

Nature implanted in the Coffee berry all the ingredients to produce a healthful, invigorating drink. In

# Seal Brand Coffee

all the natural ingredients are retained.

Sold in 1 and 2 lb. Cans only.

120

CHASE & SANBORN, MONTREAL.

## STANDARD REMEDY FOR HEADACHES

The Hot Mustard Bath Is a Valuable One—Draws Blood From the Head.

Of all the sovereign remedies for various aches and ailments a hot mustard bath is one of the most valuable. There is hardly any trouble in the head which will not be eased by immersion of the extremities. Headache, toothache and earache all may be modified, if not cured, while for colds or neuralgia such a bath is excellent. Its efficacy lies in the fact that it draws blood from the head. In order to do this there must be an even heat sustained for sufficient time to affect the head; that is, the feet must be kept in hot water from fifteen minutes to half an hour.

There is only one way of taking such a foot-bath successfully, and that is to arrange a cover for the tub so that all heat and steam will be kept in. To put a small tub on the floor and thrust the feet in it will do but little good. The water should be at a depth that will bring it above the ankles and yet leave room for the addition of more water as that which is first used becomes cool. Also, as the skin becomes accustomed to the heat water at a higher temperature can be poured in, thus adding to the efficacy of the treatment.

To the hot water English mustard must be added in the proportion of one tablespoonful to every two gallons of water. The powder should be put into a tub, pouring a little water over it to make a paste, then all the liquid should be added. Beneath the foot tub on the floor should be spread an old blanket or shawl that is warm and large. The tub must be placed in the middle and one side of the woollen should be brought up to rest on the chair seat to be used by the patient. When the bather puts her feet in the tub the water should be as hot as she can endure it, and when comfortably settled she should pull the rest of the shawl or blanket over the tub and onto her lap and tuck the sides in closely so no cool air can touch the limbs.

After ten minutes' hotter water should be poured in from a jug, lifting only a corner of the shawl, thus not permitting the heat which has been stored to escape. The object of mustard is to aid in drawing the blood to the extremities. Half an hour is none too long for such a bath when any pain in the head is severe, and as soon as the patient feels comfortable any effect the pain will be allayed. It is not safe to go out of doors after such a foot bath, and almost without exception, a person who requires such treatment should go to bed immediately.

A foot bath can be given in bed when the patient is on her back, by putting a blanket and folded sheet beneath the tub to catch any water that may spill. The tub should be put under the covers, which are at once drawn up to keep in heat. Such treatment will sometimes act favorably upon a person who is severely nauseated.

### A NATIONAL SIN.

Extravagance is the national sin. In the city a mayor with vast powers exposes the waste of millions. In the state we confront an increase of \$12,000,000 in yearly expenditure, and no official has the power of retrenchment. In the nation Senator Aldrich tells us of \$300,000,000 annual waste, yet Representative Gillett complains that no one takes any interest in economy. In private life a lavish spirit demands everything in multiples, from opera house to splendid restaurants.

Great country and city houses which a Zola or a Parnes would liken to the building mania of Rome, the decadence, Italian gardens, game preserves, a hundred foolish forms of spending upon new soil the feudal excesses that Europe was centuries in developing, exhaust resources. The well-to-do fling their coins about until

## Constipation.

No one need expect to be healthy if the bowels are allowed to become clogged up. A free motion of the bowels daily should be the rule with everyone who aspires to perfect health.

Costiveness or constipation clogs the bowels, chokes up the natural outlet of impure matter, and retains in the system the poisonous effete waste products of nature, causing bad blood, dyspepsia, headache, biliousness, foul humors, pimples, boils, blotches, piles, etc. Burdock Bitters has built up an unrivalled reputation as a cure for constipation and all the diseases which arise from it.

Mr. Burns Woodcock, Nashua, N.H., writes: "For over two years my wife was troubled with constipation. She tried several physicians, but could get no relief, but after taking three bottles of Burdock Bitters she was completely cured and is to-day in good health. My wife and I cannot speak too highly of Burdock Bitters."

For sale by all dealers. Manufactured only by The T. Milburn Co. Limited, Toronto, Ont.

## CHILDHOOD STORIES OF SIR WALTER SCOTT

Did Not Study Hard, But Had a Good Memory.

