Perpetual Motion.

asked, "Do you believe in perpetual

the trousers, and carry yourself

Sunlight Soap-Octagon Bar. 216

About the

....House

PREPARING POTATOES.

fully done. For this a sharply

is; the poorest part is next to the

DOMESTIC RECIPES.

and bake in pan of water until

them into strips and serve.

creamy. Serve cold.

ed through.

some distance apart, and bake 40

WELL WORTH KNOWING.

three times round the room."

When George Stephenson was

A Scourge of Doubt.

THE ERROR OF LADY BLUNDEN.

CHAPTER XXVI.

In Paris the weather is seasonable ly. and almost mild. No rough winds have blown in its October. People still go about with cheerful faces,

Fancy and Cyclamen, who are staying for a week in this most whether it will not be wisdom to my weifare as you do, but-matters Kitty, she says, naively, stay here fourteen instead of seven have gone too far. She herself "Then he did not kiss you, after days. They have nearly said yes to would be the last to welcome a re- all?" this plan, when, running down the conciliation." brown moustache to pieces.

friends in the flesh. But how alter- be well again." go with you."

"No, let me go alone." "If you wish it, cara," - raising Blunden and the boy. Blunden is, - where they are stop- action. ping. Perhaps here."

"Dear Fancy, one word. If I do but said she would not deiay you doubtfully. ask him to come up to our sitting more than five minutes." with the utmost surprise.

well tell you all. The fact is, the dozen times in different language." fuse me grace." looking honestly horrified. "It is only too true" -regretfully with conviction.

day, and they parted, and have nev- temper too!" er been face to face since." that night."

way, but how I don't know. Now, laughs and vanishes. let me speak to him before he goes. Entering the drawing-room a few Sir John knows nothing of it?"

so bewildered, in all my life." and, having reached their drawing- say.

"Overdoing the thing, perhaps. Incessant traveling without any rest of-of-" She hesitates, hardly pealing to me. My principles are Bake with one crust. This will make know. But I am perfectly well." men, quietly. "That is what is the

matter with you." any one happy, do you think, in this troublesome world? Would you have me luckier than my fellows? Well," changing his mocking tone to one of deep depression.-"perhaps I am not, then. Do you know" wistfully - "it is rather a blessing to meet some one who-who knows ARE A CRY OF THE NERVES ail about my luckless affairs, as I

without looking at his companion: "Where is she?"

am heartily sick of lying to my

"Still at Laxton with Mrs. Duglale. At least she was three weeks ago. I have not heard from "Ah! it is pleasanter for her, no the blood must be made rich, red "I shall not fail." There is

place very pleasant." says Cycla- sure in result as Dr. Williams' Pink goes on in a dolorous tone,were going to Twickenham that part new life and new vigor to the grown so thin, so haggard."

there." "But she saw you." "She has excellent eyes, no doubt. kind. . He says: "A few years ago him home to us."

ravel this seeming mystery. Their voices within the last two home at Bond Head. Here I placed so much so that Fancy has been tor who said the trouble was neu-

them, with a heightened color and Misfortune seemed to follow me for face to face, few men would then be A sponge should never be used un- miles, is reported south of the Berthat night?" she asks, anxiously. least did not think I was going to about by the merest chance on the shine. "Yes," - carelessly. "At the get better. I had often heard and part of the inventor.

ing in just then, asked for the dom- try them. I had not used more when he came across a patch of ant growth.

nervously. "It is altogether a mis- that on I gained day by day, and with it and subsequently turned it in the bottles, and when cold they rope rur up along our coast until take. Did Lady Blunden know you after I had used some ten or twelve out on a bench in his laboratory. are sealed tightly. take. Did Lady Blunden know you after I had used some ten or twelve out on a bench in his laboratory. are sealed tightly.

lent your domino to—to—to your boxes, I had fully recovered my old—Just then a passing workman stum—

Hint for an Emergency.—In a case foundland before starting across to cousin?'

no opportunity for explanation uppenter without any trouble. I have on any subject. She went to the ball. I went to my club."

