

Walter Baker & Co.'s

Mass., put up one of the few really pure coceas, and physicians are quite safe in specifying their brand."

cepy of Miss Parloa's "Choice Receipts" will be mailed

free upon application. WALTER BAKER & CO. Ltd.

Branch House, 6 Hospital St., Montreal.

THE CITY OF

A Description of the Metropolis of Cape Colony.

▲ Cosmopolitan City - The Suburbs Beautiful-A Snatch of History.

The most important British city in South Africa, and one the name of which will be the most frequently seen in the dispatches concerning the war with the Transvaal, is Cape Town, the capital of Cape Colony. It is likewise the oldest city in South Africa. It was being built in a small wak about the time that New York was being settled, and by the same race of people. The Cape of Good Hope, which is the most southerly extremity of Africa, was discovered shortly before Columbus made his first voyage to America. It was in 1486 that Bartholomew Diaz, a Portuguese voyager, came upon the place in his efforts to find a new way to the Indies. It was several years afterwards, however, before this route was made use of, and then it was by the Dutch, who in token of the fair promise at made of letting them get at the Indies, named the point, the Cape of Good Hope. In 1652, the Dutch East India Company instructed Jan Van Riebeeck to make a settlement at or near this most southerly point, and this was the beginning of what is now the cosmopolitan city of Cape Town.
At first the colonists held but a nar-

now strip of territory near the coast, and they had hard work to get at it at that. A castle was built for the governor, and from it a somewhat despotic government was carried on, that even the Dutch farmers grew to detest. The old castle still remains, and is used as the headquarters of the com-manding general of the British forces in South Africa. It was the policy of the powers at the castlt to dictate want crops the farmers should raise on their lands, a goodly portion of which was to come into the hands of these same authorities. As an instance of this condition, it is related in the records of the colony, that in the governorship of old Tulbagh, a decree was issued compelling everyone who met him to descend from his carriage until he had passed. It was further decreed that "no one under the rank of junior mer-thant are altigone of the same rank."

On the streets at Cape Town are to the streets at Cape T chant or citizens of the same rank, or the daughters and wives of members and ex-members of the assembly," could at any time exercise the privilege

of carrying an umbrella. Slaves were brought down from the regions above the colony and the East India Company also imported cargoes of Malays from the East Indies, that slavery became an established in-stitution. The colony had been added to by large numbers of Huguenots, who fled from France in 1688-89. To this day the two nationalities can be traced in the names that survive. The authorities had much trouble with the desert ers. Some would escape and attemp to make their way out of the country to the east coast of Africa. When they were captured they were sometimes dealt with harshly. A room is stul pointed out in the castle, and a chair is preserved in the museum, which ac-

cordingly confirm the following legend: Pieter Moordt was a harsh old gover-nor, who condemned a deserter to The unfortunate man pleaded for his life in vain, and as he was be-ing taken out of the judgment chamhe shouted out a summons to Moordt to appear that day before Al-mighty God. Before the sun had set old Moordt had passed away, sitting in the very chair from which he had sentenced the deserter, and from which he had never risen.

A stern and narrow policy was pursued with regard to foreigners visiting the colony, and the settlers were especially forbidden, on pain of heavy fines, to sell provisions of any kind to the English ships that came to the harbor. The history of the colony has been recently rehearsed, and it is well known how the British took it once, restored it to Holland, took it again n 1806, and has kept it ever since, Holland ceding it to her a few years later. characterized the Boers, or Dutch farmers, in their dealings with those in "the castle" was displayed when the English came into power that had a remarkably easy escape from all times. They say that Bachache is really Kidney acho. English came into power. They gradwally edged further and further away. of Lucknow may be right, and indeed When all the slaves were declared free in 1834 they trokked across the veldt, to find, as it afterwards proved. Natal the Orange Free State and the Transvasi, Many of the Dutch farmers were left behind, however, and still make up a large part of the population of Cape

Lost flesh lately? Does your brain tire? Losing control over your nerves?

Are your muscles becoming exhausted?

remedy. It is nothing new; just the same remedy that has been curing these cases of thinness and paleness for twenty-five years. Scott's Emulsion. The cod-liver oil in it is the food that makes the flesh, and the hypophosphites give tone to the nerves.

