THE CHIEF OF THE ORGAN ARE THEIR DUTIES AND RESPONSIBILI-WORRY AND SHOCK

Interesting Account of the Relation of Sensory and Motor Nerves Which Are Constanily at Work.

Although there are many things about the brain which scientists have not yet fathomed, still great strides have been made recently in knowledge of what the cranium contains. The cerebrum is the chief part of the brain, and immediate source of all our menin spite of firm measures the miners yell of deffance of an Indian, and then tal action. The gray matter of the outer surface is made up of layers of nerve cells. These are the thinking cen- bull-dog little man, was sent, with tres. Experiments on animals have shown that each convolution has a special function, and if destroyed it can- straight up to the man he wanted, for the three brave troopers were lynot be replaced. Also it is found that | said: "Come with me; I arrest you." the left brain is more active than the right. This knowledge has been most

useful in relieving suffering. fit by twitching the right thumb or backed for the door. It was like Cook, went in to do what three had hand, one would find the cause in its to the various functions. All impressions received from the outer world brain cells of their respective areas, er out on the road before the crowd been shot. while all movements are the result of had time to get worked ip into a pas- The two constables avoided the impulses sent down from the cells in the different motor areas.

There are five large sensory ares: First, sight, which is the largest, at ner surface. Touch resides at the top

## THE MOTOR AREA.

of the lips are in front, then those of the hand, arm, and so on, backward to the foot. The simplest brain action is as follows:-If a person touched anything hot or sharp the painful sensation would be telegraphed to the senceived the message would wire on to the motor cells to pull the hand away. If the person was asleep, and therefore, the brain not acting, such a simple act might be managed by the spinal cord, or medulla. It is called a re-

A person may be walking toward a precipice, and the impression of danger is telegraphed to the optic lobe and thence a message is sent to the motor area to turn and walk away. But, supposing it be dark, how are the motor cells to receive instruction and guide the individual in walking? He feels with his hands and feet, and the sensorry cells receive messages from them how to direct the cells. The impression stamped on the brain cell will guide the individual under similar circumstances again, and this goes to constitute experience and memory. It is easier to remember a lemon or a horse than a mathematical formula or a poem. The reason of this is that whereas the former have impressions stamped on several centres, as sight, touch, smell, taste, hearing, speaking and writing; the latter are stamped merely on the speaking, hearing, seeing and writing centres. These centres are not nearly so retentive. In repeating poetry it is the sound of the last line which suggests the next line. Hence poems with rhyme are easier to learn than those without. Though poetry is revived in the sight

# SIMPLE OBJECTS.

fixed there as

Thus a lemon is stamped twice in the optic centre-once as a yellow oval fruit and once as the printed fruit. So there is an optic word centre and a pictorial or photographic centre. The poem or formula is only stamped in him, even if it cost him his life—and it

Those who photograph know well that a good impression requires correct exposure. Under exposures are poor and do not last. It is the same with our brains. We cannot learn without drilling the subject matter into our brains-frequent repetition when learning by rote, and careful fixed attention from the special guidance and energy of the prefrontal or fore brain, which acts as the commanding officer. Many people are not trained to use their eyes. A quick observer notes in a moment what would escape the dul- Lake. lard altogether. It is important to One day a horse was stolen, and a and it was 'all quiet along the Saskat-half-breed scout with a companion chewan' once more. and speed come with practice. The started to round up the thief. They brain is like a big album of photographs and other sensory impressions. children to give them impressions of

tion requires training; in fact, one is the wind at his horse's heels, mak- and night without eating or sleeping, the cook's convenience, instead of benecessary to the other. If we sit being savage clutches at the swishing to hold his own in a foot-race or a ling served, crisp and cool from the fore a preacher and hear every word tail. Bending low along his horse's fight with a swift Indian or half-breed; he says, but cannot recall it a moment neck, the scout rode with reeling brain. afterward, it is because our prefrontal One clutch of those dark, sinewy hands Northwest Territories are to be develbrain has been at rest. If we wish in his steed's tail, and the next instant to recall a subject the stimulus must a knife would be at his throat. The pass to the prefrontal or registry of- horse gained a little-the prey was esthe brain cells containing the sensa- stant, and his fierce black eyes gleamtions to be recalled. The great problem ed along a gun-barrel. The bullet cut is to keep the brain healthy and ac- through the cowboy hat of the scout,

