

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 birds has been made far more widely known than it otherwise would have been. There is a race of birds called trogons, most of which have very fine feathers and remarkable coloring. They are found in India and the Malay, but are most numerous in Central and South America. It was from their plumage that the Mexicans made their famous mosaics of feather work. From the tail feathers they made the gorgeous green headdresses of their kings and nobles. The most gorgeous of all was the long tailed or resplendent trogon, which was kept as a sacred or royal bird in the palace of Montecuma or in one of the two houses which formed the royal menageries. Adequate description of the bird is almost impossible. It has a rounded plume on the head, cascades of feathers falling from the back over the shoulders, plumes falling over the tail a yard long and a most elegant contour. The color of the whole of the upper surface and plumes is a most resplendent golden green, that of the breast and under parts crimson or scarlet. Such is the national emblem of Guatemala.

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 Rokeby 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-occupy it. In 1726 it was in the mind of ministers to give back the rock to Spain, but so great an agitation arose amongst such a step that it was abandoned. There followed a siege by Spain and France, which lasted from 1727 to 1782. On Sept. 13, 1782, no fewer than 40,000 men constituted the besieging army, and in the grand attack, delivered on that day 291 heavy guns, 47 ships of the line and 19 battering ships were employed, and upward of 5000 red hot shots were fired at the fortifications. Since then the possession of Gibraltar has remained undisputed.

Wonderful Little Padlock and Chain.

In a curious old book entitled "The Wonders and Curiosities of London" there are the following particulars concerning a minute padlock: In the twentieth year of the reign of Queen Elizabeth Mark Scariot, a blacksmith, made a lock consisting of eleven pieces of steel, iron and brass, all of which, together with the key, weighed but a small fraction over one grain. He also made a chain of gold, consisting of forty-three links, which, after fastening it to the lock and key above mentioned, he put around the neck of a common flea, the whole being so minute that the little insect could draw them over a silver plate with perfect ease. All of these together, lock, key, chain and flea, weighed a slight fraction less than two and a half grains.

New England Peanut Brittle.

Boil one and a half pounds of brown sugar, a half pint of New Orleans molasses, a half teaspoonful of cream of tartar and a half pint of water to the "hard ball" degree. Then add a pint of small peanuts and continue the boiling until it cracks easily if put in cold water. Add a quarter of a pound of butter and let it just boil in. Then remove from the fire. Add a large teaspoonful of bicarbonate of soda dissolved in a little water, stirring it in. As soon as it begins to rise pour it out upon the marble or dish and spread it thin. When cold, break it up. The thinner it is run the better. Small Spanish peanuts are the best, and they must be removed from their skins by placing them in boiling water, as is done for blanching almonds.

Growth of Our Language.

To give some idea of the tremendous growth of the English language it may be mentioned that the words and phrases under the letter "A" have increased since the middle of the nineteenth century from 7,000 to nearly



Down Sick with a Cold
If we could only convince you how easily you could cure a cough or cold by using

Gray's Syrup
of
Red Spruce Gum.

There would be less pneumonia and consumption. It will cure your cold as quickly as you caught it.

All Druggists 25 cents.



Many women and doctors do not recognize the real symptoms of derangement of the female organs until too late.

"I had terrible pains along my spinal cord for two years and suffered dreadfully. I was given different medicines, wore plasters, hope of those things helped me. Reading of the cure that Lydia E. Pinkham's Vegetable Compound had brought about, I somehow felt that it was what I needed and bought a bottle to take. How glad I am that I did so! Two bottles brought me immense relief, and after using three bottles more I felt new life and blood surging through my veins. It seemed as though there had been a veritable house cleaning through my system, that all the sickness and poison had been taken out and new life given me instead. I have advised dozens of my friends to use Lydia E. Pinkham's Vegetable Compound. Good health is indispensable to complete happiness, and Lydia E. Pinkham's Vegetable Compound has secured this to me."

—Mrs. Laura L. Bremer, Crown Point, Indiana, Secretary Ladies Relief Corps.—\$5.00 for bottle of original of name letter proving genuineness cannot be given.

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

60,000. 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 5,000 to 8,000 words at all, although there are properly belonging to our language over 200,000.

A Life Sentence.

"Would you call stealing a kiss larceny?" queried the inexperienced young man.

"I suppose so," replied the married man, who was hustling from dawn to dusk to support his family.

"What is the penalty?"

