HER FATHER WAS A DRUNKARD

A Plucky Young Lady Takes on Herself to Cure Her Father of the Liquor Habit.

STORY OF HER SUCCESS.

A portion of her letter reads as follows: "My father had often promised mother to stop drinking, and would do so for a time, but then returned to it stronger than ever. One day after a terrible spree, he said to us, 'It's no use. I can't stop drinking.' Our hearts seemed to turn to stone, and we decided to try the Tasteless Samaria Prescription, which we had read about in the papers. We gave him the remedy, entirely without his knowledge, in his tea, coffee or food regularly, according to directions, and he never knew he was taking it. One package removed all his desire for liquor, and he says it is now distasteful to him. His health and appetite are also wonderfully improved, and no one would know him for the same man. It is now fifteen months since we gave it to him and we feel sure that the change is for good. Please send me one of your little books, as I want to give it to a friend."

FREE SAMPLE and pamphlet giving full particulars, testimonials and price sent in plain sealed envelope. Correspondence sacredly confidential. Enclose stamp for reply. Address **The Samaria Remedy Co.,** 25 Jordan Street, Toronto, Canada.

Also for sale by W. T. Strong & Co., 186 Dundas street, London.

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Standard remedy for Gleet, Gonorrhœa and Runnings IN 48 HOURS. Cures Kidney and Bladder Troubles.
MIDY

Handsome Cabinet Photo of a Celebrated Oil Painting, Also a Tin of

LACTATED FOOD

Sent FREE to Mothers.

A handsome full-sized cabinet photo of a celebrated oil painting, prepared by one of Canada's best photographers, will be sent free with a trial tin of Lactated Food to any mother who has not yet given this famous infant food a trial. No cost to the mother, and it may be the means of saving baby's life.

Send name and full postoffice address to The Wells & Richardson Company, Limited, 200 Mountain street, Montreal, P. Q. This offer is good till July 30.

FISHING WITH CORMORANTS.

Dr. Logan Jack, who has traveled extensively in China, thus describes the process of fishing with cormorants: "On a tiny open canoe stood a man armed with a paddle and accompanied by a score of cormorants. Merely to balance himself as the boat rushed down the shallow rapids was a feat of which any acrobat might be proud, but the sportsman did much more than this.

As he struck the bottom from time to time with his paddle, the cormorants on seeing a fish rise, would jump overboard and size it, whereupon the boatman would stretch out the paddle for the bird to step upon and with dexterous sweep bring bird and fish on board. This was repeated again and again, to our amazement and admiration. When the cormorants warmed to the work the whole flock would spring into the water and while swimming with the boat scramble for the prey. The moment one of them had secured a prize he made for the canoe and was taken on board. The birds must be as highly trained as the man."

EAT CHEESE AND BE HEALTHY

JOHN D. ROCKEFELLER'S ADVICE, WHICH IS INDORSED BY LOCAL EXPERTS.

Eat Slowly, Take Good Exercise, and You Will Find Cheese an Excellent Food.

John D. Rockefeller made a discovery the other day, and he was so surprised and edified that in a spirit of charity he felt himself bound to communicate it to the world at large with a bit of wholesome advice. "Eat cheese," he told a New York reporter, "eat slowly and take exercise and you will enjoy good health." And he explained: "Do you know, I came recently upon an article of a well-known scientific man to the effect that cheese is an excellent article of diet. I wish that I had read that article a long time ago. I had been afraid that cheese had a tendency to produce indigestion, and for that reason never touched it. Now I eat a good deal of it and find that it agrees with me. Take my advice. Eat cheese."

And while the multi-millionaire did not specify the Canadian make, perhaps he will when he gets better acquainted with the more than 57 varieties which can be got on the market.

BEST CHEESE EXPORTED.

"And it's a strange thing," commented a local dairyman yesterday "how little the people of this country appreciate the value of cheese as a food. The trouble is that it has been looked upon more as a luxury than a necessity. It should be a staple article of diet, just like bread and butter. It contains the best of fat and casein. Perhaps one reason has been that for years all the cheese of the better sort has been shipped out of the country.

