

dinner a jug of milk appeared upon the table. I took half a glass and began sipping it. It tasted so strongly of the stable I suggested to my colleague there was no mistake about it; this was genuine cow's milk. He filled his glass promptly and downed half of it before he struck the flavor. It was cow. We do not require to have our product in a crude condition to enable an intelligent public to understand it is genuine. It is just as absurd to call for propolized and travel-stained honey as it is to call for hair in butter. We have for several years been using a section scraper. It is made of a putty knife. At one corner a notch is made an eighth of an inch wide and a quarter inch deep; this enables anyone to scrape at one time the outer side of the section to the depth of a quarter of an inch, also the face edge of the piece of wood. Another notch is made about three-eighths of an inch down the other side of the knife. It is filed wide enough to conveniently contain a piece of wood the thickness of the section, and the cut is made such a depth that when the wood is passed through the notch in the knife the three surfaces can be scraped rapidly, and yet if the section is taken with separators there is no danger of injuring the comb. When the thumb is used as a gauge one has to be careful and this means the loss of time, and then many mistakes are made.

#### Anderson's Physical Education.

We have just received, from the publishers, a copy of "Anderson's Physical Education." This is the latest work of Dr. W. G. Anderson, the well-known professor of Gymnastics at Yale University. The book treats of every phase of Body Building, and is "up to date" in every particular. There are special chapters devoted to Professional people, Business Men, Women and Children. It tells you how to decrease your weight if corpulent, and increase it if thin. It gives valuable Measurement Charts for both men and women. Every reader interested in better health, greater strength, grace, self-control, elegant carriage, should possess a copy of this work.

The Book is full of good suggestions for all classes. The Parent who is anxious about the narrow chest of the child—the Young Man who is worried about his lungs and stooping shoulders—the Business Man on the verge of collapse—the busy Editor, Lawyer, or Minister, alarmed because of an over-taxed brain and its resultant sleeplessness—the Society Woman who finds the adipose tissue is accumulating too rapidly over the abdomen—the Housewife who can no longer climb the stairs without losing her breath—the Young Lady who is troubled about the bones in her neck showing and slight bust development can all find in this book much that would benefit and help them. We know of no work that gives so many useful and helpful suggestions in such compact and readable form. The illustrations, about one hundred in number, are taken from drawings and life.

The book will be sent postpaid by the Publishers for 15c. Address—

THE HAROLD A. WILSON Co., L't'd.,  
85 King St. West, Toronto.

#### CANADIAN FRUIT AND HONEY.

Samples Received in England Pronounced Excellent.

Letters From Leading Manchester And Bristol Men.

The following has been going the rounds of the Canadian press:

Ottawa, Oct. 19.—A letter has been received at the Department of Agriculture from the Lord Mayor of Manchester, Hon. Robert Gibson, in which he says:—"The samples of maple syrup, maple sugar, and clover honey have duly arrived. The honey and syrup I have submitted to some large buyers of such material here, who seem much pleased with the samples, and have promised to communicate with their Canadian agents. I shall indeed be pleased if it leads to business, and the more the Mother Country can reciprocate with her colonies the better for all."