The reason for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble. I have found in the range of submarine tangent for this is penter without any trouble found in the range of submarine tangent for this is penter without any trouble found in the range of submarine tangent for this is penter without any trouble for the found in the range of submarine tangent for the found in the submarine tangent for the found in the submarine tangent for the found in th "Don't you see how it was?" says Pink Pills an invaluable medicine largely of metallic particles. Fancy, putting one hand up to her and shall always have a good word | Most men would have taken no out. If this be impossible, tickle the cheek, which burns hotly. "Or must to say for them." I tell you? I was in the garden | When the nerves are unstrung, Edison, however, this action sug- to promote vomiting. with-Arthur that evening, and you when the blood is poor or watery, gested the modern process of metal To Restore Colors.-Alum water No matter how carefully a pipe is know how like you he is at times, or when the system is out of order, extraction from low-grade ores. In will restore almost all faded colors. used, it is bound to get foul at and how a mask deceives one. And Dr. Williams' Pink Pills is the me this the ore is first crushed to pow- Brush the faded article thoroughly times. In such cases you should -yes," - bravely, - "I will con- dicine to take. They cure all trou- der and then passed between power- to free it from dust, cover it with a pack the bowl tight with grass or fess it now, whatever comes of it; bles arising from these causes, and ful magnets, while the dross passes layer of castile soap, rinse with hay, and lay the pipe aside for a few Arthur kissed me that night, and make weak, despondent men and wo- on. But for Edison's knack of nev- clear water, and then with alum days, and you will have it as sweet perhaps Lady Blunden saw him, and men bright, active and strong. Pro- er letting a good thing escape his water, and the color will be usually as when it was new. Talking about thought he was you, and that I - tect yourself against imitations by appreciation this process of metal much brighter than before. oh, I can't say any more—it is too seeing that the full name, "Dr. Wil- extraction may never have been dis- Stair and room carpets should be lighting matches: Don't light them horrible." exclaims she, turning liams' Pink Pills for Pale People" is covered.

"Why was I told nothing?" re- ville, Ont.

"That is certainly how the mis-

Blunden shakes his head.

steps of the hotel, leading to the "Something must be done, and at and Fancy winces. She grows pointed knife is requisite. Holding HOW TO LEARN TO BREATHE. court-yard beneath, they both stop once," Fancy says, coming forward crimson and bites her lip. Gret- the potato firmly, cut out each eye. suddenly as with one consent to gaze earnestly at a man standing some distance from them. He is suddenly as with one consent to gaze again excitedly. "I can't have Lady chen, quick to see, is penitent on the like the potato firmly, cut out can't have Lady chen, quick to see, is penitent on the like the potato firmly, cut out can't have Lady chen, quick to see, is penitent on the like potato firmly, cut out can't have Lady chen, quick to see, is penitent on the like potato firmly, cut out can't have Lady chen, quick to see, is penitent on the like potato firmly. This is readily done by the point of the knife. Cut as deeply as is negative and the like potato firmly, cut out can't have Lady chen, quick to see, is penitent on the like potato firmly. This is readily done by the point of the knife. Cut as deeply as is negative chen, quick to see, is penitent on the like potato firmly. distance from them. He is quite things; I can't indeed. It is as "Oh, pardon me!" she says. "I cessary, but remove the entire eye. motionless. His eyes are bent up- bad for me as anybody. And, be- am rude,—detestable. What can I This done, peel evenly the rest of on the ground, showing their owner sides, mistakes of that kind should say to excuse myself?"

ed he is-how thin! I should scarce * * * * * * * * * ly know him. Wait for me a mo- "A lady in the drawing-room to tain; and Arthur said nothing ment, Fancy; I must speak to him." see you, ma'am," says Lynan, the having borrowed the domino." "So must I," says Fancy. "I'll ancient servitor, opening the door of the library and addressing Gret- moment.' chen, who is sitting there with Lady

antly - "ask him, too, where Lady and feels thoroughly disinclined to

"But, my good child, why?" — says Gretchen, much disheartened. you are the only woman in the rather than be boiling when poured over the potatoes. In this way they training under the instruction of a talk so fluently and won't go away. have done wrong I come to you with become heated more evenly. Add competent teacher. Not one man in the rather than be boiling when poured you will find out if you go into tail, the truth of his published training under the instruction of a statement, which is as follows:—

Blundens are not on very friendly "Put money in your purse, dear," the been properly—that is, to fill the lungs to "I was laid up with Kidney Trouterms, and, without making matters suggests Kitty, blandly. "There is chen, earnestly. "Were you engaged boiling twenty minutes. If they are their utmost capacity and at the ble and was so bad that I could not public, have agreed to—separate." nothing like it in such cases. Is to Sir John—in the old days, I not done watch them closely. The same time to control the muscles so do a day's work. My back was very raindrop it is refracted; then part "Cyclamen, what is it you would she-a lady-or a woman, Lynan?" mean?" say!" asks Fancy, stepping back, and "Oh, quite the lady, my lady, ev- "Never; he never asked me to pour off all the water, set the have just been doing is one of the bloated eyes. I was very weak and ternal surface and again refracted on

from that mask ball at Twickenham. nevertheless, as a precautionary To be candid with you, he would raise the cover at intervals to let Sir John was there, it appears, un- measure, I shall take your hint and not have suited me at all. You will out the steam. der the rose, with some one who my purse," says Gretchen, rising, see I am speaking the truth. I was wasn't his wife, and Kitty saw them with a sigh. "I notice I am always shocked, horrified, when I discovered to be like balls of dry snow and increase the power to breathe deep about what Dodd's Kidney Pills are made up of different kinds of homoin the gardens, and— I really called away to do something or see that Lady Blunden had taken up would tempt the veriest epicure. know almost nothing; but there was somebody just when I was most com- such an erroneous idea. But all will a terrible scene in my house next fortable. And baby in such a good be right now, I hope and trust."

