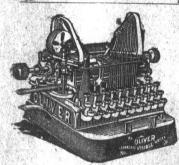
because it has the worst after The first symptoms, Chills and Fever, Cough, Sore, Inflamed Nose and Throat, Pains in the Limbs,

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IT IS THE CAT.

Peasy Fashion's Fad and the House-hold Pet-How to Treat Her. "Whene'er I take my walks abroad. how many cats I see!" Everywhere, in town or country, pussy may be found in dozens and hundreds, lying on tops of walls in the sunshine, lazily watching the birds on the lawn, or sitting at the top of the area steps, waiting for

Why does every one think that cats live on milk? The idea is widespread, and yet many cats don't like it and will not touch it. Then people wonder what makes the cat so fond of drinking from a pan put under a tap to eatch the drip of water while its saucer of milk is standing untasted un der the table. In reality puss is rather a thirsty animal for water, and cats, though they can have as much milk as they want, constantly come up to drink from the dog's trough of cool

So please let poor puss have a water trough all to herself if there are no kind dogs for her to share it with.

It is very bad for cats to be out all night. Many people turn out their cats at night regularly, and then they wonat night regularly, and then they would der that puss looks so thin and wretched and has such a rough coat. Besides this cats left to wander about at night will go incredible distances and metimes into places where there are infectious diseases, which they bring home. Cats are very subject to sore throat and diphtheria, and their friends at home may easily catch these

Cats should have plenty of fish and meat and bones to knaw. They are carnivorous animals and cannot keep well and strong on bread and milk. The bones will help to keep their teeth clean, and the diet for which nature has formed them will make their coats

smooth and glossy.

The distances cats go in search of grass are very great, and the relish with which the town bred puss falls upon a bunch of the coarse herbage known as dog grass if it be brought home for her and tied to the leg of a table so that she can crop and pull at it is very marked. Grass is the cat's natural medicine, cooling and alterative, and should be provided as coniantly as possible.

Some folks starve the cat under the mpression that doing so makes it more eager to catch mice. This is a cruel fallacy. If the cat is a good mouser it catches mice principally for the ingrained instinct and love of sport and not as a food. It plays with them for a long time and then, having killed them, leaves them uneaten in some corner. Many of course do eat them, but

only probably as a tidbit.

Need it be said how cruel and horribly wrong it is to leave a poor cat to fend for itself in the summer holidays when the house is shut up?-Lady.

A Clear Complexion. To keep the skin in a perfectly healthy condition a daily tepid water bath is necessary. It is a good plan to dampen the entire body with a sponge and dry briskly with a rough towel every night just before retiring. This has a sooth-ing influence and induces a sound, invigorating and restful sleep, from which one wakes refreshed. Those de-sirous of obtaining a fine, healthy looking skin and clear complexion should get all the fresh, pure air and sunshine possible, should sleep eight hours daily, should not eat much meat, pastry or sweets, but drink plenty of water between meals, eat fruit, vegetables and saleds. Tometees looks over the saleds to the saleds of the saled of the saleds of the saled of t Tomatoes, leeks, carrots and spinach are also good. Green vegeta-bles are one of the best purifiers, and there should be no sfint in the use of them, advises the Ladies' World. An

old English rhyme says: With spinach and leek, Lily cheeks in a week.

A Household Remedy.
Papa had suffered all day with the toothache and had his hand to the side of his face. His little son, about five, looked at him sympathetically and said: "Papa, I can cure you if you will do what I tell you to. Fill your mouth full of water and go sit on the stove till it bolls."—Exchange.

A Fine Salad.

Cook the roe of a shad with half an onion and a bit of bay leaf in salted, actidulated water twenty minutes. Let the water bubble but gently on one side of the saucepan lest the membrane surrounding the eggs be broken during cooking. Let cool in the water, drain and when cold cut in slices. Cut the broken slices in cubes, marinate with two or three tablespoonfuls of oil, a dash of cayenne, one-fourth a teaspoonful of salt and one tablespoonful



SHAD ROB AND CUCUMBER SALAD. shan nos and cucumber salah.

