Of Interest to Women

tions are quite the correct thing just now. They are fashionable, as it were, for has not old Father Time himself \$1,000 a Pair for Shoes finished one big piece of work, and started all over again with the resolve to have another year, even better than the last.

When you stop to think of the year that has just slipped out from your very fingers and, by the way, have you noticed what a tendency years have for slipping by, almost unnoticed, nowadays? What recollection of the year that has passed gives you the most satisfaction?

Do you rejoice because one time you fell away from your high ideals and, in a moment of weakness, said a great many unpleasant things about a girl you really liked, just because things had happened to make you feel unpleasant towards her at that particular time? Rejoice? No, indeed. You want some one to take you apart and have a heart-to-heart talk with you on the subject of your own unutterable nasti-

Do you feel better because you selfishly hoarded up things, either pleas-

ought not to have done and that you Mail and Express. did do and on the things that you should have done and didn't do. About the only thing that does give you any pleasure is the thought of the duties well performed and the kindnesses bestowed on those who needed them. After all, there isn't much pleasure in

anything else, is there? If you stop to think of the times you cried your eyes out and made prefer it.' often were.

who wraps herself in a mantle of hibits her anatomy unsparingly and egotism who is absolutely hopeless. The conviction that you are the only of mystery and much of her own

who sits down and looks herself tive masculine eye across the dinner square in the face, so to speak, and table and his blushes will be laid to says: "My dear, you have made several different kinds of a fool of yourself during the past year, but never mind, that's all over with now. The pull yourself together and start all

brand new year ahead of you, in which to retrieve the mistakes of last year. Stop frittering away your time over afternoon teas, foolish books and silly squabbles. There's nothing in it. Do all you can for your less fortunate neighbors; don't nag your husband, the children or the maid because some thing is spilled on the best table cloth Stop worrying about your imaginary men about the wearing of corsets. One and suggested calling in another docailments and stop talking gossip. It writer says that a woman knows when tor. But in spite of their kindly in-

yourself beyond your depth in trials and tribulations, that's the time to hunt up all the joys you can get hold of and smile. That's the secret of peace and content peace and content, so learn to smile, out of commission. Corsets nowadays pounds. Naturally by this time my and if you don't learn anything else during 1904 than a lesson of contentment, happiness and smiles—well, even then, 1904 will be the heat years and smiles—well authorities says: I do not nesteate to state that the present correctly—to state that the present correctly—feeling that it would be best not then, 1904 will be the heat years.

over man as he crouches in his last line curved front masquerading as straight acid. This continued until my weight of defense is announced. Girls have fronts. been installed as ushers in a New York theater. Thus is a new door forced through the wall of prejudice. Here is a counter to the recent blow of the Brita counter to the recent blow of the Brit-ish House of Lords in deciding that no has come to a close has called atten-ter, all these, by the way, at my own woman in Great Britain can be allowed to eat the number of dinners necessary to secure an admission to the bar. Anready long list of employments in Ameri.

ca open to women, and a further step taken away from what Charlotte Per
but a weakly child. When his voice but a weakly child. When his voice but a weakly child.

Woman, clad in robes resplendent, Through the sieve of time is sifting Old beliefs, and slowly lifting Woman from a state dependent Up to plane where sex shall be No bar to full equality.

However, as to girl ushers, it cannot be claimed that New York is the ploneer. The palm, as in the case of barmaids, must be awarded to London, which, for a long time, has used them in the playhouses and allowed them gratuity of "Thruppenee" for programmes. It is to be hoped that the programme exaction will not come into our theaters with the new brand of ushers. It is also to be hoped that the new American usher will "cut ent," as the current phrase expresses the thought, the siggle which the London missy feels it her duty to explode when escorting a patron to a seat. Nothing more than a silent smile can be tolerated, and this should be used only sparingly if the party ushered includes more than one sex. As for sumchers only sparingly if the party ushered includes more than one sex. As for sumched the transport of the capturent that is to say, how they should repeat that it is practice, seemingly includes more than one sex. As for sumchers of the london with the property and the singing master teaches them the art, because such persons do not lessons, because them the properly and the singing master teaches them the traches them the properly and the singing master teaches them the traches them the properly and the singing master teaches them the properly and the singing master teaches them the properly and the singing master teaches them the traches them the properly and the singing master teaches them the them the properly and the singing master teaches them the them the traches them the properly and the singing master teaches them the th