ades, and dynamite, and pokers," told me nothing of it." "But he was. Kitty saw him. I says Kitty, as a last comforting "Yes. A very darling baby. Of

And, remember, say nothing of minutes later, she finds herself face "Nothing. She will not let me to face with Mrs. Charteris, to her tell him of it; indeed, up to this I "Of course not. How do you extreme amazement and discom- have had no chance of telling him, tablespoons scraped maple sugar; think I should, after all you have fiture. An expression of extreme as I have not known where he is. told me? I was never so shocked, hauteur grows upon her usually gen- "Why not put the birth in the tle face as she stands still in the papers?" Turning, she goes up the steps centre of the room and regards her "I gave her my promise not to do bottom of each cup, pour in custard again (while Cyclamen goes down), fixedly, uncertain what to do or so.

when Sir John and Cyclamen enter sively, being a bad dissembler, not one to preach, I know, but I two bunches of fresh asparagus, cook and thought are very important and two bunches of fresh asparagus, cook and thought are very important and presently she is distrait to a degree, growing very pale, as repugnance cannot help thinking a father should the tips in salted water, cook the and greets him in a manner the reand anger and some fear fill her be made aware of his child's birth." remainder of asparagus about twen-

shall hear. Only yesterday I heard don't indeed. There is no use in aplastly, the stiffly beaten whites. knowing in what language to couch all astray; and if you think I ought two pies. "You are not happy," says Cycla- her knowledge of Kitty's quarrel to keep the news you have just com- Green Corn Fritters.—One dozen traveled straight from Paris here, as tell you that I sha'n't do it. Mrs. six eggs, well beaten; one teaspoon-"Is it?" with a light laugh. "Is much for my own satisfaction" - Dugdale, as I have been the cause, ful of salt, half teaspoonful of su-

FOR BETTER BLOOD.

These Pains From the System-Read the Proof.

A high medical authority has de fectually drive it from the system | me." who is lost in a vain effort to un- weighed only 138 pounds. As I was his master upon English soil. not able to work I returned to my

away to hide her face, which is now on the wrapper around every box.

benefit of other people, to tell you Sir John Blunden was not at Twickenham the night of Lady Monckton's ball. I have been given to understand that it was generally lift yourself by the waist-band of believed he was there.' "Not at Twickenham? You must

pardon me, Mrs. Charteris, if I say a wife may surely be allowed to recognize her own husband." "Sometimes; not always. In this instance at least she was at fault. made a mistake,-a fatal one. was Arthur Blunden she saw. dressed in Sir John's domino, and I was with him in the gardens. She torts Fancy, still more reproachful- must have seen us. Is it not so?"

"She saw you, yes," - gravely. "And on account of the great liketake must have arisen. How clear ness between the cousins (you must see the cousins and must be the co things seem now!" says Cyclamen, have noticed that), and because of and benign smiles, and noses devoid cheerfully. "You will see after a little darkness, and the masks, and the while everything will come all, she must have mistaken Arthur for her husband."

"Can this be true?" says Gret-"That one absurd suspicion was chen, clasping her hands; and, forcharming of all cities, on their way not all," he says. "There are oth- getful of nice breeding and proper home, grow almost pathetic over the er things. You are very good, aw- form, in her delight at the prospect beauty of the climate, and argue fully kind, you know, to care for of making life once more bright for

It is a betise, — a terrible one, —

lost in thought; and he is industribe cleared up. I shall make this She is so thoroughly grieved about Authorities differ about the thickously doing his best to pull his cause my own. I shall go to her her offense, yet withal so unmistak- ness of the peeling. Some claim and tell her everything. And so ably relieved and gladdened at the that there is a poison close to the "Is that Sir John, or is it his shall Arthur. And afterwards I news just conveyed, that Fancy skin, but the weightier opinion is wraith?" asks Fancy, breathlessly. shall write to you, Sir John, to (who is the kindest-hearted creature that potatoes do not differ from "Sir. John, I hope. I prefer my your hotel here, and then all will in the world) forgives her and con- other vegetables and fruits. That quers her temper. "But Kitty was so sure, so cer-core, and the best close to the skin.

of Therefore, peel thin. This not only "He only borrowed it at the last more economical." "But why did you not tell all this the rotatoes into this pan and

before?" asks Gretchen; and then en- rinse them thoroughly. Frequently "Yet surely, surely there were them stand in pure cold water until did so replied to the question. times when you were more than put in to boil. "She would give no name ma'am, civil to Sir John," says Gretchen,

"Dear me! A begging-letter wo- think not. Did I ever flirt with be overcooked. Be sure that the waman or an impostor of some kind," him? Well, if so I am sorry. I think ter is hot, but let it come to a boil, tone—"well, I suppose I may as And they will say the same thing a Mea culpa on my lips. Do not result when the potatoes are about competent teacher. Not one man in "It is with pleasure that I certify well tell you all the competent teacher." half done.

ery hinch of her," replies Lynan, marry him. There was never the saucepan back on the range and movements by which the thorax is much reduced in weight.