If lemon juice. When ready to serve add a chilled creumber pared and cut in cubes and mayonnaise or boiled dressing to moisten the whole. Rub the salad dish with the cut side of a clove of garlic, dispose the salad in a rectangular shape upon the center of the dish, put about the edge of the salad heart leaves of lettuce dressed with French dressing, inside the long sides of this border silves of dressed cucumber, one overlapping another, Tead 5c and 40c.

He Will Cure You First Then You Pay Him

The physician, who has not sufficient co



is at stake, inferior treatment (which leaves after-effects worse than the disease itself) is dear at any price.

Dr. Goldberg has 14 diplomas and certificates from the various colleges and state boards of medical examiners, which should be sufficient guarantee as to his standing and ability. It makes no dilference who has failed to cure you, it will be to your advantage to get the doctor's opinion of your ease free of charge. He wants to hear from pail nis who have been unishle to get cured, as he guarantees a positive cure for all chronic, nervous, blood and skin diseases, which he accepts for freatment. He not only checked the condition itself, but likewise all the condition of the presentation blodder or kindly froubles, block of vitality sized and nervous debility, lack of vitality sized and nervous debility, lack of vitality sized and hooklet on the subject, which contains the 14 diplomes and certificates, entirely free. All medic, aes for Canadian putients sent from Windor, Ont. duty and transpor ation prepaid. Address hamsim by Dr. S. Goldberg, 308 Woodward Ave., Suite 511 Detroit, Michigan,

Age Told by Figure.

The woman who follows an outdoor sport is usually a very graceful wo-man. The woman who takes to the rocking chair at 9 o'clock in the morning and who sits all day, getting out for only a few minutes, is not the woman who will preserve her figure. At forty this woman will look her age, and at fifty she will look a great deal older. Don't forget that age is told not by the lines on the face, but by the ilgure. The middle aged figure is well known. The hips and abdomen are prominent, and there is fat on the shoulder blades. Then there is the figure of old age. There is a withered figure, thin above the waist line and heavy on the hips. This is the stage when a woman begins to look as though she were seventy long before she has lived out her sixtles

Small Towels.

The housekeeper who has not discovered the value of the small towel in her household economics has some-thing yet to learn. It is only recently that they have been used to any extent in private families, but their usefulness is making them increasingly popular. This is the towel that has here-tofore been known as the hotel size. It is the small hand towel that is used n large quantities in public places, where many people use a towel only once. A large towel would be incom venient, and the ordinary towel would make at least twice the bulk to send to the laundry

Are Women Too Active! The women of this generation are undoubtedly suffering from too much occupation. The listless, bored, discontented, unsettled girl of twenty years ago has given place to the rest-less, energetic and positively business woman thirsting for fresh outlets for enterprise. We are caught up in the whirlwind of modern unrest, and we imagine we are happy because we have no time to think anything to the contrary.-Ladies' Field.

Obstinate Coughs and Colds.

The Kind That Stick

The Kind That Turn To Bronchitis.

The Kind That End In Consumption.

Consumption is, in thousands of cases, sothing more or less than the final result of a neglected cold. Don't give this terrible plague a chance to get a foot-hold

If you do, nothing will save you. Take hold of a cough or cold immediately by

DR. WOOD'S

NORWAY PINE SYRUP. The first dose will convince you that it will cure you. Miss Hannah F. Fleming, New Germany, N.S., writes:—"I contracted a cold that took such a hold on me that my people thought I was going to die. Hearing how good Dr. Wood's Norway Pine Syrup was, I procured two bottles and they effected a complete cure."

Price 25 cents per bottle. Do not accept substitutes for Dr. Wood's Norway Pine Symp. Be sure and insist on having the

THE T. MILBURN CO., LIMITED, TORONTO, ONT.

