HEALTH IN SPRING.

NATURE REQUIRES ASSISTANCE DURING THESE MONTHS.

To Help Throw Off the Impurities That Have Accumulated During the Winter Months—Purgatives Should Not be Used—It Is a Tonic That is Needed.

In this climate there are many reasons why people feel all out of gear in the spring months. Perhaps the chief of these is the long hours in imperfectly ventilated offices, shops and houses during the winter months. You may feel that there is nothing serious the matter; you are only a little tired after slight exertion, or perhaps your appetite is fickle, or little pimples or eruptions on the skin show that the blood is not as pure as it should be. If you feel this way, not only your comfort but your health demands that you take proper steps to cleanse yourself of the blood impurities that are responsible for your condition. You need a tonic, blood purifier, nerve strengthener and general up-lifter of the entire system. Dr. Williams' Pink Pills for Pale People meet all these requirements more perfectly than any other medicine. These are tonic pills and not violent and weakening like purgative medicines. Nature does not require a violent measure in spring, but a helping hand to throw off the impurities which have accumulated during the winter, and so toning and strengthening every organ and function that a condition of perfect health will prevail. Everyone—old and young—ought to take Dr. Williams' Pink Pills in the spring. There is no other medicine will do you so much good. Mr. James Salmon, postmaster, Salmon Creek, N. B., says:—"Last spring I was feeling decidedly unwell. I was weak, dizzy at times, and continually felt tired. My appetite was poor and I was losing in weight. I tried several medicines, but nothing did me any good until I began the use of Dr. Williams' Pink Pills, and a few boxes of these made me feel like a new person. I would advise all who feel run down and out of sorts to take Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are also effective in the cure of all diseases due to poor, thin, watery blood or weak nerves. Do not take a substitute for these pills—it is a waste of money and a menace to health to do so. See that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. Sold by all medicine dealers, or sent postpaid at 50 cents a box, or six boxes for $2.50 by addressing the Dr. Williams Medicine Co., Brockville, Ont.

ENGLISH EXPERIENCE.

The county of Essex has for some years past set an example to other counties in the way of scientific agricultural experiments and its technical committee has just concluded a six years' experiment dealing with pasture land and the hay crop. These experiments have been conducted in nine different localities and on as many different soils, and the net result shows that by judicious fertilization the hay crop can be enormously increased. For instance, it has been proved that nitrogenous manures, nitrate of soda and sulphate of ammonia, have a greater effect on newly laid down pastures than on old. Thus 1½ cwts per acre of nitrate of soda produced on new grass land an average increase of 49½ per cent. Sulphate of ammonia has, with scarcely an exception, produced more hay than nitrate of soda in the first years of the experiment, but latterly nitrate of soda has produced the better yield, showing that sulphate of soda is the more exhausting to the soil, and that the other in the long run is the more profitable. Phosphatic manures also produced a large increase, the average being 49½ per cent. with the further advantage that when these manures are used the herbage improves each year.

It is, however, when the nitrogenous and phosphatic manures are combined that the greatest results are shown, and the increase obtained from a combination of the two has amounted to as much as 102 per cent. Experiments were also made with ordinary barnyard manure, and the results show that while the increase obtained from each year's manuring was considerable, very little permanent improvement is effected, and that the manuring of a previous year is only responsible for 10 per cent. increase in the hay crop.

Another interesting experiment was the mowing of the hay and grazing of sheep in alternate years. For this purpose a field was divided, one-half being grazed by sheep fed on oil cake, and the other half by sheep not fed. The result of the hay crop next year was that on the part where the sheep were fed oil cake the cut was 19½ cwts per acre, and where the sheep were not fed oil cake, only 14 cwts.

FOR EVERY MOTHER.

A Manitoba Mother Gives Practical Advice on the Care of Babies.

It is well known that nearly all infant troubles spring from a disordered stomach. Indigestion in a child will cause at first peevishness and sleeplessness, but other more serious troubles will follow fast, such as colic or cramps, constipation in some cases, diarrhoea in others, with fatal results in many cases. The mother who neglects having constantly at hand the means for treating these ills takes an awful risk. Mrs. R. L. McMillan, Logoch, Man., is one mother who is particularly well fitted to give advice on the care of babies. Her standard medicine for the minor ailments of her little ones is Baby's Own Tablets, and she says:—"They are the best medicine I have ever used for infant ailments. I have given them to my baby for indigestion and stomach trouble and they are prompt and thorough in making a cure. No mother should be a single day without the Tablets in the house."

Baby's Own Tablets are for children of all ages, and will cure such troubles as constipation, colic, sour stomach, diarrhoea and simple fevers. They are invaluable for teething children, and will break up colds and prevent croup. Guaranteed to contain no opiate or other harmful drug. Dissolved in water they can be given with perfect safety to a new-born babe. Sold by all dealers in medicine, or sent post paid at 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

THE CAUSE OF HICCOUGH.