"So do I," says Gretchen, sigh-"Keep well away from her, and ing, "if only for baby's sake." "But he wasn't at Twickenham think of torpedoes, and hand-gren- "A baby! Is there a baby? You

yet he is three weeks old."

"That is wrong, surely," says room, is still so puzzled that even "You!" she says, at last, impul- Fancy, hastily. "Forgive me, I am

What have you been doing with "I really do not see what it is you impulsively to her feet, with rose-through colander, add yolks of three can explain," says Gretchen, coldly. flushed cheeks and gleaming eyes. "I eggs, three cups milk, a pinch of with her husband. "And I have municated to me secret I can only ears of green corn, grated; yolks of somewhat haughtily - "as for the though the innocent one, of all this gar, two tablespoonfuls flour. Fold misery, do let me also be the one in the stiffly beaten whites of the to reduce the chaos to order. Do eggs and bake like pancakes on a not refuse me this request. I think hot griddle. Delicious. I shall succeed. And when Sir John Philadelphia Potatoes.—Boil small and Lady Blunden are once more new potatoes in their jackets, and

fully - "she will then forgive me." your plan?"-doubtfully. "Of course you guess; but, first spoonful of flour into one heaped tuce, chicory, tomatoes, watercress, tablespoonful of soft butter and thin etc.—with mayonaise or French He thrums upon the window-pane Dr. Williams' Pink Pills Make Blunden still love her husband?' with one and a half cups of milk. dressing. They should begin the You are indeed a stranger to

Kitty if you can ask it." "Then I have your consent make the attempt?" she asks.

and pure. For this purpose there is pause; then, with lowered eyes and "I do not imagine she finds any no other medicine so prompt and purposely suppressed voice, Fancy men, meaningly. Then with an ef- Pills. These pills make new, rich, would hardly know him, he has each, pinch the crust round it seperson using them. Mr. John Mc- "Oh! poor Jack! - poor feilow!" "How could I? I never went Dermott. Bond Head, Ont., offers says Gretchen. She is very pale, minutes or steam half an hour, then Newfoundland Is the Best Startstrong proof of the certain results and tears are in her eyes. "Mrs. put in the oven to dry off and obtained from the use of Dr. Wil- Charteris, you are right; do any- brown. Serve with sugar and cream, Sir John shrugs his shoulders. liams' Pink Pills in cases of this thing,-I don't care what; only bring or a hard sauce made by creaming There seems to be no logical rea-

"It is extraordinary. Why did the time, but I soon began to suf- that stirs the heart of him who re- delicious. The fruit should be very lantic cables are three miles below you not protest as much to her?" fer for my neglect. I awoke next ceives it to its lowest depths, caus- ripe, so ripe it will mash, or it the surface, and this is not neces-"She would not listen. And, be morning with cramps and pains ing him to stride up and down his should be steamed till very tender. sarily the extreme depth, for the sides, that was a slight offense, I throughout my body. I was unable room for hours in a passionate ensuppose, compared to others she ac- to go to work and called in a doc- deavor to come to a satisfactory cused me of. Why discuss it?"-im- tor, who left me some medicine. I settlement with his love and pride, patiently. "Nothing matters very used it faithfully for some time, but |-wearing out not only the carpet it did not help me. In fact I was but the patience of his long-enduring at once extinguish the flames. "Why, she described the very dom- growing steadily worse and had be- man, who finds no rest from his (To Be Continued).

minutes have been slightly raised; myself under the care of a local doc- HOW EDISON "STRUCK" IRON. piano than any furniture cream. ment she comes forward right up to ough hold upon my entire system. to realize his luck when he meets it and scouring them with it.

hard substance, endeavor to hook it

further notice of the incident. To throat with the finger or a feather,

Sold by all medicine dealers or mail- The recent eruption has rid Mar- cause the carpets to look fresher soles, for you'll rub the head off. "Why did you not tell me this be- ed post paid at 50c per box or six tinique of the fer de lance, the most and brighter than when done with The plan is to rub them on a piece The feathers of the mirasol, an in America, being electric lighted and fore?" says Cyclamen, reproachfully, boxes for \$2.50 by writing to the deadly snake in the world. Eight tea leaves. forgetful of her own reticence. Dr. Williams' Medicine Co., Brock- varieties were known, all equally Keep butter cool in hot weather velope, a ticket. The silica in the per pound-five times the price of office, northwest corner King and venomous.