50c. and \$1.00, all druggists.

public wherein every man who is above the level of a pauper or a criminal is entitled to vote for a representative in

Case Town lies about 30 miles to the north of the extreme southerly point of Africa, the Cape of Good Hope, and at the end of Table Bay. Immediately pehind it rises a steep promontory, called Table Mountain, 3,000 feet in height, from whose summit a fine view can be had of the city, the surrounding country, and the sea. Two jagged and precipitous peaks, called Lion's Rump and Lion's Head, also rise near by. has been mentioned, the castle, completed in 1677, still stands. The tower

150 years old. But around these relics of bygone ages have been built monu-ments of modern architectural skill and art. The parliament buildings and the postoffice are as handsome edifices as are to be found anywhere. Besides these there are many other public buildings, a fine library, a museum, art gallery, and other institutions, and many schools and churches. The streets are well paved, lighted with electricity and lined with as fine stores as are to be found in almost any city in the world, outside of New York, Paris and London. Electric cars traverse the

principal streets. The inhabitants of Cape Town are a The inhabitants of Cape Town are a cosmopolitan crowd, made up from almost all nationalities under the sun. The descendants of the slaves who came from Java and the other East Indies, those from India and Central Africa, make a motley array of darkskinned and half-breed people. The miles, and occupies 30 days. Such a sea youage followed by another 1,000 skinned and half-breed people. The fact that the city is a seaport, too,

not be beaten anywhere for smoothness and hardness lead out through groves and lines of huge trees and past fine country places. Many of these are buildings that were put up by the Dutch one or two centuries ago. They are built of brick with adobe covering, painted white, have green blinds, thatched or tiled roofs, and broad porches, Around them have been planted beautiful gardens. Many of the inhabitants of Cape Town live in this through way in the country surrounding the city. Railways have been built upcountry, and there are now 2,250 miles,

be seen many a fine cab and many a made at this stage. stylish carriage. The cabs are usually painted white and are driven by Malays. Each one has its name painted on its side. At the depots and wharves are to be seen omnibusses, which look life, and on inquiry the vehicles are found to be the old coaches that once traveled up and down Fifth avenue,

Although the colony is not generally wooded, in the vicinity of Cape Town of all sorts and descriptions abound, as well as fruits and flowers, from oak, ash and elm, to India rubber. from apples to oranges, lemons, figs and olives, and from roses and violets to rhedodendrons. The population of the city is about

FACKA FACKHOM.

Ontario Town Which Considers Itself Fortunate in Having Dodd's Kidney Pills on Hand.

Since Dodd's Kidney Pills Were Introduced Little Is Reard of the Old Complaint-Backache-Mr. Geo. Eurgess Explains His Care.

Lucknow, Nov. 3.-The people of this town are of the opinion that they are the most fortunate lot of people in the country. They say they have discoverreally Kidney ache, and that Dodd's Kidney Pills will cure it. The people they are right, to a certain extent. But they are laboring under a mistaken impresion if they imagine they have made a new discovery in finding Dodd's Kidney Pills will cure Back-

It is a well-known fact in all countries that Dodd's Kidney Pflls are a specific not only for Backache, but for all forms of Kidney Disease—Bright's Disease, Diabetes, Rheumatism, Heart Disease, Bladder and Urinary Com-plaints, Women's Disorders, and Blood

The people of Lucknow are none the less fortunate, however, in having a medicine that will cure these diseases, even though cures are not confined to their own town. Dodd's Kidney Pills comprise the only medicine that will You certainly know the cure them, and there was a time when the more severe of the maladies were

incurable.

Mr. George Burges, of Lucknow, says: "I have been sick for about five months. I had a terrible Backache all the time, and my kidneys were very bad as the doctor said. I was advised to use Dodd's Kidney Pills. I got one box and found relief almost immediately. I used three hoves alterather. ately. I used three boxes altogether and am recovered completely. I can do my work better now than ever in my life before."

FATE AGAIN. When he was young and poor and had A monstrous appetite A monstrous appetite
Has fare was plain and he was glad
To grab a hasty bite.
Today he is a millionaire,
But, oh, his lot is tough-And cannot eat the stuff.

British Troops Must Do a Terrific Amount of Traveling

In South Africa-One of the Great Disadvantages,

In 1896 the population of the Transvaal was given as 249,879, of which only 180,000 were whites. The population of the Orange Free State was 77,716 white and 129,787 blacks. Less than half of the white population of either country are Boers.