WITHOUT STRAIN. cannot be, for it is nourished by good blood. The chief enemies of the brain are worry, which disorganizes the machinery; shock, which paralyzes the brain. Worry or excitement causes irregular nerve action. We call it confusion of ideas or nervosity. The optic brain centres throw up a series of deresulting in complete failure to judge bluff on all fours like deer. "That's aright or analyse correctly. Slight an- an old game," he said. "They are the novances are likely to grow into quar- men we're after." rels in this way, for by brooding over They surrounded the bluff. As Capthem brain fatigue occurs. Then the tain Allen patrolled close to the bushes until spite and hatred, and kindred him lean far down along the side of passions exhaust the fore brain, and his horse, but he was loo late. He er the quarrel grows the weaker the like a piece of glass, and his hand finer perceptions become. This explains swung limp as a rag at his side. The the disease of the age-worry and its bullet from Almighty Voice's rifle had

ing and thinking. An over-indulgent had been mutual. A 44 bullet from Alparent allows the animal instinct to len's revolver had scorched its way prevail over the intellectual control through Almighty Voice's ankle. to the injury of the child's mental development. The higher the intellect the officer crawled like a wounded the more these instincts are under con- duck into the thick grass of the pratrol. Euthanasia, or mental well be- irie. When he had gone a little dising, is what all must strive for-the tance, he raised himself on one knee. body in health and the mind at peace. only to look along the cold steel barrel Unrest wears cut the strongest brains, of a rifle and into the merciless eyes Worry is poison to the brain; work de- of Almighty Voice. He knelt for the

# WANT BACHELORS TAXED.

At a meeting of middle-class women quarry, the Indian pointed with two of Athens, held recently, it was decid- fingers and said, "Throw me your carted to ask Parliament to impose a heavy tax on all bachelors over 40 years old. The passage of any such would not waste a cartridge upon him measure is said to be unlikely, for the now that he was disabled; he needed Chamber has become the chief resort them all for defense. Where he stood of well-to-do bachelors. Consequently in the edge of the oush he was coverthe tax would hit them heavily.

OUGHT TO BE AMIABLE

She seems like an amiable girl. a lover in the ice cream business?

TIES IN THE NORTH-WEST. -Their Rate of Pay-Lead the Life of a Regular soldier in Barracks-Some Incidents of Their Life on the Plains, and showing Their Coolness to Face of

Great Danger. And again: At Golden, in the heart of the Rockies, there was a prett ough mining camp. Major Steele was commanding the police there, and were beginning to get a little out of hand. One night it culminated in a riot. Sergeant Fury, a determined, two constables, to arrest the ringleaders. The gang had possession of

Thus, if an epileptic commences a by the collar in an iron grip, and of the force, two men, O'Kelly and sion again.

area occupies the bulk of the middle hand and a revolver in the other. It rifle went crashing through the red- lot-a wee little keg," he added plain- salt, three tablespoonfuls of sugar is so arranged that the motor cells planted himself firmly in the middle of from Almighty Voice tore a spur from light," the superintendent in charge bouling for a few minutes longer, re-

sory area. The sensory cell which re- that he would keep his word, also that covered his face. Cautiously he rais-

first little irregularity was that the we'll finish the fight." of a gun. They turned from the trail. and came suddenly upon the Indian and two squaws. He had just killed a prairie chicken. "Tell him I've come to arrest him for killing cattle," said the sergeant to the guide

him!" answered Almighty Voice. Sergeant Colbrook rode quietly forvard. The guide covered the Indian with his carbine, but the sergeant made him put it down again. "We have no authority to kill," he said, "We've and sound centres, it is not so well come to arrest only. Tell him to lay down his arms," he added, as he rode steadily forward.

