

n her cheeks and purifies every drot of blood in her body.

After a little practice a girl can are disappointed !" run half a mile without stopping. Then let her pause for a two-minute think you a dangerous woman." Without question, one of the best you suggest that you have the formexercises in the world for girls is er, and that I am the latter." running. It contributes for one "I am sorry-very sorry-that running. It contributes for one thing that elasticity without which have said what I have. I- My

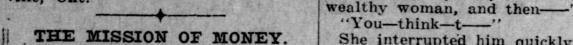
grace is impossible, and spurs every eyes are open now.'bodily function to its appropriate duty. Other things being equal, the girl see a woman, not a fool; not who knows how to run, and does

will carry herself more gracefully. mere gratification of a fleeting fancy; and waited. Her pose will be easy; she will be a woman who is not all selfish." better set up, and generally better able to take care of herself in society or out of it.

A BLESSING TO CHILDREN.

"From the fulness of my own ex- chance of success." perience." writes Mrs. Samuel Ham-"You-care-for-me ?" ilton, of Rawdon, Que., "I can say that Baby's Own Tablets are an in- such a feeling should exist in a tem-dispensible medicine in every home such a feeling should exist in a tem-notice. I am so sorry, so sorry !" ness, have made me long to hold rection were opium smokers, and the ago. where there are infants and young I like you. I don't like liking you. children. They speedily relieve and I would, if I could, be above such a kinsman of mine should so far work one of the hermiset were nearly all ag cure all the common ailments inci- feeling; it is the fly in my ointment. forget himself as to insult a lady, in Sussex." dent to childhood. In fact I think It spoils, it interferes with my plans. and that a lady for whom I havethe Tablets are a blessing to chil- And knowing all this, I, who pride er-a great respect." dren."

It is such sincere, honest words as so weak as to confess I cannot help saw her grief was making the old these that has made Baby's Own it ! Nay, hear me out. We are to man nervous. She was arousing Tablets the most popular medicine say good-bye. Before you go, Reg- his pity, and that, well awake, there with mothers all over the land. The gie, I want you to understand my was no knowing what he night do Tablets can be given to all children farewell. I want you to look on or say. Pity is akin to love, so from the tiniest, weakest baby to the me as if I were a husband-man, who, she just jerked out between the sobs: in a voice of m and indignation.: well grown child, and where they having sown his seed. watches and "I-am-very-very-sorry." are used you find only healthy, hap- waits as the plant matures till the "Tell me, Miss Westcar, what was flower turns to fruit, golden fruit, this about ?" py children in the home. You can and then invites some one he cares "I-I-cannot." get the Tablets from any dealer in medicine, or they will be sent by the sex in the parable, Reggie, and not give way like this. The young Dr. Williams Medicine Co., Brock- apply it. In time to come, not so rascal has angered me to-day, and I ville. Ont.



Effect of Improving People From come, you will think twice before you always thought you the very re-

refuse to share with me the golden verse. fruit-the life of pleasure which Canon Barnett, warden of Toynbee money will enable us to enjoy Hall, one of the many Englishmen who have worked for the betterment gether !" How he had misunderstood her ! of the people who live in the grim-How she was misunderstanding him ! mest and most unlovely part of Lon-The scales had fallen from his eyes. in her heart, but in that moment don, was once asked what he would "You think that, having sold your she reflected and decided how necesdo "if he were a millionaire"? body and soul for money, I could "I would not subscribe to give men fall to the level of sharing the purthat which, by energy or self-conchase-money with you ?" trol, they could one day gain for "You put it brutally; yet, neverthemselves," he replied. "I would spend my money on objects which theless, yes, I think so.

"You-think-t---

She interrupted him quickly.

"You think me capable of such would create in them a desire for fulness of life-for the knowledge and thing ?" energy which hitherto have been the "My God !"

"A moment's knowledge, and you She walked to the mirrow to wipe to try Dr. Williams' Pink Pills, and Then let her pause for a two-minute rest before doing the next half mile. Run briskly, but not at top speed. 'Sounds quite proverbial: 'a lit-tle learning is a dangerous thing'; was wrong in her appearance—for the pains began to leave me, and my her beauty was her stock-in-trade, joints began to limber. I kept on and she husbanded it. And in the taking the pills until I had used a George standing in the background ! trace of the trouble had disappeared. At once-a woman of resource-she I firmly believe that had it not been saw that he must have seen and for Dr. Williams' Pink Pills I would heard something, and resolved on have been a rheumatic cripple for "And, being open, what can

you letting the tears come; they could life.' see? Be reasonable, Reggie. You only do good with a man. They These pills not only cure rheumawere there—it was a pity to waste tism, but all other blood and nerve who would sacrifice her every ambiand her handkerchief to her eyes, tial paralysis, St. Vitus dance, etc. "Not all-selfish 2" "No: for I think of you." "You-think-of-me ?" the traces of grief with a skill around every box. Sold by all medi-

"Yes; for if I did as you desired and worthy the leading lady at a leading cine dealers at 50 cents a box, or things turned out as you wished theatre. them to, I should be a drag on your "What was that I heard, Miss post paid, by writing to the Dr.

nephew 1" "Yes. Curious, is it not, that into a chair, sobbing,-"take no

to-

myself on my strength of mind, am And the woman sobbed on.

