

THE LONG TAILED TROGON

A Most Gorgeous Bird in the National Emblem of Guatemala.

By far the most interesting bird emblem of a modern state is that of the republic of Guatemala. It has been adopted as the national crest for so long that, partly through the taste for stamp collecting, the existence of one of the rarest and most beautiful of the bird creation has been made far more widely known than it otherwise would have been.



Lost Appetite Quickly Revived

A FITFUL APPETITE IS GENERALLY ASSOCIATED WITH A GENERAL WEAKNESS OF THE SYSTEM. FERROZONE, THE BEST TONIC AND APPETIZER, SHOULD BE TAKEN AFTER EACH MEAL AND A RAPID IMPROVEMENT IS SURE TO FOLLOW.

Disease for food often follows. La Grippe and fever, once brought on by over-exhaustion of the system, is a dangerous condition and pave the way for more sickness.

A new and wonderful medicine is Ferrozone. It instantly imparts a new zest to the food and gives power to the stomach to digest and assimilate at that is eaten.

Ferrozone regulates the bowels, quickly remedies irritable stomachs and cures all the organs of the body to perform their functions with proper regularity.

The sweetest and perfect health is Ferrozone. Young girls who have been accustomed to eat most nothing at breakfast, soon get over the bad habit by using Ferrozone, and as a result get into good habits.

Both the young and the old, the weak and the strong, male and female can derive untold benefit from Ferrozone. It is guaranteed to contain no opiates or injurious drugs, and will do just what is claimed for it.

Druggists recommended and sell for 25c per box, or three boxes for \$1.25. Sent to your address by mail if you so forward to N. C. Paine & Co., Kingston, Ont.

Almonds and Raisins. Nuts are the protid kings among fruits. It is on them that the apex maintains much of their vigor.

Almonds and raisins, which are so often served here, equal parts of cold cooked ham and tongue are put together the meat chopper and afterward pounded to a paste, a little dry mustard added and the whole heated.

Collar is Good to Eat. "Collar" is the unusual name applied in England to a preparation of meat that is only slightly different from one often served here.

GOOD HEALTH FOR CAPITAL. Maintaining good health is to the majority of people the most vital question in the world and nature affects no more efficient strengthener for the system and restorative for the nerves than Dr. Chase's Nerve Food.

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TRAILING THE GROUSE.

Tending the Birds on Snow Without a Dog is Good Sport.

There is one form of grouse shooting for which I confess a weakness. This is still hunting, or trailing the birds on the snow. When a new snow falls, the woods are like so much clean paper, and the furry and feathered folk are so many unintentional scribbles.

And here, amid the tan leaved dwarf bushes, is something. Oh! The very sight of it makes you grasp the gun tighter, and you begin to peer ahead and to breathe a bit faster.

Edwyn Sandys is Outing. "Why, how do?" "Bung! Bung!" "Good boy!" The first load is in that ample fifteen yards from your nose, but the quick second did the business.

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The Cook's Best Friend is BOVRIL. Bovril is invaluable in the kitchen as by its aid rich nourishing soups and tasty gravies can be prepared in a few moments. It also adds flavor and strength to stews, hashes, ragouts and every other dish for which it is employed.

On hand and to arrive

500 tons, best screened house and steam coal, viz: Acadia and Drummond egg, Picton, Mine Sydney and Reserve, Cape Breton, Allouan Mines, (Blackburn) etc. etc. Delivered from vessels at reduced rates. New weight scales in working order.

John Russell & Co. Newcastle.

WEAK LUNGS LEAD TO Consumption. THOUSANDS OF PERSONS ARE HASTENING TOWARDS THEIR GRAVES AS A RESULT OF THIS DREAD DISEASE.

PUL-MO. A cure is now within the reach of every sufferer. PUL-MO stands alone—the use of any other medicine as an assistant is not necessary. Eat good, plain, nourishing food, get plenty of fresh air and out-door exercise, and use PUL-MO as directed.

GOOD HEALTH FOR CAPITAL. I've come to tell you sir, that the photographs you took of us the other day are not at all satisfactory. Why, my husband looks like an ape.