"Britain you know, takes most of it. Here, look at the figures. In 1903 we sent to Great Britain 228,394,482 pounds, to the United States 56,676 pounds and to other countries 648,767 pounds, with a total value of $24,712,943. That figures up a very respectable trade, and yet Canadians and Americans are probably the poorest cheese eaters in the world. Why is it?"

CANADA EATS THE CULLED.

Yesterday a reporter man dropped around on some of the local commission houses to find the answer. Summed up, it was to the effect that the people of Canada have not been educated to eat cheese as a food. Inferior cheese has had its ill effects, and all because the home market has had to be largely content with the culls, the more profitable markets abroad getting the good. The farmers last year went into cheesemaking on a huge scale because there was money in it; the result was an overproduction, and a still further result is a feeling of thankfulness that the late spring season will counteract the overproduction to some extent.

There is a movement on foot in the United States to boom the use of cheese, it having been pointed out from Washington that cheese constitutes less than half of 1 per cent. of the total food consumed in the United States, although this represents 1.6 per cent. of the total protein and 1.6 per cent. of the total fat in the American food supply.

PEOPLE NEED EDUCATING.

Henry Wright, president of the A. F. MacLaren Imperial Cheese Co., who has been connected with the trade almost since boyhood, linked together beans, nuts and cheese as articles of healthful diet. There was more nourishment in one pound of these than in four times the amount of beefsteak. If people would eat more farinaceous food and eat cheese for food with oil contained they would be the better for it.

"We have for years been educating the retailers on the benefit of good cheese, and now"—and he named half a dozen of the city's leading grocers—"they are buying only the better kinds and are finding the demand increasing. The cheese that is trouble-making is that which is not matured, which is put on the market within 15 or 30 days.

'In England cheese is eaten by rich and poor alike. Bread and cheese and beer make up a muscle-building meal for the laborer. In Ontario the cheese is getting better every year, being made under proper surveillance and through the assistance of the government dairy schools. The farmers are getting good prices and are making good money. But the farmer doesn't use cheese as food; every pound of it means money to him, and therefore he sells it.

"Yes, we are trying to educate the people to a better understanding. Last year we bought all the cheese that was at the exhibition, and we disposed of it to city dealers."

He recommended the good Canadian cheese, well matured. The foreign varieties are for epicures.

A PHYSICIAN'S TESTIMONIAL.

"The reason cheese has got the reputation of being indigestible is the habit of taking it as a relish after a full meal; whereas it is itself a nourishing article of diet, capable of furnishing a full meal if eaten alone or with bread, as it is among the poorer people of Germany, Austria and many parts of England," said a prominent Toronto medical man. "There is no truth in the doggerel lines:

'Cheese is a mity elf,
Digesting all things but itself.'

"Cheese is not an aid to digestion, rather is it specially indigestible; it is a concentrated, nourishing food, and should be treated as such. In Cheshire they have a saying that 'Bad cheese requires butter; good cheese deserves it.'"

A MUSICIAN WELL-KNOWN TO LONDONERS

Mr. Angelo Cortese, the Favorite Harpist, of This City.

RAINY RIVER MAN HAD TROUBLES

'TILL DODD'S KIDNEY PILLS CURED HIS KIDNEYS.

Then His Rheumatism and Other Pains Vanished Once and for All—His Case Only One of Many.

Barwick, Ont., May 20.—That Dodd's Kidney Pills will cure Rheumatism, or any other disease resulting from disordered Kidneys is the experience of many of the settlers in this Rainy River country. The case of William John Dixon, of this place, is a fair sample of the work the great Canadian Kidney Remedy is doing.

"I had Rheumatism so bad I had to use a stick to walk. I had pains in my back and right hip, and I had no comfort in sleeping.

"I could no more than dress or undress myself for nearly two months, and I was for nearly three weeks I could not lace my right shoe.

"My brother advised me to try Dodd's Kidney Pills and I did so. After taking three boxes I could walk around and lace up my shoes and do my work. Six boxes cured me completely."