AT WINDSOR CASTLE.

ing There With the King Contrasted With Dining With His Majesty at His Sandringham Home.

counter nothing more elaborate i way of ceremonial than is to the way of ceremental han is to be found in many a far less distinguished dwelling. But at Windsor His Majesty appears in the full-dress role of King and Emperor: surrounded by all the pomp and pageantry proper to such an exalted position. Consequently those who are summoned to Windsor in the course of a year see infinitely more of the splendour of Sovereign state than do' the comparatively but, highly-favored few who are honored with invitations to Sandringham.

If the person "commanded" to Windsor lives in London he will leave Paddington about 5:30 p.m., and find a royal carriage awaiting him at the other end of the journey. On arriving at the Castle he is recoived at the visitors' entrance by a

estved at the visitors' entrance by a page of the chamber, who conducts him to the apartments prepared for him. These are always spacious, well warmed, well lighted and eminently comfortably.

warmed, well lighted and eminently comfortably.

The dinner company begins to assemble in the grand corridor soon after eight o'clock. The public never see this gallery, which is a pity-for the public-because it is a noble piece of architecture, extending all round the quadrangle, and full of beautiful and interesting things. Here is the Rible which General Gordon used all through the Chinese War. The here's sister gave it to Queen Victoria after the tragedy of Khartoum, and to the day of her death the royal lady regarded it as one of her most precious treasures. Here, too, in another shrine of crystal and gold, is the Koran, found in the Madhi's text after the average. of the gallery are cabinets of of the gallery are cabinets of ex-quisite china, including a small col-lection of Rose du Barri that would set all the connoisseurs competing if ever it came into the market. Christie's would be likely to consider the auction poor indeed which failed to get a £25,000 bid for it. Portraits of Canning, Pitt, Beaconsfield, and many other emi-

first council Queen enter the corridor from their private apartments, say a few words of greeting, and lead the way to the state dining-room, where hangs the late Queen's portrait by Constant, for which King Edward gave £4,000. The dining-room is already records. late Queen's portrait by Constant, for which King Edward gave £4,000. The dining-room is already peopled with a vast array of servents. There are as many footmen in state livery as there are dinors, and quite a little army of pages, cellarmen and clerks of the kitchen. The latter carve at a side table, and fear themselves with cuit of the constant selves with quite imposing dignity while pursuing this very common-place occupation. On ordinary oc-casions they wear plain black dress, with knee breeches, but when a state with knee breeches, but when a state banquet is being given in honor of a foreign ruler, or to celebrate some special event, they appear in very rich uniforms.

One of the peculiar features of a Windsor Castle dinner is that every dish on the menu has the name of the man who cooked it attached, a fact that, no doubt, keeps up a healthy spirit of emulation in the Castle Kitchen.

Castle Kitchen.

Danner lasts very little more than an hour at Windsor nowadays, for the King greatly dislikes a long sitting over the table. The Cucen kaves the room with the other ladies. The King and gentlemen guests follow a few minutes later, and the whole company spend half an hour in the corridor, where coffee is served. During this half-hour Their Majesties make a point of conversing for ties make a point of conversing for a few minutes with each visitor. The rest of the evening is spent in the drawing-rooms, where there is plenty of good music and card-playing-ne

The Port of London.

At Sandringham King Edward is a

Here, too, in another shrine of crystal and gold, is the Koran, found in the Madhi's tent after the avenging battle of Omdurman. It was in a very ragged and dilapidated condition when Kitchener presented it to Queen Victoria, but the Wizards of the British Museum worked wonders upon it in the way of restoration. Dotted along the whole length of the vallery are calinated.

nent statesmen hang on the walls, and among the larger canvases is a fine painting of Queen Victoria's Punctually at 8.30 the King and

Rice Eaters and Wheat Eaters.
Some writer once classified the population of the world into two groups—the rice eaters and the wheat eaters.
With rice goes fish, and with wheat goes meat. Chemical analysis shows that each of these combinations forms a perfect diet, embracing all the necessary food elements. But while while

of good music and card-playing—notably bridge, of which both the King and Queen are very fond.

