...ly, promptly and ...rse of study. The

L.B.C.

...Business and Shorthand College, London, Ont., ...ccessful graduates because they are ...ed in sound business principles. Mr. ...organ Hardy has accepted the position of ...bookkeeper with the Ontario Lumber Company, Sarnia, Ont.
ywt J. W. WESTERVELT, Principal.

WILSON'S FLY POISON PAD

FLY PADS

are always round and printed as above. Each 10c package is guaranteed to kill a bushel of flies. Sold by all druggists.
ywt

FAIRBAIRN
MERCHANT TAILOR.
Opp. City Hall, Upstairs.
ywt

Save Broiling

Over the stove these summer days. Order cakes and pastry from us. Eat and be happy; save firing; save yourself; enjoy life while you may.
KENT, Caterer and Confectioner, 209 Dundas street.
ywt

THE ROOM OCCUPIED

by you can be made more home like and attractive by placing new Wall Paper upon it. Don't cost much. Wall Paper can be had at any price. Some of the cheaper grades are of handsome design. See the thousands of patterns.

R. Lewis, 434 Richmond St

NOTICE.

R. K. COWAN, Barrister, etc., has removed his office to the county buildings, Court House Square, corner Dundas and Ridout streets, where he will continue his law practice.

SPECIAL NOTICES.

Hunt & Sons' old established feather bed and mattress cleaning factory, manufacturers of goose feather pillows, mattresses and spring beds, Ticks filled with feathers and delivered. Stoves bought, sold, or exchanged. 593 Richmond street, north, opposite Victoria Park and Central avenue. Telephone 997.

Headquarters for Baby Carriages—beautiful designs, beautiful colorings, and prices finer than ever. It costs you nothing to see them at TRAFFORD'S, 95 and 97 King street, city.

A New Departure by the Wabash.

The Wabash Railroad now runs its own solid trains from Buffalo to Chicago, St. Louis and Kansas City, passing through Niagara Falls, St. Catharines, Hamilton, Woodstock, London and Chatham. These trains are the finest ever seen in Canada, being vestibuled from end to end. Wabash trains reach more large cities than any other railroad in the world.

Time tables and detailed information of this most wonderful railway from any railroad agent, or J. A. Richardson, Canadian passenger agent, northeast corner King and Yonge streets, Toronto. 83tf

T. C. Thornhill, watchmaker, etc., knowing times are hard, has lowered his charges on watches, etc., to benefit the laborer, because of machinery and monopoly. 402 Talbot street. yt

Photography Artistic! Photography Permanent. Qualities so essential in first-class portraiture to be had every day at Frank Cooper's old established studio over 169, 171 and 173 Dundas street. xt

Homeless and hungry an unidentified man begged a shirt to die in, as he said, at the door of Clarence W. Dickerson, No. 5548 Madison avenue, Chicago, last evening. After spending two hours in wandering around the vicinity, he proceeded to the Illinois Central tracks, where he laid his neck upon a rail, and the southbound suburban train coming along at the time, in another second the wheels of the engine had cut off the man's head.

Piles! Piles! Itching Piles!

SYMPTOMS—Moisture; intense itching and stinging, mostly at night; worse by scratching. If allowed to continue, tumors form, which often bleed and ulcerate, becoming very sore. Swayne's Ointment stops the itching and bleeding, heals ulceration, and in most cases removes the tumors. All druggists, or by mail, 50 cents. Dr. Swayne & Son, Philadelphia. Lyman Sons & Co., Montreal, wholesale agents.

INFANT INDUSTRY.

"That Blinks youngster is the most indefatigable Sunday school worker I ever saw."

"Sunday school worker?"

"Yes; he has been to seven church picnics already this year."

LIFE SAVED.—Mr. James Bryson Cameron writes: "I was confined to my bed with inflammation of the lungs, and was given up by physicians. A neighbor advised me to try Dr. Thomas' Eclectric Oil, stating that his wife had used it for a throat trouble with the best results. Acting on this advice, I procured the medicine, and less than half a bottle cured me; I certainly believed it saved my life. It was with reluctance that I consented to a trial, as I was reduced to such a state that I doubted the power of any remedy to do me any good."