In Scotland about 140 years ago a little boy was born who was named Walter by his parents. When he grew to be a man he was called Sir Walter Scott, for he wrote many beautiful stories which people still love to read. When a little boy Walter Scott had a severe illness, which caused him to lose the use of his right leg for many years. On this account he was sent to his grandfather's farm, where it was hoped he would grow strong. There an old shepherd called "Auld Sandy Ormiston" grew very fond of the child. Every morning he used to carry little Walter on his back out to the hills, to help him watch the flocks. There the child rolled around on the soft, green grass and watched the little clouds in the sky. Often this amused him for hours at a time.

One day the shepherd left him alone, and went down to the house. While he was gone a thunder storm arose. The child's aunt, remembering that little Walter was out in the hills, thought he would be terribly frightened, so went out to bring him home. Instead of being frightened, the boy was lying on his back looking up at the bright flashes of lightning, and exclaiming, "Bonnie! Bonnie!"

When Walter Scott was about six years old he was taken to Bath, England, for his health. There he saw for the first time a play enacted. There was a scene in the play which represented two brothers quarrelling. The little fellow was so surprised to see that brothers could act in such a way that he cried out: "Ain't they brothers?" When Walter grew strong enough his greatest delight was in riding his Shetland pony, which was no larger than a Newfoundland dog. So fond was he of this pony that he called Marian, that he used to ride her in the house and feed her with his own little hands. During Walter Scott's school days the boy did not study very hard, so was very sorry for it in after life. He was quite bright, though, and had such a good memory that he could always think of a great many stories that he had heard. During play hour he usually had many boys around him to listen to these wonderful stories, for he seemed as fond of telling them as the other boys were of listening.

## GENERAL BOOTH AND KING EDWARD

Salvation Army Chief Describes His Interview With the Sovereign.

General Booth has written a sketch for the current edition of the War Cry of the reception accorded him by King Edward in June, 1904. After describing his arrival at Buckingham Palace, General Booth says:

"Anticipations with regard to courtly etiquette not only proved in this case at least absolutely unnecessary but rather a nuisance, and before Lord Churchill had well closed the door behind me His Majesty had with extended hands and cheery countenance bidden me welcome, pointing me to an easy chair within a few feet of the one in which he seated himself, and expressed the pleasure which the meeting gave him. 'You are doing a great work, General Booth, the success of which I regard as of great importance to my Empire,' he hastened to say to me. I therefore expressed my appreciation of the privilege afforded me by the interview of saying something to His Majesty regarding the efforts the Army was making. 'I am interested in such work,' he said. 'I always have been. You will perhaps know something of my efforts for the maintenance and extension of the London hospitals.' 'Yes,' I interposed, 'and I have also heard something of your Majesty's efforts on behalf of the poor in other directions.'"

General Booth, in reply to inquiries by the King, gave details relating to the beginning of the Salvation Army's work, and continuing his article says: "The King then made some interesting and important remarks on the question of socialism, revealing to me the interest he felt not only in temporal condition of the working classes but in the notions that they entertain with respect to social changes which they regard as remedies for their difficulties. . . . The King's liberal notions as to religious liberty greatly impressed me. He made it plain that if the majority have any say he would leave all men free to believe such religious creeds and observe such religious customs as they conscientiously preferred. Whilst speaking on this subject he referred especially to the Hindu and Mahomedan faiths, with regard to which he appeared to entertain intelligent and distinctive opinions. . . . At some points of the conversation it seemed to me that there was a note of sadness in the King's voice as he referred to the sin and suffering to be found amongst his people. His Majesty's heart was evidently deeply in sympathy with the slaves of evil and sorrow. In the interview . . . the King made no attempt to pose as an intellectual philanthropist, much less as a religious one."

"May we endeavor with careful delicacy to suggest that a distinct and spacious national advantage may accrue from the fact that the King and his consort, who is supposed to have lived a very English life, very much in the earlier manner of the best social traditions of royalty. No one need ignore that the long widowhood of Queen Victoria had incidental social effects which the late reign was not long enough even if it had been wholly added to, to erase."

The lavish uprising of wealth, power and plutocratic manners, customs, ways of life and pleasures have produced features of modern society which are perfectly decorous and frankly serious royal example and leaders may do much to improve, to refine and to purify. We have conveyed our meaning if we have led our readers to share our feeling that the habits and example of King George and Queen Mary, with the associations of their domestic past and its sure and happy continuance, may be of good augury for the social tone of the new reign. And that could mean better tone and more truly religious life in every grade."