Assuming that with increase for three years the white population of the two countries will aggregate 300,000, and that half the people are Boers, we have perhaps 40,000 full-grown men from which the enemy may draw. To this must be added a considerable force of natives who will be drawn to force of natives who will be drawn to the Boer standard. If the enemy can muster 50,000 men they will pretty nigh

exhaust their resources. Few persons have any idea of the enormous distances to be traversed by troops going from Britain to the Transvaal, to say nothing of the character of the country to be penetrated. The possession of Delagoa Bay would and Lion's Head, also rise near by.

Traces of the old Dutch colony still remain in many of the old buildings. As

Give Britain an easy route from the east coast at Lorenzo Marquez to Johannesburg, 396 miles. Via the Cape the distance is 1,230 miles.

But Britain has an easier way of of the old Dutch Reformed Church, built in 1699, and now towering over a place of worship, which will hold 2,000 people, is another interesting piece of architecture. The town house is about the coast by this route are as follows: Liadysmith, 183 miles; Newcastle, 268 miles; Laing's Nek, 300 miles; Johannesburg, 483 miles; Pretoria, the Boer capital, 511 miles; Harrismith, in the Orange Free State, 249 miles.

From Cape Town to Kimberley, the great diamond mine district, and one of the nearest towns to the Orange Free State border on the railway from Cape Town to Buluwayo, is 647 miles, to Mafeking it is 870 miles, and to Johannesburg, via Mafeking, 1,014 miles. From Cape Town to Bloomfontein, capital of the Free State, the distance is 750 miles.

But the distance to be covered before the point of disembarkation is reached is great, and the effect of such a long yourse is somewhat described.

fact that the city is a seaport, too, brings many people hither of various races.

The suburbs of Cape Town are exceedingly beautiful. Roads that cannot be heaten anywhere for smoothness.

Johanesburg lies almost in the center of the tract included in the hostile countries, and is situated 5,683 feet above the sea level. Its large foreign population is frowned up by a grim fort which overlooks the city whose guns are ready to wreck it at the first sign of revolutionary move-

The railway from Durban runs through a country that affords many excellent points for resistance, and the Boers by seizing Laing's Nek and other passes put themselves in a position that will force the British to accept battle at a disadvantage before an effective blow can be struck. Could Britain utilize the Delagoa Bay route, entrance to the Boer capital would be On the streets at Cape Town are to that arrangements to do so can be much easier. But it is not probable

Stories of serious disaffection and threatened revolution in Cape Colony should be taken with much salt. There are, of course, many Dutch settlers there, and it would be surprising if strangely familiar to the American. there were not Boca sympathizers On their sides are scenes of Indian among them. But the Cape people On their sides are scenes of Indian among them. But the Cape people fights and other phases of American have enjoyed the blessings of British rule, and having done so will not be likely to crave for Beor domination. We shall be surprised if Cape Colony does not do its share along the border

to make Britain's work easier.

The great difficulties to be faced may be thus summarized: Distances of transport; maintenance of communication with base of supplies; nature of the country to be traversed; elusiveness of the enemy. But Britain knows just what she is undertaking, and once in the work she will take care that hereafter entrance to the Transvaal and Free State shall be as easy as it is in any other part of the world where her flag floats-and that the government shall be as free.

STIRRING SCENES

In Old London - Princess Christian's Grief-Australians Cheered.

[New York Mail and Express.] Everyone knows that her venerable majesty has done her hardest to prevent hostilities, but even she has cheerfully allowed her grandson, of whom she is exceptionally fond and proud, to go to the front. I was myself pre-sent a few days ago when the Queen's third daughter — ner Royal Hignness Princess Christian — was bidding farewell to her handsome soldier son, Prince Christian Victor, a splendidly grown young man of 32, very much like the Duke of Connaught in features, and looking a most martial figure in his khaki uniform. The princess had her arms round his neck at the door of the railroad carriage, smiling cheerfully at her son while it was plain to see that he had difficulty in stiffing his emotion; but as the train rolled out of the station the royal mother could restrain herself no longer, and she entered her carriage sobbing bitterly.