"Why, I stole a kiss one time and was sentenced to hard labor for life."

As Jack Saw It.

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

"Why didn't you hit him back?" he was asked.

"I did," he answered, "I hit him back first."

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 firing out that in order to compete with Ogilvie's flour in foreign markets they must use Manitoba wheat. It's a great compliment to Manitoba and incidentally to the Ogilvie Flour Mills Co., when our friends across the line admit that they need the product of Canadian soil in order to maintain their hold on neutral markets.

THE NUGGAR TANK.

This Loathsome Spot is One of the Sights of India.

One of the innumerable curious sights of India is the Nuggar tank of Kurach. 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. This is a swamp, caused by hot springs, the medicinal virtues of which have been known from early times and are attributed to the sanctity of a Mohammedan whose tomb is close by and to whom the crocodiles are sacred.

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 crocodiles 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."

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, or is brought on by over-exhaustion or worry. It is a dangerous condition and passes the way for more sickness. On the account of it should be at once corrected by the regular use of Ferrozone.

A new and wonderful medicine is Ferrozone. It instantly imparts a new zest to food and gives power to the stomach to digest and assimilate all that is eaten. Dyspepsia and indigestion are quite unknown to those who use Ferrozone, simply because it digests food so quickly, that it has no time to ferment or sour on the stomach.

Ferrozone regulates the bowels, quickly remedies cramps, dizziness and causes all the organs of the body to perform their functions, with proper regularity. It is a liver, is tonic, or the kidneys, and stimulating as they should, they are now rendered to normal action, and the poisons that ought to be removed from the body to cause disease and ill health, are carried off through natural channels.

The surest road to perfect health is Ferrozone. Young girls who have been accustomed to eat almost nothing at breakfast, soon get over the bad habit by using Ferrozone, and as a result grow into vigorous, contented women. When people get up in the morning and lose the strength and vitality which they need a good tonic and blood purifier to enable them to resist the forces of disease and weariness, and to this use Ferrozone can be used to great advantage.

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 it, price 50c. per U.S. or three boxes for \$1.25. Sent to your address by mail if you so forward to N. C. Polson & Co., Kingston, Ont.

Almonds and Raisins.

Nuts are the protid kings among fruits. It is on them that the apex maintain much of their vigor. Thus the almond can be thoroughly masticated or else pounded or milled. It is rich in oil as well as in protein.

Almonds and raisins, which are so often taken after a full meal, are like cheese, absolutely a complete meal in themselves, so great is our ignorance about food values. It is said of the almond: Nut cream is recommended for brain workers. It is made as follows: Pound in a mortar or twice three three blanched almonds, add a nut and two ounces of pure kernels. Steep overnight in orange or lemon juice. This cream should be made fresh daily and may be used in the place of butter. Milk of almonds is made of kernels finely minced, with boiling water added. Almonds roasted to the color of amber are delicious to eat with biscuits or bread and butter. Grated in a nut mill they are good to serve with any kind of stewed fruit. They are useful medicinally because of their soothing and emollient properties. They should always be blanched in hot water, the skins being indigestible.

Von Moltke's Simplicity.

Once while traveling General Moltke entered a small Swiss hotel and as the head waiter saw his figure stalking in, wrapped in a long, out, dusty cloak, carrying an old leather satchel, he measured his wealth by his looks and ordered his assistant to show him to a small room in the uppermost story.

As he was making himself comfortable in the attic another assistant came, as is customary there, to ask the silent stranger his name and rank.

The consequence was that a few minutes later the proprietor, in full dress, appeared at the door of the attic to inform his excellency that a better room had just been vacated.

"Give that to my servant," replied Moltke, "when he comes with my carriage. This is good enough for me." And he remained.

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."

"I 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, eruption, chapped skin and chilblains. 60 cents a box, at all dealers, or Edmondson, Bates & Co., Toronto.

Dr. Chase's Ointment

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. Here a wood mouse dotted along, dragging his tail; yonder a hare passed at speed, scared by the red rascal that made those doglike tracks. Small triangles show where squirrels have traveled from nut to storehouse, and larger triangles betray where the cottontails hold conference till a soundless winged owl broke up the meeting.

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. Those tiny prints running yonder in true line were made by a grouse. Careful, now—it's fresh as— Look! Did you not see that brown thing dart from the stump to that tuft of dried fern and bush? Steady, now! He must be right there before you, and he'll go straight away to—

"Whur-ur!" almost behind you.

