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## CEDAR SPRINGS.

Mr. Taisley made a flying visit to Wheatley last week.

W. Wigle has purchased a thoroughbred running colt from Blake Hurms.

James Claus was in Chatham Saturday on business.

Ed. Hamby had the misfortune to lose a valuable horse last week.

Jos. Clark, while trying to break one of his Shetland ponies to the saddle, was thrown, and received several scratches.

Rev. Mr. Pidgeon, of St. Thomas, spent Saturday with his uncle, James

## Campbell.

Our pastor, Rev. Mr. Kennedy, is in Goderich this week attending conference.

Omar Campbell, assistant steward of Rosemer No. 1, spent Sunday with his parents.

Jos. Clark has purchased a first class driver from Mr. Mills, of Wheatley.

Miss Ada Seaman, of Blenheim, preached in the Methodist church on Sunday evening to a large congregation.

Miss Hattie Best, of Blenheim, visited the Misses Tiebournes, Wellington Gate.

## STRAWBERRY DELICACIES.

Two Seasonable and Delicious Desserts For the June Dinner.

**Strawberry Custard Pie.**—Line a deep pie dish with good paste, fill it with uncooked rice or pieces of stale bread, and put on a top cover of the paste, but do not press the edges down. Bake it in a hot oven, and when done let get perfectly cold. Lift off the top carefully, pour out the rice and fill the pastry shell with fine, ripe strawberries, sprinkled with powdered sugar, then pour gently over the berries a large cupful of very cold rich boiled custard. Put on the pastry top, dust it with powdered sugar and serve. Do not put the berries and custard in the pie until time to serve.

**Strawberries in Custard.**—Make a rich boiled custard with six beaten eggs (omitting the whites of two), one small cupful of granulated sugar, a pinch of salt, one quart of rich milk and half a cupful of chopped blanched almonds. When done, remove at once from the fire and flavor with one teaspoonful of lemon extract. Put a layer of fine, ripe strawberries in a deep glass dish, sprinkle liberally with sugar and pour over a layer of the custard; add more strawberries and sugar and pour over the remainder of the custard. Whip the whites of the eggs to a very stiff snow, beat in two tablespoonfuls of powdered sugar and heap over the custard.

## MILLINERY HINTS.

**Two Variations of the Popular Poke Shape.**

The becoming little poke in the front of so many of the hats this season gives a far softer effect than the stiff, straight lines of other seasons. Two hats are shown in the accompanying cut which would not be difficult for the home milliner to copy. The first is of black satin braid straw, with two large ostrich plumes at the left side and two



PICTURESQUE MODELS.

pinkish brown roses on the opposite side of the brim. Satin ribbon is drawn around the crown, and there is a large bow of it under the brim in back.

The second will be found to be a shape that is becoming to nearly every one. Its bending brim seems to give just the right lines, and its low trimming is good. The straw is a dark blue braid, the roses are a cream yellow, and the loops at each side are of blue ribbon of a lighter shade. Foliage is combined with the roses and a full bow of ribbon is used in back.

## Mice Like Bird Seed.

Did you know how easily mice are lured by bird seed? It's rather a suggestive idea in the setting of traps. If a deep ruffle is tied tightly under the cage and held over the feed cups by an elastic it will help to keep them away appreciably, and what a little tragedy it must be for the wee canary to see peeping in at him and stealing his provisions, even though he is only of infinitesimal proportions. None of us likes thieves in the night. When a new box of seed is opened, it should be emptied into a clean tin box and the seed poured into the cup through a funnel. In this way none is wasted, and there is no invitation to four footed partakers.

## To Clean Kitchen Range.

When cleaning the kitchen range, if the iron work is discolored by heat brush well over with soap, then cover thickly with black lead and allow this to dry before removing it. Repeat the process once or twice if necessary. If ammonia is used with the blacklead, a surface of very intense black will be obtained. To remove grease rub with a rag dipped in kerosene. To get rid of tarnish scour with a little vinegar while the stove is warm and then wipe well with a rag wetted in cold water. To remove varnish stains from the hands rub with a little methylated spirit, wipe on a rag and wash thoroughly in soapy water.

## For Round Shoulders.

To remedy round shoulders stand in the usual position and raise the arms sideways, palms up. Hold the head well back, chin in. With the arms thus stretched out on a level with the shoulders describe a circle with them about twelve inches in diameter at the finger tips. During this movement contract the muscles at the back of the neck and about the shoulder blades, holding the chest high and breathing deeply. This exercise, if practiced longer and longer each day, will straighten the back, raise the chest and tend to decrease the waist measure.