The great scene of London enthusi-asm, however, was the march through the streets of the hundred odd men forming the detachment of New South Waies Lancers, who have volunteered for service at the Cape of Good Hope. These men, preceded by the band of one of the regiments of Guards, marched on foot through the busiest streets of the city at one of the city's busiest hours. Enormous crowds of people cheered them as they passed from one end of London to the other. The lord mayor and his court in their gorgeously quaint robes of office bid them farewell at a special point of their route, and the people, admirably kept in or-der by the police, did all the rest. Atter a time there was little if any attempt on the part of the Lancers to keep in line. They started six or eight abreast, with their long lances trailing over their shoulders. Then they dwindled dled to fours to twos, and finally to a long straggling Indian line. Even this thin line was continually broken by enthusiastic women, who insisted on embracing and kissing them, and, as is always the case on such occasions, the ugliest and dirtiest-looking women were conspicuous in their attentions to

the departing soldiers. Here and there a Lancer was hotsted on the shoulders of men and carried several vards before the police succeeded in rescuing him. One Lancar

near the Mansion House found himself unable to resist being placed on the shoulders of four stalwart fishwives from Billingsgate, and in the somewhat rough scuffle which ensued to restore him to his fellows, the poor fellow dis-covered that he had lost his waten. From a hundred thousand throats came the roar of the song, "Soldiers of the Queen." It is almost impossible to describe the way in which this now national song rolled in one huge wave of sound along the London streets. It was not only sung by thousands on the sidewalks, but also by the equally many thousands who thronged the windows on the myriad buildings and even the roofs, as the Australian heroes marched

In the Country In the Fall.

They are hauling in the buckwheat From the field upon the hill, And the swollen stream is roaring O'er the dam below the mill;

The ripened nuts are falling, And the hungry peacock's calling For the breakfast that the gander grabbed away, While the squirrels gaily chatter As if nothing were the matter, And the gobbler's getting fatter Every day.

The colts are in the pasture,
And the cows wind o'er the lea;
All the swaying limbs are naked,
Where the green leaves used to be;

Stirs the bubbling apple butter, With the wood smoke in her nostrils and her eyes; On the line the wash is gleaming, On the steps the dog is dreaming, And above, a hawk is screaming As it flies!

The glossy quall is resting
On the weather-beaten log.
And the huntsman from the city
Stumbles down through brake and

Over roots and over boulders, With a pair of aching shoulders, He goes trudging with his fifty-dollar

Always to his purpose cleaving, Never halting, never grieving, But contentedly believing It is fun.

The farmer's rosy daughter Helps the busy hired man; They are husking corn as blithely And as briskly as they can; They are very near together As they husk and wonder whether

There are red ears they shall chance to find or not; She is looking out to see one He is hoping he may "tree one," But there doesn't seem to be one In the lot.

A subtle charm enfolds them As they tear the husks away; There is music in the cackle Of the hen up in the hay; Now she hears his exclamation And is full of perturbation, For at last-at last-the lucky

found! Flushes mount into their faces, He the happy chance embraces. And she giggles as he chases Her around.

O the farmer's lot is happy, And the farmer's dreams are sweet, If there's money in his pockets And his bins are full of wheat-

ree from all the city's clamor, He may live defying grammar, And the leaves that fall serve not to make him sad!

Having cleared up all his labors. Fearing naught from ships or He plays checkers with the neighbors, And is glad.

-S. E. Kiser in Chicago Times-Herald.

TO BREATHE SYSTEMATICALLY [Youth's Companion.]

The supplying of oxygen is not the only function, although it is the most direct and vital one, of proper breatning. Thorough expansion of the chest insures the proper filling of the lungs with air, dilates all the minute air cells, especially those at the summit of the lungs, where motion is least, and where the seeds of consumption are usually first planted, and increases the circulation of the blood throughout all pants of these organs.

Still another effect of proper breathing is a beautifying one. The chest is broadened, the shoulders are thrown back, the figure is erect, and the carriage graceful.

Perfect breathing is not natural to most men and women of sedentary oc-cupation and indoor life. Like all good things, it must be worked for; and the work must be persevered in until full and deep respiration has become a

The means of attaining this object are various, and cannot be recounted here; but they are all based upon the principle of removing permanently every obstacle to the free entrance of air into the lungs.

