### HINTS FOR GIRLS.

HOW TO PRESERVE HEALTH AND GOOD COLOR.

Pale, Sallow, or Anaemic Girls Restored to the Bright Freshness of Youth by Natural Means — Good Health Within the Reach

of All. From the Sun, Orangeville, Ont. Miss Maggie Brownlee, of Orangethroughout Canada, Miss Brownlee fell a victim to anaemia or watery blood, and for a time, as she says herself, feared she would never again enjoy robust health. Experiences taken to her master's estate. like Miss Brownlee's cannot fail to be of benefit to other pale and anaemic girls, and for this reason she kindly consented to give a statement to the Sun for publication. "My illness," said Miss Brownlee, "came on very gradually, and at first it merely seemed as though it was a feeling of depression and tiredness. I Dr Williams' Pink Pills, and what the scene of such misery as mine!" she said interested my mother so uttered Marina, as her eyes ran over much that she bought a few boxes. the picture. I began taking them, and in the room for doubt that they were help-

girls." Dr. Williams' Pink Pills make rich, red blood with every dose taken, thus restoring the bloom of health. and the brightness and freshness of youth to pale and sallow cheeks. Through their action on the blood they cure such diseases as anaemia, nervousness, headache, rheumatism, dyspepsia, St. Vitus' dance, heart troubles, diseases of the kidneys. etc. These pills also cure the ailments that make the lives of so women a constant misery Sold in boxes, the wrapper around which bears the full name-Dr. Williams' Pink Pills for Pale People. Can be procured from druggists, or will be sent by mail, post paid. 50c a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

### TOO LITTLE FOR TOO MUCH. How a War Was Saved Between

England and Russia.

tan was troubled with a bad tooth- watching you.' amined the tooth. which was no- in the affair. gas, and replied :

for five seconds, much less five minutes."

The Ameer sat quietly for a few leaves were seen to move, but inminutes, stroking his beard, and stead of dropping back as though may have followed us from Tyre, for the new building so generously placthen called for a map of Afghanis- jostled by the passing breeze, they tan. When it was brought he asked remained fixed. territory that had been seized. Then whispered Esther. tracing the little fringe of country, and sweeping with his finger the great space that stood for the rest of his kingdom, he said

"It is so little that it is not

## worth making a great war about."

HEALING A BROKEN LEG. The proceedings of the Royal Society of England were not taken so disappeared from sight. seriously a nundred and fifty years ago as they are now. A sailor who had broken his leg sent to the Royal tinued Marina, with a shudder. Society an account of the remarkable manner in which he had healed genius," added Esther, with a smile. the fracture. His story was that he had dressed it with nothing but tar and oakum, and in three days tween the Royal Society and the solemnly that his broken leg had been treated with tar and oakum, and with nothing else. The society might have remained puzzled for an added in a postscript to his last letter : "I forgot to tell your honors that the leg was a wooden one.'

## A DISQUIETING REASON.

off for a day's shooting along the the lighter kinds of fruits. The ing" medicines do. They do not have stant recognition and gratitude. coast, accompanied by a native at- menials spoke not a word, but hav- a deadening or stupefying effect, but tendant well acquainted with the ing set down their burdens they at on the contrary go right to the seat Mr. Kipling stirred the British peocountry. Coming to a particularly once retired. inviting river, the officer resolved to Both the girls partook freely of cure the child and prevent a recursional," had done, although in a difhave a bath, and asked the native the viands thus set before them, and rence of the difficulty. All mothers ferent way. It was in effect an ar- having an eye removed?" Talkerto show him a place where there Marina was even surprised at the who have used this medicine praise raignment of the nation for the inefwere no alligators. The native took command she had gained over her it and always keep it in the house. him to a pool close to the estuary. feelings, when she found herself cool- Mrs. G. Baines, Six Mile Lake, Ont., The officer thoroughly enjoyed his ly discussing with her companion the says:-"The Baby's Own Tablets dip, and while drying himself he merits of the cake and fruit. Had which I ordered came just in time. asked his guide why there were never she been told when she stood upon My baby was very ill with indigesany alligators in that pool. the Cingalese, "they plenty fraid of -that she could have experienced the him after a few doses and he is now

# HARD WORKED.

deserve to have none.'