Hiccough is due to the spasmodic contraction of the diaphragm. This is the result of the irritation of the ends of the phrinic and pneumogastric nerves in the stomach acting reflexly upon the diaphragm. The exciting condition of the nerves can be overcome by a simple pressure of the index finger just above the upper end of the sternum.

"I made ugly faces at your stuck-up sister the other day, but I suppose she didn't see me." "Oh, yes, she did, but she thought they were natural."

A Scourge of Doubt.

OR.....

THE ERROR OF LADY BLUNDEN.

CHAPTER II.

Descriptions, like comparisons, are odious. The "mind's eye," though following with willing haste the tongue that speaks, never quite grasps the truth. It sees either too much or too little. You may have the pen of a genius, and may paint your Paul or your Virginia in glowing colors, yet you will never get the uninitiated to understand in the very least what he or she may be like. Nevertheless, a slight sketch of the Tremaines must be given.

They are, to begin with, that most interesting of all things a handsome family. They are all handsome; the Tremaines would have scorned to acknowledge an "ugly duckling." For generations such a thing had not been so much as hinted at among them.

Mrs. Tremaine, though arrived at that age when the question of birthdays is viewed with disfavor, is still very good to look at, and eminently aristocratic. She rejoices in the thin transparent nostrils, the fine lips, the pale blue eyes, and high white brow that are generally supposed to belong by right to blue blood. She rarely laughs, but she has the most charming smile in the world,—a lingering, perfect smile, with something in it unwilling, that adds to it but another charm, compelling as it does the companion of the moment to accept it as an irrepressible tribute to his own peculiar powers of pleasing. She also possesses to perfection the calm indifference of manner that goes so far to hide the craving for settlements so undying in the breast of the British matron.

Mr. Tremaine is handsome also, but of a darker type, and is one of those men who are indebted to their wives for their individuality. He is "Mrs. Tremaine's husband," and many people like him the better for that. He is a most estimable man, warm-hearted and affectionate, but I don't think even his best friend could call him brilliant. And, when twenty-five years before this story opens, he offered his hand, which was large, and his fortune which was larger,—to Miss Lascelles, the spoiled beauty of the year, al, the world—that is, the male portion of it—expressed astonishment at his presumption. None, however, was expressed by Miss Lascelles herself, who accepted both the hand and fortune without hesitation.

The marriage proved a very happy one,—which disgusted the world—that is, the female portion of it—extremely. Mrs. Tremaine was fond of life and its good things, and very fond of her own way. Mr. Tremaine (wise man) never thwarted her in anything. The result of their union, therefore, was a most unusual amount of real contentment, and four pretty children.

Brandrum, the eldest—commonly called "Brandy"—is a cheerful, perhaps rather too cheerful, young gentleman of twenty-three. He calls himself a hussar; but as he is generally on leave all the year round, his friends say it doesn't seem to matter much what he calls himself; any other regiment (for all it is likely to see of him) will do just as well. He has curly hair and blue eyes, like all the Tremaines, and a smile like a cherub; and women as a rule pet him more than is good for him.

The second child, Kitty, is exceedingly handsome, tall, and dark, like her father, and an undoubted success. All last season she was caressed and made much of, and had actually been able to refuse an earl,—greatly to her mother's chagrin. But when, towards the close of July, she left town with every satisfactory symptom of having made a conquest of Sir John Blunden, Mrs Tremaine forgave her, and devoutly though secretly thanked her stars that she had been disobedient in the matter of old Lord Sugden, who, though of higher rank that Sir John, was of infinitely shorter rent-roll.

Sir John as yet has not proposed in form, but words have been spoken and looks interchanged: and, though nobody enlarges on the subject, everybody hopes he means to do so. Although near neighbors,—Coolmore, the Blunden property, being only eight miles distant from the Court, where the Tremaines live,—he and Kitty had never met until that last memorable occasion in town; and now he has followed her to the country, under the pretense that his fine old house wants renovating, everybody feels that Kitty in effect is Lady Blunden.—Sir John being a young man not addicted to the sentry except at certain seasons and then very much fonder of other people's houses than his own.