"Tell him if he advances I'll kill

A few paces more, and there came anther warning from the Indian at bay. The sergeant, according to his code. had no choice. He could not retire: he had no authority to shoot the Indian; his orders were simply to arrest did. Another pace, and the fire belched from the muzzle of the Cree's gun. and Sergeant Colgbrook fell shot through the heart. The guide's code was not so high He could retire, and

he did, very fast. That was the beginning. A price was set upon the murderer's head; he was slay many more of them. But his end declared an outlaw, and for a thou- was drawing near. A field gun had sand miles north the red-coated riders been brought up from Regina; a few watched for Almighty Voice. While they scoured the land far and wide, them a charge was made. It was dif-Almighty Voice lived for many moons ficult charging through that thick

him through a clump of poplars astride with men over six feet. In the North-It should be stored with accurate im- of a knock-kneed cayuse he disappear- west the need is different. Abnorpressions, especially of the good. It is ed as if by magic. Then Almighty wise in the training of especially wise in the training of Voice appearer upon the scene, and the cumbrance on the long rides, breaking sompaniment, to ice-cold raw tomatoes, taught, she might attain fame and the cumbrance on the long rides, breaking sompaniment, to ice-cold raw tomatoes, taught, she might attain fame and the the good and the true; the false and bad will be forced upon them soon en
scout was soon ganoping for dear included a down both themselves and the for the little life that was left him. ses. A combination of sinew, strength, endurance, brain, and a fair moral endurance, brain, and a fair moral through his back, and the slaver of Not only the memory, but the attenSergeant Colbrook was running like who is expected to ride oftentimes day cut up and dressed in the kitchen at starch into their summer manners fice, whence the stimulus is sent to caping. The pursuer stopped for an inand severed the woven hair bridle between the horse's ears. The bit dropped from the horse's mouth, and un-If the blood is not right the brain der the new freedom he sped faster. Almighty Voice gave up the chase. Over the wire the news was flashed nto Prince Albert, and Captain Allen and a detachment of police rode men and few desertions. eighty miles that night. Almighty to, but that ride caught him in a trap. In the morning the police were reconpressing mental photographs, exagger- noitering from a little hill. Allen saw ating existing trouble. This continues three vertical blots on the landscape. to depress the cells in the fore brain, As he looked they scampered into a

imagination sees exaggerated views he suddenly saw something which made misguided actions result. The strong- heard the bone of his right arm snap smashed through his arm close to the Self-control is the key to right liv- shoulder. The exchange of leaden cards

> Thrown from his horse by the shock space of five seconds looking into the face of death, expecting every minute the crash of the leaden messenger. Without uncovering his wounded

The Captain understood; the Indian ed, and would not expose himself by coming out to finish his man with a knife. "Throw me your cartridges or I'll kill you," he said in Cree,

"Never!" answered Allen. Just then there was the crack of a policemen. Well, who wouldn't be amiable with carbine, and a bullet spat against the Fierce battles are waged between juice of one lemon. Grate pineapple trunk of a poplar and went zipping the fire fiend and the constables some and add sugar and lemon juice; put

growth of the bluff to drive them out. flame. Miles and miles of fire line whites. Their few comrades keeping guard on they will put out in this way. the outside heard at regular intervals No fleeing Indian darted into the open, tive. There was nothing but the ocsilence-heavy, oppressive silence. After a time there was nothing but silence, no call from the constables to their friends on the outside, no word from the rifles-nothing but the ominous stillness. The hearts of the watcha saloon. Fury walked in, and going ers grew heavy, and well they might, ing with their white set faces looking Of course it was an invitation that up at the blue vault, their bodies torn the turbulent miner had no idea of ac- by the bullets that had been fired at

cepting. Fury reached out persua- them from the distance of a few paces. sively with his left hand, clutched him With the persistence characteristic throwing a lamb among a cageful of failed to accomplish. As he wormed hungry tigers. There was a mob of his way along on his stomach, O'Kelly

It was some little distance to the Suddenly O'Kelly became aware of a There'll be some quare wurk this body back. As he did so the feet were time," laughed Corporal Hethering- wrenched violently from his grasp, and ton, for he was of the party. Just as disappeared over the embankment inwas the commander, Major Steele, skin's brain. The constable flattened tively. whom the noise of the fighting had his body out, and hugged his mother Upon another occasion, when there with one quarter cup of milk and stir roused from a bed of illness. He earth as though he loved her. A shot

