

nt. What have you a? Then, how my a Grandfather Ro- would have stood? I would have stood and he would have stood out into me. Depart what answer could I "It is very true," she came fitting down the air, "of such is the ven."

AN ATHLETE'S DIET.

Wallace Ross Describes How Professional Train and Physic.

"I eat," he said the other day, "and I have always eaten since I was a boy, a plenty of nourishing, generous food, and I am very wide in my choice, eating as a rule any good food that tempts my appetite, and that is hearty enough to be easily tempted. For myself I am not especially fond of what you call made dishes, but prefer food in its plainer forms. For meats I eat chiefly mutton and beef, and I use a good deal of bread, of course, being as careful as I can to get the best. My own idea is that so long as you have sound, sweet food it doesn't make much difference what kind it is as how you eat it. I am very particular to eat slowly. I eat three times a day. Breakfast is a light or hearty meal, according to how I feel about it at the time. Lunch in the middle of the day is always light, and dinner at 6.30 or 7 is the principal meal of the day. If I haven't an hour to spare at dinner time, I put off dinner till I have the time."

"I find, though, that aside from meat and bread, I must have plenty of vegetables. No man can make any kind of an athlete without eating plenty of vegetables. I take all kinds, and pretty much of all fruit, too. Fruits are good. A man can't stay without that kind of food. He has no endurance."

"Yes, I'm Scotch, and I believe in oat meal; but I don't think you ought to eat too much of it. I have it at breakfast about three times a week. I am fond of milk, too, and am especially careful to drink it slowly. It's excellent food, but it's very bad to drink it fast. And it isn't good to take much liquid any time; especially at meals. I drink very little at my meals. I have a habit of always drinking a glass of water when I first get up; spring water if I can get it. I don't exactly know why I do it. I don't know that it is very good for me. I guess it is because I like it. There's no accounting for taste, you know."

"I'm a great deal of a drinker, and I don't drink much coffee, but I do take considerable tea—black tea always; I never use green—and I take it with sugar and milk, and never take it iced. I don't believe in iced drinks. I don't mean when I say it is my greatest stimulant that I never take anything stronger, I very seldom do, but sometimes just before a race, for instance, if I need it, I take some brandy; no malt liquor. That's bad, especially lager—Lager is very bad."

"In training? Well, I make no difference in my diet in training. I only try to keep more regular hours, especially in sleeping. And I take no physic. Physic is bad always. In training it's fatal."

From Whittaker. "I have been cured of chronic diarrhoea by the use of Dr. Fowler's Extract of Wild Sarsaparil. I used about twelve bottles of it and am now entirely free from the disease. William McLaren, Clearwater, Manitoba."

THE TEETH. A Dentist Says It Should Be Begun Very Early in Life. In answer to a St. Louis Republican reporter's question, a prominent dentist said: "Children should be taken to a dentist as early as the 2nd year of age, and closely watched by him until the second set of teeth are all in place, which may be any time between the 18th and the 40th year of age. Often the wisdom teeth are not erupted until the latter age is reached. Decay of the teeth is a disease of youth, and should be remedied during that period. Children's deciduous—first set—teeth should be filled and kept intact until their places are taken by the permanent set. The first set are twenty in number. The first permanent teeth erupted are the first molars or 6-year molars, generally taking their places just back of the first set at 6 years of age, and are too often neglected by the parents, who often think they belong to the deciduous set. These teeth are four in number, and do most of the mastication from the time of their eruption until the second molars, or 12-year molars, are erupted; during this time the deciduous teeth are lost and their places are taken by the permanent ones. I may say that constant attention is the price of painless dentistry. A small filling in time will save the tooth and all the pain that would follow neglect. Most people do not visit the dentist until they are compelled to do so by the admonition of a painful tooth. This is all wrong and on a parallel with the patient's actions who would not send for a physician until death was plainly approaching."

"Reader," in informing you of this wonderful remedy for Coughs, Colds, Asthma, Bronchitis, Consumption, and all affections of the throat and lungs, we feel that we are doing you a great kindness, as if you have any of the above complaints, if you will only try it we will guarantee satisfaction in every case or money refunded. Ask for McGregor's Lung Compound. Price 50c and \$1 per bottle at Rhynas' Drug Store. (3)

STOVER'S SNAKE BITE. Let's of rattlers for sale and some black snakes and blue snakes on hand. Capt. Dan Stover and wife, assisted by William Scott.