Perhaps Kitty herself is the only one who feels any serious doubt about his ultimate intentions. She knows him to be a careless, easy-going young man, who has held his own successfully through many a hot campaign with managing mothers and who up to this has carefully avoided matrimony as one might the plague or any other misfortune. Young men like Sir John, who have proved themselves over-attentive to various young women year after year and yet have obstinately abstained from bringing their attentions to a satisfactory finish, are generally termed flirts; Kitty has heard Sir John so called, and in her heart has not liked the speaker the better for saying it. A man who flirts systematically is a disgraceful thing,—so she tells herself,—yet she cannot bring herself to think Sir John disgraceful. He has said things to her that have interested her and have a good deal to do with her rejection of Lord Sugden and others,—things that might almost be construed into an offer of marriage: and still she cannot be certain he means to propose to her. In town there had been many opportunities to speak had he so willed it, but he had not seized them. Above all there was that last evening at Lady Brompton's, when the lights burned low in the conservatory, and the flowers slept, and the very stillness breathed love, yet he had not spoken. No one, of course, mentions Sir John to Kitty Tremaine as an acknowledged lover, nor does she ever mention him as anything but a casual acquaintance, even to Gretchen; though in her she would have surely gained a sympathetic listener.

Pretty Gretchen! with her pale pure face, and little Grecian nose, and great blue eyes, that remind one of nothing so much as the sweet Czar violet. She is two years younger than Kitty, and smaller and slighter, with an expression calm and unspeakably tender. To think of Gretchen is to think of moonlight or the soft perfume of roses, or faint strains of sweetest music. To see her is to love her. To know her is a "liberal education."

Then there is Flora, the last but by no means the least of the Tremaines,—a tall and very determined person of twelve, who would reject with ignominy the notion that she is still a child. Her eyes are gray, steady, and severe; her small mouth is incorruptible. She is one of those awful people with whom a spade is a spade; and to even hint a harmless falsehood in her presence, and to suddenly find those gray orbs fixed upon you is to lose instant self-control, and to long for the earth to open and swallow you up. She admires Kitty,—though being cognizant of her faults, she does not scruple to tell her of them occasionally; she adores Gretchen, and maintains an undying feud with Brandy, to whom she is a joy and an everlasting resource.

Kitty, having searched the house diligently for Gretchen, and failed to find her, walks into the school-room as a last chance, and looks anxiously around her; whereupon Flora raises her head from her German in a vain hope that something is going to occur to put an end to her detested lessons; and Brandy, who is smoking a cigar against all rules upon an elderly sofa, asks, inelegantly, "What's the row?"

"Meg, are you here? Where is Gretchen?" asks Kitty, anxiously.

"Meg was meek, and Meg was mild, And bonnie Meg was Nature's child," quotes Flora, gayly, glad of the interruption.

"If it is 'Nature's child' you want' says Brandy, obligingly, sinking back again upon his faded though luxurious cushions, "I am almost sure you will find her in the garden."

Thus encouraged, Miss Tremaine crossed the room, and, putting her head out of the open window, says, loudly, "are you there, Gretchen?" to the back of the summer-house half overgrown with silvery clematis and the fast reddening Virginia creeper.

A soft voice answers,—

"Yes. Do you want me, Kitty?" And Gretchen, emerging from her bower, stands gazing inwards, one white hand shielding her eyes from the sun.

"Not I so much as mamma. She wishes you to go visiting with her. Be quick, dearest; the carriage is ordered."

"Coming," says Gretchen, disappearing behind the escalonias and running down the garden walks through borders of glowing flowers.

"I wish, Brandy," says Kitty, drawing in her head, "you would not smoke in the school-room. You know mamma particularly objects to your doing so. And why have a smoking-room if people won't smoke in it?"

"Why, indeed?" returns Brandy, mildly. "I only smoke here, against my better judgment, to oblige Flora, who is never entirely happy except when enveloped in a thick cloud of tobacco."

"You may take your books to my room, Flora," says Miss Tremaine, with gentle dignity.

"Don't you mind my smoking there asks Brandy, instantly, in a tone full of innocent surprise.

"You! Don't attempt it, Brandy. I am not speaking of you," exclaims Kitty. "The last time you went into my dressing-room you upset everything in it. You shall never enter it again."

"But, my dear girl, I can't desert Flora. I have undertaken her education, and I must go through with it. Besides, you forget I am lonely going young man, who has held his own successfully through many a hot campaign with managing mothers and who up to this has carefully avoided matrimony as one might the plague or any other misfortune. Young men like Sir John, who have proved themselves over-attentive to various young women year after year and yet have obstinately abstained from bringing their attentions to a satisfactory finish, are generally termed flirts; Kitty has heard Sir John so called, and in her heart has not liked the speaker the better for saying it. A man who flirts systematically is a disgraceful thing,—so she tells herself,—yet she cannot bring herself to think Sir John disgraceful. He has said things to her that have interested her and have a good deal to do with her rejection of Lord Sugden and others,—things that might almost be construed into an offer of marriage: and still she cannot be certain he means to propose to her. In town there had been many opportunities to speak had he so willed it, but he had not seized them. Above all there was that last evening at Lady Brompton's, when the lights burned low in the conservatory, and the flowers slept, and the very stillness breathed love, yet he had not spoken. No one, of course, mentions Sir John to Kitty Tremaine as an acknowledged lover, nor does she ever mention him as anything but a casual acquaintance, even to Gretchen; though in her she would have surely gained a sympathetic listener.