Friend-"What's he been doing of mechanism. One of them cast a house in case of emergency. Youth—"This book is full of it. face of Esther, but upon Marina ments of children, such as constipational could have accomplished so much in First he threw his eyes up to the they seemed not to dare a look, ration, sour stomach, colic, diarrhoea. a speech, unless, indeed, it were by ceiling, and then let them drop on ther showing by their manners that indigestion, and simple fever. They eloquence, which is art, rather than a long corridor, and then rested After dinner had been served to the allay the irritation accompanying the them on the cool waters of the lake. girls in their own apartment they ren of all ages, and dissolved in Then he must have called them back were waited upon by a female ser- cutting of teeth. They are for childsomehow, for it says he bathed them | vant, aged, but yet firm and hearty | water can be given with absolute in sad, salt tears, wiped them, and in appearance, who asked them if safety to the youngest infant. Sold swept them with long lashes. Once they would like to walk in the gar- by all druggists at 25 cents a box, James (who is the culprit himself)he was idiot enough to rivet them dens. Of course they joyfully ac- or sent postpaid on receipt of price, "Yes, sir, but I hardly like to tell." fixing them on a suit of clothes." companied their conductor. They cine Co., Brockville, Ont.

# Marina:

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The Daughter of

Kison Ludim.

ville, is a young lady well known to CHAPTERS.—Prince Phalis of Tyre graperies, walked around the founthe residents of the town and great- pursues Marina to make her his wife. tains and admired the many-colored turned Esther, 'but I can give you ly esteemed by all her acquaintances. Gio aids her escape and is imprison-fish, stopped and plucked such fruit the assurance that the king cannot ed by King Mapen. He escapes; is and flowers as they wished, and list-harm thee. Of the powers that will british SCIENTIST DISCUStheir boat. A corsair comes up and the different things they saw.

### CHAPTER XV.

Eye cannot picture a scene more lovely than that which greeted the eyes of Marina and . Esther on the apartment where they had slept seemed more like the divan of some finally had to give up a good posi- chamber, and the rich perfumes that tion. I was at times troubled with ladened the atmosphere seemed like obtained from one to the other, as band upon Marina's shoulder, and the borders of both were flanked hand upon Marina's shoulder, and a throbbing, racking headache; my the grateful incense of nature to her with a sort of hedge formed of while a glistening tear started out appetite gave out; the least exer- God. They performed their ablution tired me, and my heart would tions at a fountain of sweet-scented lake the guide led the way, and "It is more tangible than that. beat painfully. My limbs seemed to waters that gushed up from a mar-shortly after they had entered the Gio, the armorer of Tyre, will hold feel like weights, and at other times ble basin in an adjoining apartment, there was a sinking sensation which and then went forth to the open I can scarcely describe. I was treat-ed by a good doctor and took a number of remedies, but without any improvement in my condition, and I began to fear that I was doomed to that lay like diamonds upon the be an invalid. One day a friend who called to see me spoke very highly of "Oh, that such a spot should be

For some time she gazed around course of a few weeks there was no upon the gardens, and while she yet ing me. I continued taking the pills ther's hand was laid suddenly upon sought new objects of interest, Esfor a couple of months or more, her arm. She turned an inquiring when I felt as well and strong as look upon her companion and found ever I had been. It is about a year that her eyes were fixed earnestly since I gave up taking the pills, and upon a clump of myrtles that grew I have not since felt the need of any upon the edge of a marble walk medicine. I think Dr. Williams' Pink which flanked a jetting fountain.

Pills a grand medicine, and should "What see you, Esther?" be taken by all pale and feeble "Look towards those myn 'Look towards those myrtles." answered she, without moving her eyes, but at the same time pointing with

her hand. "I do, but I see nothing." "Wait a moment." "But what saw you?"

