\$HUN THE PILLOW.

ide Flat if You Would Always Be Young In Form,

No longer does the girl of today have

pillow to rest her tired head on. She

now studies the athletic side of the

question, and athletics have determin-

ed that she shall lie perfectly flat with

The exponents of the beauty class

claim that the reason that our grand-

mothers were round shouldered was owing to the fact that they showed a

decided preference for bolsters and pil-

Consequently those showing an in-clination to be straight, lithe of form

ard beautiful in figure have cast aside

pillows as they would sweets that

The girl who is a student and burns

the midnight oil may disclaim all knowledge of her s .dy by not having

a pillow to rest on at night, lying per-fectly flat, and thus counteracting the

round shoulder. A curve of the neck round shoulder. A curve of the neck is developed that is enviable, while a straight back causes one never to thus lose her usefulness—in fact, a veritable Ponce de Leon fountain has been dis-

covered through this medium, many

Pillows are unhealthy, the physical

culture advocates claim, so "beware of signs of age." Leave out the pillow,

and you will always be young in form.

LOOK TO THE CLOSETS.

see That They Are Properly Aired. Cleaned and Dusted

All closets need airing, cleaning and

dusting as much as or more than any other part of the house—more, because

they are shut up from the sun, that great purifier and deodorizer. In small

apartments the shelves in the closets will be generally found packed tight with cardboard boxes or newsparer

bundles, for there is so little space for

storage in a modern flat or house that

every inch of space has to be utilized.

The closet should be opened and left

to air every week for a few hours at least. All clothing should be removed

from the hooks and hung out on the

clothesline to air. The heat of the sun will take all creases out of cloth and velvet garments and save pressing.

If there are superfluous articles of clothing on the shelves these should

Every cranny and nook should then

be washed with naphtha and the painted surface washed with ammonia and water. The floor should be scrubbed

and the door left open until the time arrives to replace the contents. If this

is done early on cleaning day it will not add much to the sum total of work

to be accomplished, and all danger of moth and vermin and that disagreeable

KITCHEN HELPS.

ture will save strength and aid in keep-

Two pads the size and shape of ket-

tle holders and sewed to a piece of tape

are useful for lifting hot dishes out of

If a little ammonia is used every few

days on brass faucets and tubes they

will be kept bright and shining and

with much less trouble than if polished

A saucepan in which rice, oatmeal or

anything sticky has been cooked may

be very easily cleaned by putting in

cupful of ashes when you take it off the fire and then fill with water,

A satisfactory way of preventing fish

from tainting a refrigerator or any of

its contents is to wrap the fish closely in a cloth wrung out of cold water. This will also prevent it from becom-

The Vanishing Home.

People who know what a home is

are not so many as middle aged men

and women think; and they who never

join in the lament at its gradual disappearance. That it is going out of

fashion there is not a doubt. Every

new pile of flats, every conversion of a dwelling to a boarding house, is

elegiac of the circumstance. The mod-

ern family shifts from one tenement to another, loses or damages its goods

in the transit, is constantly making

new acquaintances, but as constantly

losing the old, and is without quiet

and retirement and peace. The older

people regret the change; the younger

nave no standards by which to measure

Using the Toothbrush.

Frequently as a woman takes a tooth-

brush into her hand she rarely uses it

properly. It does very little good to rub a brush across the teeth. To cleanse it must be rubbed up and down

so that the bristles go into the crevices, as they cannot when the motion

is across. Hold the brush firmly and rub it up and down, going carefully

from the back teeth, that are too often neglected, to the front and then back

to the other side. After brushing rinse the mouth with a fragrant wash. This

will not only be strengthening to the gums, but will impart a pleasant odor

Alice Stopford Green.
Alice Stopford Green, widow of the

self eminent in the same line, as the

onors accorded her in England attest.

She is a member of the committee of

one will hardly be expected to

Casters on all heavy kitchen furni-

"musty" odor will be removed

ing the kitchen clean.

only occasionally.

ing hard and dry.

it.-Brooklyn Eagle

to the breath.

also be removed.

would cause them to develop fatty tis-

no pillow to support her tired head.

#### For Perfect Flavor

CEYLON TEA leads. Every infusion is delicious because the quality is there.

Sold Only in Lead Packets at 25c. 30c. 40c, 50c. and 60c per lb. By all Gr cers. Highest Award St. Louis, 1904

#### District Doing ..

UP THE CREEK.

Pansy Barfoot, city, is the guest of friends on the creek.

George Findlay, who went to Man-atoba over a year ago, has returned. Mrs. Mac McKinley, Tilbury, is vis-siting the old home on the creek.

