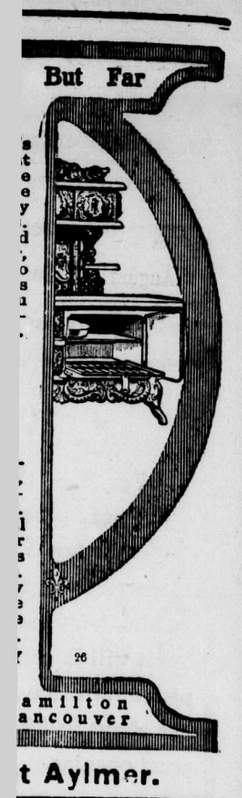
But Far



amilton
ancouver

t Aylmer.

F CANADA

ONTARIO.

nent

ds received and
ate, compounded
o no delay what-
of their deposit.

ible farmers on
interest. Sale
account at very
pplication free of

and 7.30 to 9 p.m.
nd United States
iness transacted.

Branch.

BORERS

askatchewan

onal for the return ticket,
conditions as below.

S—

, Toronto to Sarnia, including

th, except north of Cardwell

ncluding Sharbot Lake and
l Junction on North Bay and

hewan Governments, will meet

here laborers are needed.
this certificate, when executed
or more, will be honored from
int in Ontario, at $18.00, prior to

be issued at half fare to children.

ket agent, or
Toronto.

NGAROO"

. f aled in Montana, April 11th,
red by W. R. Hare, Aylmer.

is without doubt the best bred
a to-day. His sire Hamburg,
t the Bitter Root sale, January,
Wm. C. Whitney for $60,000.
s ago held the world's record
a winning sire. Kangaroo's
oney, who brought at the sa e
, $6,500. She a so has a wonder-
roducer of great runners. If
st record counts for anything,
rainly a winner. No horses
ices than thoroughbreds, and
round road horses we have to-
staying qualities back to the

will stand for the season at his
mer, for a limited number of
12 to insure.

W. R. HARE.

TES AND COMMENTS

e intended visit of a British fleet ronstadt has been countermanded, g to the fact that at this critical uncture it might be construed as ken of sympathy with the St. rsburg Government's opposition to rm. To avert such misconception is purpose, Sir Edward Grey has ly decided to postpone the visit to ore convenient season. The sober nd thought of intelligent Rus- s, however, may be trusted to give right interpretation to the overture ood will. There is no doubt that British people heartily approve the damental aim of the Russian na- al assembly. They and their esmen in the present Parliament upy a very different position with rd to despotism on the one hand the struggle for self-government on other, from that taken by their fathers in the last decade of the teenth century. Even if the Rus- n revolutionists had committed the rocities of which French Jacobins re guilty, it is inconceivable that Bri- Liberals should now repeat the nder made by Edmund Burke, and e or permit the employment of Bri- n's fleets and armies to crush a ople determined to be free and to low England's example by creating resentative institutions.

When Russian reformers come to nk over the matter they will recog- e that Sir Eward Grey could have d no motive in arranging for a visit a British fleet to Cronstadt but the sh to bring about cordial relations th their nation considered as a hole. They will call to mind the fact at for the moment at all events holas II. is both their de jure and ir de facto sovereign, and that con- quently it is impossible for a foreign overnment to make a friendly over- re to the Russian people as a whole. cept through the medium of its os- nsible ruler. They cannot doubt that similar proof of good will would be ndered, if not emphasized, were a olitical transformation, already im- nent, to be effected before the visit the fleet, and were Russia's Minister Foreign Affairs and Minister of arine members of a cabinet composed Constitutional Democrats and re- onsible for their acts to the elected okesmen of the people. It must, in e, be patent in St. Petersburg that e presence of a British fleet at Cron- adt can mean one thing only, name- that just as Russia's internal polity undergoing profound alteration, so o the time is ripe for a decisive hange in the direction of her outward xpansion and in her international ssociations.