member of the mob that attempted to Ten feet away Cook was lying flat and motionless behind the dead limb It was settled that time as it always of a fallen tree. He saw the smoke of is. No prisoner is ever given up by the rifle from the Indians' pit, but he the Northwest Mounted Police once the did not see the pair of lynx-like eyes law demands that he be arrested. The motionless as the rock of Gibraltar miners knew enough of Steele to know that watched steadily that limb that their comrade would have a fair, ed his head a few inches. There was a corporal's guard to feed the many two tablespoonfuls of sugar, beat square trial; that much Steele prom- sharp crack, a puff of smoke, and bark horses; and the superintendent took them to a cream, then add the grated and chips were driven into his eyes counsel with himself, and went on a rind of half a lemon. Beat two eggs Not that prestige and determina- with terrific force. Luckily, the aim tour of inspection. He jabbed vicious- in separate bowls, add one egg and

policeman, handicapped by his orders They recovered one of their wounded o arrest and not kill, and the death comrades a little later, and inch by dew gathers damp on his face, and the inch worked their way backward, regimental number is all that is left dragging him between them. All that of him in the force Duck Lake is the night they guarded the bluff. Once Five Points" of the Northwest. It Almighty Voice tried to creep out, but ies 100 miles north of Regina, the was driven back. In the morning a capital of the Territories. Last year little trail and a crutch dropped from live white men-four policemen and one the blood-stained hands of the Indian civilian-and three Indians lay dead on showed, where he had tried to escape. the prairie with their faces to the sky, About midnight Almighty Voice called to the end that the peace broken by one to the police, "Brothers, we've had a Indian outlaw might be made whole. good fight to-day, I've worked hard Almighty Voice, son of John Sounding and am hungry. You've plenty of Sky, was hungry and killed a cow. The grub; send me in some. To-morrow

cow belonged to somebody else. There- The next day the fight was like a fore a sergeant of police and a half- Roman spectacle. A small hill near bred guide rode forth to bring Al- by was covered by Indian and halfmighty Voice before a magistrate. As breed spectators. The old tan-faced spot." they rode along they heard the report mother of Almighty Voice sat there

Temporary repairs kept Allen from coming one vast kiln. No more excit-

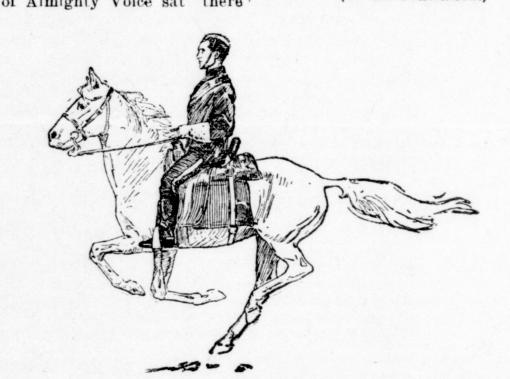
the rifles speak, but no message came the police duties was the preventing from the deep shadows of the aspens. of the sale of liquor in the Territories. The Northwest was then a prono smoke-grimed, red-coated policeman | hibition state. The Lieutenant-Goverstruggled forth holding a dark cap- nor had authority to issue a permit to a man to have in his possession liquor up to five gallons, providing always the man was respectable. These permits gave the police no end of trouble. So long as the owner of a pertitled to the possession of five gallons of liquor, though the keg had been drained twenty times. A saloon-keepstore a large stock of smuggled li- ing teaspoonfuls of baking powder, quor and snap his fingers at the police. It was an article of faith that means lawful or otherwise were public benefactors; while the police, who

nerve centre on the left side of the swaying, swearing miners in front of made a discovery. The Indians, with Many and various were the tricks re- minutes, separate the cake without Extractor. brain. We are now able to make a map the little sergeant which his two as- devilish ingenuity, had made three sorted to by the men stricken with a cutting, as cutting makes them heavy of the surface of the brain according sistants were vainly trying to keep runways leading up to a certain point thirst engendered of life in that high, Have two dozen peaches peeled and back. A huge desperado made a rush by breaking the small bushes off close dry atmosphere. A consignment of Bi- cut in slices; use half of them to cover at Fury from behind. He felt him to the ground, These led to a death- bles to Edmonton proved full of a spir- the bottom halves of shortcake; coming, and without looking around trap-a pit dug by the Indians with ituous consolation that caused them to sprinkle plentifully with sugar and whether by sight, smell, hearing, taste fired point-blank over his shoulder, their knives. At the other end of sell as readily as hot cakes to people cream; lay on the top halves with the or touch, are carried direct to the sur- and brought him to the ground wing- each was a hawk-eyed Indian with a who previously had taken very little crust downward; use the rest of the ed. It had a soothing effect upon the leveled rifle. It was in these little interest in Christian literature. That fruit over them, and sugar plentifulface of the brain and recorded in the others, and the police got their prison-runways that the three policemen had the Bibles were tin did not matter in ly.