Not always, replied the philosopher. I consider myself in luck at times if I succeed in grasping time by the back hair.

FAMILY QUARRELS. "How many serious family quarrels, marriages out of spite and altercations of all kinds might have been prevented by a couple of boxes of Paine's Nerve Compound?"

Have you weighed anchor yet? demanded the new commodore of the yacht club. Aye, aye, sir, answered the petty officer, touching his hat.

HOW TO BEAUTIFY THE COMPLEXION. To have a soft, smooth skin, free from eruptions and pimples, the blood must be healthy and pure. Ferrozone invigorates debilitated blood, and drives it of all impurities and poisons; it brings color to the lips and cheeks, brilliancy to the eyes, whitens the teeth and sweetens the breath.

Harry I suppose he asked you for a kiss when he proposed? Hettie—I don't think the thing was mentioned.

As the season advances there is a larger enquiry for Park's Perfect Emulsion. It is a medicine that has won the confidence of the people.

Gibraltar's Story.

In 1704 the rock of Gibraltar fell into the hands of the British by assault. The Prince of Hesse-Darmstadt commanded the troops and Sir George Rooke the fleet, and in the remarkably short time of four days the stronghold surrendered. Many times the Spaniards attempted to get back the key to the Mediterranean, but without success, though on one occasion they got 500 men within the fort, but failed to re-entrance them.

Every sick woman who does not understand her ailment should write Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful.

So enormous indeed has been the growth of the English language that it would be practically impossible for the most learned man to be acquainted with every word. Intelligent persons, even those engaged in the learned professions, do not make use of more than from 5000 to 8,000 words of all told, although there are properly belonging to our language over 200,000.

As Jack Saw It. Jack, who is five years old, came home one day last week crying that another boy had hit him.

It is not the loudest church bell that brings the most money to the collector box.—Washington Post.

ANOTHER STEP AHEAD FOR CANADA.

An agitation for the removal of the present duty on Canadian wheat entering the United States is now reported from the state of Minnesota. Minneapolis millers are fringing out that in order to compete with Ogilvie's flour in foreign markets they must use Manitoba wheat.

THE NUGGAR TANK.

One of the innumerable curious sights of India is the Nuggar tank of Kurachid. In former times the crocodiles which inhabit it roamed the neighborhood at their will, seeking whom they might devour, but so great were their depredations that the authorities were forced to build a wall round their haunt.

The tank, as it is called, is about 150 yards long by about half that distance in breadth. In this space one observer counted over 200 reptiles from eight to fifteen feet long and smaller ones innumerable. They are so tame, in a sense, that it is necessary to poke them with a stick before they will move.

Buffaloes are always standing in the water and are not attacked, but any other animal is instantly seized. "The whole appearance of the place," says one writer, "with its green, slimy, stagnant water and so many of these huge, uncouth monsters moving sluggishly about, is disgusting in the extreme, and it will long be remembered by me as the most loathsome spot I ever beheld."

Down Sick with a Cold

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Eczema's Itch Is Torture

Mrs. Ann McDonald, Kingsville, Ont., writes: "For about three years I was a dreadful sufferer from eczema. At times the patches of raw, flaming flesh would extend from my waist to my neck and from the knees to the ankles. The intense itching almost drove me crazy and though I tried all the local physicians, they could not even relieve the suffering. The flesh would crack open, and I don't believe anyone ever suffered more than I did."

It was told of Dr. Chase's Ointment but did not believe that it could help me. After the fifth application of this preparation, I began to feel the benefit of its soothing, healing effects, and now attribute a cure to the persistent use of this wonderful remedy. It is truly worth its weight in gold and I never tire of recommending it to other sufferers."

Besides being a thorough cure for eczema and salt rheum, Dr. Chase's Ointment comes useful in a hundred ways in every home for every form of skin irritation and eruption, chapped skin and chilblains. 50 cents a box, at all dealers, or Edmondson, Bates & Co., Toronto.

Dr. Chase's Ointment

Coughs, colds, hoarseness, and other throat ailments are quickly relieved by Creosote tablets, ten cents per box. All druggists.