MRS. DOLLINGER'S CALLER. Another Shrewd Scheme of the Mean, Careful Book Agent.

HUNTING OSTRICHES. Methods Employed by Arabs of the Desert to Catch the Big Bird.

THE LAST YEAR—1886. After the above year is ended there need be no person suffering from Rheumatism, Neuralgia, Toothache, Headache, Lumbago, or any acute pain, if they only purchase a bottle of Fluid Lightening, as it cures instantly. Pain cannot stay where it is once. The name is Fluid Lightening. Sold by G Rhynas, druggist.

The Appetite. May be increased, the Digestive organs strengthened, and the Bowels regulated, by taking Ayer's Pills. These Pills are purely vegetable in their composition. They contain neither calomel nor any other dangerous drug, and may be taken with perfect safety by persons of all ages.

Another Shrewd Scheme of the Mean, Careful Book Agent. Mrs. Dollinger, a Sioux Falls lady, who lives on Twelfth-street, heard a rap at the front door the other afternoon and responded to find a very distinguished-looking gentleman, extremely dignified and handsome.

Methods Employed by Arabs of the Desert to Catch the Big Bird. With the Arabs of the desert the chase and capture of the ostrich is the most attractive and aristocratic of the many diversions in which they indulge.

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New Arrivals! DRY GOODS GROCERIES CHOICE FAMILY FLOUR R. PROUDFOOT, Goderich, April 13th, 1887.

'Wirt' Fountain Pen. IMPROVED. My bowels were regulated, and by the time I finished two boxes of these Pills my tendency to headache had disappeared, and I became strong and well.

Ayer's Pills. Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Druggists and Dealers in Medicine.

Every Man in Business should get his Office Stationery Printed. Bill Heads, Statements, Note Heads, Letter Heads, Memo. Heads, Counter Pads, Parcel Labels, Shipping Tags, Business Cards, Circulars, Envelopes, etc.

READ THIS. 'THE SIGNAL' NORTH-ST., GODERICH.

McGregor's speedy Cure. When we say McGregor's Speedy Cure is the only perfect cure for Dyspepsia, Liver Complaints, Indigestion and Impure Blood, we are telling plain facts, of which hundreds upon hundreds of testimonials can be produced.

JULY SALE DRY GOODS, TWEEDS, &c. Greatly Reduced in Price BIG SALE FOR ONE MONTH ONLY J.A. REID & BRO. CALL AND INSPECT

Highest Price paid for Butter and Eggs J. A. REID & BRO., Jordan's Block, Court House Square, Goderich July 1, 1887.

TOWN TOPICS. A chief among ye, takin' notes. Geo. Stewart took some excellent pictures of Matheson the Highland dancer and Gavin Spence the Scottish vocalist last Saturday.

Geo. Rhynas continues to keep in stock the best patent medicines and best drugs, together with the purest liquors for medicinal purposes only. Corner of Montreal St. and Square.

THE HURON AND BRUCE LOAN AND INVESTMENT COMPANY.—Depositors in this company have the best possible security for their money, all being invested in mortgages on farm property.

Mr. and Mrs. A. Atherton, of Ferguson, were the guests of Rev. G. R. Turk last week. Mrs. Atherton is Mr. Turk's sister.

Mr. and Mrs. C. Atherton, of Ferguson, were the guests of Rev. G. R. Turk last week. Mrs. Atherton is Mr. Turk's sister.

J. Roberts, of the Big Mill, is laid up with congestion of the brain. We are glad to learn that he is recovering.

Wm. Young, who has been residing in London for the past five years, is visiting at the home of his mother, Elgin street.

Dr. McDonough will be in Goderich for consultation on Saturday, the 6th of August, and afterwards on the first Saturday of every month.

Dr. M. Nicholson, the West street dentist, makes the preservation of the teeth a specialty. Gas administered from 9 a. m. to 4 p. m. for the painless extraction of teeth.

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HOLIDAYING.—S. P. Hall, science master of Goderich high school, left Thursday morning to spend his holidays at Pease's Island near Portland, Maine.