> A high-rolling gambler, "Bull Dog" Carney, once ran a car-load of smugbarracks, and as they hurried the un- pair of khaki-colored legs in front of gled whiskey into Golden. The police willing captive along the road, they him. Thinking it was one of his dead got knowledge of it, and after many saw the miners coming for them again. comrades he reached out to pull the up and downs confiscated most of it. It was a sight to make your heart ache, sor," the sergeant who told me about it assured me. "A carload of they pulled their prisoner over a to the pit. The rifles belched forth whisky spilled out on the ground bebridge which spanned a little stream, in his very face, and an Indian sprang fore a squad of men thirsty to their sugar. Bake in two equal good-sized figure came tearing down the road up on the embankment to get a better very sowls. Surely a little keg would- jelly tins. For filling boil three quartfrom the barracks with a sword in one shot at him. A bullet from O'Kelly's n't have been missed from all that ers of a cup of milk with a pinch of

ground, even to the last "wee little the layers. keg." The ruby-tinted nectar had gurgled forth and sunk into the parched earth before the eyes of a of a cupful of flour, one quarter of a La Toscana, 10c. RELIANCE CIGAR thirsty file of inwardly greening no licemen. But when the bugle piped mel- speck of salt together. Put into a odiously for stables, there was not a bowl two tablespoonfuls butter and tion carry the point always. Some- had been a little low, the bullet had ly with his walking-stick at the brown stir in half the flour, then the other spot of earth where the liquor, many egg and the rest of the flour; beat grass. His stick went through the greased cake tin and bake in a hot crust of earth, and struck something oven 30 minutes. which gave back a hollow, complaining sound. It was the bottom of a tub. On top of the tub was an old iron grate; on top of that the earth. It was a very peculiar geological formation, not described in any of the works. The superintendent spoke never a word, for silence is a gold coin it is rare and costly, and any clear studded with rubies; doubtless some glass will do as well. wicked men had put it there to bring discredit upon the force. When the next lot of seized liquor was to be emptake this to a new place, and give the grass a chance to grow in the old

(To Be Continued:)



ON LIGHT DUTY.

and crooned a weird death-song, and cheered her boy to fight to the death like an Indian brave. She screamed defiance to the police-her son would shells were thrown into the bluff, and shielded by his Indian friends at Duck growth, but when the smoke cleared

oped and governed along the lines of order and industry. The returns from ly the men are admirably fitted to fill chest measurement of thirty-eight and the change. one-half inches. Recruits are subjected to a searching medical examination before being taken on. The aim is "to make it a difficult force to get into, and an easy one to get out of.

The result is a fine body of contented In addition to their actual duties as Voice had two other killings to attend peace officers, the police are supposed to gather for the government informaion on every subject under the sunthe sun that shines between the fortyninth parallel and the Arctic Ocean; the state of the crops, the conditions of the ranches, the breeds of horses and cattle most suitable to their individual localities; their opinions on the different ordinances relating to the protection of cattle ranches; even statistical returns to show where the best mar- A double newspaper with the corn-Should a rancher kill a steer and bring the carcass in for sale, the law says must see that he does this. They must

financial conditions are duly observed ing. and reported to headquarters. If the Mormon settlement or the colony of Mennonites. have 900 cattle and 600 sheep, those in authority will know it. Just how much gold per day the miner takes from the sands of the Saskatche-

HOUSEWIFELY PROGRESS.