"A man." "I have seen a dozen in different parts of the garden since I stood

"Yes, but this one has been watching us for some time." "He is curious, I suppose, to see strangers." said Marina, without having yet bestowed any other thought upon the subject. "His curiosity is of a deeper kind

than that." returned Esther, turning her eves from the myrtle grove and regarxing Marina with an earnest look. "When first I saw him he was standing upon the edge of the foun- steps the girls hurried on. The spot When the late Ameer of Afghanis- my eye, though, for he had been eyes that had peered upon them from is employed in the office of a whole- extremely detailed and it was almost

ache he sent for his European dent- "What looked he like?" asked Marist in open court. The dentist ex- ina, now beginning to be interested same parti-colored cap. The features obliged to leave her work, realizing testified.

thing more than an old stump, and "I cannot tell you. I'm sure." Es- was a man who watched their course. as a result of nursing her brothers advised that the ameer should take ther answered. "for I could not see The invisible started back as his own and sisters—has contracted this laughing-gas and have it out. The his face plainly nor much of his body. ameer inquired into the effect of the Only his eyes could I distinguish, but even in those I thought I could him, and in a moment more his the difficulty met with is to send her "I cannot risk being a dead man read a peculiar earnestness." "Say you he is there now?"

"Yes, somewhere, for he could not So, while the whole Afghan court have gone without my seeing him. surveyed the operation, the dentist I have thought once or twice that I Esther, when she had become assured is not constantly meeting such apstruggled with the tooth, and the saw his eyes peering through the that their mysterious watcher had peals—that the new free consumptive gence of the message it did some stout old ameer never moved a spaces between the leaves, but it gone. was only glistening drops of dew. The quality of common sense which But watch-we shall see him again." characterized this ruler once averted Marina was now fairly awake to a war between England and Russia. earnest curiosity, and anxiously she "Those eyes were surely not evil. W. J. Gage and the executors of the A representative of the Ameer told stood and watched the myrtle trees. They had none of the cat-like, snak- late Hart A. Massey, who out of him that the Russians had taken At every movement of a leaf she ish gleam, but they looked large and their own funds have erected this Afghan territory, but as England thought she saw a man, and every warm." had guaranteed him against aggres- bird that fluttered in the surroundsion he could easily depend on Eng- ing foliage was sure to draw her at- friend," added Esther. land to go to war if he said the tention. Ten minutes had they

the representative to show him the "There! Now I can see two eyes,"

"I see them," returned Marina, "and they are glancing upon me." "See-there's part of the face." "Yes," tremblingly responded Marina, without changing her position.

The leaves fell back and Marina drew a long breath. "Who can it be?" she asked, when satisfied those two peering eyes had

"It may be some evil eye, "con-"Ay, and it may be some good

And so they hoped. Ere long the man was seen to was able to walk just as well as be- move away. His step was slow, as ier in Tyre!" fore the accident. This remarkable could be seen by the opaque shadow story naturally caused some ex- made along behind the shrubbery. citement among the members of the The girls watched in vain for the

society. No one had previously sus- moment when he should be revealed, pected tar and oakum of possessing but they yet had the satisfaction of such miraculous healing powers. The knowing that he was gone. The way revengeful." society wrote for further particulars, he took was along the shrub-borderand doubted, indeed, whether the leg ed walk that led to the river, and had been really fractured. The truth when he reached the first angle beof this part of the story, however | youd the flower garden he entirely was proved beyond a shadow of a disappeared. Once or twice Marina doubt. Several letters passed be- thought he turned his head towards their closet, as she saw his red and sailor, who continued to assert most yellow cap moving along above the tops of the bushes; but if she did she saw nothing of his face. When satisfied that they could see no more for the present of their unindefinite period had not the sailor definable watcher, the girls returned well, act well and play well. A child to the inner apartment, and before that is not lively, rosy-cheeked and

Youth (reading cheap novel)-"I'm feeling.