FISHING TACKLE SALE.

A big reduction in prices on Rods, Reels, Lines, etc. Goods cut down from 25 to 50 per cent.

See Our Window For Bargains.

Wm. Gurd & Co., 185 Dundas St., London.
ywt

There's a World

of satisfaction in a suit of clothes such as we make to order—the best that fine materials and skillful hands can produce.

SOUTHCOTT'S, 361 Richmond Street.
ywt

FINE AND WARM.

Toronto, July 30—11 p.m.—The depression which has caused thunder storms throughout Ontario moved rapidly eastward from Manitoba, and is now over the Ottawa Valley. Rain has been general throughout Nova Scottia, while in the Northwest Territories and Manitoba the weather has been fair and warm.

Minimum and maximum temperatures:

Kamloops, 60-84; Calgary, 44-82; Qu'Appelle, 40-78; Winnipeg, 50-78; Port Arthur, 60-82; Parry Sound, 56-74; Toronto, 56-81; Ottawa, 58-76; Montreal, 58-78; Quebec, 58-72; Halifax, 60-66.

PROBABILITIES.

Toronto, July 31—1 a.m.—Probabilities for lower lake region for 24 hours: Moderate westerly winds; fine and warm.

LOCAL TEMPERATURES.

The highest and lowest readings of the thermometer at the observatory here yesterday were 78 and 53 above.

Sandwich Loaf.....

Just the thing for Picnic Parties. Get a loaf and try it.

JOHNSTON BROS., PHONE 818.
ywt

Cigars to Burn.

All the leading 5c and 10c brands in stock. . . . .

W. J. Portwood, 394 Richmond St Opposite City Hall.

FIRE! FIRE!

Goods at Half Price.

Beltz's, HATS AND CAPS.
826 ywt

In the Dining-Room.

SUNDAY, AUG. 1.

BREAKFAST—Shredded wheat. Rice omelet. Fried new potatoes. Stewed red plums. Parker house rolls. Coffee.

LUNCHEON—Cold meat. Cucumber catsup. Macedoine salad. Bread and butter. Warm apple pie. Tea.

DINNER—Corn soup. Breast of lamb with tomato sauce. Boiled potatoes. Fried new beets. Blackberry sponge. Coffee.

Cut out these recipes and paste them in a scrap-book.

Shredded Wheat Biscuits—Should be heated in oven and served with butter and syrup or sugar and cream.

Parker House Rolls (unfermented)—One quart sifted flour, three teaspoonfuls baking powder, one tablespoonful cold butter, one-half teaspoonful salt, one of sugar and well-beaten egg. Rub well into flour, add pint cold milk, roll into smooth dough half-inch thick. Cut with biscuit cutter, spread with soft butter. Fold one-half of each over the other and lay on greased tins. Rub sweet milk over top and bake in hot oven.

Cucumber Catsup—Grate one dozen cucumbers, add two chopped onions, one-fourth pint salt and drain on sieve over night. Then add one-third cup mustard-seed, one teaspoonful pepper and cover with cider vinegar. Enough for several days. This may be made in any quantity and will keep perfectly.

Macedoine Salad—Take an even quantity of cold cooked vegetables—peas, beans, beets and potatoes cut fine. Add a little minced onion, cover with salad dressing, mix lightly, and serve, very cold, garnished with bits of pickled beets and celery tops.

Apple Pie (excellent)—For crust take one large cup flour, into which sift one-fourth teaspoonful each of salt and baking powder. Rub in scant half-cup lard. Mix with ice water, cutting it into dough with a knife. Pare as many Astrachan apples as can be put in the pie, cut in small pieces, add five or six tablespoonfuls sugar, one level tablespoonful sifted flour, one of water and bits of butter. Stir all together, season with cinnamon or nutmeg. Bake pie 40 minutes.

Breast of Lamb with Tomatoes—Wipe lamb with wet cloth, cut out bones, season with a teaspoonful of salt and a quarter teaspoonful of pepper. Put on inside lamb a layer of bread crumbs mixed with one egg, tablespoonful butter, even teaspoonful salt, quarter saltspoonfuls of pepper. Roll lamb and tie; put in a saucepan with bones and brown over hot fire; dredge a tablespoonful of flour over meat and brown; then add a quart of tomatoes, peeled and sliced. Season them with salt and pepper, add enough boiling water to make tomato sauce the consistency of gravy. Cook lamb slowly one hour.