Pretty Gretchen! with her pale pure face, and little Grecian nose, and great blue eyes, that remind one of nothing so much as the sweet Czar violet. She is two years younger than Kitty, and smaller and slighter, with an expression calm and unspeakably tender. To think of Gretchen is to think of moonlight or the soft perfume of roses, or faint strains of sweetest music. To see her is to love her. To know her is a "liberal education."

Then there is Flora, the last but by no means the least of the Tremaines,—a tall and very determined person of twelve, who would reject with ignominy the notion that she is still a child. Her eyes are gray, steady, and severe; her small mouth is incorruptible. She is one of those awful people with whom a spade is a spade; and to even hint a harmless falsehood in her presence, and to suddenly find those gray orbs fixed upon you is to lose instant self-control, and to long for the earth to open and swallow you up. She admires Kitty,—though being cognizant of her faults, she does not scruple to tell her of them occasionally; she adores Gretchen, and maintains an undying feud with Brandy, to whom she is a joy and an everlasting resource.

Kitty, having searched the house diligently for Gretchen, and failed to find her, walks into the school-room as a last chance, and looks anxiously around her; whereupon Flora raises her head from her German in a vain hope that something is going to occur to put an end to her detested lessons; and Brandy, who is smoking a cigar against all rules upon an elderly sofa, asks, inelegantly, "What's the row?"

"Meg, are you here? Where is Gretchen?" asks Kitty, anxiously.

"Meg was meek, and Meg was mild, And bonnie Meg was Nature's child," quotes Flora, gayly, glad of the interruption.

"If it is 'Nature's child' you want' says Brandy, obligingly, sinking back again upon his faded though luxurious cushions, "I am almost sure you will find her in the garden."

Thus encouraged, Miss Tremaine crossed the room, and, putting her head out of the open window, says, loudly, "are you there, Gretchen?" to the back of the summer-house half overgrown with silvery clematis and the fast reddening Virginia creeper.

A soft voice answers,—

"Yes. Do you want me, Kitty?" And Gretchen, emerging from her bower, stands gazing inwards, one white hand shielding her eyes from the sun.

"Not I so much as mamma. She wishes you to go visiting with her. Be quick, dearest; the carriage is ordered."

"Coming," says Gretchen, disappearing behind the escalonias and running down the garden walks through borders of glowing flowers.

"I wish, Brandy," says Kitty, drawing in her head, "you would not smoke in the school-room. You know mamma particularly objects to your doing so. And why have a smoking-room if people won't smoke in it?"

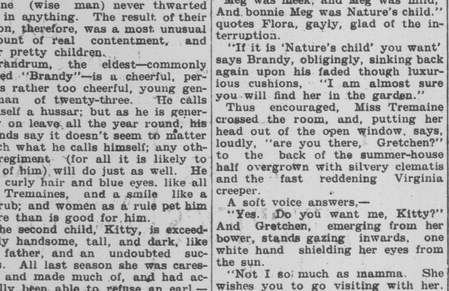
"Why, indeed?" returns Brandy, mildly. "I only smoke here, against my better judgment, to oblige Flora, who is never entirely happy except when enveloped in a thick cloud of tobacco."

"You may take your books to my room, Flora," says Miss Tremaine, with gentle dignity.

"Don't you mind my smoking there asks Brandy, instantly, in a tone full of innocent surprise.

"You! Don't attempt it, Brandy. I am not speaking of you," exclaims Kitty. "The last time you went into my dressing-room you upset everything in it. You shall never enter it again."

"But, my dear girl, I can't desert Flora. I have undertaken her education, and I must go through with it. Besides, you forget I am lonely



NEW RIFLE RANGE-FINDER.

Prof. George Forbes, F.R.S., has invented a rangefinder, for use with rifles, which is attracting much attention in Europe.

It consists of a folding aluminum base and a field glass. The base is a square tube hinged at its middle, and folds up to 3 feet 6 inches Each half has at each end a doubly reflecting prism. As a result, rays of light from a distant object, when they strike the outer pair of these four prisms, are reflected at right angles along each tube, and are then reflected at the two middle prisms into the two telescopes of the binocular fixed to the base in directions parallel to the original rays intercepted by the outer prisms.

The distance of the object looked at is learned by measuring the angles between these rays, and this is done by means of two vertical wires, one in each telescope. Of the wires one is fixed and the other is moved by a micrometer screw until the two wires appear as one, the object meanwhile being seen distinctly. This gives the distance accurately to 2 per cent. even at 3,000 yards. At this point, however, stereoscoptic vision comes in and gives far greater accuracy.