Control of the second of the s

**\*** SYNOPSIS OF PRECEDING strolled through the arbors and

behind them, and as often had they still, but upon which my lips are turned, but they had seen nothing, sealed. morning following their introduction ficial lake to the eastward, and the it were silent. left and ere long they seemed to be he has need." only a few feet distant. They were hardly perceptible, and evidently the invisible pedestrian was aiming to conceal entirely the sound of his feet The old woman noticed it not, but the girls were keenly alive to even the dropping of a leaf, and this steady, cautious tread, could not escape them. They tried hard to peer

> gazed inquisitively and wonderingly each upon the other. Both seemed to understand the silent language, for gradually they allowed their conductor to gain distance. The footfalls were still heard start ahead, and then for a time to

through the intricacies of the hedge,

emain silent. "Marina," said Esther, in a tone ears of the old woman, "that is our powerful." morning's watcher."

"So I am confident," returned Marina, with a calmness which, though yet free from fear. "It must be the beautiful, the water was clear and ly anxious to watch us." "See that spot ahead where there seems to be a break in the hedge?"

Marina nodded assent, and Esther then continued: there. Let us walk on as if to overtake our guide, and when directly opposite, we will suddenly turn our heads and look."

The answer to this proposition was a silent affirmative, and with eager

were entirely lost. "That was not an evil eye," said hardly a clergyman in any city who

sort of blushing hope laying its being built. The people of Canada bloom upon her fair countenance. as a whole must feel grateful to Mr.

"Yes, like a friend. grant it!" watched in silence, when some of the been seen from the harbor." Suddenly Marina trembled and ion over for \$10,000 for this pur-

turned pale, and she fairly grasped pose. her companion's arm for support. "It may be some one from Tyre,"

may have tracked us!" "Then let his messenger take us." said Esther in a tone of strange when this disease is taken hold of in firmness.

this." prince?"

"You shall not wed him."

"If I am in his power what can "A power mightier than Mapen's" "Ah, Esther! there is none might- tions for the Free Consumptive Hos-

"There are two. One is a noble ited, 22 King St. East, Toronto. power-the other, perhaps, full as no ble, but more dreadful in that it is "But I cannot comprehend," uttered Marina, gazing into her compan-

ion's face with great astonishment THE CARE OF BABIES.

### All Mothers-Baby Should Always be Bright and Cheerful. Babies that are well, sleep well, eat

A Great Responsibility Rests on

they could discuss much upon the playful, needs immediate attention or events that had passed, the door was the results may be serious. Prudent of triumph it interjected a note of thrown open, and two female ser- mothers should always keep ready at reverence which had been lacking. It vants entered, bearing between them hand a safe yet effective medicine to was a serious word of warning, too, a large silver tray, upon which was administer to their little ones as and of modesty, uttered at a time A good story is told of a naval the morning's meal, consisting of emergency arises. Such a medicine is when self-glorification was the busiofficer whose ship was stationed off the finest cake, a flagon of light Baby's Own Tablets. These Tablets ness of the hour; a call to the con- 50 and 500 acres. the coast of Ceylon, and who went wine, a dish of coffee, and several of do not act as the so-colled "soothof the trouble and by removing it ple almost as deeply as the "Recesthe captives' stand in the bazaar of tion and bowel trouble, but I am "Because, sar," promptly replied Tarsus that she could have felt thus happy to say the Tablets relieved firmness of hope that now nerved her doing splendidly, with just a Tablet to the literary merits of the poem -she would have treated the idea as now and then when a little restless. a taunt against her soul's purest I am the mother of eight children But there are no two opinions as to and I must say I have never had a out of all patience with that George Half an hour passed, and then the medicine I thought as much of as Fitzallwyn in the story-the hard servants returned and took the tray Baby's Own Tablets, and I have tried work he's giving his eyes. He doesn't away. They were as silent as be- all the old remedies. I think mothers fore, and moved like curious pieces ought always to keep them in the sidelong glance towards the pretty These tablets cure all the minor ail- how plain and potent his facts,

break up colds, prevent croup, and by facts.

