

**PILES**

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance with Zam-Buk means cure. Why not prove this? All Druggists and Stores—see box.

**Zam-Buk**  
FOR ALL SUMMER SORES

**A PECULIAR WOMAN.**

The Born Parisienne, Her Moods, Her Smile and Her Charm.

The Parisienne is not and never has been representative of the Frenchwoman, although she might be described as the distilled essence of all that is French.

She is too volatile to be typical of the women of France. She is also bizarre, and the Frenchwoman, broadly speaking, never is. She is gay and morbid at one and the same moment. She is eternally young, yet born with the cynical wisdom of ages. She is brave to the point of folly. She is free from any taint of provincialism and in a way stands on a small pinnacle apart from the rest of womankind with a smile that has some fellowship with that of the sphinx. Her charm is world renowned and indisputable and of a peculiar kind.

She is not beautiful, and she is never merely pretty, but charm runs in her blood, and it is as natural for her to use it as it is for the sun to shine. Everything about her is witness to this attribute, and she herself accepts it as a law written by unseen hands, unchangeable as that which rules the "orderly procession of the stars" and powerful as that which brought her into the world and will one day send her out of it.—Pall Mall Gazette.

**JAPANESE TEAPOTS.**

All Sorts of Shapes and Sizes in All Manner of Materials.

In Japan teapots may be had in any shape, in any design, at any price. One model is a huge cauldron-like affair that will hold three gallons, while others are so small that a thimbleful may be said almost to make them overflow.

The Japanese have teapots in the shape of birds, beasts and fowls. Fishes and frogs have lent their forms to others. A beetle design is very popular, as is one depicting a fat, squirming eel. Buddha himself has been pressed into service as a model. Swans, correct to the last curl of neck and feathers, form teapots so small that they can be hidden in the palm of the hand. There are lotus bud pots and pots in the shape of teahouses.

All manner of materials are included in the composition. Inlaid silver, hammered copper, iron exquisitely wrought and all the different kinds of Japanese pottery have been used in the manufacture of teapots. Several favorite designs bring \$100 apiece, but so cheap is artistic handwork in the far east that many others may be bought for a few cents.—New York Press.

**A Blow From a Lion's Paw.**

A man entered a London theater in the early morning and found to his horror that four lions, which were housed there, had broken from their cage. One gave him a blow with its paw, then took him in its mouth. The blow from a lion's paw is said to be, after the stroke of a whale's tail and the kick of a giraffe, the strongest thing in nature, so that the victim was dead when the keeper went to the rescue. Only one lion had concerned itself with the man and was now sitting over him as a dog sits over a bone. Two of the lions were playing on the stage with a "property" garland, and the fourth was seated in the royal box, placidly surveying the gambols on the stage and the terrible banquet in the auditorium. The murderer relinquished its prey immediately its master appeared, and all four bolted for their den like children detected in some misconduct.—St. James' Gazette.

**What's in a Man.**

A man has 500 muscles, 1,000,000,000 cells, 200 different bones, four gallons of blood, several hundred feet of arteries and veins, over twenty-five feet of intestines and millions of pores. His heart weighs from eight to twelve ounces, its capacity is from four to six ounces in each ventricle, and its size is 5 by 3½ by 2½ inches. It is a hollow muscular organ and pumps twenty-two and a half pounds of blood every minute. In twenty-four hours it pumps sixteen tons. It beats about seventy-two times a minute. In one year an average man's heart pumps 11,680,000 pounds of blood.

**Bones as a Barometer.**

The merits of bones as indicators of fair or foul weather have been vouched for by the captain of an Italian steamer carrying a cargo of bones from the South American port of Buenos Aires to New York. When the ship was sailing toward a storm the skipper stated, the bones

recently, the captain creaked and moaned, and when fair weather was ahead they were silent again.—Norfolk Virginian-Pilot.

**Less Elaborate.**

"I can remember when you didn't dress for dinner," said the old time friend.

"I always dressed for dinner," replied Mr. Cumrox, "although I admit it was simpler in the early days. Then dressing for dinner consisted merely in rolling down my shirt sleeves."—Washington Star.

