

A TRAIN DE LUXE.

Anyone who contemplates a trip to the west should not miss the opportunity of travelling on the "International Limited," the finest and fastest train in the Dominion of Canada, which leaves Montreal every day in the year, at 9.00 o'clock in the morning from Bonaventure station, for Cornwall, Prescott, Brockville, Kingston, Belleville, Cobourg, Port Hope, Toronto, Hamilton, Niagara Falls, Buffalo, London, Detroit, Chicago and other intermediate points. It is the train de luxe of the Grand Trunk Railway System and is known throughout the land as the "Railway Greyhound of Canada." This train has been in existence for a number of years and each year it has been improving until to-day it stands at the top of the list in Canada.

Its journey of nearly a thousand miles is made over the longest double-track railway in the world under one management, and the only double-track railway in Canada with as perfect a roadbed as can be found on the Continent. The train runs through the most thickly populated part of Canada. A most interesting trip, with lovely scenery en route.

First-class coaches, Cafe Parlor and Pullman Sleeping cars are part of the equipment which offers to the travelling public the maximum of comfort and ease. This train is always on time and the inhabitants along the route set their watches and clocks as she rushes by. The "International Limited" schedule is fast, for instance, Montreal to Cornwall, 67 miles, 1 hour and 20 minutes; Montreal to Brockville, 125 miles, 2 hours and 30 minutes; Montreal to Belleville, 220 miles, 4 hours and 33 minutes; Montreal to Toronto, 333 miles, 7 hours and 20 minutes.

A passenger can leave Montreal on this train any morning, be in Toronto at 4.20 in the afternoon, Detroit 9.50 the same evening, or Chicago at 7.42 the next morning. It is therefore no wonder this train de luxe has become so popular that during the summer months it had to be run in several sections to accommodate the heavy traffic that offered. When you travel do not miss the chance of getting your transportation for this train or the Fast Limited that leaves Montreal every night at 10.30 o'clock from the same station. The Grand Trunk operates four through passenger trains every day between Montreal and Toronto, two of these trains being fast expresses, and two limited.—A word to the wise is sufficient.

HOW TO EAT CORRECTLY.

In an article on the "Growth of Fletcherism," in *The World's Work*, Isaac F. Marcossion gives Horace Fletcher's following rules for eating, which are given to all patients of the Harvard Dental School Dispensary:

(1) Eat only in response to an actual appetite, which will be satisfied with plain bread and butter.

(2) Chew all solid food until it is liquid and practically swallows itself.

(3) Sip and taste all liquids that have taste, such as soup and lemonade. Water has no taste and can be swallowed immediately.

(4) Never take food while angry or worried, and only when calm. Waiting for the mood in connection with the appetite is a speedy cure for both anger and worry.

(5) Remember and practice these four rules, and your teeth and health will be fine.

Butterflies are frequently found high up on mountain sides, lying frozen on the snow, so brittle that they break unless carefully handled. Such frozen butterflies, on being taken to a warmer climate, recover themselves and fly away. Six species of butterflies have been found within a few hundred miles of the North Pole.

SPARKLES.

An English tourist travelling in the north of Scotland, far away from anywhere, exclaimed to one of the natives, "Why what do you do when any of you are ill? You can never get a doctor." "Nae, sir," replied Sandy. "We've jist to dee a natural death."

Small boy (reading money article in paper)—Pa, what does "slump in Can Pacs" mean? Pa—It means, my boy, that there is a falling off in the demand for "Canned Packers."—Punch.

At a court held in a country town within 20 miles of Glasgow a rustic was charged with some petty offence, at the instance of a man notorious for his grasping disposition, and the readiness with which he tried to annex all the odd little patches of ground in the district for his own use. In the course of the trial the Magistrate said to the delinquent, "What sort of man is the complainer?" to which the accused cautiously replied—"Weel, sir, he's jist this sort o' a man, that if he had a' the world tae himsel' he would be wantin' a wee bit outside for taties."

On one of the little steamers on Lake Killarney hangs a printed notice reading as follows:—"The chairs on this steamer are for the use of ladies. Gentlemen are requested to not use them until the ladies are all seated."

"Jane," said a kind-hearted and sympathetic mistress, "I take a real interest in your welfare. Now, tell me, is there anything serious between you and the grocer's man?" "Well, ma'am," Jane answered, blushing, "we are keeping company." "Keeping company. Do you mean by that odd phrase that you are engaged?" "No, ma'am, not yet. We've only got as far as 'waisting.'"

There are people who are never satisfied to put two and two together unless they can make it count five.

Mr. Sprigg (gently)—"My dear, a man was shot by a burglar, and his wife was saved by a button which the bullet struck."

Mrs. Sprigg—"Well, what of it?"

Mr. Sprigg—"Nothing; only the button must have been on."

The smallest egg in the world is that of the tiny Mexican humming-bird. It is scarcely larger than the head of a pin.

Express train engine-drivers are not punished or reprimanded if they give a good reason for being late. On the other hand, they are punished by a fine for being before their time.

The German Empress, in addition to jewels worth £100,000 that are her own private property, has the right to use the splendid collection of gems that belong to the Prussian Treasury. The Empress is thus able to sometimes appear at Court wearing jewellery roughly valued at £250,000.

HEALTH AND HOME HINTS.

Rice possesses more nutriment than wheat, oats or barley. It will sustain life longer than any other starch-producing plant.

When a knife handle comes off fill the hole with powdered resin, heat the knife stalk red hot, and thrust in, then allow to cool.

Dishes which have become brown and burnt from baking in the oven may be easily cleaned after they have stood awhile in borax water.

When preparing dropped or poached eggs, the skimmer should be well buttered. This will prevent the egg from sticking when taken from the water.

Cucumber is one of Nature's own cosmetics. Try using a slice of cucumber instead of soap for washing your face. Don't throw away even the rind. Boil it and use the water for washing your face.

Tomatoes cut up with the heart of the cucumber are delicious, so long as there is pepper enough in the dressing and on the inside of the cucumber. Red pepper may, indeed, be freely applied to cucumbers. It does not take from the flavor and it makes them more wholesome.

Try giving baby its medicine through a medicine-dropper. It will not be spilled, as is often the case when given from a spoon. It can be dropped under the tongue in the back part of the baby's mouth, making it easier for him to swallow.—Good Housekeeping.

For barley soup wash half a cup of barley and put it in a saucepan with a teaspoonful of sugar, three tomatoes, three onions, one carrot and one potato, all cut small. Cover with water and stew slowly for three hours. Pass all through a sieve, season to taste, add half pint of milk, and heat up slowly.

A small ironing stove heated with gas where gas is obtainable, is the best at all times, since it costs less for fuel and may be put out the instant the laundry work is finished. Gas does not stain the irons, but both stove and irons should be kept very clean, scouring the irons each time they are used and then putting them away in small paper or cotton bags to keep them from dust and dirt. Certain irons should be kept for starched pieces, and others for the plainer. Always have plenty of irons. It is not such a labor to do up fine underwear and fancy blouses if various sizes of irons are provided.

Pigs, in China, are harnessed to wagons, and made to draw them, just as the Germans use dogs in their large cities and villages to draw light carts.

Mr. Andrew Lang does not hesitate to say that he detests the whole race of dogs. He once made an effort to love a dog, and began with an infinitesimal black-and-tan terrier. "Goodness knows," he remarked, "I struggled hard to love that dog, but love is like faith, and refuses to be forced. Finally I gave him away, and his end is 'wrop up,' like the 'buth' of James Yellowpush, in a 'mystery'."



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