Fried Beets—Wash without breaking skin, boil tender, slice and fry in butter; season with salt and pepper.

Blackberry Sponge—Soak one-half box gelatine in one-third cup of cold water half an hour. Add one pint boiling water, one-half cup sugar, one cup blackberry juice. Heat; then strain into a tin basin set in pan of cracked ice. Let stand till cold and thick; add well-beaten whites of four eggs; beat smooth and turn into mold to harden. Serve with cream or not.

A BIG REDUCTION

In Straw and Light Weight Fedora and Stiff Hats. We are clearing them at wholesale price—our object is to make room for fall goods. Profit has no consideration now.

Milne, Spittal & Co., 146 Dundas Street. London.

London Advertiser.

TELEPHONE NUMBERS.

107.....Business Office.
134.....Editorial Rooms.
175.....Job Department

ALMOST SUCCUMBED

to heat—doctors gave up all hope, but after taking a trip to SPRINGBANK by the electric cars revived immediately.

A Local Budget

—Dr. James D. Wilson is seriously ill.

—The Hamilton baseball club is at the Tecumseh.

—Rev. Ira Smith, wife and daughter, are holidaying at Montreal.

—Miss Ella McBain, of Toronto, is visiting Miss Jennie Robertson, of Princess avenue.

—Master Norman Alexander is spending his vacation at the boys' brigade camp, near Sarnia.

—The concert to be given in Victoria Park last evening by the Seventh Band was postponed on account of rain.

—The work of macadamizing Dufferin avenue between Waterloo and Colborne streets, was begun yesterday.

—Alex. Harvey, proprietor of the London Music Hall, is advertising the place to lease in the New York Clipper.

—P. C. McDonald has returned from a holiday trip through Huron county. He says he heard nothing but bagpipes.

—Mrs. (Conductor) Snider, of London, is visiting at the residence of her father, Mr. Thomas Milne, of Mount Forest.

—Mr. Neil R. Gray and Master Morty Wardle, city, are rusticating for a couple of weeks at Rob Roy farm, near Dorchester.

—Rev. W. J. Clark has got back from his holidays, and will tomorrow occupy the pulpit of First Presbyterian Church morning and evening.

—Miss Florence Gurd, of 544 Waterloo street, has returned from visiting her friend, Miss Lily Norman, Spadina avenue, Toronto.

—Mr. and Mrs. D. B. Cockburn, of Toronto, are spending a few days with the former's sister, Mrs. Charles Bredin, 307 Simcoe street.

—A reception will be tendered Rev. Thos. Wilson, of King Street Presbyterian Church on Thursday, Aug. 12, on his return from his holiday trip.

—Mrs. H. A. Boomer has returned from her visit to the Maritime Provinces, having spent several weeks at Lawrencetown, Halifax county, N. S.

—Miss Melie McCarthy, Burlington street, cashier for Stanley Mills & Co., leaves this afternoon on a wheeling tour to London and Detroit.—Hamilton Times.

—Miss Nellie Smith, of High street, South London, has returned home after spending a month's holidays with friends at Hamilton, Toronto and other places.

—Mrs. G. W. and Miss Ada Ashwell, of Strathroy, are visiting Mrs. Ashwell, Piccadilly street.

—Mr. Thos. Alexander, of the inland revenue department, London, accompanied by his wife and family, and Mr. Norman R. Henderson, M.D., were guests at the Vendome, Sarnia, yesterday.

—Miss Kate Minton, of Toronto, formerly of London West, is visiting friends and relatives in this city. She will also spend a couple of weeks with Mrs. (Rev.) Chas. Smith, Exeter, before returning home.

—Miss Georgie Calver, of Walkerville, returned home today after spending a pleasant two weeks' holiday at Port Stanley and with Miss Winnie Atkinson, South London, and other acquaintances.