**Forced to It.**

"May I ask," inquired the interviewer, "why you paint none but nudes?"

"Certainly," replied the painter. "The styles change so rapidly in clothing that a picture would be out of date almost before the paint is dry."—Chicago Post.

**Not Very Long.**

"How long did your honeymoon last?"

"Until the first time I was late for supper. If I remember rightly."—Detroit Free Press.

**6 Year Old Girl Is Cured of Kidney Trouble**

Mrs. Alex. Moore, of James St., Oxford N. S., says. Booth's Kidney Pills cured our little daughter, Christian, age six years, of many symptoms of kidney weakness. She complained of a sore back, the kidney secretions were frequent and uncontrollable, especially at night. Her stomach was weak and her appetite poor. This caused her to have frequent headaches, and the least exertion would tire her. We had tried many remedies, but she did not improve. Finally we learned of Booth's Kidney Pills and procured a box. In a short time she was well and does not now complain about her back, the kidney secretions have become normal, and she plays around the house with no apparent fatigue. We always recommend Booth's Kidney Pills.

Booth's Kidney Pills carry a guarantee that if you derive no benefit your money will be refunded. Booth's Kidney Pills are a specific for all diseases of the kidneys and bladder. Sold by all druggists, 50c. box, or postpaid from the R. T. Booth Co., Ltd., Fort Erie, Ont. Sold and guaranteed by E. W. Mair.

**Ghosts of the Ocean**

The number of phantom ships is legion. Several of the vessels which were wrecked in close proximity to the scene of the Titanic disaster are even said to reappear in the same spot on certain occasions, says the London Standard. The Packet Light is one of these and the story runs that whenever a storm is threatened a ball of fire emerges from the spot where the ship sank, which presently forms itself into the shape of a vessel and then sinks and disappears.

King George V. and his brother, the late Duke of Clarence, when on their cruise in the *Bauchante* from 1879 to 1882 are stated to have seen the phantom of the Flying Dutchman and the Duke mentioned the fact in his diary under the date of July 11, 1881.

A three masted frigate is said to haunt the English Channel in the vicinity of the Ower lightship whenever a gale or snowstorm is threatened. Hundreds of people have declared that they have seen the apparition and heard the cries of the ghostly passengers. It is sometimes said to be the phantom of the training ship *Eurydice*, which went down off the Isle of Wright on March 24, 1878, involving the loss of about two hundred lives.

There are a host of vessels which have not been heard of since they sailed, but one of the most marvelous stories concerns the *Marie Celeste* a French passenger sailing ship. She was sighted by the British ship *Highlander* on October 4, 1875, and in reply to the signals gave the answer, "All's well." Two days later when sighted she did not reply. She was boarded, but not a living or dead person was found on board.

Everything was in perfect order, luncheon was laid in the saloon, the personal belongings of the passengers and crew were intact and a bottle of medicine was found upright on the captain's locker. The log had been kept down to the previous day, but there was no entry to account for the mysterious disappearance of all on board. Nothing was heard afterwards of any of the passengers or crew.

**IN FRUIT SEASON.**

Deliciously Cool and Appetizing Fruit Course For Breakfast.

**SHORTCAKE OF PINEAPPLE.**

An Omelet to Tickle the Palate of the Epicure—How This Delicacy May Be Put Together Successfully—Pineapple Omelet Is a Novelty.

An attractive way to serve pineapple and cherries for breakfast is to slice them thin or pull the tender pulp off in good sized pieces. Sugar well and heap up in a glass dish, scattering sweet red and white cherries among them. The cherries should be pitted and sugared, all the fruit thoroughly chilled overnight. If you prefer you can cook the cherries in a little sugar sirup and chill them. Pour the sirup over the whole when fruit is arranged in the glass dish. Eat plain or with whipped cream if you do not serve eggs or meat at same meal.

**Pineapple Shortcake.**

Quite sufficient unto the needs of almost any one for a wholesome luncheon is a well made fruit shortcake with good cream and a cupful of whatever your favorite beverage may be. Give preference to a cupful of delicate cocoa. But do not make it rich if you serve whipped cream with the shortcake.

