

FACTS FOR SWIMMERS AND  
LAND-LUBBERS.

In an article on swimming in the August Woman's Home Companion, the author records a great deal of information that is just as interesting to land-lubbers as it is helpful to young swimmers. Following is a brief extract:

"It may surprise some new swimmers to know that one can both see and hear under the water. Seeing is not difficult, when once you have the idea firmly planted in your mind that water will not hurt your eyes. Particularly is this true of sea-water, the salt in which is soothing, rather than irritating. But never open your eyes to see under water before you are under water; never dive with the eyes open, or go from surface to underneath, or vice versa, with the eyes open. The water at its surface seems to have an actual edge, which stings the eye. Learn to swim with three limbs, to dispense with either arm or either leg. You may need an arm to bring ashore someone who needs help, you may have a cramp some time and have to do without one of your 'propellers.' The trick is easy; it is merely more tiresome to swim without one arm or one leg, but not much harder than to swim with all.

"As the very strongest man in the world is a weakling in the grasp of a good-sized comber, such waves must be outwitted, not outwrestled. And to be at home in the breakers, even beyond your depth, it is only necessary to know what a wave really is and where it is weak. Many people believe their eyes, and are sure that a wave travels. The water moves up and down, and the motion moves forward, but the water doesn't travel. Consequently, if you get beyond the breakers, the waves will go up and down and carry you with them, but won't sweep you forward.

"Near the shore the waves behave differently; they curl over and break, and there the water, as well as the motion travels. And, if you are just at the curling-point, the water will pick you up and sweep you in, and you can literally 'ride' the waves, than which there is no finer sport in the sea. But woe unto you if you get a bit ahead of the curling wave front for then you will be turned over and twisted around and flung to the bottom.

"Hence, it is wise to experiment with little waves first and learn just where they do break and just where they actually commence to exert a forward movement on your body before testing your swimming powers in the surf.

## HOUSEHOLD SUGGESTIONS

To clean velvet scrape a little pipe clay on it, then brush off lightly with a stiff brush.

A thin coat of varnish painted over straw matting makes it last better and keep clean longer.

A crib with hair mattress and hair pillow is far better for baby than feather bed and pillows.

To remove varnish rub the surface clean with sandpaper, and then with a rag dipped in spirits of ammonia.

Comforts and quilts should be dried in a good stiff breeze so that they may be as light and fluffy as when new.

Flannellette may be rendered non-inflammable by rinsing it after washing in alum water. Dissolve two ounces of alum in a gallon of cold water.

When boiling white linen put a little blue in the water; this keeps it in good color, much whiter, and lasts longer.

Badly stained lamp chimneys may be cleaned with methylated spirits. If the stain be very obstinate add a little whiting.

Boots that have become hard from wearing in snow or very wet weather can be softened by being rubbed with mutton fat.

To keep carpets fresh-looking, wipe them over once a month with a cloth wrung out in ammonia, and water. This must be done after sweeping.

Delicate cretonnes may be washed in a lather made of Castile soap and warm water. This soap contains nothing which will injure the colors.

For mildew, salt water and sunshine will remove the worst stains. Wet often, when the sun is bright and persevere until the garment is clear and white.

A burnt saucepan should be filled with cold water and a piece of soda. Bring it slowly to the boil and boil fast for twenty minutes. If any stains remain, scour with sand.

When silver is not in constant use a piece of camphor will keep it from tarnishing.

Before washing blankets it is a good plan to fasten a thread of white darning cotton around all sports. The laundress can then direct her attention to where the spots are, as it is often difficult to see them when the blanket is under water.

THE HEAT WAVE REACHES  
ALASKA

VALDEZ, Alaska, July 19—A heat wave struck Alaska yesterday, the temperature in Valdez rising to 80 degrees. The warm weather is melting the glaciers and the streams are unusually high. Gangs of men are working to save the bridges leading to the mines.

