

CURRENT TOPICS.

After centuries of trying to cure diseases the medical world is at last trying to prevent them. It is difficult to decide whether this new step is due to the advancement of scientific research, the silent influences of the various mental processes in treating diseases, or the conviction that drugs and medicines fail to cure. Whatever may be the cause, the evolutionary fact is clear: "The ounce of prevention is worth a pound of cure." The impetus towards the preventive is everywhere apparent. One of its most important indications is the movement to establish a "school of preventive medicine" at Columbia university and the widespread endorsement which physicians of high standing have given it. The Canadian Medical Association at its recent annual meeting in Ottawa expressed its rapidly waning faith in the efficacy of drugs even for relief, and urged the value of domestic sanitation, cleanliness, simple food, and proper rest as preventives of disease.

The need for a movement of this kind is clear if we are to believe the scientists—and far be it from us to dispute them—that one-third of the human beings born alive die before the age of 6 from preventable causes; that poverty and alcoholism spring from causes which are preventable, and that nearly all contagious diseases belong to the preventable class. Pasteur's prophecy that "it is within the power of man to make all infectious diseases disappear" may yet be realized. The doctors apparently are on the right track in getting at the cause and preventing it rather than at the effect, which is so often too late to correct. We may yet reach an era of respect for sanitary laws and a standard of healthy living which will make this old world an agreeable all the year round resort.

Flies are wonderful transportation systems. Each of the fly's six legs has two pads, and each of these carries 1,200 hairs. That makes a total of 7,200 hairs, each one of which secretes a sticky fluid. The sticky contents of the pads exude through the hairs at every step, thus enabling the fly to maintain a position either on window panes or ceiling. If the pads existed alone the insect would experience difficulty in removing them. As matters stand, however, the claws are raised when the pads adhere to anything, and are lowered when it is desired to take another step. By the pressure of the pads against the ground and the lifting of the pads the pads are released. Proof that the glue exudes is obtainable by noting the dead flies stuck to the walls in autumn. Weakness has disabled the insects so that even the action of their claws had become impossible, with the consequence that the glue had become hardened. Now, the house fly has a keen sense of smell, and it is an excellent little scavenger. Whenever there is any within a hundred yards of so the fly goes for it to sniff its mouth and all the sticky hairs of its six legs with the dirt and disease germs. A second or two suffices to gather up many thousands of disease germs, and then off goes the fly to the nearest kitchen or dining room. There it deposits the food and other articles, depositing large numbers of germs at every step. In one instance a fly was found carrying in its mouth and on its legs over 100,000 disease bacteria, showing the affinity to dangerous germs for this active media of dissemination. The cleaner the house the fewer the flies attracted.

In Syria and Palestine the farmers need rain. From the beginning of April until October there is practically no rain. Yet in July the fields teem with a vigorous growth of watermelons, tomatoes, cucumbers, etc., all flourishing without artificial watering, although at that time no rain has fallen for many weeks. In fact, the Syrian peasant, from the moment his seed has been sown, prays that no rain may fall. During the period of growth of a crop the surface of the soil to a depth of six or eight inches is perfectly dry and loose. Below this surface "layer" will be found moist soil in which the roots extend, and grow vigorously. In this moist soil plants continue to grow until late autumn. When the crop is removed in the autumn the rains commence, and the land is plowed after each heavy rain as soon as the soil begins to dry. Two primary objects are kept in view in plowing, to furnish a favorable surface for taking up all the water, and to prevent its upward evaporation from the surface. The next point is to help the upper six inches of soil perfectly loose and friable, so that the moisture from below is not drawn upwards and lost in evaporation, but does not ascend higher than the compact surface that is not broken up by the plow. For this reason the plowing is shallow, averaging from four to six inches in depth. When the soil is plowed to a depth of about six inches, and the seed is sown from an arrangement attached to the plow, falls on the damp surface, and is covered by the soil being over behind the plow. From this time the upper stratum of loose soil prevents the escape of moisture upwards beyond the wet soil on which the seeds rest, and into which their roots, after the process of germination, spread.