Dodd's Kidney Pills are the one sure cure for sick Kidneys. Sick Kidneys are the cause of nine-tenths of the ills the human family suffers from.

The ranches of Colorado, June 1st, 1900, numbered 24,700, and were valued at $106,344,035. Of this amount, $16,002,512, or 15.0 per cent., represents the value of buildings, and $90,341,523, or 85.0 per cent., the value of land and improvements other than buildings. On the same date, the value of implements and machinery was $4,746,765, and of live stock $49,954,311. These values, added to that of ranches, give $161,045,111, the "total value of farm property."

THE LITERARY LADY WHO NEEDED CLOTHES

CLUB WOMEN SENT HER SOME—A SURPRISE FOLLOWED THE COMPARING OF NOTES.

Some charitably inclined club women had a rather awakening experience a few weeks ago. One of them, a club president, by the way, whose name is known throughout the country for her philanthropic work, received a very touching letter from a young girl in the South, who described herself as being greatly handicapped in the race of life by being in Miss Flora McFlimsey's deplorable plight.

"If I only had something to wear, dear Mrs. Kindheart," was the purport of the letter, "I could so easily find work suitable to my station and ability. I am one of a large family of girls, and we are all suffering for garments such as self-respecting women can wear," etc.

The writer then said she was very handy with her needle; therefore, the size, style or previous condition of servitude of the donation did not in the least matter. Anything in short, would be thankfully received.

"That appeal haunted me," Madam President says. "I could not rest till I had overhauled my wardrobe and made up a bundle. A week later I was rewarded by a most grateful effusion.

"Oh, dear lady," wrote my correspondent, who by the way, has a most peculiar name, "if you could only see me with your white silk waist and the lovely blue cloth skirt you sent! I wore them to our literary meeting and everybody noticed them. There was a piece in the paper about me."

"In the virtuous glow engendered by so much appreciation, I went to a luncheon at the house of a friend, where most of the guests were club sisters. Hardly were we seated at the table before one of them turned to her neighbor and said: 'Before I forget, I must give you this letter from——, and she mentioned the name of my grateful young Southerner.

"What! Dash! Blank!" a general shout went up to the table and every one of the women around that festive board put her hand in her pocket and pulled out a letter. Word for word they were all alike. It seemed that this remarkably clever woman had altered some nine costumes and worn them all to the literary meeting on the same evening (by her own showing). She neglected to state however, whether she wore them one over the other, like Harlequin in a pantomime or whether she made nine lightning changes during the evening, like a vaudeville artist.

"It would be interesting also to know just how many columns of the local paper were given up to her that day. These are some of the mysteries we shall never have solved, I suppose, but we made a compact then and there to compare notes when "touching" appeals come from distant cities."—New York Mail.

NO WORN OUT RUBBERS.

Worn-out rubber, like worn-out silver, is something that does not exist in these days. Ever since the advent of bicycles and motor cars, both of which drew heavily on the world's rubber supply, and ever since the hundred and one uses to which rubber is put in connection with electricity, the material has become more and more scarce and valuable, so that even the old rubber shoe and worn out rubber boot may throw out their chests in pride at being worth really something. Nothing containing rubber is discarded nowadays. The old rubber coat over which the spring tires of a motor car may run on a country road today may some day find a nesting place in the soft tresses of a woman's hair, after having been tranformed into a handsome comb.

Even vulcanized rubber, which, owing to the sulphuric process to which it was subjected, was formerly valueless, is now subjected to a process which rejuvenates it and makes it fit to be worked up again for the purpose of the manufacturer. Immense quantities of this product, which formerly was assigned to a rubbish heap, are now treated and admixed with a certain percentage of new gum, enough to cheapen the price of most rubber goods turned out by the manufacturers today. Old rubber, however, can be used by itself without any addition of fresh gum, the process of treatment being a simple one.—London Answers.

MAPPING OUT PANAMA CANAL

WORK OF CONSTRUCTION IS NOT LIKELY TO BEGIN UNDER A YEAR AT LEAST.

Commissioners Pay a Visit to the Isthmus—Sanitary Work First in Order.