For the moment, of course, Russians re absorbed in solving problems of in- rnal politics, as the French were from 789 to 1793. It will be recalled, how- ver, that no sooner was a truly repre- entative government installed in France han the national impulse to expansion eceived a tremendous impulse, and nly a few years sufficed to acquire that ong coveted Rhenish frontier in the bortive attempt to gain which the Bourbons had wasted so much blood nd treasure. Similar consequences re likely to follow the moral rehabili- tation and the material invigoration aused by Russia's achievement of self- government, whether the new system akes the form of a constitutional mon- archy or of a republic. We may be sure that the sagacious statesmen that will be evolved by the survival of the fittest will show themselves competent o turn the rekindled ardor of con- quest into the channel of least resis- tance, which, in view of the new and sympathetic attitude of France and Great Britain, will point straight to Constantinople.

No Russian autocrat will ever sit on the throne of the Byzantine Caesars. It may well be, however, that a Rus- sian president or a Russian constitu- tional king will be welcomed to the city of Constantine by French and British ironclads. That is the hope with which the visit of a British fleet to Cronstadt should fire the hearts of Russian patriots.

EULOGY OF GLUE.

What is it that will mend a dish?
Glue.
What is it that will choke a fish?
Glue.
What is it that would make no hit
With you should you sit down on it,
And might cause you to have a fit?
Glue.

What is it that we should not eat?
Glue.
Nor wear in shoes to ease the feet?
Glue.
What is it which, if we should chew,
Would very likely make us blue
And make our loose teeth all skidoo?
Glue.

COMPANIONSHIP.

Mother: "You mustn't play with that little boy."
Tommy: "Well can I fight with him?"

About the House

TESTED RECIPES.

Bearnaise Sauce.—Beat the yolks of two eggs very light, put into a round-bottomed saucepan, and set in one of boiling water; stir into it, a few drops at a time, three tablespoonfuls of salad oil, heating as you stir; then, as gradually, the same quantity of boiling water; next, one tablespoonful of lemon juice, a dash of cayenne and salt. It is served with all sorts of fish, also with chops, cutlets, and steaks.

Molasses Vinegar.—One pint of New Orleans molasses stirred into a quart of rain water. Tie mosquito netting over the open crock (earthenware) containing the mixture to exclude dust and set in a warm closet by night, in a sunny window by day. It should be sour in a fortnight. Strain and bottle.

New Potatoes.—If very young, rub the skin off with a rough towel. If almost ripe, scrape with a blunt knife. Lay in cold water an hour, cover with cold water slightly salted, boil half an hour. Drain, salt and dry for 2 or 3 minutes. Send to the table plain. Or you may crack each by pressing lightly upon it with the back of a wooden spoon; lay them in a deep dish and pour over them a cup of cream or new milk, heated to a boil, in which a great spoonful of butter has been dissolved.

Old Colonial Mead.—This delicious old-fashioned beverage has the advantage of many others in that it may be prepared in quantities and be always on hand. If you have not dried and prepared your own sassafras roots, they may be purchased from the druggist. Scrape and cover with 2 quarts of boiling water five bunches of the roots, adding a generous pinch of cinnamon and grated nutmeg. Cover closely and simmer or boil slowly for an hour. Strain through the cheese-cloth and stir in 3 pints of New Orleans molasses, 1½ pints of strained honey, and 6 whole cloves. Return to the fire and allow to simmer for 10 minutes, again strain, add one heaping teaspoonful of cream of tartar, and when cold seal in air-tight bottles. Serve in tail-stemmed glasses with one tablespoonful of shaved ice, a pinch of baking soda, and one teaspoonful of finely minced candied orange peel. Only fill the glasses two-thirds full, as when stirred the beverage will foam high. Keep the bottled mead in an ice-cold, dark place, so that when needed it may be used immediately without having to undergo a cooling process.

Fruit Punch with Ginger.—Mix together in a large bowl one pared and sliced cucumber, two oranges, and three lemons. Sprinkle with one cupful of sugar and half a cupful of the syrup from preserved ginger. Make a sugar and water syrup, boiling it down until quite thick, add one cupful of it to the mixture, and pour in two quarts of ginger ale. In the glass punch-bowl place a block of crystal-clear ice. Pour over it the effervescing punch and serve at once. On top of the punch in the bowl float thin slices of the preserved ginger and candied cherries cut in halves.