Just so, and a woman would just as soon believe that she has not to Ceylon Tea is the finest pay dearly for common premium Tea the world produces. soaps, in the low quality of soap, in ruined hands and clothes. She would be kept in perpetual motion trying to do with common soap packets. what she could so easily do with

Black, Mixed and Green. £1 apan tea drinkers try "Salada" Green tra

standing it in a large bowl of water. Then cover the butter with a piece of muslin, letting the four corners just touch the water under-

A refreshing drink which is very beneficial to the health .- Peel one lemon, removing all skin and pips the juice of this, with one teaspoon of cream of tartar and a pint and a half of boiling water; sugar it to First, the peeling should be care-

"What on earth are you trying to The man to whom the question was addressed, was standing in the center of the gymnasium clad in the scanty apparel affected by athletes when at work. His heels were close together, his arms were equally close to his sides, the palms of his hands facing backward. Without replying, he slowly raised his hands upward and forward until they were on parsecures the best flavor, but it is allel lines and at full length above Fill a pan with cold water. Put his head. Then he lifted himself till he stood on the tips of his toes, holding his breath the while. Just her pretty brows. "But ask him to "Her name?" asks Gretchen, lazicome up and see us. And" — pleasly, who is nice and warm and cozy room for doubt.

This them thoroughly. Frequently as slowly and deliberately he resumtwo or three waters will be necessary ed his original position, and as he
before they are quite clean. Let "I am learning to breathe," said

> When they are put into the pot oubtfully.
>
> "Were there? I don't know; I lay the largest potatoes on the bot- thought that everybody did that istence."

a hundred knows how to breathe to the merits of Dodd's Kidney Pills. moment they are well boiled through as to make it easy to do. What I sore, I had heavy aching arms, duli of the light is reflected from the infaintest sentimental feeling between shake it constantly for three or developed. Others there are for the "After I had used six boxes of light is not only refracted when it inal muscles, a prime necessity to pounds heavier. I often wonder persion also takes place. The eye enable one to breathe correctly. about the powerful virtue of this has bright circles of light for each permanently cured, and one's figure Trouble, and I can prove it. Pineapple Sandwiches-Cut white and general health are vastly benebread in thin slices, remove crust fited. Even if there is no intention gold to any one suffering as I suffer whole constitutes a primary rainand spread lightly with layer of of becoming an athlete, every man, ed. The six boxes of Dodd's Kidney bow. A secondary rainbow is somemayonnaise dressing. Chop some woman and child ought to learn Pills cured me completely and there times seen outside the first. This is juice (for use next day) and sprinkle on general principles."

fruit on bread over the dressing. Cut | And he went on with his work, while his friend made a mental re-Maple Cup Custard-Two eggs, two solution to give it a trial.

beat very light, add one pint milk, FOOD FOR BRAIN WORKERS. a few grains of salt. Put two or three small lumps of maple sugar in The Most Concentrated and Easi-

ly Digested. The changes of the tissue in the brain that take place during study Cream of Asparagus Soup-Take very rapid; it has been estimated that three hours of brain work werse of effusive.

Having given him her hand, she

"Yes," says Fancy, growing pale fettered by my. promise; and besides, ter. Put through sieve; add to this of manual labor. This waste must moves away, with a faint smile, to a distant chair, leaving Cyclamen and him to retire into a window, where they converse in low tones.

"I am so glad to meet you again," Cyclamen says, kindly, "but so grieved to see you looking so badly."

Cyclamen says, kindly, "but so grieved to see you looking so badly."

I really do not see what it is you with a faint smile, to a distant chair, leaving Cyclamen with a faint smile, to a distant chair, leaving Cyclamen says, kindly growing pale fettered by my. promise; and besides, believing all I did believe until your visit here to-day, I hardly cared to let him know of the little one. And now what am I to do, if she still holds me to my word?"

Cyclamen says, kindly, "but so grieved to let him know of the little one. And now what am I to do, if she still holds me to my word?"

Cyclamen says, kindly, "but so grieved to let him know of the little one. And now what am I to do, if she still holds me to my word?"

To nothing," says Fancy, growing pale fettered by my. promise; and besides, believing all I did believe until your visit here to-day, I hardly cared to let him know of the little one. And now what am I to do, if she still holds me to my word?"