With the Isthmian Canal Commission I reached Colon April 5, after a pleasant and rapid voyage, and landed at that most interesting spot amid a downpour of rain. Fortunately, however, the rain did not last but two days, and the commission to explore the isthmus under comparatively comfortable conditions.

The ancient town of Colon, or Aspinwall, as it was formerly called, is not an attractive place at best, and viewed between the raindrops it does not fill one with a yearning desire to spend the rest of his life there. The first thing you are apt to do, after landing and taking a good look around, is to examine your pocketbook to make sure that your return ticket is still with you. The next, to inquire as to the time the next boat leaves.

The general atmosphere there is depressing. The air is moist and humid, and permeated with the sickening odor arising from the native section.

AT COLON.

The town is located along the beach and is shaped like a crescent. At one end the American quarters, occupied by the resident Americans, mostly empoyes of the Panama Railway Company, are located. At the other, known as Christophor Colon, are the houses erected by de Lesseps, which will be the headquarters of the commission while on the isthmus. The section of the island occupied by the American residents is not an unpleasant place.

The houses face the ocean, and most of them are equipped with large front yards, whose luxuriant flower beds would make the eyes of an average suburbanite bulge with envy. They have asphalt walks, good roads and as there is a constant breeze from the sea they manage to keep pretty comfortable. The most unpleasant feature with which they have to contend is the impossibility of securing water fit to drink. They have to depend entirely upon the rain water which is kept in large iron tanks. Needless to say these tanks form an attractive breeding place for the ever busy isthmus mosquito. The utter absence of decent drinking water at any part of the isthmus is one of the serious problems which will be presented to the sanitary commissioner for solution.

The de Lesseps' houses at the other end of Colon are most delightfully located. They are on an artificial neck of land running some distance out into the sea, and the beautiful tropical flowers and foliage with which they are surrounded present a most pleasant native quarters. If one could take and underground route in going from the American section to the de Lessaps' property it would not be so bad, but as you must of necessity pass through the intermediate portion, the ony thing to do is to hold your nose and get to the other side as quickly as possible.

THE NATIVE QUARTER

Without exception the native section of Colon is the worst place I have ever seen. This portion of the island is considerably below the sea level. As a result it is practically nothing but a huge pool of stagnant water and slimy mud.

The population consists of Jamaica negroes, Chinese and Japanese, with the negroes predominating. The personal habits of these people are filthy in the extreme, and when you consider that they are living in dirty frame huts, built directly over a gigantic marsh, with an absolute lack of any attempt at sanitation, you can readily understand that the result must be anything but desirable. The principal business thoroughfare of Colon, known as Front street, is used by the Panama Railroad Company as a shifting yard.

The Columbian currency is still in use on the isthmus, and is exchangeable for United States coin at the rate of two for one. It gives one rather a pleasant sensation upon making a 50 cent purchase to present a dollar bill and receive a dollar and a half change, but when you undertake to spend the dollar and half Colombian, you quickly realize that you are nothing ahead of the deal. With a population not exceeding 3,000 people, their police department numbers over 250 men. These for the most part of native little chaps, resembling the Japanese blue uniforms and white helmets present a trim and business-like appearance.

The sanitary officers accompanying the commission have concluded that they can convert Colon into a reasonably healthy place. They will undoubtedly have their hands full. It is not possible at present to form any idea as to the death rate, as no official statistics are obtainable, but from what I saw there is no doubt in my mind that the mortality among the natives is heavy.

VISIT TO PANAMA.

The commissioners upon their arrival at Colon were taken directly to the de Lesseps house and the next day set out for Panama upon a special train to pay their respects to the president and members of his cabinet. As the train pulled into the station at Panama it was welcomed by a committee of prominent citizens arrayed in the conventional frock coat and silk hat, some of them of a style in vogue years ago. The commissioners were placed in carriages and driven to the palace, where, between a double line of Panama soldiers, gorgeously uniformed in red trousers and blue coats, with abundance of gold lace, they ascended the palace steps to the tune of "Hiawatha," played by the native band in attendance.