Velvet Milk Sherbet.—Scald one pint of milk, add one cupful of sugar, and stir until dissolved; set away to cool. Pack the freezer and pour the milk into the can and let stand until ice-cold—say 5 minutes—then add the strained juice of 3 lemons. Turn the handle until the sherbet is quite thick, then add the whites of two eggs whipped stiff and dry with a cupful of powdered sugar. Stir into the freezing mixture, repack, and set away for two hours to ripen. The sherbet is a delicious "coolness" to serve to callers on a warm afternoon with the accompaniment of a piece of angel cake, the top frosted with a sprinkling of chopped nuts mixed in.

Rice Soup.—Put half a cup of rice over the fire with a quart or more of cold water; let heat quickly to the boiling point, then drain and rinse in cold water. Add the rice to two and one-half quarts of chicken or veal broth seasoned with an onion, a carrot, and a "soup bag." Let cook until the rice is tender, then pass the whole through a very fine sieve. Reheat, add one teaspoon of salt three dashes of pepper, a pint of hot milk (cream is better), and, little by little, stir in two tablespoons of butter. Take a small quantity of the cooked asparagus which is to be served in the vegetable course and add the tips to the soup. This quantity of soup will serve eight at dinner or luncheon, and is one of Mrs. Hill's fine recipes.

New Beet and Bermuda Onion Salad.—Slice, crosswise, two peeled Bermuda onions as thin as possible, sprinkle lightly with salt (a teaspoon of salt to two moderate-sized onions) and pour over a little vinegar. Let stand in a cold place about an hour. Cook three red beets until tender, plunge them in cold water to remove the skins (by rubbing the skins will slip off readily), then cut beets in thin slices and the slices in narrow strips. When cold put the beets into a bowl with the drained onions, sprinkle with a saltspoon of salt and three dashes of paprika, and pour over four or five teaspoons of oil. Toss and mix thoroughly, adding more oil if necessary to coat the whole. Then add about two tablespoons of vinegar, and mix again. Serve on a bed of lettuce leaves carefully washed and dried.

HINTS FOR THE HOME.

For Soups.—Cut cucumbers in thin slices, fry it, and add to the soup in the tureen.

When cooking a leg of mutton the introduction of a clove of garlic will be found a great improvement by those who like savoury dishes.

Meat that has begun to turn may be quite restored by washing it in water in which a teaspoonful of borax has been dissolved, having at first cut away every part the least bit tainted or discolored.

Carpets should be beaten on the wrong side first and afterwards more gently on the right. Never put down a carpet on a damp floor, for this often results in the carpet becoming moth-eaten.

Cheese is more easily digested when cooked that when eaten uncooked. If grated and added to melted butter it makes an excellent sauce to be served with macaroni, vegetables, or boiled fish.

To eradicate weeds of all sorts take of sulphur one pound, ditto of lime, and dissolve in two gallons of water. Pour this liquid on the weeds and it will destroy them.

How to Color Lace Curtains.—When the curtains are nicely washed, rinse in cold water and squeeze perfectly dry. Plunge into water that has been tinged with coffee. For this purpose the coffee must be strained through double muslin.

For split seams on mackintosh use this cement. Dissolve some fine shreds of pure indiarubber in naptha or sulphide of carbon, to form a stiff paste. Apply a little of the cement to each edge that is to be joined, bring the edges together, and place a weight over them till they are hard.

Wasp Stings.—The ordinary old-fashioned remedy of the blue bag is not to be recommended, for the blue bag has probably been lying about in the dust and become microbe laden, etc. For tender skin we advise the use of a little carbonate of soda made into a paste with cold water and then the wound bound over with soft lint. For adults we recommend the application of hartshorn or ammonia just on the spot where the sting was sent in. Those in good health need never fear the sting of either wasps or bees, for the nasty sharp stab can be alleviated by either of these remedies in a short time.

Remedy for Damp Walls.—Dissolve six ounces of mottled soap in two quarts of water. Carefully lay this composition over the brick-work with a large flat brush. This must not lather on the surface. Leave for twenty-four hours to settle. Mix a quarter of a pound of alum with two gallons of water, allow it twenty-four hours to settle, then apply it in the same manner over the soap mixture. This process should be carried out in dry weather. Before applying the permanent wall-paper, cover the damp patch with some brown paper and let it dry for a couple of days.