It is a trifle, apparently, writes an artist to apply it properly, The Marian Harland, when a woman taboos | sins of omission and commission the away, the pit held three dead Indians, oil in salad dressing because she "has avearge laundress perpetrates in its never been used to putting it in," name might be called one of life's lit-Many special bodies of troops in when she thinks mint sauce a 'trashy' testable. If some gifted woman, or caught him. As they were bringing Europe, such as the Guards, are filled accompaniment to roast lamb, and man, for that matter, would give up "won't hear of hot sauce with cold trying to make a book, a statue or a down both themselves and their hor- when the vegetable dishes must all be eternal gratitude of her fellow morset on the table with the meat, "sa she tals at a single bound. A department tone is necessary to make up the man has always had them," and lettuce be and also show by example that the deft fingers of some members of the

Each protest is a symptom of decadence which is wilful, not inevitable. She has stopped learning because she this bill. In height their average runs has stopped. In time, mental muscles about five feet nine inches, with a become stiff, but disuse is the cause of

"I account that day lost in which I have learned no new thing," said an ful of salt, and cook five minutes long-

Our housewife may lay the saying to heart. If there be a better way than Maderia. Sprinkle with paprika and hers of doing anything-from making a little nutmeg, if desired, and serve picklette to giving a wedding suppershe should be on the alert to possess herself of it. It is not true that it is easier for young people to keep themselves and their houses abreast of the imes than it is for their elders. The first step that counts in the downward road is the tendency not to take any a joint present. The chest was a step at all. To stand still is to be left. handsome piece of furniture, made in

# USES FOR PAPER

kets are and how they can be reached. ers folded down for the bib and tied around the waist with a strip of musthat he must also bring the hide bear- lin, makes a nice apron for dish-washing his brand to show that in a mo- ing and baking. Several thicknesses dinner napkins, each piece having the ment of forgetfulness, he has not kill- of paper placed under the coat or wrap bride's initials, and a number of fancy ed his neighbor's animal. The police over shoulders and chest when going doilies and tray cloths. The embroidery have constructive ability, and report out in the cold will save many a severe hanced the value. Sprigs of lavender on roads and bridges, and different sickness. If there are not bedelothes were laid away in the folds of the linmodes of transit—from the humble enough to go around on a below-zero en, each piece of which was done up cayuse to the swift-rushing railway. night, try laying your spare newspa- in tissue paper tied with white rib-The settlers arriving in the country pers between the covers, especially bons, a spray of orange blossoms beare under the watchful eye of these over the feet. Use soft paper wrap- ing fastened to the bow of white ribguardians; their physical moral and pings to polish your nickle stove plat- bon which tied together the cards of

SOME GOOD RECIPES Lemon Ice Cream .- Two quarts of Little Thibet. for a "Rider of the Plains," will have milk, one quart of cream, three cupit all jotted down in his note-book. fuls of sugar, three eggs, quarter of a box of gelatine, juice of two lemons wan is also known; and how much he and one orange, grated rind of three pays a ton for the coal he burns dur- lemons. Mix sugar, juice and rind of ing the long winter months. You will lemons and orange juice, and set aside; find in the blue book a list of the soak gelatine in half pint of milk and questions Li Hung Chang asked when cream and pour over gelatine until he paid a flying visit to Cal- dissolved. When cold partly freeze; gary. Pork-packing and poultry-raising then add lemon juice and sugar, and are not beneath notice; and intelli- eggs beaten separately; turn the gent advice is given, backed up by crank rapidly and freeze.

facts and figures, as to how these in-facts and figures, as to how these ining escapes the vigilance of these alert | pound pineapple, one half pound sugar, one pint cream, one half pint of milk,

HOW THE BRAIN WORKS. CANADA'S SOLDIER POLICE off through the light branches. A times. Day and night, scorched and cream and milk in freezer, and when constable had sighted the Indian; the seared and athirst, they have to battle partly frozen add sugar and fruit. latter jumped back among the trees. often to preserve the country from bebleeding to death. They tried burning ing picture was ever drawn than the one pint milk, two cups sugar, whites the Indians out, but the poplars were sight of two policemen, with two wet of two eggs, one dozen ripe peaches too green. Then three constables— blankets knotted together and trail- Pare and mash the peaches, add sugar, Hawkin, Kerr and Lundy-crept in ing the ground, galloping one on eith- and let it stand; add cream and milk, through the thick, dangerous under- er side of a line of leaping hungry and just before freezing the beaten ish her any more. The mother says:

Vanilla Ice Cream.-One quart In former years the most onerous of cream, one pint of milk, two cups of sugar, whites of two eggs, one teaspoonful of vanilla. Mix the sugar with the cream and milk; add flavoring and strain into freezer. Beat the whites to a stiff froth and add just before freezing.