Dr. Wiley, who has been so conspicuous and so popular as head of the pure-food department of the United States Government while engaged in a battle royal with the packers over the use of benzoate of soda as a preservative, has made a new host of enemies by deciding that saccharine, which is a coal tar product, when used in food stuffs is deleterious and therefore an adulterant. This is a blow to those engaged in canning vegetables, Dr. Wiley's opinion would seem to be in direct opposition to much medical practice, unless the doctors only prescribe it as the least of two evils. There are doctors who forbid it as a substitute for sugar. Dr. Wiley's word is law until the court intervenes. Then as in the benzone of soda case, at present in progress at Indianapolis, judges will have to give a final ruling. The medical profession have reversed themselves so often as to what is and what is not wholesome that any enlightenment the bench has to offer will be received without prejudice.—Montreal Witness.

## CHOLERA SUSPECTED.

Quebec, July 20—According to latest news from Grosse Isle Quarantine station, four members of the crew of the SS Benda are ill, one of them being in such a low condition that his death may occur. The names of the four men who are ill are Hargu, a Finn, who is the most seriously affected; Darlington an Eng-

## "Pale and Depressed"

Anaemia, Bad Blood, Indigestion, Sick Headache, Dizziness.

## Success of Dr. Hamilton's Pills

For her life and health Mrs. E. K. Wilkinson is indebted to the marvelous curative properties of Dr. Hamilton's Pills. Her brightness, activity, and present good looks are due to nothing else but the enormous benefit she derived from using this grand medicine. From her home in Newton, where she resides with her large family, Mrs. Wilkinson writes: "For years I was pale, anaemic, and lacking in vitality. I was a constant sufferer from indigestion, and the distress and pain it caused me, coupled with ever-increasing anaemia, made me weaker day by day. Constant headaches, specks before the eyes, and attacks of dizziness made me feel as if life were not worth living. My constitution was completely undermined and the constant pallor and dullness in my eyes showed what a sick woman I was. I began to take Dr. Hamilton's Pills and the improvement although slow was sure. I gradually got back my strength and my appetite grew much stronger and I enjoyed my meals thoroughly. I felt happier and more contented and the sickly pallor of my face was replaced by a bright, rosy color which proved that a strong medicine was at work. In a few months Dr. Hamilton's Pills brought me from a condition of deathly despair to robust health."

You can obtain the same results by using Dr. Hamilton's Pills—25c per box, or five boxes for \$1.00, at all dealers.

lishman; Otto Oller, a Russian and Sealer, a Finn.

While the cases look suspiciously like cholera, no definite opinion can be expressed until after the result of the bacteriological examinations, which will be made public in a couple of days. A report is expected from

Washington also from the bacteriological experts there. Meanwhile the remainder of the crew is being kept under strict surveillance by the health authorities at Grosse Isle.

## RUSSIAN RAILWAY WONDER

When the railroad between Moscow and St. Petersburg was opened, an old peasant determined to take a ride on it to Mother Moscow. The down express and the up express met at Bologoe—half way between St. Petersburg and Moscow—and the passengers of both trains were allowed half an hour for supper. Among the people who alighted from the other train, the old peasant recognized a friend whom he had not seen for a long time. They had a delightful chat together over their tea in the restaurant, and then, without any thought of what he was doing, the old peasant boarded his friends' train instead of his own. The talk was very merry for some time, but at last the old man became grave and silent and appeared to be puzzling deeply over something. At last he broke out. Ah Ivan, what a wonderful thing are these railroads. Here we sit in the same car, I going to Moscow and you to St. Petersburg!—Dundee Advertiser.

## How To Tell Catarrh

An Experienced Physician Says the Following Symptoms Are Sure Signs:

You can always tell Catarrh by the following well-known signs:  
Eyes red and watery?  
Difficulty in breathing?  
Are the nostrils stuffy?  
Do you sneeze frequently?  
Is your throat hoarse?  
Do you spit phlegm?  
Oppression in the chest?  
A ringing in the ears?