—Only two drunks presented themselves at the police court this morning —Jas. Johnston and James McPherson. Both were discharged. John Morkin, not in a fit condition to appear, was remanded for a week.

—James Burns, who was shot in the arm by Constable Wilson at Strathroy, a few days ago, is still in the hospital. His arm is improving nicely. He was remanded until Monday, when he will be brought before Squire J. B. Smyth for hearing.

—Rev. Hilton Pedley, who for the past eight years has been laboring in the mission fields of Japan, is in the city, and will occupy the pulpit of his brother, Rev. J. W. Pedley, in the First Congregational Church, tomorrow. The subject of his evening sermon will be "Japan in 1859 and 1897."

—The death occurred yesterday of Mr. Gilbert Lock, an employe of the London Furniture Company for the past three years. Death was due to inflammation of the bowels. Deceased was a native of Devonshire. He was highly esteemed by his employers and fellow-workmen. Mr. Lock was a member of Court 6,507, A. O. F., and will be buried by the order.

—Much to the regret of his numerous friends, Mr. A. C. Heath leaves here tomorrow (Sunday) evening for London, Ont., where in future—owing to the numerous changes in the Grand Trunk Railway system—he will be stationed. Mrs. Heath and her young family will, however, still remain here for the summer months.—[Montreal Herald. Mr. Heath is a member of the carshops office staff.

—Mr. Gus Kalus, carpet foreman for A. Screaton & Co., appears to have the Thames fishing record for the season. He captured a pike three feet long and weighing eight pounds in the river below the Meadow Lily Mills. The owner has the fish on exhibition. Mr. Kalus, along with Messrs. W. Bartlett and J. Crow, of the same establishment, caught 25 pike and two bass in a stream near Lambeth the other day.

—The serious charge of having criminal relations with Olive James, a 13-year-old orphan, who lives with her grandmother on the Gore road, preferred against Henry Curtis, an old married man, was begun at the court house yesterday afternoon with closed doors before Squire J. B. Smyth. The only people admitted were the child, her grandmother, Curtis, and three of his friends. Mr. James Magee, Q.C., prosecuted, and E. Meredith, Q.C., defended. The child told her story straightforwardly, but broke down under the severe cross-examination of Mr. Meredith. The case was adjourned until Thursday next, and Curtis bailed in $2,000—himself in $1,000, and four others in $250 each.

—On Friday morning Emily A., wife of W. J. Wilson, V.S., and daughter of Alfred and Sarah Padfield, passed away suddenly at her late residence, 82 King street, after an exceedingly short illness. She was born in the township of Blanchard, and at an early age removed to this city with her parents, who conducted a grocery business on Richmond street north for some years. She was a member of the Church of England, and attended St. John the Evangelist Church, and on her removal to the southern part of the city attended St. James' Church. By her kind and pleasant manner, she made numerous friends. She leaves to mourn her loss a bereaved husband and four children, her father and mother, two sisters, Minnie and Maud, and two brothers, John A., of this city, and James, of Chicago. Her end was peace.

The Necessity For Medicines

Furnishes its own reminder, but we would like to suggest in passing that when any such unfortunate need occurs there is no place where it can be supplied with more promptness, skill, accuracy, or with a higher class of drugs and chemicals than at

Barkwell's Drug Store
268 DUNDAS STREET.
ywt

PICNIC GOODS.

FOR SANDWICHES:
Ox Tongue, Ham, Chicken, Partridge and Wild Duck Paste.
DRINKS:
Orange and White Grape Cider, Raspberry Vinegar, Lime Juice.
CANNED MEATS:
Ox and Lunch Tongues, Chipped Beef, Boneless Turkey and Chicken.
PICKLES:
Gillard's, Lazenby's and Heinz'. Take along a can of Heinz' Beans in Tomato Sauce if you want something nice.

T. A. Rowat & Co.
PHONE 317.

TO EXPORTERS.

Mr. R. Dawson Harling, 23 Scott street, Toronto, has been appointed western freight agent of the Head line of steamers, which sail at regular periods between Montreal and Belfast (direct) and Dublin (direct). He will be pleased to hear from intending shippers and give them further information.

VOTERS' LISTS FOR NEXT ELECTION.