HEALTH

THE FORMATION OF HABITS.

Prof. William James has characterized habits as "pathways worn through the nerve-centers." As travellers blaze trails through the woods, so do our habits blaze trails through our characters, so that what was at first difficult and even unnatural, quickly becomes the line of least resistance which we follow insensibly, whether we will or no. This being so, it is easy to see that the distinctly personal habits are likely to be formed during the plastic period of youth, and, consequently, to recognize the responsibility of parents and teachers in this regard. If we are all creatures of habit, it is a dispensation that may not be escaped, and we may be thankful that good habits are so easily within reach as bad ones. If a child is taken in hand early enough, it is as simple a matter to teach him the daily use of the tooth-brush as it is to teach him to chew gum; as easy to train him into the habit of brushing his teeth as to place for fingers, as to allow him to quit himself by sucking his thumb. The trouble with most bad habits is that they are so quickly formed in small children. The mother relaxes her care for a day or two, and a new trick appears, or the work of weeks on an old one is undone.

Eternal vigilance is here the price of peace. It may take three troublesome weeks to break up the nail-biting that thirty years may not avail for later, because by that time every nerve in the body will incessantly demand to follow their easy beaten pathway. What is true of the physical habits is equally so of the moral habits. A tiny baby of a few months old knows very well if the habit of loud crying will procure for it what it wants, and if not checked it will develop into the irritable, whimpering adult we are all acquainted with.

Habits of disrespect, of indifference to the rights of others, of cruelty, may all be irresistibly formed or dispelled in the first few years of life. In dealing with bad habits in children, a distinction should be made between those which are rather the symptoms of physical disorder and those which are actual habits. Many children develop contortions and twistings which are the signs of beginning nervous disorders, such as St. Vitus's dance, and in these cases it is as cruel as it is useless to scold or punish. The services of a physician should be sought. The movements will disappear when the cause has received proper treatment.

THE FILTER DANGER.

As the heat increases, more water is drunk, and greater grows the mortality of these diseases, typhoid, cholera and so forth, whose germs flourish in filtered water. It is a dangerous error to rely on the household filter as a shield from this summer danger. Sir Ray Lunken, Dr. Andrew Wilson, the editor of Health, and many investigating commissions have often pointed out that the common filter does not free water of its germs, but, on the contrary, it often may communicate dangerous germs to pure water. The charcoal filter, for instance, while filtering wholly to arrest the typhoid germs that are passed through it, often adds such germs to wholesome water, or, at least, the case of this filter, is one of the recognized germ propagating grounds. There is only one filter, the porcelain filter, that will free water of germs. This filter is too complex to be used by the ordinary householder. It is a filter for the laboratory of the chemist.

The household filter, with the false confidence it gives, with the germs that it gives sometimes, is a danger. It should be suspended by the simple boiling process. Boiling kills germs, and renders them quite harmless. Prefer, therefore, to let a germ graveyard rather than a germ aquarium, and throwing away your cheap filter, boil your water from now on.

OFFENCES AGAINST THE EYES.

The first offence against the eyes is reading with a poor light. This requires the chary outside to do extra work to sharpen sight. It applies to dim light, twilight, sitting too far from the light. The second offence is one of posture—sloping or lying down—congests the eyes, besides requiring unnatural work of the eye muscles. Reading on trains is our third offence, the motion causing such frequent changes of focus and position as to tax the muscles of accommodation as well as the muscles of fixation. Reading with bad light, glasses or with badly fitted spectacles is the last. Eye strain is certainly a factor in producing disease of every part of the eye. Old age is the time of retribution for those who have sinned against their eyes.

WORTH KNOWING.

Stranger—"Bery pardon, sir, but you have it in your power to do me a great favor and one that I will gladly repay. Bankrupt (sighs)—"If I am afraid to use to anybody, I have just failed for half a million, with no assets." "So I heard." "You know it, and yet you say I can be of service to you?" "Yes, sir, I beg you will not refuse to do me a miserable bankrupt like me to do anyone." "I want you to tell me, sir, how you got so much credit?"