The more steadily this rangefinder is held, the more accurate is the result. A standing position is the least steady, and the best positions are sitting, with the elbows resting on the knees, or lying flat on the ground, facing the object.

SUNLIGHT SOAP

One woman with Sunlight Soap will do quicker work than Two will with impure soap. **REDUCES EXPENSE**

Ask for the Octagon Bar.

If your grocer cannot supply, write to LEVER BROTHERS LIMITED, Toronto, sending his name and address, and a trial sample of Sunlight Soap will be sent you free of cost. 9

ciate your husbandfs cigars. Why positively, unless educated up to the the mark you would not know whether he was smoking pure Havannas or Early York."

"Brandy, how can you talk such nonsense to the child?" says Miss Tremaine, who is busily examining the child.s exercises.

"It hoesn't matter what he says, as I shall never marry," puts in Flora, with conviction; "I wouldn't put up with the caprices of any man; I know too much about them for that!"

"I envy your experience," says Brandy, with a laugh of the richest enjoyment. "Stick to that, dear child, till your hair is gray. But in the meantime, lest some Adonis should induce you to alter your mind, let me give you a hint. Do you know that young women who object to smoking and insist on quenching their husband's pipes invariably drive those poor men to clubs and all sorts of naughtiness, and generally play the mischief all round?"

"I wonder you don't suffer from a sore throat," suggests Miss Flora, with a sneer.

"I would suffer anything for your sake. It is the fatherly interest I take in you that induces me to deliver this lecture; and, as I shouldn't like to see you in a hole hereafter, I shall smoke one cigar here daily until you can lay your hand upon your heart and tell me honestly you—"

"Very good; all right. Then I shall do no more German or anything else," with angry resignation.

"A very trifling consideration when co[illegible]red with your chances of domestic bliss."

"Oh, do try and be silent for even five minutes, if you won't go away" exclaims Flora, wrathfully; "I have not got half down one page yet, and Monsieur Sol will be so angry tomorrow."

"Read it out loud to me," returns Brandy, drowsily; "it will improve your pronunciation, and you can have the advantage of my knowledge I don't think anything of that Monsieur of yours. He looks like an impostor, and I am positive he is a Scotchman. I feel deliciously sleepy; so go on.—I am sure a very little more of your German will finish me comfortably."

"Kitty, I shall go with you to your room," says Flora, desperately, gathering up her books and beating an ignominious retreat.

To be Continued.

MARINA.

CHAPTER XXIII.

The young monarch turned pale and started up from his throne but he knew not how to act.

"Saw you their banner?" asked Gio.

"Yes."

"And what bore it?"

"A golden bull."

"Strato," said the strange man, "you need not fear. These people are friends."

"But whence come they? Who are they?"

"They bear the royal standard of Egypt," calmly returned Gio.

"By the powers of darkness," cried the monarch in terror; "then Egypt's fearful king has come down to subdue us."

As he spoke the thunderings of deep toned voices fell upon his ear. The trampling of many feet was heard upon the pavement of the piazza, and ere long a squad of frightened soldiers rushed into the apartment. They had no opportunity to speak, however, for hard upon them followed a crowd of armed men clothed in gorgeous apparel. Strato sank back upon his throne, but the intruders noticed him not. A moment the leader cast his eyes about, and they rested upon Gio.

"The king! the king!" shouted the Egyptian general, and on the instant the newcomers gathered around the towering form of Gio and fell upon their knees.

"Up, up, my loyal subjects," cried Gio. "Brought you not your queen?" "Yes, sire. She comes now," returned the general, as he arose to his feet and made a motion for his followers to stand aside.

As he spoke a purple pavilion was borne into the royal presence, and as the bearers set it down there stepped forth from it a middle-aged, but still beautiful female.

"Oh," she uttered, in startling accents, as she leaned back from her husband.s embrace; "you have not deceived me?"

"No, dear Zenobia, she is safe!"

Marina started forward. There was a voice in her soul that told her she looked upon the woman that bore her—a voice so strong, so sure, that she knew it spoke the truth, and with a stifled cry she put forth her arms. Zenobia gazed for an instant upon the young Tyrian queen; a flood of joyous light started to her eyes, her bosom heaved with its strong emotion, and on the next moment the mother and child were weeping tears of bliss in each other's embrace.

Kison Ludim raised his eyes to heaven, and thanked God that she whom he had so carefully reared had found a mother.

"Now," said Gio, as he led Marina to the throne and placed her by the side of her husband, "you will look upon me no more in mysterious doubt, for know that I am none other than Gio Amyrtaes, King of Egypt. And you, Strato, if you have not married the daughter of a Tyrian noble have at least gained the heart of one of earth's most noble princesses."

The young monarch sprang from his throne, and bent his knee to the Egyptian king; then those who stood around followed his example, and a prolonged shout of joy rent the air.