Make a rich biscuit dough—very short and slightly sweetened and as soft as can be handled. Bake in a square or round pan and fully an inch thick. As soon as done split open, butter generously, spread the top thickly with finely shredded or grated pineapple well sugared and serve with plain or whipped cream.

**Pineapple Omelet.**

Mince finely or grate a small ripe pineapple, add a cup of granulated sugar and stew gently until tender and very little of the sirup left—just enough to moisten the pulp. Make a French omelet of five eggs and while it is still soft add the pineapple. Dust thickly with granulated sugar and brown in the broiling oven of your gas stove. Serve at once. If you prefer a light, puffy omelet separate the eggs. Beat whites to a stiff white foam and the yolks very light, then fold into the white gently and turn into a shallow pan, well buttered. Fold in the pineapple before the omelet is set, dust with the sugar and finish same as the French omelet.

**Blackberry Sponge Tart.**

Bake a sponge cake in a round tin with perfectly straight sides. The cake made with potato flour is one of the best for this purpose. Score the top of the cake half an inch from the edge.



BLACKBERRY SPONGE TART.

then remove the center to have a cake rather thicker than half an inch on the bottom and sides. Boil one-fourth cup each of granulated sugar and water two or three minutes, then beat in confectioner's sugar to make a frosting. Spread this over the top edge and sides of the cake, sprinkling it with five chopped pistachio nuts as fast as it is spread, as the frosting dries very quickly. Fill the cake with one or two baskets of blackberries mixed with sugar. Serve a pitcher of cream separately.

**Oiling the Floor.**

Scrub the boards as clean as possible and allow them to get perfectly dry. Heat the linseed oil and with a brush paint the floor with this hot oil. Put on one coat, or as much as the boards will absorb. Let this dry thoroughly and give it a second coat. There should be a drier in the oil to keep it from becoming sticky and gathering lint.

A well oiled floor does not take grease spots or mud stains, and one has but to wipe up the floor with a damp cloth; no scrubbing. It is better than a painted floor, as the paint will wear off where there is much travel, while the oil will not.

Do the kitchen and dining room floors anyway and see what a saving it is for the housewife. When it is in the process of drying do not use the floor any more than can be helped. Put pieces of boards where it is necessary to step.

**Beefsteak Pie a l'Anglaise.**

A beefsteak pie a l'Anglaise differs from the corresponding American dish in that one or two hard boiled eggs cut in slices are placed under the top crust and no potatoes are used. To prepare it cut two pounds of lean beef in half inch squares, add two sliced onions and stew them together in a saucepan with

**NOTWITHSTANDING THE ABUSE**

of coffee by the cereal substitute people, coffee is still the breakfast favorite of millions of sensible people.

**Seal Brand**  
is the finest coffee that can be procured.

**CHASE & SANBORN**  
MONTREAL

PACKED IN ONE AND TWO POUND CANS ONLY

one ounce of butter for ten minutes. Stir in two tablespoonfuls of flour and mix well. Moisten with one quart of water or white stock, still stirring. Season with pepper and salt and add a bouquet of herbs. Let the whole cook twenty minutes, then take out the bouquet and fill a pie dish with the preparation of meat. Place the slices of hard boiled egg on top. Cover with pie crust. Glaze the surface with the yolk of an egg and bake the pie in a hot oven until a light brown. Use an ordinary pie crust.

Last year 4,525,000 gray squirrels, 1,500 white hares, 200,000 ermine and 12,250 sables were killed in Siberia to provide various garments of fur.

England has 20,757 elementary public schools with 5,500,000 pupils. The 1612 budget for education is \$72,000,000, of which \$1,000,000 is for teachers' old age pensions.

**The Agile Tiger In His Native Haunts**

Most wild animals are specialists—that is to say they are highly developed in one particular direction. The tiger is great as a stalker. His feet seem to be "shod with silence." R. H. Elliott, for many years a resident of India, cited an experience of one of his neighbors illustrative of this point.