"Papa !"

way in which it was said-brought for to share it with him. Change "Tut, tut, my dear ! you must the old man to his feet inside a moment. No soldier ever came quicker

"Be-be-because---"

-because what ?'

very long, perhaps, I may be a told him he should leave here for mand. a time. But if he has insulted you,

he shall never cross the threshold of "I think that when the time does this house again. Why-why did he INCURABLE DRUG HABITS,

> INTERVIEW WITH DR. FORBES "There, there, my dear ! because WINSLOW.

the earth !'

She hesitated a moment to speak Results of Inquiries as to the Proso of the boy who had found a place gress of the Habit in England.

sary was his absence, so she answ-Public attention has recently been and from the second box I began to drawn to the drug habit by cases in feel relief. I continued to use them

made me one of the happiest men

"And I, Sir George? You have

"He asked me to go away and live with him, and when I refused he called me callous and cruel.'

truth in what she said; but she ous distress was pitiable, and they a new man of me." omitted-purposely omitted-any re- implored the magistrate to allow Rheumatism and kindred diseases

WHAT ABOUT THE EFFECTS?" of Queen Elizabeth." Shakespeare "Well, they are many. As I have adopted his legend of Herne the away those traces of tears, to see after taking a few boxes there was already stated, in the early stages Hunter from Windsor Forest for his "The little I do know makes me her hair was straight, that nothing an appreciable change for the better; the drug produces beautiful feelings "Merry Wives of Windsor." The anwas wrong in her appearance-for the pains began to leave me, and my and visions. The feelings of the eat- cient ranger was supposed to promher beauty was her stock-in-trade, joints began to limber. I kept on er are not merely pleasurable; he enade around an oak, wearing horns experiences great delight and brilli- upon his head. mirror she saw the reflection of Sir dozen boxes, by which time every ant fancies which transcend all real

MANY A PAGE OF HISTORY and healthy impressions. Without

is written on the walls of Windsor. doubt many painters have done fine Those that lay captive within the work under the influence of opium. "At first only a small quantity is boundaries of the castle left their woful histories carved upon their taken, but as the fascination takes dose is increased, and among the them. So she struck a pathetic at- diseases, such as anaemia, indiges- most frequent effects are hallucinat- was only by a chance breaking up who knows how to run, and does run, will outclass in general attrac-tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not She chances of a whole future for the tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the girl who does not she struck a pathetic at tiveness the gir in communication with Satan is Chapel that the body of Edward IV. I had been sliding down at a great Sir George stepped into the room The genuine pills always bear the was found. In 1813 Sir Henry Hal- pace I actually passed a beast or and spoke. She gave a start of full name, "Dr. Williams' Pink Pills surprise, and struggled to conceal for Pale People," on the wrapper graded in mind, physically demoraliz- coffin said to contain the body of and one kid, in its frantic haste to what astonished at my carghter's ed and mentally diseased. In some Charles I, The remains he said, join its mother, nearly ran me singing?" Professor-"I cortainly asylums in America 33 per cent. of were in precisely the condition de- down. Throwing myself backward am. But then she is young yet.' the patients were opium eaters. There scribed by a witness of his immure- into the snow and wrenching off the six boxes for \$2.50, or sent by mail, post paid, by writing to the Dr is no doubt also that it stimulates ment. But so many are the stories of bolt and muzzle, the Lever's Y-Z (Wise Head) Disinfect-covering of bolt and muzzle, the Lever's Y-Z (Wise Head) Disinfectfuture, weighing you down. I care for you too much to spoil your what was that I heard, miss post part, by writing to the bir. for you too much to spoil your will steal things Medicine Co., Brockville, to crime. Frequently it happens that concerning the remains of this un-the victims of drugs will steal things happy monarch and of Cromwell that the same time. when there is no inducement to do even now controversy has reached me time to get in a quick shot at the same time. so. In Singapore 80 per cent. of scarcely any more definite conclusion what looked like buck before they "Oh, pray, Sir George,"-she sank by day your kindness, your gentle- those confined in the House of Cor- than had been arrived at a century vanished in the dense mist.

dispensible medicine in every home perament such as mine? I admit "You, sorry! Rather should I you in my arms, to whisper to you offences of which they were guilty The gorgeous tomb which they were guilty the third the keeper, but I was not how far would the first horse be built for himself was converted into so very certain about it, for it was ahead in a match race of two miles?" money after his fall. The exquisite a case of pulling the trigger before A scholar returned the question with adornments with which artists had the rifle was well up to my shoulder. this attached:- "I will have nothing bedecked it were sold as defaced brass When we reached the spot where the to do with horse-racing." for £600. George IV. spent a mil- animal had been overtaken by my lion and a half on restoring the soft-nosed Mannlicher bullet, a few castle. As a finishing touch to his spurts of blood put a rosier hue on Hand's Langel Gues Gue HIS OLD HOME, work he had a huge bronze eques- the outlook. As the snow was trian statue of his father erected as scored up by countless tracks and the end of the magnificent three- the trail of blood soon stopped, we of the parties, she started, and said VERNON BROMLEY CURED BY miles-long walk. In time a rather separated in order to more quickly with regard to my utter loss of

irreverent name became applied to find the wounded beast. I had not memory." Doctor-"Ah-yes-whythe statue, so that the monarch gone far before I found my quarry- er-in cases of this class I always rewhose name it is to perpetuate be- it was a barren doe, unfortunately- quire my fee in advance.' And that one word-or rather the For Years He Was Crippled by came disassociated from it. This lying dead, with my bullet through