During the session of 1894 the Ontario Legislature passed an act known as the "City Manhood Suffrage Act," providing for the registration of manhood suffrage voters in cities after the announcement of the general election. During a subsequent session an act was passed extending the provisions of the act of 1894 to all county towns in the province. Manhood registration immediately previous to the next provincial general election will therefore be held in all the cities and county towns in Ontario. The work of revising the voters' lists in all other municipalities (including towns that are not county towns) is now in progress, and the lists should be made as complete as possible. The work in towns that are not county towns, villages and townships should be attended to at once, for only in cities and county towns will registration take place after the announcement of the election.

AT PORT STANLEY.

Mr. and Mrs. Stirling, of Cleveland, are staying at W. H. Farr's.

The Misses Coveny, of Delaware, Ont., are staying at Mrs. Nicholas'.

Miss Ollie McDonald, of Buffalo, and Mrs. Kearns, St. Thomas, are guests of Mrs. C. Murphy.

Mr. and Mrs. Frank McDonald, of London, are visiting at Mr. Josiah Burton's Union road.

J. and P. Carson, Geo. Wilson and "Ikey" Bowman compose the Kalamity Kamp Kwartet.

Mabel and Nellie Brown are visiting their aunt, Mrs. E. T. Mitchell, Wilson avenue, St. Thomas.

Mrs. Hugh Savage (nee Maggie Ferguson), of Detroit, is visiting her parents, Mr. and Mrs. Jas. Ferguson.

Miss McKay, of Alisa Craig, is visiting her brother, D. M. McKay, the popular agent of the L. E. and D. R. R.

"Summ'at T' Eie" Camp is composed of Harry Burns, Lindsay Lackie, Alex. Power, Art Johnson, Lionel Labelle and Donald Wright.

Miss Verva Hutchison, daughter of Dr. Hutchison, Richmond Hill, and Misses Etta and Lily Rogers, of Kingsville, are the guests of Mrs. T. B. Escott.

"Sorefoot" Camp of Port Bruce is the kraal wherein Charlie Cowan, Lailey McLeay, Eddie Barnes and Johnie Bone regale themselves.

Campers are rapidly coming in and the Port is fast assuming quite an oriental appearance. Camp Alpha comprises Frank Bryant, W. D. McKeehnie, John M. Brown, Geo. Clarke, C. M. Carson, Frank Campbell, J. B. Campbell and H. B. Beal

ARCANUMITES AT BAT.

South London and London Councils Play Ball at Springbank—Game Called in the Third Inning.

South London and London Councils of the Royal Arcanum Society picnicked at Springbank yesterday. The prospect of rain was unfavorable for a successful picnic as far as numbers were concerned, but those who were present had a merry time. It was nearly six o'clock when the rain came, and luckily a couple of cars happened along at the same time. Only two innings of a baseball match were played, but there was great promise in them. It really seemed too bad that such a game should be nipped so early in the bud. Several old-time players, including Messrs. R. Southam, R. K. Cowan, Ald. Parnell and School Trustees J. Macpherson and Thomas Gillean, were just getting down to work and no doubt would have made some brilliant records. Not being a league game, the score at the end of the second inning was accepted. It was 5 to 4 in favor of South London Council.

The players were: For London Council—Thomas Gillean (captain), R. J. Shillington, Walter Morgan, J. F. Lashbrook, A. O. Shillington, R. K. Cowan, A. D. Huff, W. Bartlett, E. Whittaker. For South London Council—R. W. Rennie (captain), J. Macpherson, Ald. Parnell, J. T. Westland, George Trebilcock, D. Mills, H. Plastow, Richard Southam and George Gregory.

The umpire was Conductor John Gillean, and he evened matters up very nicely.

The winners of the races were as follows:

Girls, under 5—1 Aggie Ruddey, 2 Connie Morgan, 3 Margie McLeod.

Boys, under 15 and over 8—1 Bert Trebilcock, 2 A. Ruddey, 3 Herman Westland.

Girls, under 8—1 Rhea Seccombe, 2 L. McLeod, 3 Ida Plastow.

Boys, under 8—1 Harold Rennie, 2 Fred Trebilcock, 3 Johnnie Weekes.