NO DOUBT OF THAT.

He said he suffered with his sight, and though we did not doubt it. Yet we believe, and know we're right, he'd suffer more without it. The entire army of the Tonga Islands, comprising six officers and thirty men, was recently disbanded.

IN MERRY OLD ENGLAND

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE.

Occurrences in the Land That Reigns Supreme in the Commercial World.

Montgomeryshire had the first Sunday school in Wales; it was started at a farm house in Llandudno in 1770. There are 10,000 unemployed in Sunderland, and bands of them are raiding farms and coal depots for food and fuel. In response to an appeal by the Liverpool dispensaries for the sum of \$25,000, the Earl of Derby has contributed \$2,500.

A school rifle club movement has been commenced in the Isle of Wight, and girls are not debarred from membership. The removal of the shipping works of the Messrs. Yarrow, from the Thames to the Clyde has now been almost completed.

The first established vegetarian restaurant in London has just closed its doors. This was the Alpha Food Reform Restaurant.

Misses Susannah and Sophie Blakey, sisters, have died at Burnley with fat 150 years of each other, their ages totaling 300 years.

The hundred and sixty men at Oldham have joined the Territorial Army, against 654 who were in the volunteer movement.

A Newcastle street tin-whistler confessed that his average earnings were 81s per day. His prosperity spoiled him, and he got drunk.

The total value of fish landed in the Lancashire and western sea fisheries district during the quarter ended March 31, was £121,381.

The Bishop of London says he does not know how he should find time to prepare his sermons if he did not so so while dressing.

During April there were only six vessels launched from the various shipbuilding yards on the Tyne, compared with eighteen in the same month last year.

For the materials of a builder's yard sold by the London County Council, the highest private tender was \$1,785, while the tender for the goods realized \$3,520.

Pensioners are to be paid, not to people of 55 years of age, but to those of 70 and upwards, who are British born, who are not criminals, and who are not actual paupers.

Scientists in London are building a temple which will cost \$240,000. It is in Sloane street, Chelsea. This sect has now eighty meeting places in England.

Since the Carlisle Guardians decided to detain all tramps for two days the number of vagrants claiming night lodgings in the workhouse has decreased nearly 50 per cent.

For acts of bravery, or for five years' exemplary conduct in service, and freedom from accidents, Oldham tramway employees will receive a merit badge and increased wages.

Mr. Richard Curson, of Clingford, Norfolk, who has been a shepherd for the better part of fifty years, can trace the connection of his family with the village back to the year 1250.

For the twelve months ending March 31st, 1907, London's consumption of water amounted to \$2,125,249,347 gallons, or an average of 24 gallons per head per day.

The British Admiralty have decided to construct storage tanks at the Clarence Dock, Portsmouth, capable of containing 20,000 tons of oil for use as fuel in the British Navy.

An extraordinary affair is reported from Elmstall Hall, Essex, where, during Thursday night last week 127 sheep were killed in a pasture, as a consequence of being worried by dogs.

WAR DECLARED ON LONDON RATS

Damage Done in England Estimated at Over \$50,000,000 a Year. "One estimate of the damage done by rats during the course of a year has produced a total of £10,000,000. From exhaustive observations, however, which I made throughout the country I should place the figure at £12,000,000, or even £14,000,000. The reports of rat ravagers show, in fact, that only two industries are immune from these pests—those of the stone mason and the iron-founder. The above observation was made by C. A. Furze, who, with his rat exterminator, has commenced a campaign to free the London and India docks at Tilbury, London, from a veritable plague of rats. The damage done by rats at the docks is extraordinary. They gnaw through sacks of grain and spill the contents; attack bales of paper, in which they tear ragged holes, and rip gaps in consignments of cloth and other goods, rendering whole lengths of material entirely valueless. The remedy by which it is hoped to exterminate this rat army in a space of six months is not in the nature of a poison. Potatoes are infected with a tasteless germ peculiarly deadly to rats and mice, and then placed in the rat runs. After eating the potatoes rats contract a wasting disease. This in addition to driving fatal at the end of three or four days, is highly contagious to the other rodents.

