



The athletic woman is the woman of the day. The past twenty years has seen wonderful progress in this respect. That this tendency will result in a more robust womanhood, better able to bear the burdens and duties and pleasures of life, there can be no question. But this result will be accomplished by the building up of those women already in reasonably robust health, and the killing off of their weaker sisters. Athletics will make a naturally strong woman stronger and healthier; they will make a naturally weak, sickly woman weaker and more so, and if indulged in to excess, may be fatal.

Who suffers from weakness and debility, the delicate and important organs of the body, cannot hope to recover general health through athletics, as she remains locally weak. A woman entering in this way is unfitted to bear the strain of athletics just as much as she is unfitted to bear the duties and burdens of wifehood and motherhood. There is a sure, safe, speedy and permanent cure for all disorders of this description. It is Dr. Pierce's Favorite Prescription. It acts directly on the organs concerned in wifehood and maternity, making them strong and healthy and vigorous. It soothes pain, allays inflammation, heals ulceration and tones the nerves. It fits a woman to indulge in, and be benefited by, athletics. All good medicine stores sell it.

Your valuable "Favorite Prescription" cured me of female weakness and a catarrhal discharge from the lining membrane of the special parts," writes Mrs. T. H. Parker, of Brooklyn, Jackson Co., Mich. "I am now perfectly well."

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. One "Pellet" is a gentle laxative, and two a mild cathartic. Druggists sell it. "Nothing is just as good."

**FACTS ABOUT HEALTH**

It is Easy to Keep Well if We Know How—Some of the Conditions Necessary to Perfect Health.

The importance of maintaining good health is easily understood, and it is really a simple matter if we take a correct view of the conditions required. In perfect health the stomach promptly digests food, and thus prepares nourishment. The blood is employed to carry this nourishment to the organs, nerves, muscles and tissues which need it. The first great essential for good health, therefore, is pure, rich blood. Now it is certainly a fact that no medicine has such a record of cures as Hood's Sarsaparilla. It is literally true that there are hundreds of people alive and well today who would have been in their graves had they not taken Hood's Sarsaparilla. It is depended upon as a family medicine and general regulator of the system by tens of thousands of people. This is because Hood's Sarsaparilla makes the blood pure. This is the secret of its great success. Keep your system in good health by keeping your blood pure with Hood's Sarsaparilla, which absolutely cures when other medicines fail to do any good whatever.

Hood's Pills are the only pills to take with Hood's Sarsaparilla.

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**CHAPTER XI.**

Liza came back and pressed a soft kiss on her mother's weather beaten forehead.

"It is nothing that Miss Chambliss can supply either, mother."

"I ain't so shore. There's no knowin. Now go, my sweetie. They'll get plumb suckered out waitin'."

She stood in the pantry door, watching with proud satisfaction the swift, cool grace with which Liza divested herself of her bib apron, brushed the evidences of cakemaking from her pretty white hands and composedly entered the august presence of the "Doll place folks."

"I do believe that girl could face the lion in Daniel's den without a quake. She is as cool as a cucumber." After which equivocal tribute to the Chambliss ladies Mrs. Martin applied herself to the forsaken cake batter with re-sonding vigor, but with divided attention.

And while her own mother was nervously speculating concerning the social distinction bestowed upon her by this call Liza was sitting composedly, accepting the graciously worded acknowledgments of Randal Chambliss' mother and sister.

The ordeal was short and severe. Mrs. Chambliss sighed with relief when she found herself once more in her own carriage rolling toward the mansion house, where they were to dine with the Strongs.

"I am glad it is over. That awful Mrs. Martin! I hope Randal will let us alone now. The girl is a very peculiar product."

"A very handsome one, and her composure positively enviable. I like her, mamma."

"Yes! I see nothing particularly objectionable about her."

Amy laughed maliciously. "Unless it is the danger of Ran's falling in love with her."

Mrs. Chambliss' soft, flexible voice dropped to that low, intense pitch which was a sure indication of her wrath.

"You will oblige me, Amy, by forbearing any more jests on that subject. They are in exceedingly poor taste. If Randal were not almost a woman hater, I should still have no fears of his so far forgetting himself and his family traditions as to fall in love with an overseer's daughter."

Amy was thrumming on the carriage glass at her side, making dumb music. She turned a bright face to her mother.

"What is that old rigmarole, mamma, about King Cophetua loving the beggar maid? It won't come back to me at command. I believe Cophetua was something of a woman hater if there ever was such a thing. I doubt it."