# SUNLIGHT SOAP

One ounce of Sunlight Soap is worth more than REDUCES Two ounces of impure soap. EXPENSE

Ask for the Octagon Bar. If your grocer cannot supply, write to LEVER BROTHERS, LIMITED, Toronto, sending his name and address, and a trial sample of Sunlight Scap will be sent you free of cost.

"Neither can I explain it all." re-Gio aids her escape and is imprison- fish, stopped and plucked such fruit the assurance that the king cannot traced to Marina's hiding place. ened with interest to the informa- oppose him I can only say one is King's officers take her on board tion of their guode with rtsptct to such as every wicked ruler may fear takes her to Tarsus. She is sold and Several times during the walk had oppressed people, whose very blood both Marina and Esther fancied they must flow at the nod of royal vice. heard the pattering of cautious feet The other is a power more mightier

They had arrived at a point where "Is it from the gods?" asked Marthe way separated into two paths, ina, in a subdued tone, while her eves one leading off towards a small arti- seemed open to catch the answer if into the palace of Ben-Soul. The other leading directly back to the A strange light, seeming a half palace. For some distance the melancholy, overspread Esther's feakept getting worse, however, and Indian monarch than like a sleeping ly together, but no view could be earnestly and affectionately into her

> path the footsteps were heard to the you above the reach of the king, if "That strange man?" murmured Marina, and a thrill ran through her frame. "Yes, and he can save you when all

> else may fail," exclaimed Esther. "Who is he, what is he, that he has such power over the Tyrian 'I have told thee all," returned Esther. "Gio will save thee, if once but the compact foliage resisted the you land in Tyre. Ask no more of

> extension of their vision, and they "But you spoke of the people. How mean you there? The people have no power in Tyre.' "Ah, Marina, you know not what power years of wrong may stir up in the bosoms of those whom we look

at short intervals, seeming anon to upon as loyal subjects of the crown." "But the king is all-powerful." "Nay," said Esther, in a meaning tone. "He may find it not so. luxuriated everywhere on this planet stroyed forever; nine cases out of ten are so low that it could not reach the wrong and tyranny can never be all- wherever conditions permitted, he

and turned to wait for the girls, so space an immense range of life and they had no further chance to carry intelligence of which we at present blended with anxious curiosity, was on their conversation. The fish were know nothing. same, or else some one who is equalold woman to be delighted with the the presence of a medium involved scene, and ere long they started on nothing in themselves extraordinary, miles of railway; Scotland, 3,391 their return to the palace. To be Continued

"The steps seem to have stopped DISTRESSING CASE OF CON- an effect beyond ordinary human Minard's Liniment is the Best SUMPTION.

> Four of One Family Pass Away- religious emotion or in some trance Last Daughter Now Ill.

tain almost hidden from sight be to which Esther had alluded was family in his congregation which monly asserted, the materialization hind that clump of aloes; but the mo- where one of the lemons grew slight- consisted of the mother and five or apparition of temporary human of bread. ment he seemed to catch my eyes he ly apart from its companions, and as children, the father being dead, four forms. He had never seen any of left that station and went behind the they came opposite to it they both of whom in a few years have fallen these beings under satisfactory conmyrtles, where he has been ever cast their eyes towards it, and on victims to consumption and died. ditions, but the evidence adduced by since. It was by accident he caught the instant they saw the same sharp And now the fifth, a daughter, who Sir William Crooke and others was the myrtle grove; or, at least they saler, and who has been the one as difficult to resist their testimony saw plainly a pair of eyes and the source of support to the mother, is were not visible, but they knew it that she also-mainly, it is believed, eye-beams were reflected back from dread disease. Kind friends are inthe orbs that were bent towards teresting themselves in the case but steps were heard striking off towards to a place where the proper care and the other path, and ere long they treatment will be given. It is for such as this-and there

hospital, under the auspices of the "No," returned Marina, with a National Sanitarium Association, is building. But before it can be occu-"Like the eyes of a watching pied it must be furnished with beds and other proper furnishings and ap-The gods pointments. The National Sanitarium Association, already carrying a the vessel that took us might have ed at their disposal, and are appealing to citizens generally the Domin-