If you have any of these indications of Catarrh, cure the trouble now—stop it before it gets into the lungs or bronchial tubes—then it may be too late. The remedy is "Catarrhazone," a direct, breathable cure, that places antiseptic balsams and healing medication on every spot that's tainted by Catarrhal germs.

There can be no failure with Catarrhazone—for years it has successfully cured cases that resisted other remedies. "No one can know better than I the enormous benefit one gets from the very first day's use of Catarrhazone," writes T. T. Hopkins, of Westvale, N. Y. "I had for years a stubborn case of Bronchial Catarrh, ear noises, headache, sore eyes, stopped-up nose and throat. It affected my appetite, and made my breath rank. Catarrhazone cured quickly."

Get Catarrhazone, use it, and you are sure of cure—beware of imitations and substitutes. Large size Catarrhazone, with hard rubber inhaler, lasts two months and is guaranteed. Smaller sizes 25c and 50c. By mail.



**Does it pay to Advertise?**  
**You Bet!**

Bread Omelet—Crumble enough stale bread to make a cupful, soak in half a cup a milk, then beat smooth. Add half a spoonful of salt and three well beaten eggs. Butter a shallow pudding dish pour the mixture in and bake in the oven for about ten minutes. Serve as soon as baked, and from the same dish, as it falls quickly.

MORAL EFFECT OF MORPHINE  
(From the North American Journal of Homeopathy.)

Morphine stands unequalled as a perverter of the moral sense. Whiskey may disturb the imagination and judgement, causing many foolish and unwise actions to follow its use, but morphine strikes deeper and creates a person whom the father of lies must recognize as kindred to himself.

Stories that are the creation of a disturbed brain told in a manner to appear so intrinsically true that the stories become works of art, are what you will obtain from the habitual user of morphine or cocaine. I know of nothing that will appeal to one of these sufficiently to enable you to get an honest reply to any question of moment you may address to him. If you should receive a truthful reply it will be by accident.

## NO TIME WASTED

(Success Magazine)

Olaf Larson, working in a warehouse backed into an elevator shaft and fell down five stories with a load of boxes. Horror stricken the other employees rushed down the stairs, only to find him picking himself up, unharmed out of the rubbish.

Ess de boes mad? he whispered cautiously. Talem Ay had to come down for nails anyway.

Lord Kitchener states that several years ago some Boers asked him to send them a sample of Thibetan wheat, which they had heard was immune from a disease called 'rust' which greatly troubled Boer wheat growers, and he sent them a dozen sacks. When at

Nairobi last March he was shown a small plot of growing corn, which he was informed was 'Kitchener wheat. It had been procured from South Africa, was a product of the blending of the Thibetan and South African wheats, and was unaffected by rust.

## HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by HALL'S Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.  
We the undersigned have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by his firm.

W. L. KINNAN & MARVIN,  
Toledo, O.  
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.  
Take Hall's Family Pills for constipation.

## MAY BE DELAY IN SIGNING TREATY.

Washington, July 21.—Events are shaping so that it would not be surprising if the delays arising in the closing days of the negotiations in the general arbitration treaty would make it impossible to conclude them before President Taft leaves for his summer home in Beverly, Massachusetts. Although the British government has already practically given its assent to the treaty, it is the wish of the President and Secretary of State Knox that this important agreement be given a truly international character, which can be had only by the adherence of more than two of the great powers. This desire has been made known to the French government, and Ambassador Jusserand, now in Paris, is laboring to induce his foreign office to give assent to the adherence of France. If this is assured in the immediate future it is entirely possible that the ceremony of signing the treaty will be deferred long enough to permit M. Jusserand to hasten to America to place his name upon it.

## Rusty Curtain Pins

If curtain pins have been in use for some time they are apt to become rusty. To remove this, let them stand for a few minutes in a cup of water to which a little ammonia has been added, then take out and rub well, and they will look almost like new again.

'He doeth well who does his best;  
He doeth well who strives;  
Noblest efforts may sometimes fail,  
Never noble lives.'