Reflections and Recollections.

ant? A rule also, perhaps, might be posted against the teetering walk and against shoe-heels more than four inches from base to point, but as to such things major domo managers need no instructions.—New York Commercial Advertiser.

GAINFO 68 POUNDS

Shoes selling at \$1,000 a pair are the product of a factory near Madison How Mrs. Rose Reid Secured Health, Square. To style it a shop would be to insult the artisans employed therein They call it a "footgear institute," and

than "curative orthopedist." The wearing of these \$1,000 shoes is, in the main, a hobby, and is based on nerves gone wrong. For there are some persons, it seems, who are plagued with sensitive nerves in their feet which ache so extensions that nothing consistingly that nothing consisting the consistency of th

the proprietor goes by no less a title

toeache, with attending nervous disturbances, and examines the patient's feet with critical scrutiny. Every hill and dale of the foot is inspected and studied, and especially is a sharp lookout kept is very important, a plaster cast of the foot is taken, and if the patient's purse is proportioned to his plaint, the physi-cian-cobbler is apt to enter a new order

in his book.

The shoes are made of good leather, but do not generally follow the lines of the latest fashions: rather the reverse. It all depends on the views of the healer. Some sufferers are scientifically shod in exchange for \$500, \$350 or ever \$100; but those customers who prefer to pay the

Becelletage Doomed.

Apropros of the evening frocks, a Paris dressmaker of the first chic tells me that the high-neck dinner gown is destined to practically oust our classic decolletage and that shortly,
"It is not alone that the high-necked evening frock is more the dictator of modish Paris, "but women have begun to find that men

yourself ill by worrying over things Is this, indeed, the case? I have which never materialized, or, if they questioned many men on this delicate did, didn't amount to anything, you as opposed to the customary frank exwill realize just how foolish you very posure of the neck and shoulders which civilization admits. The Oriental races cover their womankind to are sure to be safe. It is the woman The European or American dame exthing that ever happened may make charm. But we are at last awakening you feel intensely comfortable and to the esthetic fact of a covered-up condition, and before very long the folds and furrows of too much tissue or the bony framework of too little There is some hope for the woman will cease from troubling the sensi-

Etiquette.

When it comes to the question of con sideration for the comfort and feelings of others, good or bad breeding are evidenced emphatically. That the recipient of a courtesy does not respond makes no difference. One may not be courteous or the contrary on a glimmer of hope that you won't be an idiot, in that particular way, again. sponse to a similar act on the part of the man is very applicable.

"You spoke to that man as though he were a gentleman," said the general's friend to him. "I spoke to him as though I were a gentleman," was the quiet re-I were a gentleman," was the quiet response of the polished, courtly and refined Washington. And this is the spirit that should actuate; it is from the heart or inner congelurous and is entirely and any time or in any place.

she feels comfortable better than the terest and my looks I was really feelmay be hard work, but it's worth while.

Last of all, learn to smile. There's more power in a good, hearty laugh and a genial, unconstrained smile than in anything else on earth. If you find yourself beyond your depth in trials and tribulations that the substitute. A corset as a stay is a substitute. then, 1904 will be the best year you selected, is superior hygienically to to fast any longer at that time. I any corset ever devised." Most wo- went on a raw diet, eating nuts, fruit, men of today are wearing a straight- etc., but failed to gain in weight. Infront corset, or think they are. As stead, I lost a few more pounds.

