture is varnished you will look in vain for the blemishes. It is better than putty, since putty soon dries, crumbles and falls out, while beeswax will remain forever just where it is placed.

Diplomacy.

"Why do you insist on underrating the kind of golf you play?"

"Because," answered the wise official, "there is no use of making a whole lot of people jealous and antagonistic over a little thing like golf."—Exchange.

The Decisive Battles.

Some married men will contend that "The Fifteen Decisive Battles of the Word" will never be complete until a few domestic scraps are added to the volume.—London Telegraph.

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