School children sitting at their desks, clerks bending over their ledgers.seamstresses at work with the needle or the sewing machine, typewriters, and all who must stoop as they earn their daily bread, should learn to stop from time to time, sit back in the chair, or rise, throw back the shoulders, and draw in ten or twelve deep, slow, inspirations, holding the breath for three or four seconds each time the lungs

These exercises, like breathing in general, should always be done with the mouth closed, for the nose is the only channel for the passage to and number transported. Even if it did not, the time required to get rid of the fro of the air. A school teacher who will interrupt the studies once every hour through the session, and teach the class to do this breathing exercise, will negro by this method would perhaps be be contributing more than she can ever realize to the future well-being of her youthful charges.

GOLDEN PRINCIPLES

A true devotion to our profession for the public good. Accuracy, attention, politeness and sterling value to all ranks and classes of our people Combs,

Brushes. Sponges Perfumes, Tooth Powgers,

and Tooth Washes. and a host of other everyday Toilet. Articles, at special and attractive

Paine's Celery Compound is our best selling medicine. Why? Because it possesses health-restoring virtues unknown to other medicines.

C. McCALLUM & CO., DRUGGISTS, LONDON, ONT.

"Brown, what do you think of the valking-dresses the women have now."
"They'll not wear them long."





G.C.ROBB CHIEF ENGINEER HEAD OFFICE TORONTO A.FRASER SEC. TRES.

G. M. GUNN & SON, AGENTS, 414 Richmond Street, London Telephone 321.

USE

The Most Durable on the Market. For Sale Everywhere.

The Negro's Fate.

All attempts to settle the question of the Negro in the south by his removal from this country have so far failed, and I think they are likely to fail, says Booker T. Washington ini the Novem ber Atlantic. The next census will most likely show that we have about 10,000,000 of black people in the United States. About 8,000,000 of these are in the Southern States. We have almost a nation within a nation. The Negro population in the United States lecks but two millions of being as large as the whole population of Mexico. nearly twice as large as the population of the Dominion of Canada. Our black population is equal to the combined populations of Switzerland, Greece, Honduras, Nicaragua, Cuba, Uruguay, Santo Domingo, Paraguay and Costa Rica. When we consider, in connection with these facts, that the race has doubled itself since its freedom, and is still increasing, it hardly seems pos sible for anyone to consider seriously any scheme of emigration from America as a method of solution. At most, even if the government were to provide the means, but a few hundred thousand could be transported each year. The yearly increase in population

50 or 75 years: To Cure Catarrh and Stay Cured You must use the most up-to-date and most improved method of treatment. This can only be had in the use of Catarrh, which cures by imhalation and is sure to reach the right spot. Treatments requiring the use of sprays, douches, snuffs and ointments are thing of the past, and the medicated air treatment supersedes them all. There is no danger or risk in the use of Catarrhozone. It is both pleasant and effective to employ in any case of Irritable Throat, Fettid Breath, Bron-chitis, Catarrh and Asthma. At all druggists or direct by mail on receipt of price of \$1. Send 10 cents in stamps for sample outfit to N. C. Polson & Co., manufacturing chemists, Kingston,

would more than likely overbalance the

Rev. G. J. Millan said at the annual meetsing of the American Tract Soclety in New York that in ten Southorn States last year the Mormon Church obtained more recruits than the

Presbyterian Church. No one need fear cholera or any summer complaint if they have a bottle of Dr. J. D. Kellogg's Dysentery Cordial ready for use. It corrects all looseness of the bowels promptly, and courses a healthy and patternl entirel causes a healthy and natural action.
This is a medicine adapted for the young and old, rich and poor, and is rapidly becoming the most popular medicine for cholera, dysentery, etc., from.

Preserve Your Teeth

And teach the Children to do so by using Carbolic Tooth Powder Carbolic Tooth Paste.

6d, 1s and 1s 6d Fots. They have the largest sale of any dentifrices wold imitations, which are numerous and F. C. CALVERT & CO., Manchester BUY

WEATHER STRIPS

and keep out the cold.

FOR SALE AT.....

Reid's Hardware, No. 118 (North Side) Dundas St.

Money can be made by our Speculative Plan" Writer "Speculativ: Find William Will

CLARKE & SMITH, Undertakers and Embalmers Scientific work, first-class appointments. 113 Dundas St. Phone 586.

ARTICLE VOLUME TO A STATE OF THE STATE OF TH IF IN NEED OF AN

For any purpose, go to

R.M.MILLAR

and get prices. Large variety of Push Buttons and Bells to select