Girls under 15 and over 8—1 Beatrice Plastow, 2 Vera Weekes, 3, Hattie Trebilcock.

Members' race—1 R. Southam, 2 G. Gregory, 3 Ida Plastow.

Hobble race—1 R. Southam, 2 G. Gregory, 3 J. T. Westland.

Girls (special)—1 Ida Plastow, 2 Beal Plastow, 3 Margie Plastow.

HAND-IN-HAND.

Health and Happiness Go Hand-in-Hand—With Stomach and Nerves All Out of Sorts, Health and Happiness Are Unknown.

Frank A. Gadbois, Cornwall, Ont.: "I was for several years a great sufferer from indigestion, dyspepsia and nervousness. I took many remedies without any relief. I saw South American Nervine advertised. I procured a bottle, and I can truthfully say it is the best medicine I ever used, and I strongly recommend it to anyone suffering as I did. A few doses wonderfully helped me, and two bottles have made a new man of me." It cures by direct action on the nerve centers.

For sale by C. McCallum and B. A. Mitchell.

Cheap Sugar. See India Tea Company's ad, 6th page, Monday. ywt

You will always find the best values at Kingsmill's.

KINGSMILL'S

Specials For This Week:

PRICE LIST:

Cotton Sateens, 34 inches wide, worth 18c, for	10c
Men's Cotton Ties, worth 10c each, 4 for	25c
Men's Braces, extra length, pair	10c
44-inch All-Wool Dress Goods, worth 30c, for	18c
Heavy Huckaback Toweling, 16 inches wide	4c
White Sateen Parasols, worth 40c, for	25c
Ladies' Leather Belts, worth 25c, for	10c
Ladies Sterling Silver Belt Buckles	25c
Heavy Silk Belting Ribbon	16c
Dark-Colored American Crepons, worth 15c, for	8c
Light-Colored American Ginghams	9c
32-inch Printed French Dimities, worth 18c, for	12½c
Turkey Red Table Linen, worth 40c, for	25c
32-inch American Organdie Muslins	9c
White Unbleached Table Linen, worth 30c, for	20c
American Glace Crinkle, worth 15c, for	8c
English Granite Cloth Dress Goods, worth 30c, for	20c
Men's Ready-Made Flannelette Shirts, were 40c, for	25c
Your choice of our whole stock of Shirt Waists	40c
Ten Pieces All-Wool Tweeds, cut free of charge	35c
36-inch American Grey and Black Prints, worth 12½c, for	10c

Look! Examine! Compare!

KINGSMILL'S

Dundas and Carling Streets.

Agents for Butterick's Patterns and Publications.

FIRST IN POPULARITY.

A Famous Monthly on Premier Laurier's Visit.

The London Review of Reviews, in an article describing the visit of the colonial premiers to Britain, says: "From the time that these premiers landed in England down to the present day they have been feted and lionized more than any other three persons in the three kingdoms. Both publicly and privately they have been treated as the heroes of the jubilee, and among all the premiers, Sir W. Laurier, who rode first in the colonial procession on jubilee day, has been easily first in popular estimation. Canada, after all, is nearer to this country than either Australia or South Africa, and Canada has far advanced in the evolution of independent self-government. In all Australasia there are fewer residents than in the Dominion of Canada, but Australasia, with New Zealand and Tasmania, were represented by no fewer than seven prime ministers, while Sir W. Laurier represented the whole federated Dominion. Nor was that the only secret of the honor which was everywhere paid to him. Sir W. Laurier was not only fresh from a great victory at the polls, but he was the first prime minister ever to make the home country a practical offer of fiscal co-operation. Even without that, his personality would have commanded attention and respect. Sir W. Laurier is of commanding presence, and a born orator."

GRAND TRUNK CHANGES.

Redistribution of Roadmaster's Officers—Other Impending Changes.