Health and Song.

[From the London Mail.]

is raised in a piercing crescendo of again. screams his lungs are expanding, his I began drinking a glass of crean blood is circulating well, and he is and orange juice every morning, with gaining strength and beauty momen-crackers and milk at noon, and in the Translate the salutary shrieks evening rice and cream. of infancy into the educated singing Of course, at first I had to eat very of maturity and the net result is the sparingly. As cold water distressed me

her chest to develop. Her complexion freshens, and she notices with pleasure a rose-leaf stain reddening her cheeks. The professional songstress retains the freshness of youth into old ace, the freshness of youth into old ace, she takes of her health and the excellent food she eats for the sake of her voice, but mainly because she breathes perfectly and exercises her vocal organs regularly. It is actung on this principle that middle-aged women inclined to embonpoint now take breathing lessons at a fashionable school in South Kensington, where wists are coaxed back to figures long the first married the husband probably sessing the good. The woman who as she cats flushes that a woman has interpreted:

Correct diet is very essential to own case. Most people make the nits extended to my noticeably, swallows her feed fability. The woman who as she cats flushes the case of one that a woman has interpreted:

The woman who as she cats flushes the case of or following some other person's always to inject the mind. The woman who as she cats flushes the case of or following some other person's always a little expenses. At first this seemed to wom individual cases.

Walnuts, Spanish peanuts, pecans, a good deal. She is selfish and capable to do what I did and figure out their will be stout at she to whom material things mean a good deal. She is selfish and capable to being spiteful. However the morsels on her plate, turning over the morsels on her plate, will have turning over the morsels on her plate, turning over the morsels on her plate, and the housewife could put turning over the morsels on her plate, the woman who as she cats flushes. The woman who as she cats flushes.

The woman who as she cats flushes. The woman who as she cats flushes.

The woman who as she cats flushes. The woman who as she cats flushes.

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The woman who as she cats flushes.

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The woman who as she cats flushe

GAINED 68 POUNDS IN ONE YEAR

Strength and Avoirdupois and Only Ate One Mea, a Day.

bundle of skin and bone, I have now besides wholesome, nourishing foods. ple get hungry three times a day, not sirable,

simply through habit.

so causes abnormal appetite. Remove the seasoning and note the result fact they are not. It is the false flavor which causes us to overeat and our manner in which she breaks her bread system rebels in the form of billous and sips her soup. She eats in a quick, eyes and constipation. And then we

why we have so much sick-To be either excessively thin or fat ness. To be either excessively thin or lat liess.

The only seasoning I use is a very or courage to pursue her ambitions. She would be crushed by adversity in some form. To correct either of come normal. The numerous ailments these conditions you must remove the have vanished. My health is almost en- friend to confide in and rely upon is cause and return to natural methods tirely restored and without any media necessity to her. of living. This is exactly what I have close but simply living close to nature hysician-cobiler.

The learned cobbler listens to a tale of done. That I have been successful will hap every day, moderate exercise, deep not sparing much interest to the talk be believed from the announcement breathing, generous applications of that from a very thin woman, a mere cold water internally and externally, become strong and healthy and my weight is 130 pounds. And all this I have accomplished myself by restrict-concocted to create an appetite—every are sure to be found. A volume of notes in the prospective customer is taken, and the prospective customer in my diet to one meal a day. It is naturally becomes impressed with the severity of his allment. Next, and what eat more than one meal daily. In fact, much, the work entailed was ten times or friends with flighty, erratic ten-I believe that is all we should eat. Peo- greater and the offect not at all de-

because it is natural to do so, but During hot weather it is a pleasure to abandon the kitchen and all work ures or money, for yourself, when you might have been giving a great deal of pleasure to others by dissiminating a little of it among them? Indeed you don't.