After greeting President Amador the party was driven to the Grand Central Hotel, where breakfast was served. From the breakfast table the commissioners returned to their train which immediately pulled out for La Boca. A stop of half an hour was made there to enable the party to look over the ground at that point, when they again boarded their train, and after a side trip through the Culebre Cut, returned to Colon.

The members of the canal commission certainly got over every inch of the canal zone during their stay. Early each morning they would leave Colon on their special car or in boats, returning after a hard day's work late in the evening. The purpose of their present trip was to inform themselves as to existing conditions there that they might return to Washington and formulate a plan of action with a thorough knowledge of the situation on the isthmus.

YEAR BEFORE BEGINNING.

Admiral Walker said it would probably be at least a year before work was begun on the canal. The sanitary problem will doubtless be taken up before any construction work on the canal is attempted. The next thing the commission will have to determine is the character of the canal it is going to build. It is generally conceded that the sea-level canal would be more desirable than the lock style, but it presents greater engineering difficulties, would take far longer to build and would be vastly more expensive.

The natives on the isthmus are expecting great things from the great American Government. They do not seem to realize that some time must elapse before any actual work on the canal is begun, but are coming into Panama and Colon from the isthmus and surrounding islands in crowds anticipating a "job" on the canal. And their idea of a job is big pay and little work.

Real estate in both the cities is at a premium. Most of the property owners and business men have been holding on for years expecting that the United States would undertake the completion of the canal, and they all feel happy in their belief that their anticipations have at last been realized and fortunes are in sight for them.

DID HE KEEP HIS WORD?

It was at his quiet home in Hartford, Conn., that Mark Twain told this tale one evening while chatting to a couple of journalists on his front porch.

"I had a terrible experience once. The memory of it haunts me now. I inflicted the most awful fate possible to imagine upon a fellow-creature. It was in Germany. I didn't know the language very well, and I suppose I must have made some blunder in addressing a fiery-looking chap at a hotel there. What it was I don't know, but at any rate he declared he had been insulted, and he demanded a duel on the spot.

"One of us," he cried, in tones of fearful wrath, "shall never leave this room alive!"

"I knew him to be an expert swordsman. But was I afraid? No! 'So let it be,' I said. And then I rushed out of the room, locked the door behind me and left him there. I have often wondered if he kept his word."—London Answers.

The "Ins" and "Outs" of Life.

You're money out and worry in if you don't use Clark's Lunch Tongue. It saves the fire and you, too. Wm. Clark, Manufacturer, Montreal.

HERBERT GLADSTONE POPULAR

The sweet-faced young wife of the Liberal Whip, who has been called the most popular man in the House of Commons," began life as a consistent Tory, for her father, Sir Richard Paget, was one of the Grand's Old Man's most respected and life-long opponents. Accordingly the engagements of Mr. Herbert Gladstone to Miss Dorathy Paget created quite a sensation, and formed the occasion of one of the most human scenes ever witnessed in the House of Commons. The Liberal Whip's forthcoming marriage had just been announced, and on his first appearance on the floor of the House, after the news had been made public, every M. P., irrespective of party, rose and cheered him to the echo.

Mrs. Herbert Gladstone is very pretty. She was brought up in a simple, old-fashioned way and as a consequence she has many accomplishments which the modern, athletic girl of today sadly lacks. She is very musical, and it is said to have been the "Heavenly Maid" which first drew her to her future husband. Mr. Gladstone's marriage took place in comparative privacy; but it may be doubted if any politican, even Mr. Asquith himself, ever had so many wedding-presents especially from those who count themselves his political opponents.

Minard's Liniment Cures Diphtheria.

Three Parisian "apaches," or hooligans, recently set on a man who was taking his wife home after a performance at the Odeon. It chanced that the man was a professor of Savate — hand and foot "boxing" — and the roughs were insensible when the police took them away.

No social affair is complete without the delicious-tasting

Blue Ribbon Ceylon Tea

The fragrance and rich creamy taste of this tea are peculiar to it alone.