To nothing," says Fancy, rising impulsively to her feet, with rose impulsively to her feet, with rose impulsively and to me and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to this one and one-half pints of rich cream visit here. Put through sieve; add to thi worker can eat with perfect im- departure will be made. There is Coast points. Tickets will be sold punity are slow poison to the brain now at Chatham dockyard a vessel, via all direct routes. The Wabash Minard's Liniment is used by Physicians worker, who exercises the brain at well named the Assistance, whose is the shortest, best and juickest "I really do not see what it is you impulsively to her leet, with loss and explain," says Gretchen, coldly. Such and gleaming eyes. "I eggs, three cups milk, a pinch of the expense of the body, and rarely workshop for repairs. The Assistworker, who exercises the brain at duty will be to act as a floating the eggs, three cups milk, a pinch of the expense of the body, and rarely workshop for repairs. The Assistyou will listen to me you don't care about violating oaths; I salt and a tablespoonful of sugar; gives the latter sufficient exercise to ance will be able to undertake altrains in America. counteract the mental strain and ance will be able to undertake altrains in America. keep it in condition to resist di- most all kinds of repairs at sea. Rates, time-tables and all partisease. Bear in mind that, while Electrically driven machinery is be- culars from any ticket agent, or J the waste of the body is much more ing installed. The vessel will also A. Richardson, Dist. Passenger rapid, the deprivation of physical be capable of providing some 150 Agent, N. E. Corner King & Yonge exercise encourages torpidity of the tons of distilled water a day. In Sts., Toronto, and St. Thomas, Ont voluntary functions and renders all probability the Assistance will them sluggish in eliminating these go to the Mediterranean when comwastes; therefore it is of the ut- missioned. most importance that the tasks imposed upon them should be light.

Brain workers require the most concentrated and easily digested foods; happy together, perhaps" - wist- after they are cool pare and cut in they should eat fresh beef and mutthin slices. For three cups of the ton, fish, eggs-cooked in many "But what can you do? What is potato, make a white sauce in this forms, but rever hard boiled nor fashion: Stir one heaped table- fried-oysters, and crisp salads, let-Season with salt and pepper. Butter day with fruit and make it form the Peach Dumplings .- Peach dumplings are delicious. Make a rich bis- buttermilk-with two or three Gracuit crust, roll it one third of an ham wafers or a bit of toast and inch thick, cut in six-inch circles, some fruit, an apple, figs or an or-

> curely, lay in a flat buttered pan. PATH OF OCEAN CABLES. ing Point.

two tablespoonfuls of butter and son why cables cannot be laid across And to see is to believe, they say. while working as a carpenter in Buf- So they part; and Fancy, reaching into it a cup of pow- any section of the oceans of the Nevertheless, I can only repeat I was falo I got wet. I did not think it home as evening falls, writes a let-dered sugar and a teaspoonful of world, no matter how great the ten different offices. The amount is gan using, and the effect was magiworth while changing my clothes at ter, pathetic, sensible, commanding, vanilla. A peach shortcake is also depth. Some portions of the At- about \$475,000. cable may, and probably does, pass from the top of one submarine hill to another without dropping materi-Flour sprinkled on burning oil will ally into the deep valleys between, says Lippincott's Magazine. The of 23,700 new books yearly. Don't use butter for frying pur- greatest known depth of the sea is Ino you wore," persists Cyclamen, come so reduced in flesh that I troubles until at last he safely lands poses. It decomposes, and is un- 40,036 feet, or 7 3-5 miles, found in the South Atlantic midway between Equal parts of vinegar and parthe island of Tristan d'Acunha, and affin oil make a better polish for a the mouth of the Rio de la Plata.

Soundings have been made to the Soundings have been made to the Stained knives may be cleaned by depth of 27,480 feet in the North Atlantic, south of Newfoundland, and scouring them with it.

AN OLD AND WELL-TRIED REMEDY. — Miss Winslow's Soothing Syrup has been used for over sixty years by millions of mothers for their other while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhea. Is pleasant to the dipping a raw potato into brickdust Atlantic, south of Newfoundland, and scouring them with it. affin oil make a better polish for a the mouth of the Rio de la Plata. compelled to hear. At this mo- ralgia, which had taken a thor- If every man had the wit and brain dipping a raw potato into brickdust Atlantic, south of Newfoundland, and about 34,000 feet, or nearly 61 and take no other kind. the doctor's treatment did not help poor. Some of the greatest inven- less it be sweet and clean. After mudas. Even such enormous depths as "Did Arthur borrow your domino me, and I think my neighbors at tions of the age have been brought these need not hinder cablelaying, so in front of your house this morning, far as the theory is concerned, but Worrit; what was the matter ?" "1 A few drops of ammonia to a pint in practice, for reasons of economy was discharging the cook." last moment I made up my mind read of Dr. Williams' Pink Pills and Edison, the wizard of inventors, of water sprinkled on the roots of in maintenance and otherwise, it is not to go to the ball and he, com- in this emergency I determined to was once walking on the seacoast house plants will produce an abund- found best to take advantage of favoring conditions in the ocear's Keep Minard's Liniment in the House, reason as a consequence. The other try them. I had not used more when he came across a patch of ant growth.