"Why, how tho?" Bang! Bang!

Good boy! The first lead is in that ample fifteen yards from your nose, but the quick second did the business.

As to how the almost-he put almost behind you when you had seen him directly in front—that's a way he has.

—Edwyn Sandys in Outlook.

Greek Story of the First Woman.

The first woman created, according to legend Greek mythology, was Pandora. She was made of clay by Vulcan, at the request of Jupiter, who wished to punish the impurity of Prometheus by giving him a wife. When this woman of clay had received life, all the gods vied in making her presents. Venus gave her beauty, the Graces gave her the power of captivating, Apollo taught her music, Mercury instructed her in eloquence and Minerva gave her the most splendid ornaments. From these presents received from the gods the woman was called Pandora, which signifies that she had received every necessary gift.

Prometheus was too artful to marry this woman and could not be captivated by her charms, but his brother, Epimetheus, who was not so prudent, married her instead, and upon opening a box which she presented to him there issued from it a multitude of evils, which dispersed themselves over the world and still continue to afflict the human race. Hope only remained at the bottom to assuage the troubles and sorrows of life.

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. Equal parts of cold cooked ham and tongue are put through the meat chopper and afterward pounded to a paste, a little dry mustard added and the whole heated. When warm, press down in a bowl, put on a weight and let stand to get cold and pack into form. Slice thin and serve at luncheon or supper.

It Is the Trusted Friend of MILLIONS.

Men and Women of all Ranks of Society Point to

Paine's Electric Compound

As Their Rescuer From Disease and Death.

Millions on this North American continent now thank Paine's Compound "make a sick person well."

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

Paine's Compound is a simple, popular medicine in the world. It is a simple, popular medicine in the world. It is a simple, popular medicine in the world.

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. No cook who aims at culinary successes, at a small cost and at a short notice, can do without BOVRIL.



On hand and to arrive

500 tons, best screened house and steam coal, viz:

Acadia and Drummond egg, Picton, "M" Mine Sydney and Reserve, Cape Breton, Allouan Mines, (Blackburn) a.s.o.

Delivered from vessels at reduced rates.

New weight scales in working order.

John Russell & Co.

Newcastle.

LEAD TO WEAK LUNGS Consumption.

THOUSANDS OF PERSONS ARE HASTENING TOWARDS THEIR GRAVES AS A RESULT OF THIS DREAD DISEASE

A cure is now within the reach of every sufferer:

PUL-MO

if used as directed will check the progress of this fatal disease and restore the afflicted to perfect health. Do not go to Florida, Madeira, California, Mexico or the Rocky Mountains. Remain at home with friends, and home comforts around you and use Pul-Mo, which is the achievement of the century in medical science. Pul-Mo is an absolute cure for Consumption, Throat and Lung Troubles, Coughs, Colds and all other consumptive symptoms.

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 outdoor exercise, and use Pul-Mo as directed, that is all—Nature will do the rest.

Pul-Mo is inexpensive, being sold by druggists at \$1.00 per large bottle, or you may procure a sample bottle for 15 cents. If your druggist has not got Pul-Mo in stock, a sample bottle will be delivered to any address.

FREE OF ALL CHARGE.

Address all letters to The Pul-Mo Co., Toronto, Ont.

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. Naturally, gradually, and certainly it forms new, red capillaries in the blood, creates new, healthy nerve centers and puts the system in the energy and vitality that define disease.

I suppose, said the youth that you always take time by the forelock.

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 sorts might have been prevented by a gentle dose of Pile." With the liver and kidneys sluggish, and to put digestion in motion and to temper the system, the energy and vitality that define disease.

Smith—Chaley is troubled with the big head.

Jones—Oh, I don't think it troubles Chaley any. It is other people who do the sniffling.

LIGHTNING REMEDY FOR CRAMPS.

Some people have cramps pretty often, once or twice a week. But when you have them it's a mighty quick relief you want. Paine's Nerve Food is a sure cure for cramps in five seconds—it's instantaneous, just a few drops in sweetened water and the pain is gone. Buy a bottle of Nerve Food today, and keep it handy. Nerve Food is a common household necessity and only costs 25 cents.

You say that young man is an astronomer? said young Mrs. Tor-kim.

Yes. He can calculate the exact time that an eclipse is due.

But what's the use, Chaley, dear when he can read the announcement in the paper?

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