## A Waste of Good English.

Bobby's mother was often distressed by her small son's lapses from correct speech, all the more because his reports from school were always good. "Bobby," she said, plaintively, one day, "why do you keep telling Major to 'set up' when you know 'sit up' is what you should say?" "Oh, well, mother," Bobby answered hastily, "of course I have lots of grammar, but I don't like to waste it on Major when he doesn't know the difference, being a dog." Youth's Companion.

## "DRAWING THE LONG BOW."

Some Remarkable Exploits Credited to Shooters of Arrows.

The expression "drawing a long bow" does not of necessity mean the telling of a falsehood. It sometimes refers to a wonderful story which may be true enough, but which is so marvelous as to require a firm trust in the veracity of the narrator to enable the hearer to believe it. Some of the longest bows of this sort have been drawn about bows and arrows.

These stories began long ago. Virgil in the "Æneid" tells of four archers who were shooting for a prize, the mark being a pigeon tied by a cord to the mast of a ship. The first man hit the mast, the second cut the cord, and the third shot the pigeon as it flew away. The fourth archer, having nothing left to shoot, drew his bow and sent his arrow flying toward the sky with such speed that the friction of the air set the feathers on fire, and it swept on like a meteor to disappear in the clouds.

The stories told of Robin Hood's archery, illustrated by his wonderful performance as Locksley in Scott's "Ivanhoe," are also a decided strain upon modern credulity. The famous story of William Tell, doubted by many persons, is believed by others to have a foundation of fact. There was a Dane named Foke of whom the same story is told, and William of Cloudeley, an Englishman, is said to have shot an apple from his son's head merely to show his expertness.

Most stories of bows and arrows relate to the accurate aim of the archers, but a Frenchman, Blaise de Vigenene, tells one that shows the tremendous force with which an arrow may be propelled if the bow be strong and long enough. According to his own account of the matter, he saw Barbarossa, a Turk, admiral of a ship called the Grand Soliman, send an arrow from his bow right through a cannon ball.

Whether the cannon ball had a hole through it or not he neglects to inform us, probably not considering so trifling a matter worth mention.

Perhaps the most astounding of all stories about arrow shooting is that of the Indians that used to inhabit Florida. It is said that a group of them would form a circle, then one would throw an ear of Indian corn into the air. The rest would shoot at it and shell it of every grain before it fell to the ground. Sometimes the arrows would strike it so hard and fast that it would remain suspended in the air for several minutes, and the cob never fell until the last grain had been shot away.

It is such stories as this which fully justify the use to which the expression "drawing the long bow" is sometimes put.

## NO WOMAN CAN BE STRONG AND HEALTHY UNLESS THE KIDNEYS ARE WELL

When the kidneys are ill, the whole body is ill, for the poisons which the kidneys ought to filter out of the blood are left in the system. Then how important it must be to see to it that this system of excretion be not clogged up. Those who have never been troubled with kidney trouble know not the misery and suffering which those afflicted undergo.

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are a specific for all kidney troubles. They begin by healing the delicate membranes of the kidneys and thus make their action regular and natural.

They help the kidneys to flush off the acid and poisonous impurities which have collected, thus clearing out the kidneys, bladder and all the urinary passages.

Doan's Kidney Pills are entirely vegetable, and may be safely taken by young and old. Let Doan's Kidney Pills do for you what they have done for thousands of others, that is, cure you. Mr. John Young, Harwood, Ont., writes: "I was troubled with my kidneys for some time and my back was so lame I could scarcely get around. After using two boxes of Doan's Kidney Pills, I am completely cured. I find there is nothing like them for the cure of all kidney troubles."

Doan's Kidney Pills are 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

## Unknown Man Killed.

Galt, June 10.—On Saturday evening the 6.40 southbound train on the G. W. E. ran over a man who was walking on the track, about a mile from town. His ribs were crushed in and one arm and a foot severed. He died soon after. There was nothing found on his person to identify him.

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Our Mr. R. V. Carter will visit Chatham frequently in our interests and will be pleased to furnish you with any information you may desire. Correspondence addressed to him in care of the Garner House will receive careful attention.

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FATHERSON LODGE, No. 267, A. F. & A. M., G. R. C., meets first Wednesday of every month in Masonic Temple, King Street. Visiting brethren always welcome.

J. M. PIKE, W.M. J. W. FLEWES, Sec'y

WELLINGTON LODGE, No. 45, A. F. & A. M., G. R. C., meets first Wednesday of every month in the Masonic Hall, King Street East, at 7.30 p. m. Visiting brethren heartily welcomed.

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THOMAS SCULLARD—Barrister and Solicitor, Victoria Block Chatham, Ont.

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