**TIDES AT THE ISTHMIUS.**  
The Atlantic Ocean of the Panama Canal is at sea level has an average depth of 41 feet and the average tide is not over 12 inches, or one foot. On the Pacific side the tides range as high as 22 feet, and the channel is dredged to 45 feet. At full tide the Pacific is ten feet above the Atlantic, and at low tide is 10 feet below the Atlantic. The Chagres River has been practically buried in the Gatun Lake. The rainfall last season was the heaviest recorded for many years, and raised the river over 23 feet in a single night, but this would make only a rise of four inches in the lake. Observations show that the annual rainfall of the watershed of 1,200 square miles is much more than sufficient to keep the lake well supplied with water.—National Magazine.

**SPIDERS IN TRADITION.**  
There is an old superstition that if a spider settles on one's clothes it is a sign that he will shortly receive money. "When a spider is found upon your clothes," says an old writer, "be used to say, some money is coming toward us. The moral is this: Such who imitate the industry of that contemptible creature may, by God's blessing, weave themselves into wealth and procure a plentiful estate."

In some parts of England the spider was formerly believed to be an efficient cure of a sore. A Somersetshire vicar remarks: "One of my parishioners suffering from a sore was advised to catch a large spider and shut him up in a box. As he plies away the disease is supposed to wear itself out."

In the south of Ireland a large house spider enveloped in treacle or preserves was used for the same complaint.—Chicago News.

## The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief, they permanently cure Constipation. M.D. Please use them for Biliousness, Indigestion, Sick Headache, Sallow Skin, SMALL PILL, SMALL DOSE, SMALL PRICE. GENUINE must bear signature.

Small Pill, Small Dose, Small Price. GENUINE must bear signature.

# We Stand Alone

## The Scotland Woolen Mills Has Imitators But No Competitors

Did you ever notice the crowd of tailors advertising fifteen dollar suits? Take up a newspaper of one year ago and look through the columns and we will wager that you can't find one tailor there exploiting a fifteen dollar outfit. That was before we arrived in London.

We introduced the Made-to-Order Fifteen Dollar Suit here and we still believe that we are the only people in the business capable of giving you a real splendid suit of clothes made to your measure for that sum. The other fellows can't do it because they do not deal direct, as we do, between MILL AND MAN.

## MADE-TO-ORDER SUIT OR OVERCOAT

No More \$15 No Less

You take no chances when you deal with us, for we give you a legal guarantee that if you are not particularly and wholly satisfied we will cheerfully refund the money you have paid us.

Now we are showing some splendid new patterns just received from the mills. They are the softest and lightest of summer fabrics, and are all wool.

**OUT-OF-TOWN MEN**—Ordering with us by mail is as easy for you as if the measure were taken by our own cutter. The chart and the instructions positively insure that your measurement will be properly recorded. Write us for our book of samples and for sample plates.

**OUR NEW MAGAZINE:** We have just issued a number of our splendid magazine. It contains some very useful information on general subjects, besides giving some particular hints on how to dress for different occasions, and what is new thereon in Paris, London and New York. Drop us a postal, the magazine is free.

# The Scotland Woolen Mills Company, Limited

199 DUNDAS STREET, LONDON

Branches—Toronto, Hamilton and Winnipeg

### THE PASSING SHAKER.

Shakers are noted for their kindness to animals. They never abuse or speak a harsh word to their horses, which always look sleek; while even the very chickens are so cleanly housed, and so well fed that their white feathers are always a degree more glossy than other fowls, and their yellow feet almost appear to have been polished.

The Shakers are largely vegetarians, subsisting chiefly upon cereals and fruits; in fact, they live very close to nature, and their whole life is well worthy of respectful attention and emulation. As regards their religion, they are spiritualists, but have no creed, and generally do not believe in the divinity of Christ. They reject the doctrine of future punishment, their real belief conforming somewhat, perhaps, to the Swedenborgian theory of life hereafter.

The music of their hymns (for they are very musical) is strangely sweet and wild in composition, though the words are often crude, coming as they do as an inspiration, and written by any brother or sister, regardless of genius.—From Harper's Bazaar.