It does not need the suggestion "What is the matter, dear Mar- that this is the most pressing of all charities at this time, for the public are fully awakened to the wideuttered the startled girl. "The king spread character of consumption, and the best medical authorities, that its early stages, it, as much as any army duels two months ago. "Oh, that would be as horrible as other disease, is curable. The new hospital just as soon as the money of Uhlans, it appears, entertained at is raised to complete the furnishings, "What-not to wed that wicked will be ready to receive fifty patients Chief Justice, Sir William R. Meredith, 4 Lamport Ave, Toronto, has kindly consented to receive contribupital or they can be sent to Mr. W. J. Gage, 52 Front St. West, Toronto or to the National Trust Co., Lim-

> Illustrations of the Power of the cute the threat. which he did. During the Jubilee ceremonies in

THE VOICE OF THE TRUMPET

1897, when the whole British nation was celebrating the long and happy reign of their beloved queen and the growth and material greatness of the empire, a short poem appeared one morning in the Times. Before night it had changed the whole tone of public feeling and sentiment. The poem was Mr. Kipling's "Re-

cessional." Into the national song science of the nation, which won in-The other day a second poem by Minard's Liniment Cures LaGrippe ficiency of its military system; for happen?" Walker-"By changing his its neglect to educate and train its name to Smythe." officers and to drill its men; for the self-complacency which assumes that although cricket and football may demand practice, all Englishmen are soldiers by birth. Opinions may difthe impression which it has made. Both these instances, although the same man happens to figure in each, poet, the artist in any field, to move the people. No statesman, no matter

James, do you know who it is ?" knots on the whole passage.

SES TELEPATHY. -the vengeance of a wronged and Dr. Oliver Lodge is of the Opinion That Trance Utterances Are Due to Them.

> trance and clairvoyance has been so uncompromisingly skeptical that Sir William Crooke's sympathetic discussion of the subject two years ago and is sold only in lead aroused the greatest popular interest. Now comes a no less eminent investigator, Dr. Oliver Lodge, who Black, Mixed and Green. as president of the Socitty of Psychical Research, delivered recently in apan tea drinkers try "Salada" Green tea. London a remarkable address. He made statements which, a generation ago, would have been startling in the mouth of a scientific man, and his audience, including many pocket and counted it. eminent men, listened and applauded some far-reaching conclusions. tain conditions the mouth can speak and the hand write concerning things his wife. wholly outside of the normal ken of the mind usually controlling them. to-night, aren't we?" he returned. Telepathy is the one ultra normal human faculty, the reality of which every one who has engaged in researches is prepared to assent to, But its laws are unknown, and its scope and meaning not yet apparent.
>
> AN UNKNOWN LIFE.
>
> Can afford to let the ladies of the church guild get, and I'm taking no church guild get, and I'm taking no millions of mothers for their children while teething. Its oothes the child, softens the gums, aliays pain, cures wind colic, regulates the stomach and bowels, and is the best remedy for Diarrhea. Twenty-five cents a bottle.
>
> By local applications as they cannot reach the

found it impossible to deny the pro-The guide had reached the lake, bability that there might be in

The greater number of psychical but there was another class of phe miles; and Ireland has 3,178 open. nomena, not sharply distinguished from the former set, which is volved power to accomplish, for instance. the asserted resistance of the human skin and nerves to fire when under state, or the extraction of a solid object from a permanently closed A Toronto clergyman tells of a box, or what was much more com-

as it was to accept the things they are 35 widowers; in every 1,000 THE AGENCY OF THE DEAD. If he were asked did he associate psychical phenomena with the continued existence of dead persons, he must answer that he did not. Buteliminating psychical phenomenasuppose he was asked further, did he don consider that trance utterances were ever due to the agencies of departed persons, he was bound to sav that as regarded the contents or intellitimes very strongly indicate some form of access to a persistent portion of a departed personality, and occasionally thoroughly suggested its actual agency. Asked if he believed in ghosts, Dr.