HYMNICAL.—A wedding at St. George's church Wednesday last was one of the features of the day. The young people were from Mitchell's, the bride about 17.

JUDGE O'CONNOR'S DECISION REVERSED.—At Osgoode Hall in the case of Queen vs. Lee, it was decided by the Common Pleas Division that Mr. Grace, the police magistrate for the county of Brant, has the right to in the city of Brantford to dispose of offences committed in the county.

REAL ESTATE DEAL.—It is rumored that E. N. Lewis has purchased one quarter of an acre on the corner of Hamilton and Newgate St., including Knox's livery stable and stores on the corner, and that the premises are to be set up in modern style.

PROPERTY GOING AWAY UP.—They say that conductor Oakes and E. J. Watson have purchased one quarter of an acre, being the corner lot opposite Wm. McLean's residence, from J. S. McDougall, D. C. C., for \$705, the former getting 60 feet and the latter 40 ft. We believe they both intend building fine residences.

THE AGRICULTURAL PARK.—C. A. Humber has prepared a plan of the proposed agricultural park, which has been approved of provisionally by the council. The scheme embraces an octagonal building 70 feet in diameter, with a wing extending from two sides 50 feet long. It will be two stories high, the lower story being 18 feet high and the upper 16 feet, surmounted by a dome.

THE "RINGER" IS A "JUMPER."—Mr. Bailey's advertisement will prove of interest to many of our readers, Grit and Tory. It refers to a young man named "Ringer," in this section, who travelled on his cheek through Huron during the last Dominion election campaign.

THE SCHOOL BOARD MEETING.—The School Board met on Monday evening, present, Messrs. S. Malcolmson, chairman, Wm. Acheson, R. Price, A. Morton, H. W. Ball, John Butler and George Swanson. The principal's report showing an average attendance of 320 boys and 293 girls, was read and filed.

We had intended to give our opinion this week upon the stupidity and impertinence which seem to characterize the finance committee of the town council, so far as the recent publication of the by-laws are concerned, but matters of more importance than that dense body have the floor this week.

FRANK CONCERT.—The Caribolic Smoke Ball Company's concert last Monday evening at the Grand Opera House attracted an unusually large and cultured audience. "Dunbar's" rich baritone voice, coupled with his wonderful dramatic force, won the admiration of his delighted auditors.

HOW TO BE HAPPY THOUGH MARRIED.—We have received from the publisher, W. Bryce, Toronto, a neat little volume bearing the title "How to be Happy Though Married." It claims to give advice that will prove useful to all young married people, and many old married couples.

THE PROMOTION LIST IN GODERICH CENTRAL AND WARD SCHOOLS.—The following lists comprise the names of those pupils who have been promoted in the Second, Third and Fourth classes in the Goderich Central and Ward Schools.

FROM MISS BAILEY'S ROOM, No. 2, to the Principal's room:— Tom Bates, Hugh Bain, George Buchanan, Robert Bridges, Herbert Cooke, James Craigie, Hector Hays, Frank Lawrence, Claude Munroe, Robert McLean, Jack Noble, Henry Naftel, Arthur Naftel, John Old, Allie Porter, Francis Grant, Clem Pennington, Harry Rutsen, Willie Stoddard, Harry Videa, Russell Videa, Martha Andrews, Annie Carl, Rachael McSwen, Ada Naftel, Annie Reid, Lizzie Robertson, Jennie Wilson.

FROM MISS SHARMAN'S ROOM, No. 3, to Miss Bailey's room, No. 2:— Bertha Bain, Lucy Cattle, Mary Edwards, Annie Graham, Emma Hall, Grace Johnston, Mabel McKnight, Allie McKenzie, Jennie Munroe, Jessie Robertson, Kate Russell, Marion Sheppard, Nellie Strang, Maggie Tichbourne, Tina Watson, Robert Breckenridge, Benson Cox, Willie Coates, Willie Campbell, Scott Dickson, Leo Embury, Jonathan Fitzhugh, Joseph Heale, James Johnston, Arthur Moss, Frank McLean, Peter McPhail, Hugh McSwen, Malcolm Nicholson, Herbert Naftel, Arthur Robertson, Warner Robertson, Fred Stokes, Charles Scobie, Segar Videa.