NOT TO BE TAKEN WITH SALT.

Salt used in sweeping carpets will keep out moths.

Added to a bucket of water salt aids as a fire extinguisher.

Salt and vinegar will remove stains from discolored teacups.

A teaspoonful of salt in the lamp causes kerosene oil to give a brighter light.

Salt in the oven under baking-tins will prevent their scorching on the bottom.

Salt thrown on soot which has fallen on the carpet will prevent it making a stain.

New calicoes soaked in a strong solution of salt and water for an hour will retain their colors better.

PACKING DON'TS.

Don't pack clothes in a trunk which has not been used for some time without airing the latter; it may have been lying in a damp corner. Don't start packing before you have collected together all the things required, else you may, at the last moment, be obliged to squeeze some heavy article in the top of the trunk, and thus crush lighter articles. Don't forget that a dress bodice or blouse must have the sleeves stuffed with soft paper, and any crushable trimmings, such as lace or chiffon should be stuffed out with rolled-up tissue-paper; otherwise all the freshness will be gone when brought to light again.

THE INNOCENT OFFICE BOY.

Charles Philpotts is a member of a firm of London solicitors. His partners always call him Charlie, and the clerks, in his absence, call him Charlie, too.

A new office boy had noticed this familiar use of Mr. Philpotts' name.

One day one of the partners said to the boy:

"Telephone to the theatre for two seats for 'Charley's Aunt,' please."

The boy hesitated. He blushed. The he asked nervously:

"Hadn't I better say 'Mr. Philpotts' aunt,' sir?"

CORRECT.

The New Waitress: "Shall I say 'Dinner is served' or 'Dinner is ready,' ma'am?"

Mistress: "If that cook doesn't do any better, just say 'Dinner is spoiled.'"

Weak Kidneys Bright's Disease and Diabetes

Use Dr. Shoop's Restorative to Cure the Cause, If You Suffer From These Symptoms.

Here are the symptoms of Kidney complaints: Urine laden with sediment, brick dust in urine, highly colored urine, greasy froth or blood in it, stringy mucous in urine, unusual desire to urinate; pain in passing water, pain in the back and over the kidneys, hot, dry and itching skin, hair dry and brittle, painful joints, legs feel heavy, sleeplessness, dullness, loss of weight, chilly sensations, loss of memory, general debility, irregular heart, disorders of eyesight, trouble with hearing, waxy skin, fever, shifting from one foot to the other in standing. An improper treatment is often worse than none. Most Kidney medicines get their effect from remedies called diuretics. These are practically kidney physics, scalding cathartics act on the bowels. They excite the kidneys to unusual action, they cause over-strain. These diuretic remedies are themselves the frequent cause of serious kidney disease. Don't try to doctor the kidneys themselves, for you will only harm them. Their only strength is nerve power. Dr. Shoop's Restorative (Tablets or Liquid) vitalizes the nerves that operate the Kidneys. Sold and recommended by

If Your Back Aches

J. E. RICHARDS.

HEALTH

THE BABY'S THREE NEEDS.

When it is considered that the whole after-life of a human being can be tempered for good or ill by the management of the first year of existence, it seems impossible to repeat too often the few fundamental rules that should govern all those who have the care of infants.

One might sum up the needs of babies in three words—fresh air, regularity, quiet. Babies are but little animals, it is true; but after all they are little animals with a great deal to do for themselves, and they should receive all the assistance possible from those in charge of them, to enable them to perform this work properly.

In the first year of life great changes are going on in the body, and the baby needs all the help possible to meet the demands made upon its tiny system in the way of tissue formation. A baby cannot speak up and tell us that its meals do not seem to set well, or that a dissipated evening gives it a disturbed night, so there is nothing for parents to do but watch carefully for the small but unmistakeable signs that things are not going well.

Fresh air comes first in the list of requirements, because it is probable that very few babies indeed get all of it that they are entitled to. It has been noted by a wise physician that babies with pneumonia do best if they are kept in the open air as far as possible, and he even tells of nurses clad in fur-lined gloves and coats because the sick-room is kept so cold. But the sick child who would die in a warm, close room recovers under these conditions.