R. and G. Coltart are remodelling the ancient residence on their newly acquired property. Nate Houston and son have secured a Bidwell bean separator with up-todate attachments

Dan. Donovan delivered in the city, Thursday, 9,100 lbs. of hogs, receiving therefor \$546. The auction sale at Peers', Friday,

The auction sale at Peers', Friday, was stayed after a few animals were sold, as only sacrifice prices were obtained.

Bresident Jennie Rorrison, of the Madies' Aid, is putting forth strenuous efforts to make the coming anniversary a record breaker in the anamals of St. Paul's.

THE PROPERTY OF

CLOTHES

of our clothes, DO SO SOON.

managing director will be added.

The cellar of Jas. Johnston was obbed Saturday night of a quantity of provisions

Mrs. Harry Martinson returned here Saturday. Her health has not materially improved. The First Presbyterian football team will play the "Saints" here, one of the cup series, on Thanksgiving

Two worldly Scots, father and son, drove into the city on Saturday. Of the team they were driving, each owned a horse. While in town they indulged somewhat freely and were feeling glorious. When returning home the son, who was driving, was going as a reckless gait. The father, not liking to see his horse so driven, grasped the son by the arm and thus addressed him: "Alfan, ye can rin ye-er ain beast just sae fast as ye like, but mine maun walk."

Charles Western is laid up with an attack of lumbago.

Frank Collins, West Lorne, spent few days here last week. The Up-the-Creek Comedy Club is Herb. Holt, who burst a blood ves-georganizing. Some new talent and sel last week, is recovering nicely.

BEWARE OF

POISONOUS ADULTERATED

DIAMOND DYES

are used by all women who value Pure, Bright; Fast and Never-Fading colors.

The use of DIAMOND DYES

assures perfect results in Home

Refuse all other Package Dyes

that are offered to you. Other dyes are but poor imitations.

PACKAGE DYES

Coloring.

The clothes on a man speak more eloquently than words,

If you haven't yet tested the valuable character and service

Your appearance and your pocket-book will both profit by it.

A full range of sizesin Ready-Made Pants, Cardigan Jackets

and the impression they give is sometimes more lasting. Do your clothes speak well of you? If they're from here, they sure-

ly do, as our clothes win their way upon their merits.

## SUNLIGHT SOAP

is better than other Soaps but is best when used in the Sunlight way. Follow directions.

SUNLIGHT WAY OF WASHING

out on a washboard and rub
the soap lightly over it.
Be particular not to miss
soaping all over. THEN
roll it in a tight roll, lay
in the tub under the water,
and go on the same way
until all the pieces have the
soap rubbed on, and are
rolled up.

ightly out on a wash board, and the dirt will drop out; turn the garment in-side out to get at the seams, out don't use any more soap; don't scald or boil a

was inrough two suds. It he water gets too dirty, pour a little out and add fresh. If a streak is fiard to wash, rub some more soan on it, and throw the piece back into the suds for a few minutes. RINSING, which is to be done in lukewarm water, taking special care to get done in lukewarm water, taking special care to get all the dirty suds away, then wring out and hang up to dry.

For Woolens and Flansels proceed as follows:—Shake the articles free from dust. Cut a table of

Shake the articles free from dust. Cut a tablet of SUNLIGHT SOAP into shavings, pour into a gallon of boiling water and whisk into. a lather. When just lukewarm, work articles in the lather without rubbing. Squeeze out dirty water without kysting and rinse throughly in two relays of lukewarm water. Squeeze out water without squeeze out squeeze out water without squeeze out squeeze ou



\$5,000 REWARD will be paid to any person who proves that Sunlight Soap contains any injurious chemicals or any form of adulteration.

5c. Buy it and follow 5c.

LEVER BROTHERS LIMITED, TORONTO

Totem Poles.

The figurines or ministure totem oles made by various Indian tribes The figurines or miniature totem poles made by various Indian tribes are among the most curious of Indian relics. In reality the totem, or figurine, is to the Indian what our crest or symbol of ancestry is to us, and there are few Indians who do not have some tradition as to the origin of their families. The general belief is that the tribe is the miraculous outcome of the tribe is the miraculous outcome of the intercourse of some god with some animal, bird or fish. While they recognize that the tribe is a mere aggregative that the tribe is a mere aggregative. tion of families, each one is supposed to descend from the lower order of creation. The representation of this animal, bird or reptile becomes the coat

of arms.
In the northern districts these totem In the northern districts these totem poles are conspicuous symbols. Analysis of their parts reveals the interesting fact that the family genealogy is expressed in human figures, and the class totem is shown by animal resemblance. The thunder bird is conspicuous on many poles; the bear is also a favorite totem, and it is not alone used on totem posts or worse on blandard. used on totem posts, or woven on blan-kets. As all living animals that bear the name of the tribe are sacred, the

the name of the tribe are sacred, the name of the animal divinity is borne by the mother and transmitted to the children, and of so much importance, is the totem in Indian belief that it is frequently tattooed on the body.