In fact, you feel very pessimistic when you reflect on all the things you ought not to be the latest fashions; rather the reverse, are scientifically shod in exchange for \$500, \$350 or ever \$100; but those customers who prefer to pay the highest prices are satisfied with nothing a little of it among them? Indeed you don't.

In fact, you feel very pessimistic when you reflect on all the things you ought not to be you can be latest fashions; rather the reverse, and often four times a day, with can—
the latest fashions; rather the reverse, and often four times a day, with can—
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the latest fashions; rather the reverse, and often four times a day, with can—
the latest fashions; and often four times a day, with can—
the treatments gave me no relief, and daintlest, choicest vegetables and lusthen suddenly it occurred to me that clous, purifying fruits to cool the blood

Meals-The Girl Who Will Make

The subject of eating has so en-

the actual process. The size of the or-

dinary bite or mouthful for the aver-

a cubic inch. And it takes thirty

seconds completely to masticate a mouthful of solid food like beefsteak

or cheese. The size of the largest bite recorded is half an inch in diameter.

The tongue guides as to the size of

The size of the largest bite

to be swallowed, the

Finds Them

Toronto, Aug. 17, 1903.

MRS. MANN.

neys. For sale by druggists.

to her friends. She is too modest to give us

her street address for publication, but feels

grateful for the relief that Bu-Ju has given

her and cannot refrain from adding her testi-

mony to the thousands of similar letters we

have received. Bu-Ju, the Kidney Piff, is a positive cure for all kidney trouble or diseases

Excellent

using Bu-Ju and recommending

them excellent;

it to friends. Yours truly,

THE lady finds

still using them and

recommendingthem

Claffin Chemical Co.,

a Good Wife.

THE BALLOON IN MODERN WARFARE.



EXPERIMENTS BY THE ROYAL ENGINEERS AT ALDERSHOT.

The members of the Aero Club, accompanied by the Comte de la Vaulx, director of ballooning to the French army, visited Aldershot recently, were shown through the military balloon factory by Col. Temple. Afterwards the Royal Engineers gave a demonstration in the Long Valley, where they filled and sent up a balloon in a very short space of time. de la Vaulx made the ascent, acompanied in the car by Lieut. Brokesmith, R. E., and Mr. Frank Butler, of the Aero Club.

possibly I might cure myself. Perhaps and clear the brain. If we assimilated it may be as well to explain here that all the food and liquids consumed. I have always been a close student of what monsters we would grow to be deciding to treat myself I did not pro- NATURE SHOWS

fectly natural manner thoroughly in accord with nature's laws. To begin with, at the time I began inner consciousness, and is entirely op-posed to selfish lack of consideration at Before that I had weighed 132. My first experiment was to fast for seven days, at the end of which time my weight Woman and Corsets.

Women are tired of hearing the opinions of artists and rational wo-

Another victory of advancing woman ver man as he crouches in his last the old shaped corsets with the old water or eat anything was still further reduced to sixty-two pounds. I was almost too weak to leave my bed, and at this time I owed much to the kindly attention I receiv ed. I was given a salt sponge bath The London concert season, which every morning and full massage treat-

Of course, at first I had to eat very

same-namely, a large increase of I sipped warm water between my Anaemic boys and girls are now be- and very soon I was able to be up and

siders how few people are apparently hungry three times regularly a day, under any condition, how absurd it is:

Their digestive organs are not all of the same capacity—yet sick or well are invariably served the same amount, the sick one favored by perhaps a little extra, having just taken a tonic to quicken and increase the appearance of it. imparting a certain the side of the same appearance into new life when she sate that the wife remains the allowance made the wife remains that the allowance made the wife remains the stationary the demands upon it have been constantly increasing. The first between her pretty red lips with a dainty precision that makes it seem a nice attention on her part really to eat the food. And she manages her kinfe and fork as though she made a certain pleasure of it. imparting a certain to quicken and increase the appetue. pleasure of it, imparting a certain The habit of seasoning food highly algrace and facility to the operation. Her eating manner betokens a sunny temper and a disposition to make the best of things. The nervous girl can be told by the

res and constipation. And then we little, and with evidently very limited interest in the food for its own sake. Such a girl will never have the force The girl who eats steadily as though

it were a business to be got through going on around or to the relishable qualities of the viands, is the systematic, practical girl who will make a good wife and orderly housekeeper. She would look naturally to the main chance in household or business investment, be thrifty and economical and not be apt to bother her husband