PROMOTED FROM JUNIOR SECOND IN ST. PATRICK'S TO SENIOR SECOND IN ROOM NO. 6 IN CENTRAL SCHOOL.— Oliver Rhynas, David Nisbet, Charles Swanson, Benson Guest, Kate Niebergall, Bella McEwan, Bella Watson, Minnie Horn, John Haley, Dollie Chambers, John Moss, Harry Martin, Thomas Gilen, Walter Buchanan, Bertie Stitt, Richard Cattie.

LAKE NOTES.—The schooner Ariel anchored off the pier one day last week, and sailed north after taking Mr. Jos. Williams on board. The steam barge Belle Wilson gave a number of excursions on the Lake on Dominion Day. The Belle was well patronized.

COMMUNICATIONS. We do not hold ourselves responsible for the opinions of our correspondents. Contributors to this department must confine their articles to public questions, and be brief.

MR. EDITOR.—In the township of Morris and East Wawanamish, there are persons engaged in circulating petitions for the repeal of the Scott Act. I have not seen the petitions, but I have been reliably informed that they are concocted in such a manner as to conceal their design, and that some persons have signed them, who did not know that they had given their names for the repeal of the Scott Act, and would not have given them for such a purpose.

NOTICE TO HOTEL-KEEPERS AND OTHERS:—I take this occasion to warn my fellow hotel-keepers in the county of Huron and elsewhere against harboring a girl-tongued young man by the name of John Brown, hailing from Toronto, and claiming to be a newspaper man; as, if he serves them in any way, he will be liable to a fine of \$100, and will be liable to a fine of \$100, and will be liable to a fine of \$100.

FOR SALE.—A PHETON AND A SET OF SINGLE HARNESS in first-rate condition, at one-half the original cost. Apply to DEE, MCKENZIE & CO., 210-1/2

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Advertisements and notices on the right side of the page, including 'Dentistry', 'Domestic Wanted', 'The People's Column', and various notices.

NOT F. F. THARIST.

Mr. F. F. Tharist's Remarks Upon the Critic.

MUCH MORE THAN WISENESS.

The Opioid-habit as a Bad as Opium Smoking or Cocaine Taking.

More Trouble May be Expected.

My husband was troubled with dyspepsia for more than four years.

Don't Speculate.

Run no risk in buying medicine, but try the great Kidney and Liver regulator.

Home Rule.

In Great Britain the question of Home Rule is commanding attention.

How a Dude Caught Cold.

A slim young man in the height of fashion was violently sneezing in a street.

Phosphatic and Nerve Food.

A Phosphate Element based upon Scientific Facts, Formulated by Professor Austin.

BEWARE OF WORTHLESS IMITATIONS.

As there are many inferior goods, copied with just enough of the original.

These verses were sent some years ago by a friend who is now dead.

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Advertisement for Dr. Chase's Liver Cure with image of a bottle.

Advertisement for Golden Medical Discovery.

Advertisement for Burdock Blood Bitters.

Advertisement for Grompton Corset Co.

Advertisement for The Key to Health.

Advertisement for Ely's Catarrh Balm.

Advertisement for Ely's Catarrh Balm.

FAMILY GROCERY!

Consisting of FRESH TEAS of this season's importation, comprising Young Hysons, Gunpowders, Japans and Blacks.

REES PRICE & SON, Store on the Square, Between E. Downing's and C. Crabb's.

SPRING GOODS HUGH DUNLOP, FASHIONABLE TAILOR.

TWEEDS, WORSTERS & OTHER CLOTHES SUITABLE FOR SPRING AND SUMMER WEAR.

WHO GETS THE PRIZE PROF. CLARKE

MASON & RISCH PIANOS, BELL ORGANS, Triumphant Organs!

W.M. KNIGHT, West Street, two doors east of P.O., Goderich.

Advertisement for The Celebrated Axis Cut Pebbles!

Advertisement for Grompton Corset Co.

Advertisement for The Key to Health.

Advertisement for Ely's Catarrh Balm.

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Vertical text on the right edge of the page, including 'Fashion' and other fragments.