Toronto, July 30.—A day or two ago it was announced that Grand Trunk Roadmasters R. Love R. Fountain and G. W. Cummings had resigned. No one has been appointed to take their places, but a redistribution of districts has been made, and will go into effect Aug. 1. There are now ten roadmasters where formerly there were thirteen. The change is announced in a circular signed by H. Ferguson, general roadmaster, and approved by Superintendent Fitzhugh. The districts are now located as follows:

P. Nelson, Hamilton; Niagara Falls to Paris, Burlington Junction to Port Dover, Allanburg branch, Beach Road to Stoney Creek.

A. Savage, Brantford; Glencoe to Cayuga, Tilsonburg Junction to Guelph Junction.

W. G. Smith, London; Paris to Watford, London to St. Marys, Hyde Park to 20 M. P. on 24th district.

W. Young, Sarnia tunnel station; Watford to Point Edward; Point Edward to Berlin (omitting Stratford yard), Petrolea branch, St. Clair tunnel and approaches.

R. Bagnall, Chatham; Komoka to Windsor, Glencoe to Kingscourt Junction.

J. Piper, Toronto; York to Berlin, Elmira to Galt, Toronto to Hamilton Junction.

T. Turner, Port Colborne; Fort Erie to Cayuga, Buffalo to Brantford, Welland branch.

A. Bruce, Stratford; Goderich to Brantford, Tavistock Junction to Port Dover, Simcoe to Port Rowan, Stratford yard.

C. Dallas, Wingham; Stratford to Listowel, Palmerston to Durham, Palmerston to Kincardine, 20 M. P. (24th district) to Wingham Junction.

T. Lockhart, Palmerston; Guelph Junction to Southampton, Harriston to Owen Sound, Parkhead Junction to Wiarton.

Toronto, July 30.—It is rumored that among the impending changes on the Grand Trunk is the removal of Arthur White, divisional freight agent at Toronto, to become manager of the National Dispatch fast freight line, with headquarters at Boston, and controlled largely by the G. T. R. He will probably be succeeded by J. E. Dalrymple, now chief clerk to Geo. B. Reeve, general traffic manager. Mr. Quinn, of Hamilton, will be connected with the Great Eastern fast freight line, with headquarters at Detroit.

SEEKERS OF TROUBLE.

The Corruption of Self-Pity—A Degrading Habit.

Self-pity is the most elusive and deceptive form of selfishness; it beguiles the most acute mind which yields to it, and disintegrates the clearest judgment if it becomes a habit. It is a kind of sentimentalism which finds its food in our vanity and grows by what it feeds on. It seems like a consolation for our mistakes and misfortunes, but it really is an anodyne which protects us from a pain that is essential to health. When we blunder and fail, we ought to suffer, since suffering puts us on a road to a recovery of what we have lost, or to the conquest of that which we have not had the strength to grasp. What we need is the tonic of a relentlessly honest dealing with ourselves. If we have been weak, small, mean, we want to know our defects and call them by names that accurately describe them. If we have not secured the approbation we crave, we ought, for charity's sake, frankly, fully, and squarely to accept the fact that we have missed the approbation because we have not done the work that would have won it. If we deal with ourselves in this spirit, we pay ourselves the highest respect, and put ourselves in the way of being worthy of it. But too many of us do nothing of the kind. We begin to pity ourselves, to look upon others as ungenerous and unsympathetic, to lay the responsibilities of our failures on some person or circumstance. We soon come to think of ourselves as martyrs and victims; we build up a fictitious character for ourselves; we create unreal sorrows and bear unreal wrongs. We end by corrupting and debilitating ourselfves to such a degree that we cease to have a clear vision, a truthful tongue, or a loyal heart. To put the result of a course of self-pity in plain speech; we deceive ourselves so long and so persistently that we become chronic liars to ourselves and chronic slanderers of others. It is an awful thing to become an incarnate lie in a universe which is relentlessly truthful.

Eternal Vigilance

Is the price of perfect health. Watch carefully the first symptoms of impure blood. Cure boils, pimples, humors and scrofula by taking Hood's Sarsaparilla. Drive away the pains and aches of rheumatism, malaria and stomach troubles, steady your nerves and overcome that tired feeling by taking the same great medicine.

HOOD'S PILLS are the best family cathartic and liver tonic. Gentle, reliable, sure. g

Seventeen cotton mills are in course of construction in North Carolina.

Minard's Liniment Cures Colds, etc.