Lodge replied: "No; I have seen too many of

FEAT OF YOUNG OFFICER. "Perhaps," said Esther, "some one heavy debt, are not able to furnish On Wager Drank a Bottle of Bran-

dy and Died. Following their custom in such cases, the news agencies at Berlin have carefully refrained from sending want a new hat next week.' out a sensational story which might reflect upon the German army. The matter in question is the death of Herr Von Eichel-Streiber, a young lieutenant of the Third regiment of also to the fact, as demonstrated by drinking bout at the officers' mess at Potsdam. It is as seriously discussed in Berlin to-day as were the

The officers of the First Regiment their quarters the officers of the free of charge—even their railway eral, and young Eichel-Streiber had Third Regiment. Drinking was genresponded to each invitation to drink. He was already much intoxicated when an officer of the First Regiment boasted that he could drink in the space of ten minutes a decanter of brandy Eichel-Streiber met his wager with another-that he could drink the contents of a bottle at one draught. In-

stead of persuading him to give up his foolish boast, knowing that he suffered from heart trouble, his companions urged the lieutenant to exe-Eichel-Streiber lost consciousness immediately after putting down the bottle. He was carried to his room and placed upon a bed without removing his clothing. The collar of

his tunic was not unbottoned, and comrades retired and left him there. In a few minutes the officer The lieutenant was given a grand funeral, with all military honors, and his body was taken to the home of his parents at Eisenbach.

d investigation of the case. There are 41 million farms in the United States, most of them between

Emperor William has ordered a rig-

# Walker-"Did you hear about Smith

'No. Good heavens! how did it "THE FOUR TRACK NEWS."

This is a Monthly Magazine

of Travel and Education, published by the Passenger Department of the New York Central, the great four track line. It contains a fund of interesting and instructive reading matter, and, like all other features of this popular line, is thoroughly up-todate. Five cents per copy or fifty cents a year from Geo. H. Daniels, Gen'! Pass. Ag't. New York.

The fastest boat plying between throwing paper behind my back. England and India makes only 141 Monkey Brand Soap is a cleaner

on the dome, and when I left off was cepted the proposal, and at once ac- by addressing the Dr. Williams Medi- Teacher-"A very honorable feeling. and polisher combined, but won't

UNCOVERED COAL.

If a load of coal is left out of doors, exposed to the weather, say for a month, it loses one-third of its heating qualities. If a ton of coal is placed on the ground and left there and another ton is placed under a shed, the latter loses about 25 per cent of its heating force, the former about 47 per cent. Hence it is a great saving of coal to have it in a dry place, covered over on all sides. The softer the coal the more heating power it loses, because the volatile and valuable constituents undergo a slow combustion.

# The attitude of scientific men toward the phenomena of telepathy,

Ceylon Tea Is the finest Tea the world produces, packets.

THE ONLY SAFE WAY. He took the money out of his

"Too much," he commented. He put a \$10 bill back in his pock-He did not hesitate to declare as et and hid the rest away under a pile an undoubted fact that under cer- of shirts in a drawer of his dresser. "Why are you doing that?" asked "We're going to the church fair

"Well, I know just how much I every one who has engaged in re- can afford to let the ladies of the

Knowing what we already certainly know of the material universe and of its immense scope and the number of habitable worlds it contained —he would not say inhabited, for evidence did not yet reveal that—but habitable worlds, and perceiving also the immense variety of life which caused by cetarrh, which is nothing but an in-flamed condition of the muceus surfaces. the United We will give One Hundred Dollars for any 325 colored. case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars, free. F. J. CHENEY & CO., Teledo, O.

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TO CURE A COLD IN ONE DAY. Take Laxative Bromo Quinine Tablets. A'l druggists refund the meney if it fails to cupe.

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In every 1,000 British men there British women there are 78 widows.

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Minord's Liniment the best Hoir Restorer

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ticket agent, or write B. H. Bennett, 2 King street east, Toronto, Ont. Father (meditating on time's changes)-"Ah, yes, the fashion of this world passeth away." Daugh-

ter-"Indeed it does, papa. I shall

THE MOST NUTRITIOUS.

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