Forty Cents

Black Mixed Ceylon Green — Should be Fifty — Ask for the Red Label

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"AN EXCELLENT FOOD, *admirably adapted to the Wants of Infants."*

SIR CHAS. A. CAMERON, C.B., M.D., *Professor of Chemistry, R.C.S.I., Ex-President of the Royal College of Surgeons, Ireland.*

Neave's Food

For Infants, Invalids, And The Aged.

GOLD MEDAL, WOMAN'S EXHIBITION, London, 1900.

DR. BARNARDO says:—

"We have already used Neave's Food in two of our Homes (Babies' Castle and the Village Home), and I have no hesitation in saying it has proved very satisfactory."—July 27th, 1901.

USED IN THE **Russian Imperial Nursery.**

Manufacturers:—JOSIAH R. NEAVE & CO., Fordingbridge, England.

Wholesale Agents:—THE LYMAN BROS. & Co., Ltd., Toronto and Montreal.

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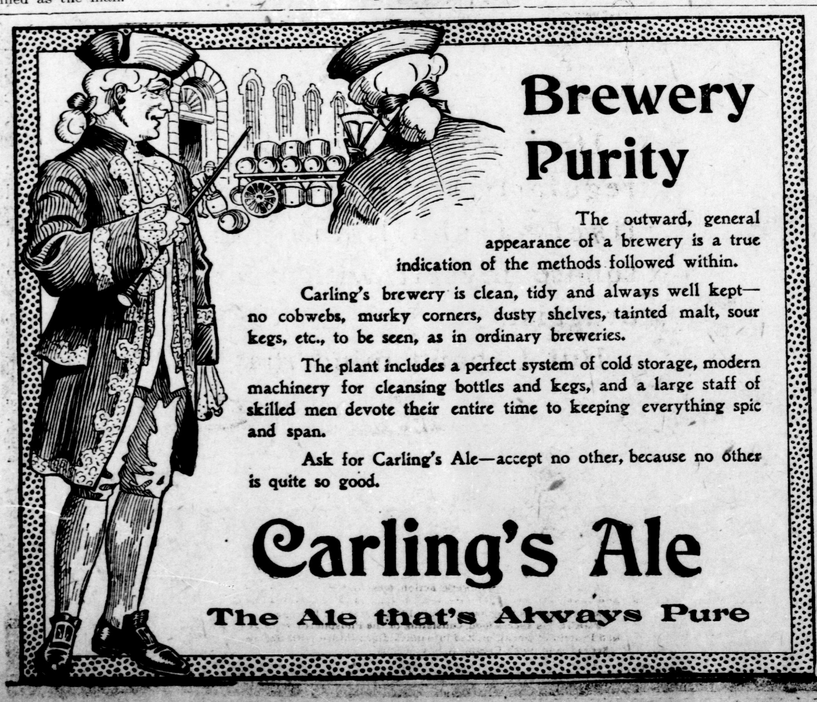
Telephone 1,344. 467 Richmond Street.

Shirt collars ironed straight, so as not to hurt the neck. Stand-up collars ironed without being broken in the wing. Ties done to look like new. Give me a call. If you are not suited, no pay. Washing returned in 24 hours. All hand work. Best in the city. Parcels called for and delivered.



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Carling's brewery is clean, tidy and always well kept—no cobwebs, murky corners, dusty shelves, tainted malt, sour kegs, etc., to be seen, as in ordinary breweries.

The plant includes a perfect system of cold storage, modern machinery for cleansing bottles and kegs, and a large staff of skilled men devote their entire time to keeping everything spic and span.

Ask for Carling's Ale—accept no other, because no other is quite so good.

Carling's Ale

The Ale that's Always Pure

Dye With Maypole Soap
Dye With Ease at Home
Dye With Sure Results

Made in England but sold everywhere. 10c. for colors, 15c. for black.

There is no other dessert looks so appetizing and tastes so delicious as that made with Pure Gold Jelly Powder. Pure and sparkling in nine true fruit flavors.

PURE GOLD
JELLY POWDER

Pure Gold—Pure Foods—No Adulteration.
All good grocers sell it. 104

LIPTON'S

"Known quality" and "known economy" are the reasons for their popularity. No other teas in the world have such a sale as

LIPTON'S TEAS