

THE FINE ART OF DIVING

Diving is a sport which is taking up much of the time of American swimmers nowadays and in which they have made great advances during the last three or four years.

The graceful and spectacular work of the few metropolitan divers upon this occasion, chief among whom were Thos. O'Callaghan, Walter Lee and Fred Wenck, caught the fancy of the spectators and diving was an established feature upon each programme of swimming events thereafter.

Rules were then adopted by the A. A. U. to govern diving contests, defining the standard dives, and now this branch of sport is as firmly established as if it had been followed for years.

The regulation dives altogether number five—the plain front, the plain back, the front jackknife, the back jackknife and the one and a half dive.

The last of the regulation dives, the one and a half, is the most difficult, and few even of the most expert divers often succeed in performing it perfectly.

It is on this point that arises the difference between the diving experts of American and those of the continental countries. Americans hold that the very essence of the dive rests upon a clean entrance, head first, with the least possible disturbance of the water.

Magnificent work was shown by the Germans at the World's Fair contests in all these particulars—in fact, they completely outclassed the efforts of the American contestants.

Every young swimmer now knows the regulation American dives sanctioned by the A. A. U., and these youngsters are becoming very efficient.

Knicker—It is a completely equipped house. Book—Yes, it has a cyclone collar, food roof and a campaign porch.

COW TESTING ASSOCIATIONS.

Branch of the Dairy and Cold Storage Commissioner, Dominion Department of Agriculture.

At Ste. Emelie, Que., in June, 142 cows gave an average yield of 546 pounds of milk, 3.8 test, 20.8 pounds fat.

The highest yield of any one cow was 1,030 pounds of milk testing 3.50. The poorest herd was one of 13 cows that averaged only 392 pounds of milk and 16 pounds fat.

At Warsaw, Ont., in June, 118 cows gave an average yield of 929 pounds of milk, 3.2 test, 29.9 pounds of fat.

A True Man. Aldrich's neat and telling wit has long been a tradition, his haunting lyrics and delightful prose are bound together in his collected works for all men to read, but only one who has read his familiar letters can adequately know the fitness and soundness of his nature.

Always Something to Hope For. The pessimist: There's no use talkin', things are bad, And gittin' worse from day to day; Think of the April that we had, And now see what we get in May!

HAD BEEN THERE. "I read in a book of statistics that the average woman carries from 30 to 35 miles of hair on her head."

I AM A MOTHER. How many American women in lonely homes to-day long for this blessing to come into their lives, and to be able to utter these words, but because of some organic derangement this happiness is denied them.

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration.

WOMEN WITH ECZEMA

Read This Cure by Zam-Buk

Why continue to suffer from Eczema when nature has provided a certain cure? Zam-Buk is a combination of vegetable essences and juices so refined, so purified and yet so powerful that the disease or injured skin absorbs it greedily and rebuilds from it new healthy tissue.

Introducing a New Peril. The man at the telephone in the summer resort hotel was observed to turn pale.

DR. HUNT'S BUST DEVELOPER Will develop your bust in a very short time.

FEAST OF THE GARLANDS. Queer Swiss Marriage Market—Peculiar Ways Men and Women Seek Mat.

Overdone. "Now, Arthur," said the housekeeper, "I'm going upstairs for a moment; but while I'm away I want you to look well after the fire."

Minard's Liniment Cures Diphtheria. Hackenschmidt, the Russian wrestler, praised in Chicago the beauty of the American girl.

Why Naval Uniforms Are Blue. Naval uniforms all the world over pretty well are navy blue, say the Pall Mall Gazette.

AS THEY EAT. Ella—Bella told me that you told her that secret that I told you not to tell her.

Up to Date. Knicker—It is a completely equipped house. Book—Yes, it has a cyclone collar, food roof and a campaign porch.

THE COMING HOUSE

A Specimen Already Completed Out in Illinois.

"A house of cement, a house without a chimney, a house with plenty of artificial light and heat and yet without a bit of fire, a house without coal, without ashes, without dangerous gases."

ITS CURED. Sufferers from Fits, Epilepsy, St. Vitus' Dance, Nervous Troubles or Falling Sickness should write the

Preys on Hospital. Recently it has come out that in many a slum street in certain parts of London there are old women who will supply to their neighbors, for a penny or so at a time, small quantities of medicine, all this having come free from various hospitals.

House flies spread contagious diseases such as typhoid fever, scarlet fever, smallpox and consumption. Wilson's Fly Pads kill the flies and the disease germs too.

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CORNS CURED

IN 24 HOURS

You can painlessly remove any corn, old or new, hard, soft or bleeding, by applying Putnam's Corn Extractor. It never burns, leaves no scars, contains no poisons, is harmless because composed of healing gums and balsams.

National Dish of Brazil. After existing in South American countries for the last eight months it is good to get back to town where one can find something to eat," said Mr. R. G. Freedren, a San Francisco mining engineer.

Minard's Liniment Co., Limited. Gentlemen,—In June, '98, I had my hand and wrist bitten and badly mangled by a vicious horse.

Black Watch Remarkable for richness and pleasing flavor. The big black plug chewing tobacco.

Why the Parrot Was So... He—Oh, Annabel, when we are seated thus, with my arms around you, I am the happiest of mortals!

Time, the Wonder Worker. "Yes," said Dumbley, sentimentally, "this is a lock of Mabel Brown's hair. Although she rejected me I still treasure it."

Minard's Liniment Cures Colds, etc. Making Literature. "What do you want with this automobile catalogue?"

"The Crimp and the Consequence" Is the title of a Mighty Interesting Little Booklet on Washboards, that has Just Been Issued.

Ordinary Crimp, and the Features of the Better Crimp. And It Tells the Kind of Crimp that is the Better Crimp—AND WHY.

ISSUE NO. 33, 1908

FOR SALE.

Cheating the People. When the rates charged by municipal plants are too low to cover the cost of operation, maintenance and investment the deficiency must be made up by taxation, a part (and frequently a large part) of which falls on those who derive no benefit from the plant.

BETTER THAN SPANKING. spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble.

Dog's Company. In the north of England, where rabbit coursing is a great sport, swift, well-trained dogs often win large sums in prizes; consequently the owners of these animals bestow much attention on them.

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