He had been much annoyed by tigers and at last tied a bullock out in a clearing and took up his position in a tree to wait till the tiger should come after the bait. The ground was covered with dried leaves, which in hot weather are so brittle that even the walking of a bird over them can be heard for a good distance.

In no very long time a large tiger slipped out of the forest and slowly edged toward the bullock. His method was so elaborate and careful that the man who saw it used to declare that it would have been worth 1,000 rupees to any young sportsman to have witnessed it.

So carefully did he put down each paw and so gradually did he crush the leaves under it that not a sound was to be heard. Between him and the bullock was a stump about four feet high, with long projecting surface roots. This, plainly, the tiger looked upon as a god-sen!

He got upon one of the roots, balanced himself carefully, and so was able to walk quickly and silently as far as the stump. He approached so gradually and noiselessly and his color against the brown leaves was so invisible that he was close upon the bullock before he was perceived.

Then instantly the bullock charged. The tiger eluded him and in a moment more had his paws on the bullock's neck ready to drag him down. Then, like a flash, he caught sight of the rope by which the bullock was tied and turned and sprang into the forest, all so quickly that the man in the tree had no opportunity to fire.

"She has violet eyes, rosy cheeks, and a lily-white throat."

"Yes, she'd be all right if she did not have a voice like a raspberry bush."

"What's the hardest thing about roller skating when you're learning?" asked a hesitating young man of the instructor at a rink.

"The floor," answered the attendant.

"The resolution presented to the American Pharmaceutical Association at its convention in Denver, demanding that druggists' prescriptions shall be written in plainly legible characters, I believe to be of great value," says a fussy friend. "I never yet saw a prescription

upon which I could recognize any of the characters, and it has often struck me that the careless manner in which such things are written might easily be a source of serious errors in putting up drug orders. I would go the convention one better and require all prescriptions to be typewritten."

Fusion of Democrats and Republicans is to be tried in Milwaukee, it is said, as a means of defeating Victor Berger, the only Socialist in Congress. The plan worked successfully against Mayor Seidel, who is now the Socialist candidate for vice-president.

Stephen Soliesork and Leon Boichink are dead in Montreal, making the victims of Sunday's wood alcohol drunk, eleven. Several more will probably die. Both suffered frightfully.

**He Had No Choice**

(Toronto Mail and Empire.)

One must learn to sympathize with domestic frailties. I was rebuking a man the other day for backing up his wife in what was not only an absurd story, but one in which I could see he had no belief.

"You should really be more careful," I said, "and I tell you candidly I don't believe a word of your wife's story."

"You may do as yer like," he said, mournfully, "but I've got to."

**Strike in I. C. R. Yards, Halifax Effective**

Halifax, N. S., Aug. 23.—Work is to-day almost totally hung up at the big new Intercolonial railway yard, as a result of the strike now in progress among the unskilled labor. The men refused point blank to go to work again to-day. Some ninety are on strike and are the subjects of much sympathy. They term the money paid them by the I. C. R. a "starvation wage." Railway officials state that they must go to work or vacate the boarding cars. About half of the men are French from Moncton and Petit Roche.

**Eclipse of The Sun October 10**

Paris, Aug. 23.—French astronomers are taking deep interest in the eclipse of the sun on Oct. 10. A French official is to sail for Brazil tomorrow to make observations.

**Restricting Use of Opium In India**

Simla, India, Aug. 23.—The Indian government has decided to modify the regulations respecting opium, with a view to reducing the internal consumption of the drug. The provincial governments, including that of Burma, have been asked to prohibit opium smoking in saloons. It is proposed to increase the price of opium sold by the government and to reduce the amount that an individual may legally possess.

It has just been made public that on the S. S. Manchuria, which arrived at Honolulu from the Orient on Aug. 8 a mail bag was found which, instead of containing letters, was stuffed with \$5,000 worth of opium. Either mail bags long have been used for this purpose by collusion between postal employes at Honolulu and some Oriental port, or the bag had been opened aboard the Manchuria during the voyage, its mail destroyed, and the tins of opium substituted.