"Rise, rise," pronounced Gio, taking young Strato by the hand, and lifting him up; and while a tear of pride and joy trembled upon his dark eyelashes, he continued:

"Now, my son, take your throne, and use it for the good of Tyre. If you want an incentive to duty read the history of earth's kingdoms. It is written in blood, and will afford grave admonition. And you, Marina must not forget the part you are called upon to act. I leave you both a husband and a father, for though I go from you now, yet I know that Kison Ludim will be all to you that he has ever been. You will both look to the old noble for his counsel and advice, and remember how much of happiness we all owe to him. My own great kingdom now claims my attention, but we shall often meet. Esther shall stay with you yet a while longer to bless you with her sweet presence, and so shall your dear mother. Strato, your subjects are your masters, and they will love and revere you, and faithfully protect you, so far as you serve them honorably and justly."

The End.

FOOD VALUES.

By Miss Fraser, Principal of the Toronto School of Domestic Science.

Before studying these foods let us find out what foods are. Prof. Atwater defines food as "any substance which builds tissue or yields energy or both." This is a short and comprehensive definition, including all the functions of food. It excludes such articles as stimulants of various kinds such as tea, coffee, etc., though these may be classed as useful food adjuncts.

Food is divided into various classes. First in importance comes the proteid or muscle-making food, which is necessary for building and repairing tissue, and under certain conditions performs other functions as well. Next comes heat-producing food, divided into two classes: the glycerides or fats and oils, and the carbohydrates or starches and sugars. These two classes maintain the nominal temperature of the body and furnish energy for work. Thirdly, the mineral matter which aids in building bone and is found in the various secretions of the body and in the blood, brain and tissues. Water, though not a food in itself, is always classed with foods, as it is necessary for life to aid in the absorption and elimination of all nutrients.

To-day we are to study two of the first classes.

FIRST THE MINERAL MATTER.

It is found in almost all food, but chiefly in vegetables, cereals, fruits and meats. One of its chief offices is to aid in absorption and elaboration of oxidizable nutrients. We find many kinds of mineral matter necessary, such as common salt or chloride of sodium, potash salts, phosphate and carbonate of lime and iron. Often much of this very valuable mineral matter is lost in preparing food. Nature supplies it in the cereals in abundance, but a our effort to have a fine white flour, part and sometimes nearly all is lost. Again, in preparing vegetables for cooking, there is frequently a thick peeling removed, taking with it much of the mineral matter which lies directly under the skin. By soaking vegetables for a long time in cold water some of the mineral salts are lost. Though small in amount they are most valuable to maintain the purity of the blood and build bone. Someone has said that if we continue to eat soft foods requiring little mastication and containing so little mineral matter, we shall soon be a toothless nation. Fresh fruits and vegetables supply much of this useful substance.

The carbohydrates consist of starch and sugar and are found in various vegetables, cereals and fruits. Both these foods perform the same function in the body, namely, to supply heat and energy. Sugar is readily digested and easily assimilated in moderate quantities. Children naturally desire and need sugar but it should not be allowed between meals, but given at the end of a meal when the child is already satisfied with more nourishing foods. In excessive quantities sugar ferments and causes

ACIDITY OF THE STOMACH.

Starch differs from sugar in being insoluble in water and therefore is not ready to be digested raw. Long cooking at a high temperature is necessary to break the hard outer coating of the starch cell and set the starch free. The starch then absorbs water and when soluble is in a condition for food. The digestion of starch begins first in the cooking. After this comes the salivary digestion, which is most important. For this reason all starchy foods should be thoroughly masticated so that the ptyalin of the saliva may act on the starch and convert it into dextrin. In the vegetable kingdom starch is converted into sugar by means of organic acids in the plant and perfectly ripe vegetables are generally quickly digested. One chief source of starch is the vegetables and even more the cereals. The latter are frequently undercooked. They should be cooked from three to six hours in order to be digestible, and when properly prepared form one of our most important and valuable foods. With starchy foods we should always use some proteid or muscle-making food to furnish a perfectly balanced dietary.

AN OPEN KITCHEN.

In order to facilitate dietetic treatment for patients with scanty means an "open kitchen" has been founded by charitable persons at Berlin, and has already a year of usuful existence behind it. Portions of food are obtained from the "open kitchen" by tickets, which are sold at a very low price; but some of the out-patient hospitals (policlinics) at Berlin buy a number of these tickets and distribute them gratuitously to needy patients. Charitable individuals have likewise bought the tickets and distributed them to those in want. During the first year of its existence the kitchen provided 36,000 portions of food, some being consumed on the premises and others being sent out hot to patients.

REMARKABLE STATUE.