The girl of needless view is told by the spoon left upright in the half-drained cup, the knife and fork left In common with nearly every other that three meals a day represent in at cross angles or balanced ticklishly woman I used to eat regularly three the usual perverted mode of living. To on the plate, and the charming three the usual perverted mode of living. and often four times a day, with can- me people have a great deal of cour- back just as she arose from it. She is of sensible, undiscriminating nature, with little chance to develop an intershe becomes a housekeeper her servants will be slatternly and the nicer points of convenience and household

not so much because she likes them as because she believes them to be wholesome, who eats cereals on principle and abstains religiously from desserts and sugary confections that she deems pernicious, is the sort to de-velop strongmindelness and independent proclivities before she is out o the twenties. She will make a good wife, but not a comfortable one. She is the sort of woman to get for herself a hobby and never quit riding it. The girl who eats very slowly, ever while not consuming much, munching her mouthfuls deliberately and surely, is of impractical turn, given to under valuing things that the majority of people count as of most consequence She is fastidious and aesthetic, destin ed never to make much show in th world, and to care little for that fact so long as she has leisure and a well

neet for a man is she whose organ of healthy weather. tasted of them, is ill-fitted for the sternests in a noticing, discriminating dampness and loaded with myriads of way that implies her recognition of the importance of matters usually considered humdrum. She does not hesi-vour vitality is low these germs are talk by asking for another helping or shows plainly her belief that the embroidery of life should be subordinate to the main material.

The girl, on the other hand, who is so taken up with the topics under dis-cussion that she forgets to eat and has plates in the various courses borne away before she has more than tasted of them, is ill-fited for the sterner duties of life. She will always be entertaining herself with whims and usions while real opportunities slide by. She will lack judgment and make mistakes, but will be a warm-hearted, dependable mate to the husband whose nature is strong enough to guide her.
The girl who, in the ordinary routine of boarding house or hotel life, hurries through her meal, even though has leisure in plenty, and never

fails to gather her plates and dishes and pile them for the waiter's benefit is one to whom dispatch and system are inborn, and the subtler things of life meaningless. She comes from a stock of steady-going housewives so engrossed with the homely round of existence that they had no time to cultivate the graces. If such a woman had millions and untold luxury within her grasp she could not rid herself of these slavish housewifely propensi-

listed a German scientist's interest For a woman to slouch forward that he has made tabulations as to her seat, wind her feet around the back legs of her chair and fall to with age person he finds is three-tenths of knife and fork is a sure token of grossness of temper and dull or untrained She is the sort of woman who could derive amusement from vulgar sources and whose appetite would not be interfered with by anything else about her.

A Limited Income

tongue's judgment being helped by through the teeth and For no class should there be more There is no knowing whether the sympathy than for the young houseprofessor made his observations around keepers who are trying their best to camp fire when the eaters were off make a limited income cover the thousguard and etiquette in abeyance, or in certain that into eating there goes young wife is apt to blame herself considerable individual expression, and because a dollar does not contain more the demeanor and practice at meal than 100 cents, and to wonder how she time become significant of the person's can put aside that "something for a

Bu-Ju to ber

be evolved.

During the first two years, also, the furniture and cooking utensils being nearly new, repairs and additions amount to a small item.