Sometimes the skin of the animal sacred to the tribe is carefully stuffed, bedecked with ornhments and in good weather fastened to the front of the tepee. At the death of the head of the family, it is always fastened to a pole amily, it is always fastened to a pole and planted at the head of his grave.

### A Friend Told Me About

THE GENTLE KIDNEY CURE

Hundreds of people, who have been cured of Kidney Trouble by Bu-Ju, were first induced to try this wonderful remedy by friends who had themselves been cured. The sales of Bu-Ju are daily increasing, because everyone who takes them is benefitted—and these in turn, tell others. So the good news is spread.

Here is what a Picton man says Here is what a Picton man says about Bu-Ju :--

"I think Bu-Ju the best remedy

Yours sincerely,
JAMES MILLS.

THE CLAFLIN CHEMICAL CO., LIMITED, WINDSOR, ONT . . NEW YORK

The Gap In the Levan Book On the way from Land's End, the extreme western point of England, to the Logan rock, just in from the cliff, after you have passed Tol-Pedn and immediately before the 10ad drops to Porth-gwarra, there is a little valley, a big grassy nook, with one cottage, a rectory and a church. This is the parish church of St. Levan, a fisherman saint, of whom there are many legends. His path is still seen by the track of greener grass that leads out to the rocks named after him, where he fished the traditional "chack-cheeld" chad. There is his stone, too, in the churchyard, one of those ominous stones which in Cornwall are thought to be the dials of time itself, chroniclers of the hour of the last judgment. The Levan stone is a rock of granite, split in two, with grass and ferns growing in the gap between the two halves. The end of the world will come, says the rhyme, when the gap is wide enough for a pack horse with panniers to pass through. "We do nothing to hasten it," the rector said to me reassuringly.-London Standard.

Land Was Out of Sight. "Yes," said one of the traveling men who were telling stories in front of the hotel, "I was once out of sight of land on the Atlantic ocean twenty-one days."

"On the Pacific one time I didn't see land for twenty-nine days," said another. A little, baldheaded man tilted his chair against a post and knocked the ashes from his cigar.

"I started across the Kaw river near Lawrence in a skiff once when I was a kid," he said, "and was out of sight of land before I reached the other

"Aw, come off!" came from one of the crowd. "The Kaw isn't more than 300 yards wide anywhere along near

"I didn't say it was," said the little man quietly. "The skiff turned over, and I sank twice."

What He Did to "Hamlet." A group of actors at the Players' club were once engaged in a discussion as to the ability and impartiality of certain professional critics of the drama, when Maurice Barrymore referred to a certain Denver journalist who was widely known for his dra-matic criticisms. "Hayward," said Mr. Barrymore, "was certainly one of the ablest of them. He wrote most carnedly, with the keenest analysis of every phase of the actor's art, and, above all, with no little wit. I am just

reminded of what was perhaps the briefest dramatic criticism ever penned. It will probably outlive everything else Hayward did. It ran penned. about as follows:

"'George C. Miln, the preacher-actor, played "Hamlet" at the Tabor Grand Opera House last night. He played it till 12 o'clock."

The Hen Bird's Duty.

In his subsection on "modifications" of types of birds and animals Sir John Lubbock tells us of a particular crow in New Zealand where the male and female differ widely as to the structure of their bills. The male bird has a bill, stout and strong, adapted to cut-ting and digging into a tree, but he is deficient in that horny pointed tongue which would permit him to pierce the grub and draw it out. The hen bird has, however, an elongated and straight bill, "and when the cock has dug down to the burrow the hen inserts her long bill and draws out the grub, which they divide between them, a very pretty illustration of the wife as a helpmate to the husband."

An Old Freedom Notice. On April 26, 1860, a Maine newspaper contained the following notice: "Freedom Notice.-For a valuable con-

sideration I have this day relinquished to my son, Hiram S. Maxim, his time during his minority. I shall claim none of his earnings or pay debts of his contracting after this date. Maxim. Witness, D. D. Flynt, April 13, 1860." The lad who was given his liberty developed into Sir Hiram Maxim of London, England, the inventor of rapid fire guns and airships.