There has been added to the South Kensington Natural History Branch of the British Museum a full-size plaster cast of Sandow, to represent the muscular development of the twentieth century. The statute is as life-like as a work in plaster can possibly be; but it is not improbable that in the course of time it may be copied in a more enduring material. The cast is unique in that it was taken while all Sandow's muscles were "fixed"—that is, he raised them to their highest tension while the plaster was being put on. There is said to be no other statue of the kind in the world.

Page Metal Ornamental Fence. We now make fence that is ornamental, very showy and surprisingly cheap. It is just what is wanted for door yards, division fences in town lots, grave yards, orchards, etc. It is 20 cts. PER RUNNING FOOT. painted and retails at only 20 cts. PER RUNNING FOOT. Just think of it. Let us send you full particulars. We also make farm fence, poultry netting, nails and staples.

The Page Wire Fence Co., Limited, Walkerville, Ont. 8

WOMAN'S MORNING JACKET.

Tasteful morning jackets are essential to every woman's comfort and become an economy, inasmuch as they take the place of waists that can be reserved for the latter part of the day. This pretty model is well suited to dimity, lawn, batiste and all the familiar washable fabrics, but in the original is made of old blue challie dotted with black, the trimming being stitching with black corticelli silk, and narrow ribbon frills. Closing the front and holding the cuffs are carved gold buttons with a tracing of black, and at the waist is black louisine ribbon bowed at the centre front.

To cut this jacket in the medium size, 3¾ yards of material 27 inches wide, 3 yards 32 inches wide, or 2¼ yards 44 inches wide will be required.

SALADA

Ceylon Tea is the finest Tea the world produces, and is sold only in lead packets. Black, Mixed and Green.

Japan tea drinkers try "Salada" Green tea.

DID HIS BEST.

A soldier of the Black Watch, while passing a private of the Bushmen regiment, stepped heavily, and perhaps intentionally, upon the foot of the latter. Up sprang the "Bushie."

"You stepped on my foot," he hissed menacingly. "Well," said the Highlander apologetically, "I did mahbest tae leap over it, but a Hielan' mon is only human. I'm nae a kangaroo." A fierce battle immediately ensued.

WHICH ONE ?

President Schwab, of the U.S. Steel Trust, once said that he could not help knowing that he was a great man. The fact was brought home to him in a little town not far from Pittsburg. "I had my colored driver, Bob, sitting beside me," Mr. Schwab said, "and was driving through the town. A woman and a little girl, evidently her daughter, were watching us. That's Mr. Schwab,' I could not avoid hearing the mother say, 'Which one?' asked the child."

A TORONTO MAN.

THE MR. JARDINE REFERRED TO LIVES IN THE QUEEN CITY.

Well Known Throughout Canada as One of Canada's Commissioners to the Paris Exposition. —His Statement is a Very Valuable One and Has Been Read With Much Interest.

Toronto, March 17.—(Special)—Mr. J. G. Jardine, whose statement as to the wonderful curative and tonic properties of Dodd's Kidney Pills has been published in many of the papers, is a resident of this city. His home is at 308 Jarvis street.

Mr. Jardine was chosen as one of the Canadian Commissioners to the Paris Exposition two years ago, and performed the onerous duties of that office with honor to himself and credit to his country.

It is to his experience in the French capital at this time that Mr. Jardine makes particular reference in the published statement in which he says:—

"During my stay in Paris I felt many times quite run down owing to the complete change and to the worries and work of our business there. I suffered not a little with backache, with general feeling of depression and I found Dodd's Kidney Pills invaluable.

"I had learned the value of this medicine before going to Europe as I had it very successfully for backache which I found it relieved almost instantly. So when I went to Paris I was careful to take with me some of this my favorite remedy.

"Every time I was threatened with a return of the trouble I used a few Dodd's Kidney Pills and can say they did not disappoint me. They are the best medicine I know of to tone up the system generally and they do certainly relieve backache instantly.

What Mr. Jardine has said is amply borne out by many others in this city whose experiences have been and are being published from day to day. Dodd's Kidney Pills are certainly without an equal as a medicine for those who are "tired out," "run down" or "used up."

Dodd's Kidney Pills have been endorsed most heartily by all classes.

Markley—"No; I don't like Borroughs." Parkley—"Why, I understood you to say you thought a great deal of him." Markley—"No; I merely think of him a great deal. He owes me money."

Minard's Liniment Lumberman's Friend

The United Kingdom uses 3¾ tons of coal a year per head of her population, the United States comes next with 2¼ tons, Germany uses a little over 1½ tons per head.

Stops the Cough and works off the Cold.

Laxative Bromo-Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 25 cents.

In 15 years there have been 12 gales in May in England. The windiest month is not March, which has had 117 gales in that period, but January, with 171.

Monkey Brand Soap is a cleaner and polisher combined but won't wash clothes.

GIVEN AWAY.