Coffee Ice Cream .- One quart cream. one and a half cups, of sugar, one pint mit held it in his hand he was en- fee and sugar thoroughly, add to cream and freeze. Peach Short Cake.—One quart er with friends who held permits could flour, one teaspoonful salt, two heap-

two tablespoonfuls of butter, one pint men who tried to bring in liquor by der together, rub in the butter cold; of milk. Sift the flour, salt and powwere trying to interrupt this wholesale trade, were men to be put far astray of breakfast plates; lay on a greased sults: Man quite happy, wife ditto,

Cream Oake-One half cup of butter, one cup of sugar, one half cup of milk, one and one-half cups of flour, with three quarters of a teaspoonful of baking powder. Stir butter and sugar to a cream, beat the three whites I think so, mamma; ten minutes afsifted flour and powder, with the milk, alternately, to the creamed butter and and one half tablespoonful of butter, mix one tablespoonful of flour had seen every package broached and move from the fire, and add the juice ST. JAMES' HOTEL-Opposite G.T.R. Depot' its contents emptied out upon the of half a lemon and spread between Railway. First-class Commercial House. Modern im-

Delicate Cake.-Sift three quarters thirsty file of inwardly groaning po- teaspoonful of baking powder and a times emptied, had burned away the well. Pour the mixture into a well-

## HOUSEHOLD HINTS.

All the receptacles for flowers should be clear glass or white china. Some ladies have sets of Belleek, but

Cheese sandwiches are always in order to serve with salad. Grate any tied, he said to the sergeant: "We'll cheese and rub it to a paste with butter, spread the bread, sprinkle with salt and pepper and cut into strips.

A little pipe clay dissolved in the water on washing days will thoroughly clean the dirtiest linen, and will help to save labor and soap, besides the clothes being made much whit-

A favorite form of table decoration in Paris this summer is to place a tall vase or basket of fruit or flowers | Denver & Rio Grande Railroad, offers in the very centre of the table. A re- to tourists in Colorado, Utah and cent pretty decoration had what the New Mexico, the choicest resorts, and school mistress sisters in "Vanity to the trans-continental traveller the Fair" called a "beau-pot," or a nice grandest scenery. Two separate and plant of some kind, in the middle of distinct routes through the Rocky the dinner table; but it has been re- Mountains, all through tickets availserved for the last two or three de- able via either. The direct line to cades to heap the table with flowers- Cripple Creek, the greatest gold camp the costlier, the better liked-and to on earth. Double daily train service make this decoration a prominent with through Pullman palace and feature of the entertainment at a din- tourist sleeping cars, between Denner or supper, and, to a less extent, ver, San Francisco, and Los Angeles,

of a luncheon party. Rinse in clear water. Make a cupful descriptive pamphlets. of very weak starch or gum arabic ments, then clap in the hands until nearly dry. Spread a towel over a pillow and pin the lace in each point smoothly over it, letting it remain un-

til perfectly dry. Starch is a warm weather necessity, but it takes the unerring instinct of picture, and found a school where the in which people could be instructed

would also be valuable. Simplicity is what is needed in the cooking of mushrooms or their flavor is destroyed. Long cooking toughens them, therefore, have everything in readiness to serve before beginning with the mushrooms. To cream them, wash one pound of the mushrooms, remove the stems, saving them for steak a la Bordelaise, peel caps and throw into water. Put into the chafing dish two tablespoonfuls of butter. As soon as melted add the mushrooms, cover and cook five minutes, add a teaspooner, pour in two tablespoonfuls of thick cream and a teaspoonful of sherry or at once, with or without toast.

GIFT FOR A BRIDE.

At a recent wedding the bridesmaids gave to the bride a chest of linen as quartered oak, finely polished and fitted with compartment trays. Its contents included four sheets and pillow cases of fine linen, hemstitched and with the bride's initials in small letters at one side just below the hem: a beautiful tablecloth and a dozen the donors.

