

catch. The traces for dragging the net are attached to the collar in the ordinary way, and the net itself is poised behind the pack. An extra basket is hung on to the side by its handle, and then, at last, the man may mount.

Parties of three or six fishermen generally meet at the edge of the sea, spread out their nets behind them so that the poles shall keep their mouths widely open and ride out to sea. When they reach the proper distance they turn round and proceed up and down, dragging their nets parallel to the shore. They will have drawn lots for their places, as the one who is furthest out to sea catches the most fish.

For some four hours, while the tide is going out, they "plough the sea," covering a very large stretch before they turn back and proceed over the same furrow, where the tide will have set out a fresh supply of fish, meanwhile. When the time comes to turn, the nets are getting heavy, as may be seen from the tautness of the ropes and the horse's increasing difficulty to proceed.

Then the fishers come back to shore and deposit their takings in glistening piles. When each one has laid out his fish upon the shore, he sets out to sea again and the advance in line is resumed. But the men have now changed places, the one who was outside now riding along nearest to the shore. This change happens at every turn, so that each may have his fair chance of the best draughts.

It is a curious sight when they are forging along in the open sea. They often go so far out that their horses are obliged to raise their heads very high to enable them to breathe. Now and again, on a rough day, a wave will come along and completely submerge both horses and riders for several seconds. However, in the interest of good fishing, it is necessary to venture as far out as possible. There is really little danger, and

accidents are rare, particularly as horses and men alike are so much at home at this craft.

"JUST LOVED ME."

Two little four-year-olds were at play on the lawn when the tiny girl slipped and fell. In a moment her small companion had helped her to her feet again and stood with an arm about her until her sobs ceased.

"What did little cousin do for you when you were hurt?" asked the mother a few minutes later.

"Nuffin; he just loved me," answered baby, the tears still standing in her blue eyes, but the comfort of the tenderness she had received shining through them. "He just loved me over it."

Oh, the divine wisdom of the treatment! There are so many falls and hurts where older people feel called

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ONE,
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Sour Stomach
—Bad Breath.

The body depends on the bowels to carry off all waste and poisonous matters from the system—it is Nature's drainage. If the bowels don't perform their functions properly and become clogged up, the system gradually absorbs this poison. It is this which causes sick headache, biliousness, sour stomach, bad breath, inactive liver, lack of energy, heartburn, etc.

Abbey's Effervescent Salt will cure you by clearing away the obstruction and thoroughly cleansing the bowels. This brings healthy action to all the organs of the body and rids the system of the cause of illness.

In this way Abbey's Effervescent Salt permanently cures. A teaspoonful in half a glass of tepid water every morning.

It Nourishes Infants.
No other baby food is as nourishing, wholesome or so universally used. It is a perfect substitute for mothers' milk.
Nestlé's Food
Sample (sufficient for eight meals) free.
LEEMING, MILES & CO., MONTREAL.

Thanks, Dear Mrs. Grundy,

for your advice about 40c. MONSOON CEYLON TEA. I have tried it and must say it is most delicious. My husband now says that—breakfast is something to look forward to.

MONSOON

INDO-CEYLON TEA

Mothers and fathers, do you realize that in order to maintain the perfect health of your children, they must receive the proper proportions of heat, bone and muscle-making and nerve and brain-building food?



SHREDDED WHOLE WHEAT BISCUIT

contains all the food properties in correct proportion. In providing it, you are supplying a food that properly and completely nourishes the whole body and that will make men and women with sound teeth, strong bones, firm flesh, elastic muscles and good nerve and brain power.

Buy it of your grocer. Send for "The Vital Question" (Cook Book illustration in colors) FREE. Address
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upon to bring reproof, advice, warning, wise-sounding platitudes, instead of the blessed love that would heal and strengthen. Many a weakness, many a slip, many a wound grows into permanent scar and deformity for lack of the balm of sympathy and tenderness. Many a warped life and embittered heart might be saved if only there were some one to "love it over" the hour of hurt and danger and temptation.

THE MANX CAT.

On the Isle of Man there is a curious looking tailless cat, peculiar to that island. No one knows where it first came from, though there are various stories and theories concerning its origin. It is described as follows: The pure Manx cat would be a little different in appearance to the common house cat, even if it could boast of a tail. Its head is small, and its hind legs are long, in comparison with the fore ones. When about to fight, it springs from the ground and strikes with its fore and hind legs at the same time. The common cat, however, strikes with its fore paws, standing on its hind legs. It has greater ease in going up hill than down hill, because of its short legs. As a mouser it is considered the best of all cats.

The value of a cat, in days long ago, was fixed by law. "The price of a kitten before it could see was a penny; after it could see, two pence; after it had caught a mouse, four pence—which was a very large sum in the tenth century. The cat must also be perfect in hearing, sight and smell, and have good claws. If any-

one stole or killed the cat that guarded the royal granary, he had to give in exchange a sheep, its fleece, and a lamb."

The Dyspeptic's Mistake

In Using Medicines to Relieve Instead of Strengthening the Muscles of the Stomach and Curing Permanently by Dr. Chase's Nerve Food.

It is not claimed that Dr. Chase's Nerve Food is a relief for indigestion, but it certainly is a thorough and lasting cure, because it forms new rich blood, and strengthens the muscles of the stomach and other digestive organs, instilling into them the nervous energy and the vigor necessary for the proper performance of their duty.

Mrs. Wolfe, 60 Balfour street, Brantford, Ont., states: "I was troubled a great deal with indigestion, was very nervous, had severe nervous headaches, and did not sleep well. I started to use Dr. Chase's Nerve Food and it had proven wonderfully beneficial to me. I can truthfully say that I never used any medicine that did me so much good. Before taking this remedy my appetite was very poor, but now I can eat nearly anything, and digest my food easily. The other symptoms have also entirely left me."

Dr. Chase's Nerve Food, 50 cent a box, at all dealers, or E. H. Munson, Bate & Co. Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.