Shibboleth. Shibboleth is a word frequently used

in politics, though it may be doubted whether many politicians know the history of it. Curiously enough, this Hebrew word really means "an ear of corn" as well as a "river," but its significance for moderns arises from the fact that it was employed as a test to distinguish the Ephraimites from the Gileadites, the former being unable to pronounce the "sh" so

Chewing Gum For Nosebleen. A celebrated physician has claimed in one of his lectures that the "best remedy" for nose bleed is a vigorous motion of the jaws as in the act of chewing. In the case of a child he recommends giving a wad of paper to chew, as the rapid working of the jaws stops the flow of blood. But why not try chewing gum instead of paper?

Contrary.

Little Clarence (a youthful Solomon)

Papa, nobody can never tell what a woman will do next, can they? Father -No, my son; and if you could tell we would not be advisable for you to do se, for if you did she would be sure to de something else.

"What," says an inquisitive young ady, "is the most popular color for a bride?"

We may be a little particular in these natters, but we should prefer a white

Early and provident fear is the mothof safety.—Burke,

# Good tea must be grown under proper conditions

LOW, damp or swampy lands in a warm, humid climate produce tea of rank, rapid growth, coarse in texture, woody fibred, rudely flavoredmakes a cup heavy, murky in color, rough-tasting -it is poor tea.

But the Indian and Ceylon teas used to make the Red Rose brand are grown on the high lands of India and the mountain sides of Ceylon.

These teas are grown in clear dry sunshine, they mature slowly, the leaves of the Ceylon teas are tender, delicate, finely flavored, but not strong.

The Indian teas thus grown are full bodied, richly flavored, smooth in texture, strong.

Such Indian and Ceylon teas combined in Red Rose Tea produce a cup of a rich rosy brown, strong and smooth-all the richness and strength of Indian, all the delicacy and fragrance of Ceylon teas-that "rich, fruity flavor" which belongs alone to Red Tea-more qualities of tea excellence than any Indian or brand of Ceylon alone can possess.

# Red Rose is good Tea T. H. Estabrooks

### District Doings | Hamilton, where she has been visit-

MIDDLE ROAD. Wheat is looking fine.

Mr. Geo. Randle and wife visited her father, Mr. Logan, on Sunday. Staff Captain Perry of the Sal-vation Army has gone to take up her work. She is now stationed at Rallavilla Wm. Scaman was judge at Wheat-Henry Dagneau was the guest of Walter Bennett last Sunday. Willie Bump spent Sunday with

Mr. Graham. Joe Bennett carried off a number of prizes at Blenheim Fair. He says lambs are scarce,

WHY DO WOMEN SUFFER?

Such pain and endure the torture Such pain and endure the torture of nervous headache when 25c. buys, a sure cure like Nerviline. A few drops in sweetened water brings unfailing relief. You feel better at once, you're braced up, invigorated, headache goes away after one dose, The occasional use of Nerviline prevents indigestion and stomach disorders; keeps up health and strength. Every woman needs Nerviline and should use it, too. In 25c. bottles Every woman needs Nerviline and should use it; too, In 25c. bottles

DANTE. Mrs. London returned

Miss Shaw, of Caledonia, spent Tuesday with relatives here and left on Wednesday on her way for Win-

on Wednesday on her way for Winnipeg.

Miss Lulu Hamilton, daughter of Mr. and Mrs. James Hamilton, died Tuesday morning after a lingering illness of many months. The funeral took place on Thursday at two p. m. The Rev. Mr. Nichols, of Tilbury, officiated. There were many beautiful floral offerings.

F. B. Stevens shipped another carload of onions.

Miss Lizzie Forbes spent from Saturday until Monday with relatives in Chatham.

Mr. and Mrs. A. Stewart returned

and Friday.

Belleville

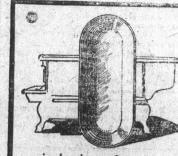
Mr. and Mrs. A. Stewart returned

their home in Detroit on Monday

A number from here attended the Moravian Indian Fair on Thursday

Mr. David Bebensee has sold his farm to his brother John. David does not intend to be a farmer,

JEANNETTE'S CREEK.



#### The Pandora Reservoir

The Pandora is the only range with a reservoir stamped in one

single piece of steel and enamelled. It is the only reservoir without seams, rivets or places to catch dirt. It has no sharp angles. All angles are made with rounding curves, and the whole reservoir is beautifully enamelled.

McClary's are the only range makers in Canada with a plant for making enamelled steel reservoirs, and that is why the Pandora is the only range that

London, Toronto, Montreal, Winnipeg, Vancouver, o St. John, N.B., Hamilton

H. MACAULAY - Sole Agent CHATHAM