Cashmere shawls are made of the hair of a diminutive goat found in

A LONG BEARD. Just before W. V. Smith, of Florence, Kan., goes to bed he carefully places his beard in a muslin bag. After he has entered the bed he puts the bag under his pillow. His beard is nearly eight feet long. O'KEEFE'S LIQUID MALT Invigorates and Str. ngthens.
W. LLOYD WOOD, Toronto, GENERAL AGENT. TRUE NERVE. Johnson-What kind of a fellow is Bailey-Well, he's one of those fellows that can take a glass and stop-

> DISCOVERED AT LAST. coffee cures indigestion, and all complaints caused by tea and coffee which are poisonous. "Rocko Health Drink' meals instead of coffee. A 10c. packmakes a delicious summer iced drink. For sale by grocers. Ask for it.

MAN'S INCONSISTENCY. You are the apple of my eye, my And only yesterday you told me that

Tires Double Tubes, give good service -Headquarters for Goodrich Single Tubes, G. & J. Detachable,

was a peach!

dles, Tubes, &c. American Tire Co., 164-168 King St. West,

TORONTO

I woman's advice may be no great thing, but a man is a fool that doesn't take it "is true and the will probably advise you to try Blue Ribbon Cerflon Tea!

HUNGRY FOR A KISS. tle girl that because she has been naughty she will not kiss her for a week. Before two days have gone by the child's lips hunger so for her mother's kiss that she begs her not to pun-'No, my dear: I told you that I should not kiss you, and I must keep my word. But, mamma, mamma," says the little girl, "would it be breaking your word if you should kiss me just once

## A Good Story.

to-night, when I'm asleep?"

A story is going the rounds at the expense of one of the best known men of this place. We shall not mention his name, but you know him. rather determined mien, he has of late been showing signs of mental agitation. He wears a full beard, but a few days since his wife, much to her alarm, found him sharpening a razor. She thought his mind was unhinged Della Hill is married. Her husband is and she went into hysterics. Explanations followed and it was found that life had for him still some charm. He intended to use the razor upon painadd the milk and mix into a smooth ful corns. A friend who had used dough, just soft enough to handle; Putnam's Corn Extractor with success divide in half and roll out to the size advised its use, with the following rebaking tin and bake in a hot oven 20 razor sent away. Use Putman's Corn

> PARIS PUBLICATIONS. There are now published in Paris 2,585 periodicals, nearly 100 more than were issued at the corresponding date

> Hotel Carslake, European Plan. Rooms G.T.R. Station, Montreal. Geo. Carslake & Co., Props.

A BUSINESS COURTSHIP. Mr. Perkins is a good business man, isn't he. daughter?

to a stiff froth and add them with the ter he was presented to me he told me he was a widower. MONTREAL HOTEL DIRECTORY.

The "Balmoral," Free Bus Am. Plan. Hotel Carslake, European Plan. Rooms had been a lawful seizure of "moon- into the boiling milk. Continue the light" the superintendent in charge into the boiling milk. Continue the Hall's Family Hotel rates \$1.50 Hall's Family Pills are the best

A MOURNING CEREMONY.

A lady in deep mourning some time ago called upon the proprietor of a Sydney, New South Wales, waxworks show and asked to be allowed every Sunday morning to place a white shirt six months she never missed a Sunday, supply. Lists mailed tree on application. Then the visits ceased, and no more was seen of the eccentric visitor until one day the waxworks man was standing at his door, when she came along in gay apparel and explained that, as she had married again Hubby No. 2 objected to the eccentric ceremony over

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water, soak the veil in it a few mo- CHARACTERISTIC OF THE BRUTE. Daisy-I thought you hated Dick Dashleigh, and yet I saw him hugging you last night. Mazie, blushingly-Well, I believe did say he was a bear.

Pharaoh 100." Payne of Granb , Que Cigar Manufacturer

provided you treat first. A wholesome, nourishing preparation which takes the place of tea and is absolutely pure and is used at your age will make 75 cups. Rokco also

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is in Louisville, Ky. They were married in Kansas City. Miss Hill's friends

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Why, he asked, do they call this resort Eden? Probably, she replied, because you are the only man about the place.

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band is some years older than she is,

and weighs 256 pounds. Their home

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Wears his hair long and has a den. W P C 984

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