As to well babies, never mind what month they are born in, wrap them up warmly, shield them from direct draft, but let them breathe outside air day and night. If the weather is really too terrible to face, then wrap them up in a south room and open all the windows.

Whatever the baby's diet may be, natural or artificial, it should be administered with unwavering regularity. The tiniest specimen of humanity is an incarnation of artful cunning where its appetite is concerned, and if it finds that bawling results in feeding, it will bawl, and small blame to it. But the enviable child is the one whose mother is not disturbed by this fact, and who rigidly adheres to times and seasons.

Babies should never be excited by too much play, and especially is this true of the evening hours. There is nothing more entrancing than a gasping, gurgling, hysterical baby; but it is a cruel entertainment, for which the frail, tiny, nervous system must pay the price.

FOR A TWITCHING HAND.

Hand trembling, an affliction akin to "writers' cramp," is apt to result from the long continued exercise of certain muscles and the neglect of others.

The worst feature of the trouble, according to Health-Culture, is its trick of coming on at the very time when steadiness of hand would be most desirable. The twitch of a map finisher's muscles may throw a national frontier 100 miles out of treaty lines; type words may get glued together like the nouns of the Volapuk craze.

Hot baths afford only temporary relief; drugs might as well be prescribed to a stutterer; but there is one never-failing mechanical specific—the grapple swing cure.

Procure a couple of iron rings—say, five inches in diameter—and fasten them high enough to keep an experimenter's feet off the ground when he attempts to dangle by one hand for a second or two. Practice will raise the score to half a minute, and by that time the tremors will have vanished for the next half year.

SOUND SLUMBER FOR LONG LIFE.

If you wish to live to a good old age, and to enjoy all your faculties when you are old, cultivate the habit of sleeping long and soundly.

Mr. W. P. Frith, R.A., who is eighty-seven years old, and sleeps only four hours each night, says that "very old people do not need much sleep." He confesses, however, that he would be very glad of more if he could get it, and most healthy old men sleep from seven to ten hours per diem.

Lord Gwydyr, the oldest member of the House of Lords—being ninety-six years of age—sleeps ten hours out of the twenty-four. Earl Nelson, who is eighty-three, sleeps seven hours. Sir William Huggins, aged eighty-two, sleeps nine hours every night; while Sir William Leece Drinkwater, who is ninety-four this month, sleeps from 11 p.m., till 6 a.m., and gets about half an hour's sleep during the day as well.

REST CURES.

A cup of hot tea is the ideal rest for some women, while hot milk will put almost anybody in a mood to sleep. For a fresh-air rest, have you ever tried lying down in a darkened room, with plenty of warm, light covers drawn up over you, and with every window in the room as wide open as it will go? If you want to experiment be sure and take as deep breaths as you can, and soon nerves will grow quiet and you will fall asleep before you know it.

CURE FOR INSOMNIA.

An excellent way to cure insomnia is to bandage the eyes with a handkerchief before retiring. The compress seems to drive away the blood from the eyes and so cure, or at least temporarily relieve, that feeling so often experienced by sufferers from sleeplessness, of trying to see in the dark.

Attorney for the Defence: "Have you ever been cross-examined before?" The Witness: "Have I? I'm a married man."

MADE IN CANADA
BY A CANADIAN COMPANY.

The New Williams

BE YOUR OWN DRESSMAKER.

EASY TO LEARN.
Fewer Working Parts than any other First Class Machine.

ALWAYS LOOK FOR THE NAME

The New Williams

THE WILLIAMS MANUFACTURING CO. LIMITED,
COMPANY OFFICES: MONTREAL, P. Q.
TORONTO, LONDON, HAMILTON, OTTAWA, ST. JOHN, N. B.
AGENTS WANTED EVERYWHERE.

CONSUMPTION IN FRANCE

APPALLING DEATH RATE IN THE CITIES AND TOWNS.

A Proportion of 39 Out of Every Ten Thousand — Laundry Workers and Bakers Suffer Most.

A report just received at the Department of Commerce and Labor from Consular Clerk Augustus E. Ingram, stationed at Paris, contains the statement that 150,000 persons die each year in France from tuberculosis. This represents 39 deaths out of every 10,000 inhabitants. This appaling death roll, it is reported by Mr. Ingram, has led to a critical examination of French vital statistics, and many interesting facts have been brought out showing the basis on which these statistics have been established.