A minister in Scotland, who was making a call the other week upon a member of his flock, whom he had not seen at church for some time, asked: "What's come over you that I don't see you at church at all now?" "Hoots, man, ye'll no' ha' seen me because I sit ahint the pillar." "The pillar, John? Good gracious, the pillar! Why, it is two years since it was removed from the front of your seat."

If you drink Japan tea try a packet of Blue Ribbon Ceylon Green which is fast displacing it.

Put up Black Mixed & Ceylon Green

MAPLE SYRUP We are handling large quantities. We can handle yours to advantage

The Dawson Commission Co., Limited, Toronto.

Consignments of Butter, Eggs, Apples and other Produce Solicited.

Well Painted.

When a house is well painted it attracts attention. To be well painted it must be done with good paints. Get the best that can be had, don't pay an exorbitant price, but pay a fair price.

RAMSAY'S PAINTS

Are sold by all dealers at fair prices, and you get all that can be put into the best paints that can be made, by the oldest paint house in Canada. It's the best to cover, best to wear, preserves and beautifies, ready for use. Drop a card and ask for our BOOKLET "K" FREE, showing cuts of beautiful homes.

A. RAMSAY & SON, Est.b. 1842 Paint Makers MONTREAL.

Non-Sulphurous. Odorless. Every Stick—A Match. Every Match—A Lighter

Every body ask for..... **Eddy's "Headlight" Parlour Matches**

The finest matches in the world, made from soft corky pine, and especially suitable for domestic use—put up in neat sliding boxes, assorted colors each box containing about 530 matches—three boxes in a package.

For Sale by All First Class Dealers.

HAIR GROWTH.

A man's hair, allowed to grow to its extreme length, rarely exceeds 12 inches or 14 inches, while that of a woman will grow in rare instances to 70 inches or 75 inches, though the average does not exceed 25 inches to 30 inches.

A HANDSOME MENU CARD.

It is a noticeable fact that the dining car department of the Grand Trunk Railway System is second to none on the American Continent, and new improvements and modern innovations are continually being made. The Cafe-Parlor cars which have been running on nearly all of the divisions of this great System are a constant source of praise from the travelling public. The company has recently altered the style of the menu cards used on all of the dining cars and cafe-parlor cars, and have gotten up a very handsome and neat bill of fare that appeals to the artistic sense. The stock used is what is known as Old English Ruskin Bristol of fine texture, and mist grey in color. The Grand Trunk trade mark in black appears at the top left-hand corner surrounded by a neat combination of scroll work of Italian renaissance design, printed in gold and embossed in high relief. The name of the meal is also embossed in high relief, and the tout ensemble is a pleasing and artistic combination. The wine lists have the same design at top, and are printed on the same quality of card, but an olivette color for distinction.

BEE INDUSTRY.

Every head of clover consists of about sixty flower tubes, each of which contains an infinitesima quantity of sugar. Bees will often visit a hundred different heads of clover before retiring to the hive, and in order to obtain the sugar necessary for a load must, therefore, thrust their tongues into about 6,000 different flowers. A bee will make twenty trips a day when the clover-patch is convenient to the hive, and thus will draw the sugar from 120,000 different flowers in the course of a single day's work.

Messrs. C. C. Richards & Co.

Gentlemen,—After suffering for seven years with inflammatory rheumatism, so bad that I was eleven months confined to my room, and for two years could not dress myself without help. Your agent gave me a bottle of MINARD'S LINIMENT in May, '97, and asked me to try it which I did, and was so well pleased with the results I procured more. Five bottles completely cured me and I have had no return of the pain for eighteen months.

The above facts are well-known to everybody in this village and neighborhood.

Yours gratefully, A. DAIRT.

St. Timothee, Que., May 16th, 1899.

Croquet balls are made of beech or Turkey boxwood.

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Hall's Family Pills are the best.

Permanganate of potash injected under the skin is the best cure for the bite of the common adder.

Minard's Liniment Is used by Physicians

Two ladies who had not seen each other for years met recently in the street. They recognized each other after a time, and their recognition was cordial. "So delighted to see you again. Why, you are scarcely altered." "So glad; and how little changed you are! Why, how long is it since we met?" "About ten years." "And why have you never been to see me?" "My, dear, just look at the weather we have had!"

THE MOST NUTRITIOUS.

EPPS'S

GRATEFUL—COMFORTING.

COCOA

BREAKFAST—SUPPER.

Cora—"Paul told me last night that he wouldn't marry the prettiest woman living." Fannie—"Then your chances of getting him ought to be very good."

For Over Sixty Years

Mrs. Winslow's Soothing Syrup has been used for children of mothers for their children while teething, it soothes the child, softens the gums, allays pain, cures wind colic, regulates the stomach and bowels, and is the best remedy for Diarrhoea. Twenty-five cents a bottle. Sold by druggists throughout the world. Be sure and ask for "