And then they were at the big house, and the governor was handing them from the carriage with the stately courtesy of a Sir Charles Grandison.

**CHAPTER XII.**

Only a few more months for Liza to struggle with the rasping conditions of her environment, too proud to acknowledge defeat, resolving and re-resolving with the placid insolence of inexperience to bring her surroundings into final harmony with her own finer conceptions; for Strong, entrenched in the brambly isolation of Neck or Nothing, to grimly bend his tired will to the self appointed task of redeeming the name of Strong Martin from suspicion and from obscurity; for Adrien, brilliant, weak, adored, untrustworthy, to vibrate feverishly between the two extremes of a dual life; for Mrs. Strong, oppressed with a sense of futility, to persevere in the vain endeavor to win Liza's pardon for having fatally intermeddled with her destiny; for the white haired old master of Sans Souci, walking sedately among the sixties, to prepare his mind for the inevitable storm, whose devastating mutterings he heard with absolute distinctness above the joyous babble of expectant youth and readily inflated ignorance—and then?

The question of the nation was answered. The sword of destiny descended. The Union was a shattered and discovered thing, to be welded again by the blood of martyrs alone.

The people—ebullient, tempest tossed, bewildered, flung hither and thither on surging tides of apprehension—were sure of no one thing.

The world was jarred, and Sans Souci felt the shock. Perhaps Mrs. Strong would have said Sans Souci was jarred and the world felt the shock.

It was on the evening of the day of Sessumsport's great ratification meeting that black Suzanne, solemn eyed, soft voiced, alert and stealthy, had her reward for months of acute watchfulness.

Finally she succeeded in attaching a meaning to many baffling mysteries that had perplexed her for many baffling days. Finally she could lay firm hold



She eagerly possessed herself of the paper upon the causes of the perturbation among her "white folks," that had long been manifest to her subtle instincts. Her mistress and the governor had been serious and troubled. What for? They who held all the world could give! As for Mr. Adrien, he was like the butterflies for joyous irresponsibility and gay indifference to the future. He was never serious or troubled.

(To be Continued.)



Mrs. WRIGHT, OF NORVAL, ONT., EXPERIENCES INTENSE SUFFERING FROM ECZEMA IN HER FEET.

**Raw From Her Toes to Her Knees**

Dr. Chase Makes a Wonderful Cure.

Mrs. Knight, 17 Hanover place, Toronto, makes the following statement:—

My mother, Mrs. Wright, who lives at Norval, near Doncaster, suffered a summer and winter with Eczema in her feet. She could not walk, and very seldom got any sleep. It became so bad that she was perfectly raw from the toes to the knees. After trying every available remedy without receiving any benefit, and almost hopeless of relief, she was advised to try Dr. Chase's Ointment. She has altogether used 8 boxes since commencing, but with the happiest results, for she is now completely cured. There is but one scar on one of her feet, a memento of her fearful suffering condition. Any person desiring further testimony in this case is at liberty to communicate with Mrs. Wright at her address, Norval, P. O.

Mrs. Knight says after such a grand success, is it any wonder we recommend Dr. Chase's Ointment?

W. H. De Long, Civil Engineer, ex-Warden, and County Councillor, New Germany, Lunenburg Co., N. S., Oct. 28th, 1897, says:—"I had itching piles for thirty years, and have tried various kinds of pile cures, but none gave me permanent relief until I used Dr. Chase's Ointment. I have recommended it to others with the same result."

Don't buy any substitute for Dr. Harvey's Southern Red Pine, the Great Cough cure. Price 25 cents.

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Men's Suits, mixed checks, 4 button sack, at

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Suits made from our own make of tweed, all patterns, single and double breasted, selling at

\$7.00 to 11.50



Children's 2 piece suits, dark grey patterns, at

\$1.50 per suit

Children's 2 piece suits, all wool, grey and brown checks, selling at

\$2.00 to 3.75

Boy's 3 piece suits, nice checks, well made, selling at

\$3.50 up to 7.00

Men's ready-to-wear pants, all sizes, good patterns, at

75c, \$1, 1.25, 1.50 up

Boys' odd pants at

25c. 35c up

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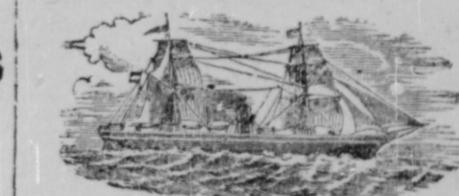
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