than three boxes before I felt that black sand. Curious to know what In bottling pickles boil the corks, bed. To illustrate, all of the cables "It is all quite plain," says Fancy, the pills were helping me. From it contained, he filled his pockets and while hot you can press them between the United States and Eutime strength, and have since been bled against the table and dropped of choking, instantly put your finger their destination in Ireland on "No. There was really no time, able to work at my trade as car- a big magnet he was carrying across into the throat and feel if the sub- France. The reason for this is

> PUT GRASS IN YOUR PIPES. smoking, here is a good idea for swept with a wet stiff broom. This on your trousers, for you'll burn will prevent the dust rising, and slits in them, nor on your shoeby putting, it in a small basin and namer acts like sand-namer.

THE HEATHEN CHINESE.

Here is a good story apropos of a well-known characteristic of the Chinaman, which is never to understand anything he does not wish to understand. No man on earth can be denser than John when he

It was not so long ago, in a police court in Melbourne, that a Chinaman was summoned for being and is sold only in lead in possession of a tenement unfit for human habitation. The case was clearly proved, and he was fined But in no way could John be

made to understand that a fine had been inflicted. He sat there with unmoved stolidity, and all the court could extract from him was : "Me no savvy-no savvy." After saying this in a voice devoid

of all hope, he sank again into sil-Here rose a well-known lawyer. 'With your worship's permission, I think I can make the Chinaman

understand," he said. He was remitted to try. Striding fiercely up to the poor Celestial, he said to him in a loud voice: "John, you're fined two pounds." "No fear-only one !"

A POSITIVE MAN.

HE SEEMS ABLE TO PROVE THE TRUTH OF WHAT HE SAYS.

Mr. Chalker Makes Some Very Strong Statements - Explains That He is Prepared to Prove the Truth of Every Assertion He Makes.

Housey's Rapids, Ont., Sept. 22.-(Special)-Mr. George C. Chalker, a well known resident of this place. has authorized the publication of a letter containing some very startling statements.

Those who know Mr. Chalker will "Learning to breathe? Why, I not ask any proof of the truth of any statement he makes, but to con-

or friendship.

Dodd's Kidney Pills have made many friends and are to-day, without doubt, the most popular family medicine.

SHIP THAT REPAIRS SHIPS. It is satisfactory that the British

> ST. JACOBS OIL For Stiff and Swollen Necks.

Belfast, writes :- "Having from a the leg. Sometimes one will be badcold got a very stiff and painful ly gored, but a week or two in hosswollen neck, I tried all the usual pital will generally set him on his remedies without effect. I was al- legs again. most giving it up, when a book was placed on my counter describing Lever's Y-Z (Wise Head) Disinfect-St. Jacobs Oil. I procured a bottle, ant Soap Powder is a boon to any a shallow dish, put in half the potato, season well, add half the sauce,
then the rest of the potatoes. Pour
eschewing entirely white bread and
the potatoes and be and be tato, season well, add half the sauce,
then the rest of the potatoes. Pour
eschewing entirely white bread and
time the pain left me and the swelltime the pain left me and the swell-"I hardly know," — with hesita- the remainder of the sauce and over oatmeal. Their ideal luncheon, ing went down. Finding it so good weeks ago. I have not heard from her last letter fined neuralgia as "a cry of the said she meant to stay there for her said she meant to stay the said she meant to stay there for her said she meant to stay there for her said she meant to stay there for her said she meant to stay the said she meant to stay the said she meant to stay the said she meant to said she meant to stay the said she meant to stay the said she meant to stay the said she meant to said s late-or, better still, a glass of fresh which was frequently very painful. Her little daughter who was present which was frequently very painful. grew weary of his conversation, and I soon had the pleasure of finding whispered in an audible tone: that pain also disappear. I must "Didn't he bring his amen with say I consider St. Jacobs Oil of him?"

> In Hungary the legal age of an dividual dates only from baptism.

St. Paul's Cathedral is insured in

Stops the Cough and works of the Cold Laxative Bromo-Quinine Tablets cure a cold in one lay. No Cure, No Pay. Price 25 cents.

Germany issues a steady average

For Over Sixty Years.

AN OLD AND WELL-TRIED REMEDY. - Mrs

"I noticed a large crowd gathered

King Chulalonkorn of Siam has 45

STATE OF OHIO, CITY OF TOLEDO, 3 88 FRANK J. CHENEY makes oath pay the sum of ONE HUNDRED DOL-LARS for each and every case of CA-TARRH that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY.