Often, too, the little one comes, but the allowance remains the same, and the wants of the three must be met by what sufficed for two. The husband seldom realizes this. While he works no harder, comparatively, one year than the other, each year of married life brings to the wife new experiences and increasing duties. He should increase the household allowances accordingly. Bright, healthy children are good inrestments; their sturdy limbs and rosy cheeks promise a better provision for the future than the savings bank, much as we admire the latter institution Money spent on the children's food and warm clothing will yield good interest, and in this way it is better to stave off the rainy day than to save up for i when you can ill afford to do so, and thus hasten the coming of the rainy

The young wife should, if possible, hoose the food for her household herself. She then sees what is good and cheap at the same time. Then good judgment is required in discriminating between the different kinds of food. Many recipes which on the surface appear economical are not so because they are either unpalatable or else require so many accessories that in the end the dish costs as much as a good roast.

Always purchase at a time when the mmodities, which vary in price according to the season, are cheapest. Money may be saved by purchasing the railway for one, find their solitude coal in large quantities at summer invaded by another traveler, the glance prices. Also by buying plenty of soap the pair bestow upon the intruder conand storing it till it is well dried and veys the impression that they have uses up less extravagantly. True econ- purchased the exclusive right to the omy consists in forethought in little

This Weather Breeds Fever and Pneumonia and occupy the proscribed number of inches allowed each passenger.

Thousands of Sick People Seeking Ad mittance to Overcrowded Hospitals, vite them to their social functions, na-Take Warning and Keep Up Your

The sort of girl to make a good help- plaints brought on by the present unof searching The winds are

tate to interrupt the most interesting sure to break out in some malignant for some condiment she lacks, and To avoid sickness you must keep up

your strength. Increase your appetite. Get as much nourishment into the blood as possible. Store up a reserve of vigor. How can it be done? Very easily

the formation of pure, rich blood, invigorates digestion and renews the endurance of the whole system. You can ward off sickness and fight disease with Ferrozone, because it is a food tonic that supplies building maassures firm, hard, flesh, strong sinew and muscle-in short Ferrozone builds

up your system to such a vigorous, healthy state that sickness is almost If you feel the need of a bracing tonic, something that will awaken your dormant energies and send a stream of strong, healthy blood dancing through your veins, try Ferrozone and see how quickly you will improve and gain in weight, health and spirits.

Mrs. P. C. Spencer, of Beverly, P. greatly run down. I suffered from severe headaches and felt so completeworn out and depressed that I thought I must have walking typhoid. My appetite was poor and my color was pallid, indicating that my blood was too thin, I found Ferrozone just what I needed. It increased my appetite and made me stronger. Ine feeling of languidness disappeace l. After using Ferrozone a few weeks I felt

like a new woman. It made me as strong and healthy. No medicine did me so much good as Ferrozone."
Far better to take Ferrozone than let your health run down. Get it today. Look out for substitutes and insist on having nothing but Ferrozone. Price 50c per box or six boxes for \$2 50 to all druggists or by mail, from and Hartford, Conn., U. S. A.

OF THE LOVERS

The Disadvantages of Being Engaged

to a Girl With a Family. The principal disadvantages of that blissful state just preceding matrimony are not obvious to the happy couple. Complaint rests with the "rank out-siders." When the engagement is first announced, of course, everybody is glad, and nobody backward in saying But once the congratulations are offered, and the engagement, by becoming commonplace, ceases to attract notice, other people would forget all about it until the necessity arrives of purchasing a wedding present. This however, is exactly the course the average engaged couple refuse to let their social circle pursue, for the petty follies they themselves commit render them absolutely a nusiance for the tim

The engaged girl at home expects that one room shall be reserved for her exclusive use when her lover is expected; and when, owing to the limited number of rooms in the parental domicile, or from any other reason, the privilege is denied her, she bills and coos unblushingly for hours in the presence of her assembled relations.