Definite information was received from only 713 cities and towns having a population of more than 5,000 inhabitants, making a total of 12,000,000 inhabitants, among whom the mortality from tuberculosis amounted to 42,000 a year. This has served as a calculation for the rest of the country, and to it is added the deaths from

CHRONIC BRONCHITIS

(approximately 50,000), making in this way a total of 150,000 deaths from tuberculosis.

Prof. Albert Robin has established from the statistics of 1901, 1902, and 1903 that tuberculosis increases in an almost regular proportion to the density of population. In Paris, for example, the percentage of deaths from tuberculosis is 45.2; in cities if 100,000 to 492,000 population, 34.4 per cent.; in cities of 20,000 to 30,000 inhabitants, 30.8 per cent.; in cities of 5,000 to 10,000, 23.4 per cent., and in cities of 1,000 to 5,000, 20.4 per cent.

The question of the effect of certain occupations on this disease has been carefully investigated in France. It was found that those trades that bring persons into contact with dust are especially dangerous. Enquiries among policemen, postal employes, and laundry workers revealed a disastrous condition of affairs. Among 257 workmen carefully kept under observation, consisting of carpenters, joiners, floor-layers, and packers, all living under practically the same conditions, the mortality from tuberculosis amounted to more than 30 per cent. Laundry workers, however, were found to be the most seriously affected. In some neighborhoods the mortality

AMONG LAUNDRY WORKERS

from tuberculosis reached the total of 75 per cent. So deadly is the handling of indiscriminate soiled linen that young women succumb after an average of 15 years, while men last from 18 to 22 years.

The Paris bakers, a few years ago, formed an organization for the improvement of the unsanitary conditions under which they have to work. It is asserted authoritatively that despite the Government inspection of bakeries and the modern hygenic apparatus, 440,000 out of 400,000 bakers in Paris, France, suffer with tuberculosos.

The campaign against tuberculosis in France has assumed such national importance that the Academy of Medicine at Paris has during the past three months ben discussing the necessity for the compulsory declaration of cases of tuberculosis by the doctors in attendance, but this has met with a storm of opposition, it being contended that thereby the large army of consumplives would be deprived of means of support, since no one would then knowingly employ them.

It has been suggested that school children suffering from this disease should carry a booklet reporting the progress of their physical condition, so that the teacher could separate the unhealthy from the healthy.

PAPER HANDKERCHIEFS

have also been proposed for distribution, but their use, French physicians declare, would be undesirable, if not dangerous, unless the handkerchiefs were systematically collected and destroyed. The Minister of Education has recently isued an order that inasmuch as the permanent commission for protection against tuberculosis had learned that recent investigations had shown that in certain countries 60 to 80 per cent. of the cattle were affected with tuberculosis, all milk consumed in boarding schools should be pasteurized, boiled or sterilized.

The Tuberculosis Commission has been examining o cuspidor invented by M. Fournier. It is of cheap construction and needs no clearing or touching by hand. It consists of a cardboard cylinder rendered water-proof, containing some pulverized peat impregnated with some hygroscopic and antiseptic substances. This receptacle is provided with a lid, which rises on pressure of a small hand lever or foot pedal, and thus nothing objectionable is in sight, no dust can come from it and flies cannot enter it.

The French State Department of Public Charities, regarding this struggle against tuberculosis as a national and social duty, is considering the establishment of special hospitals for tuberculosis patients, both in Paris and throughout the country, where such patients can be properly treated and special treatment given them.

GETTING PRACTICE.

A man who was getting shaved at a barber's suddenly uttered a loud exclamation.

"Hang you!" he cried. "You've cut my chin twice now. If you can't shave better than this, every regular customer will leave you."

But the young barber pushed the man's head back on the velvet rest, and laughed.

"Oh, no," he said, "no fear of that. I'm not allowed to shave regular customers yet. I only shave strangers."

ON THE R. R.
Conductor—We're due at Midleport at four o'clock.
Mrs. O'Toole—An phwat toime do yez get there?