> Dodd's Kidney Pills Made Him Victoria's dinner table. A distinguished statesman was asked how he had got to the castle. "Oh, I

> > MAYOR'S JUBILEE.

got a lift as far as the copper horse, "I assure you, madam," said he, Morristown, N.Y., Oct. 26.-(Speci- and walked the rest of the way, "that I would not be begging my al).-Vernon Bromley, now of this ma'am," he replied. "To the what?" bread from door to door if I could | place, but formerly of Trenton, Ont., cried her Majesty in amused amaze- but procure employment at my prorelates an experience that will prove ment. The guest had never heard of fession." "Poor man," replied the POULTRY, EGGS, of great interest to his old friends in the statue by any other name, and good woman, as she handed out a

had to explain himself as best he pie, "what is your profession?" "I have been a great sufferer from could. Whereupon the Queen good- am an air-ship pilot, madam." Rheumatism and Sciatica for years," humoredly rebuked him for his irre-Mr. Bromley states. "The citizens verence, and gave him the history of

cripple I was. I could neither work or lie down, the pain was so great.

ney Pills, finally led me to try them

ing that one's range of vision was so extremely limited. The top the ridge, some 3,000 feet over the valley, consisted of a black rocky, needle-like pinnacle, too steep for Heart: "Until I began taking this tiedy ! snow to lie, and on scrambling hand | despaired of my life. I had heart failure and over hand to the top. I found to my extreme prostration. One dose gave me cuich surprise that it just topped the sea relief and one bottle cured me. The suffering of white mist.

We soon had glissaded a thousand feet down to about the place where I Wife (sleepily)-"What is the mathad heard the chamois whistle on ter with baby?" Husband (on the hold of the victim the size of the prison. Their memories were thus my way up. We were talking quite walk)-"I think he is suffering from better perpetuated than those of loudly when suddenly, without the an attack of yeller fever.' slightest warning, I found myself in

Fond Mother-"Are you not some-

"Thought it meant death

sure."-Mrs. James McKim, of Dunnville.

Ont., says of her almost miraculous cure from

heart disease by Dr. Agnew's Cure Ly the

of years were dispelled like magic."-3

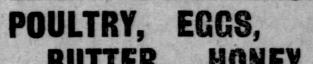
"If one horse can run a mile in 1 "You have hit him right enough." min. 50sec. and another in 2 min,



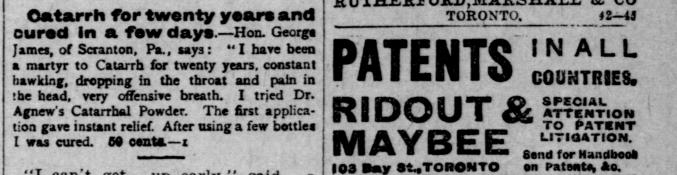
Patient-"I wish to consult you

BASTEDO & CO 77 King St., East, Toronto,

Fur Manufacturers JACKETS, CAPERINES, STOLES, RUFFS, RAW SURS AND OENSING wanted. Send for price list.



We buy f.o.b. or sell on commission. We solicit your consignment; and correspondence.



to attention at the word of com-(To be Continued.) Canada

Then the happiness and joy were changed for a moment. Vere came into the room. Seeing the position in a voice of mingled fear, horror,

made me the happiest woman on all GOOD NEWS FOR

DODD'S KIDNEY PILLS.

were nearly all against property."

Rheumatism and Sciatica - led to a funny little mishap at Queen her shoulders.

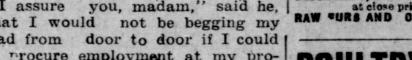
a New Man.

the courts. Some time ago a man till I had taken twelve boxes, when

There was a certain amount of ous distress was nitiable and they "Dodd's Kidney Pills have made Germain-Lacour. Moulins-sur-Orne

Moulins-sur-Orne has the distinction of having had one mayor for was cured. 59 cents.-I

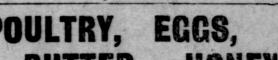
"I can't get up early," said a is in the arrondissement of Argentan,



Oatarrh for twenty years and

cured in a few days .- Hon. George

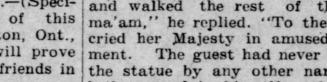
a martyr to Catarrh for twenty years, constant



HONEY. BUTTER,

RUTHERFORD, MARSHALL & CO





of Trenton will remember what a the figure.

"Reading of cures by Dodd's Kid-

and woman were placed in the dock I was completely cured.