A. W. GLEASON.

Hall's Catarrh Cure is taken internally, and acts directly on the blood through to Buffalo, and one of Pull and mucous surfaces of the system. man's finest sleeping cars from To Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Hall's Family Pills are the best.

the most perfect astrich plumes.

Blue Ribbon Tea Co pack Ceylon Black, Mixed and Green. All grocers keep them and each is the best

Put up Black Mixed & Ceylon Green



will pay you. Stamps and pads on application.

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Also PANTS. KNICKERS. OVERALLS, SMOCKS. &c. Ask your dealer for these goods. BEST EVER.

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Experiment

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nferior

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The Dawson Commission Co., LIMITED, TORONTO. Can handle your APPLES, PEACHES, PEARS, PLUMS, ONIONS, POULTRY (dead or alive) BUTTER, ECCS, HONEY, to good advantage. Let us have your consignments, it

GUR BRANDS. King Edward Headlight" " Victoria" "Little Comet"

THE RAINBOW. When a ray of sunlight falls on a

leaving the drop. The white sun--"I wish it wasn't. It all arose "That sounds more promising, us, though people would think so. four minutes, during which time purpose of strengthening the abdom-These exercises, if kept up, not only medicine. I do not know anything kind of light, and since sunlight is ly and freely, but they add to your said to cure but I know a great geneous light we get a series of cirability to expand the chest, the deal about what they will actually cular arcs, showing the spectrum stoop caused by round shoulders is do for Lame Back and Kidney colors, the red being outside and the other colors following in the order "They are worth their weight in of descending wave length. The am afraid he was wrong in some suggestion; whereupon Gretchen course I forgot you could not know; nice pineapple very fine, drain off these movements and practice them has been no return of my old formed by the light being twice retrouble. That is over three years flected inside the raindrops. The ago, and I still enjoy good health." less refrangible rays are on the in-This, is, indeed, a very strong tes ner side. Rainbows due to still timonial for Dodd's Kidney Pills and more internal reflections are too feeone which will have very great ble to be observed. It is possible to weight with all who have the plea- get a white rainbow if the sun is sure of Mr. Chalker's acquaintance clouded or if there is a mixture of raindrops of very different sizes.

> 4.770 miles of thread have been spun out of a single pound of cot-

> > WABASH RAILROAD

Admiralty are anxious to make the and October, will sell one way sec- sia's total area, or, in all, 4642 fleets and squadrons as independent ond class tourist tickets at greatly million acres. In other words, there as possible of their naval bases. The reduced rates to California, Wash- are 4 acres of forest to every inrecent experiments in coaling at sea ington, Oregon, Utah, Montana, habitant of Russia. are proof of this; but shortly a new British Columbia and other Pacific

WHAT A TOREADOR EARNS. During the last season a popular toreador in Spain took part in 65 fights and killed 133 bulls. His net profit was \$60,000, and the only iniuries he sustained were a bruise on Mr. Hooper, 57 Grosvenor street, his foot and a rather bad wound in

A minister made an interminable call upon a lady of his acquaintance.

MESSRS. C. C. RICHARDS & CO. Gentlemen,-In June '98 I had my hand and wrist bitten and badly mangled by a vicious horse. I suffer-Minard's Liniment Lumberman's Friend ed greatly for several days and the your agent gave me a bottle of MINARD'S LINIMENT, which I becal. In five hours the pain had ceased, and in two weeks the wounds had completely heaied and my hand and arm were as well as ever. Yours truly,

> No Danger-"My dear," said young Mrs. M'Flimsey to her husband. " do wish you would not go about the house in your shirt-sleeves. People will think your father worked for a CLEANING living." "They won't when they know his son."

Carriage maker, St. Antoine, P. Q.

Lady (visiting asylum)-"And these NO HUMBUG STRUMENISINI poor creatures, how came they to be like that ?" Doctor-"Ah, very sad, but they are quite harmless. One was jilted by a lady and lost his

the same lady." TO CURE A COLD IN ONE DAY. Take Laxative Bromo Quinine Tablets. All drug-

lost his reason through marrying

rists refund the money if it fails to cure. E. W. The whole British Isles occupy only

1-1600 of the land surface of th

THE MANY ADVANTAGES offered passengers bound for Buffalo and New York by the Grand Trunk's fast "New York Express," leaving Sworn to before me and subscribed in my presence, this 6th day of December, Toronto 6.15 p.m. daily, are seen at Notary Public. ment is considered. A full dining

a glance when the splendid equip car service until Niagara Falls is reached, a cafe parlor car running ronto to New York guarantees pa trons comfort and luxury as well a speed. The cafe and dining cars are acknowledged to be the handsomest of paper-a folded newspaper, an en- Argentine bird, are worth \$1,100 equipped with electric fans. City Yonge streets



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all Natural Flavor foods. Palatable approblesome. Your grocer should have them

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