Now, there is nothing more awkward for a casual outsider than to be

expected to witness, unmoved, the progress of a love affair. Papa may snore unheeding behind his newspaper; mamma may endeavor to diminish the contents of the family mending basket without seeing anything unusual; but the maiden aunt is tortured at the sight "of what might have been," but wasn't, in her own young life; while youthful brothers and sisters take huge delight in the doings and savings of "Sis and her Young affect arising from disordered kid- The Pollin Chemical Par

and sayings of "Sis and her Young Men."

The lovers themselves, as above remarked, know nothing of this feeling.
And if they are a nusiance at home

WalterBaker: Cocoa and Chocolate

Because they yield THE MOST and BEST FOR THE MONEY



The Finest Cocoa in the World 40 Highest Awards in Europe and America.

our Choice Recipe Book, sent free, will tel you how to make Fudge and a great variety o ADDRESS OUR BRANCH HOUSE

Walter Baker & Co. Ltd 12 and 14 St. John Street MONTREAL, P. Q.

they secure an empty compartment or the train, and, cozily ensconcing their two selves on the space destined by road and that the company running it are wofully negligent of their duty in allowing any one else within sight. They are by no means disconcerted by the stranger's or strangers' presence: they do not guiltily slip apart

inches allowed each passenger. But nowhere are an engaged couple o utterly out of place as at the houses of their respective friends. People inturally expecting both will conduce to the pleasure of the evening. Needless intention, the sole anxiety of both A tour of the hospitals in the large canadian cities shows a surprising number suffering from different company to the company the wonders of that future which, in reality, is to prove as commonple for them as the rest of mankind.

Failing to find the desired nook, and friends, they select chairs side by side, talk only to each other, gaze only at addressed by some unknowing stranger both start and blush as though some heinous crime had been committed.

Zebra as Domestic Animal. It is reported that a systematic attempt with Ferrozone, which revitalizes all is to be made by the British Government the functions of the body, stimulates to domesticate the zebra for use in its South African possessions. It is propos ed to catch large numbers of wild zebras and allow them to breed in captivit training the young as draught animals tame and train the captured animals themselves, although this has often been accomplished with selected individuals. The zebra proper is very difficult to tame, but allied varieties, such as the South African quagga, are more easily domesticated. At the Cape, twenty years since, these were often seen working with draught horses. Still better success has rewarded a recent attempt to cross the zebra with the horse and the ass. The resulting hybrids, which are called "zebroids," are lively, but docile, and are easily trained. They have unusual mus-cular strength, and their immunity to the bite of the tsetse fly, which is fatal Mrs. P. C. Spencer, of Beverly, P. to the horse makes them especially O., writes: "About a year ago I was valuable for African service. It is thought I suffered from by some that the zebroid will supplant felt so complete- the mule, especially for work in the tropics.-Success.

> Your Furnace or Coal Stove Fire is often on the verge of going out. A little charcoal thrown on the dying embers instantly revives it. Buy it from your grocer or dealer. Beaver Brand. Ten cents per sack.

A contortionist has been swindling the street car lines in New York City and Philadelphia by allowing himsel to be struck by trolley cars and then obtaining damages for the "accident. He evaded capture for 17 months. ishes .284 pounds of sustenance, but the same value in tenderloin furnishes ess than one-fourth as much. There is as much nutriment in a pound of wheat flour costing three cents as three and one-half quarts, or about seven pounds, of oysters, costing \$! 26.
At the burial of a South London man his six dogs, draped in black, followed the cortege.

Seventy-five people out of every hundred need Scott's Emulsion just at this season; the other twenty-five would be benefited by it-there's scarcely anyone whose general condition would not be improved by Scott's Emulsion at this time of the year. It puts on solid, healthy flesh and builds up the whole body.

That is what Scott's Emulsion is guaranteed to do. As Scott's Emulsion has been the standard for thirty years this guarantee means some-

thing. By reason of the great scarcity of cod liver oil just now substitutes of all kinds are being offered to the public. Insist upon Scott's Emul-

sion and you will get the pure oil and the best emulsion Scott's Emulsion never

changes in quality, purity or