### WHY THEY ARE GROUZY.

Why is it that when a man has to wait for "Central" to answer him seconds seem minutes? Many a busy man will wait minutes for anything else and never turn an eyelash. But when he faces that formidable gutta percha ear on the wall, when he listens in vain for "What number, please?" of the telephone girl, he loses all his patience. With his patience go his temper and his manners.

Why is it? The reason is comparatively obvious to one who analyzes the problem. People are not accustomed to delay at the telephone. Custom has us all in its deadly grip. Any de-

tion from custom affronts those prehistoric nerve cells of ours which tell track leads us into unknown terrors. Of course, these world-old instincts are dying, but they still possess force enough to render a change undesirable. Men are used to waiting for others. Therefore delay in a bank or store causes no wrath. But men—women, too—are not accustomed to delay in the telephone service. They are used to the quick, cheery inquiry from "Central," almost instantly following the first call. The unwonted delay thus makes the busy man wrath, leads him to needless expenditure of valuable temper and to equally futile venting of his anger in heated language.—Fort Mill Times.

### IRONING AS A GERM KILLER.

To mere man, uncultured and unashamed, the flatiron seems a thing of evil. Its use renders the house uninhabitable one day out of seven; it distracts woman's attention from the all-important matter of preparing food. In shameless conspiracy with starch it renders clothes uncomfortable, turns napkins into slippery boards, and banishes sleep from beds. Civilized man is a slave of the ironing board, and the boiled shirt is the emblem of his degradation.

Now, the scientists tell us that ironing has an important function as an antiseptic; that the hot iron is one of the most powerful germ killers. This instrument of torture may have a temperature of 266 degrees, and that, they say, is more than enough to satisfy the most fastidious bacillus. In places where sterilizing devices are not handy, surgical dressings may be ironed with great advantage, and in a recent ex-

periment clothing which had been worn by diphtheria patients was completely disinfected by the use of a hot iron. Long-suffering man will note with relief that the scientists have said nothing in defence of starch. There has been no vindication of the boiled shirt.—Success Magazine.

### For the Woman That's Fat

A Detroit physician says that the cheapest and safest mixture a fat woman who wants to get thin can use is ½ ounce Marmola (get it in the original ½-ounce package), ½ ounce Fluid Extract Cascara Aromatic, and 4½ ounces Peppermint Water. The proper amount to take is a teaspoonful after meals and at bedtime. These ingredients may be obtained from any druggist at small cost, and make a combination that is not only excellent as a fat reducer, being able, it is claimed, to take off a pound a day without causing wrinkles, but is also a splendid help to the system as a whole, regulating the stomach and bowels (where the fat person's troubles begin), and clearing the skin of pimples and blotches. No exercise is required to help the remedy in its work, and, best of all, no dieting is necessary while taking it—you can eat what you like.

### Summer Tourist Rates to the Pacific Coast.

Via Chicago and North Western Railway. Special low rate, round trip tickets on sale from all points in Canada to Los Angeles, San Francisco, Portland and numerous other Pacific coast points during June and July. Excellent train service. For full particulars address B. H. Bennett, general agent, 46 Yonge street, Toronto, Ont. 91-1-23,3,10,17,24

### Cures Seasickness

Mother's Remedy quickly cures sea or train sickness. Guaranteed safe and harmless, 50c and \$1.00 a box. All druggists or direct from Mother's Remedy Co., 319 Cleland Bldg., Detroit, Mich.

### Victim of Drink Needs Orrine

Drink cunningly destroys the will power, and while the drunkard wants to do what you tell him, he wants a thousand times more the drink that he craves. Medical treatment is necessary. Orrine will destroy the desire for liquor, so that the drink will not be missed, and restores the patient to health. This remedy is thoroughly scientific, and is so uniformly successful that it is sold with a registered guarantee to refund your money if it fails to effect a cure. Booklet on "How to Cure Drunkenness" free on request. The Orrine Company, 37 Orrine Building, Washington, D. C. Sold in this city by W. T. Strong, 19 Dundas street, London.

## Good Health

—is within reach of nearly every man and woman who earnestly desires it. Start right with

**Beecham's Pills**

Sold Everywhere. In Boxes 25 cents.

**MEN AND WOMEN.** Use Big B for unnatural discharges, inflammations, irritations or ulcerations of mucous membrane, Pains, and not astrin- gent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles \$2.75. Circular sent on request.