In Queen victoria's time the "dina and sleep" guest saw nothing more of his Sovereign after, but other monarchs other manners, and the least distinguished visitor to Windsor can now count upon a few minuses with the King or Queen before isaving the Castle next morning. As a rule he is taken to the King's private sitting-room for this little valedictory interview, and if he has a drop of Irigh blood in his veins he can scarcely fail to thrill with particitic pride while there, for the furniture and decorations of the apartments are catried, out in the true emerald green of the Emerald Isle.

His Majesty's Cigars. His Majesty's Cigars.

King Edward has reduced the art of smoking to its simplest terms. He usually smokes cigare of the choicest Cuban brand, and he generally makes use of four a day. The cigars used by the King are of a rather short, full-barrelled kind, of medium strength. They are usually smoked only about three-parts through. Occasionally, when in the billiard-room, the King prefers a pipe, and a pipe is usually used over the morning's correspondence.

is usually used over the morning a correspondence.

Latterly, however, both pipes and eigars are much less in use than formerly. His Majesty's favorite method of using tobacco is in the form of cigarettes. He formerly affected a peculiar brand of Virginia tobacco, but since the Egyptian cigarette was first introduced to his notice by the Duke of Clarence, His Majesty has abandoned the purer American weed for the subtler aroma of the Latakis produced in the factories of Cairo.

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Government deadly to vegetal all distances and the tissues, too the tissues, too the tissues, too the tissues, too this tissues, too the tissues, too the tissues,

Kills Inside Germs.

Liquozone is not made by compounding drugs, nor is there alcohol in it. Its virtues are derived solely from gas—largely oxygen gas—by a process requiring immense apparatus and it days time. This process has, for more than 20 years, been the constant subject of scientific and chemical research. The result is a liquid that does what coxygen does. It is a nerve food and blood food—the most helpful thing in the world to you. Its effects are exhilisrating, vitalizing, purifying. Yet it is a germicide so certain that we publish on every bottle an offer of badrug—Dropay bysoppias.

Si.000 for a disease germ that it can—signal and the sease are the known germ diseases. The search the known germ diseases. The search the search the germs, wherever they are. And offerever. That is inevitable. Have proved the disease must end, and forever. That is inevitable. Have proved the disease must end, and forever. That is inevitable. Have proved the germs which cause a disease form the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end, and forever. That is inevitable. Have proved the germs which cause a disease must end. And forever. That is inevitable. Have proved the germs which cause a disease must end. And forever. That is inevitable. Have proved the germs which cause a disease must end. And forever. That is inevitable. Have proved the germs which cause a disease must end. And forever. That is inevitable. Have proved the germs which cause a disease must end. And forever. That is inevitable. Have proved the g

The two pretty American girls had

met two delightful Englishmen on the

way across and had given a cordial

invitation, warmly seconded by their mother, to Sir Charles and his friend to visit them at their country home.

One day a message came saying the two men would arrive that afternoon.

The family was thrown into a fever of

excitement, and many plans of enter-tainment for their guests were sug-gested and abandoned. It was finally

decided that, as Englishmen are no-toriously fond of a "tub" and their

guests were coming directly from the train, they should first be invited to

take a bath. After that the hostess

The young men arrived promptly

and after some demurring were hur-

ried off to the bathroom. In about an hour they emerged and went imme-diatly to their hostess, saying, "We are

sorry to leave so soon, but we only came to make a call, and our train

Rice Enters and Wheat Enters.

sary food elements. But, while the wheat and meat diet requires an elab-

orate and expensive preparation to make it ready for use, the rice and fish diet is cheap and simple. It needs

no slaughter houses, mills or bakeries, with dozens of other adjunctive fac-tories. Fish and rice can be prepared

for food by the simplest processes with-in fifteen minutes after they are brought to the pot. And so the rice

eaters are able to live on a few pennies a day and yet thrive and become big

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Is satisfying. You will enjoy both when you place your linen with us, for we do our work by the most modern methods known to our

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