LATEST REVISION.

Mary had a little lamb, But it she could not keep, For the first she knew it grew and grew. 'Till it was a great big sheep.

A MISFIT ADAGE.

When asked to pay a "little" bill, The average man doth fret. Because, while time is in my, It will not pay the debt.

ON THE FARM

ADVANTAGES OF HAND SEPARATOR.

Prof. H. M. Bainer of the Colorado Agricultural College in discussing the advantages of the hand cream separator says: Authorities on the subject of farm dairying will agree that any farmer who milks five cows or more and is either selling the cream or making butter of it, needs a centrifugal hand cream separator to secure the best profits.

The hand cream separator working under favorable conditions, does not leave more than one-twentieth of a pound of butter fat in 100 pounds of skimmed milk. The gravity systems and dilution separator methods of securing the butter fat will leave under favorable conditions, from one-half to three-quarters of a pound of butter fat in 100 pounds of milk.

According to these figures, a farmer who uses a hand separator, and milks ten cows, which produce 60,000 pounds of milk a year, would lose in the skim-milk but 30 pounds of butter fat a year on the total amount of milk. By the other methods he would lose from 200 to 450 pounds a year. Figuring butter fat at 20 cents a pound there would be an annual loss of from \$34 to \$84 between the hand separator and the other methods.

Advantages of the Separator.—Not only does the machine separate practically all the butter fat, but it delivers the skim-milk in a sweet, warm, and undiluted condition ready to be fed to the calves. Very few dairy utensils are needed, as the milk is separated as soon as it comes from the cow, and the skim-milk is fed at once.

Less work is required to handle the milk in this manner than with the other methods.

The cream delivered from the separator is of uniform richness; it has had its fibrous and foreign matter removed. The milk has not absorbed bad flavors and odors from standing around and the cream is in excellent condition for ripening. Thus there is a gain in the quality and quantity of butter obtained.

Not only is the centrifugal separator of advantage in the production of fine butter, but it is equally advantageous in the purification of milk and cream for direct human consumption. Dairies improve the quality of their milk very much by turning it through the separator before bottling.

The average farmer cannot afford to hand the whole milk to the creamery, even if he is within hauling distance and the roads are good. The skim-milk often comes back in a cold, half-sour and unwholesome condition, which is unfit for feeding purposes. Even if it does come back in good condition, it is impossible to feed it regularly, and it is far from being equal to hand separator milk. Too much time is required to haul it to the creamery compared to the amount of time required to separate it at home by hand. The hand separator comes back in a cold, half-sour and unwholesome condition, which is unfit for feeding purposes. Even if it does come back in good condition, it is impossible to feed it regularly, and it is far from being equal to hand separator milk.

But he learned even to change his voice and his manner.

"At least one President of the French Republic," continued the speaker, "has during the last thirty years led a double existence. And, strange to say, it was I, then in the service of the Government, who was destined to discover this fact, which was only made known to the world by a scandalous tragedy."

"What induces people, and especially men of high social position, to lead these double lives it is difficult to say," replied the speaker in answer to a question: "sometimes I fancy it must be a form of mental aberration, for by no other means can such a case as that of Mlle. S— be explained."

"For several years there stood at the corner of one of the streets which debouch into the Place de la Madeleine a ragged but extremely beautiful girl selling whatever flowers were in season; and she must have made a good thing out of her calling of bouquiniste, as many a boulevardier purchased flowers of her and did not stop for change, whilst her report had it that 'La Petite Bouquiniste,' by which title she was generally known, had received many quite serious proposals from customers who had become her ardent admirers."

"One night, however, a great sensation was created at the Opera by the beauty of a certain young lady in the boxes. Many eyes and tongues were turned upon her in curiosity, and at last a gentleman well-known on the Bourse and also in theatrical society suddenly recognized in her the ragged flower-seller."

"Next day 'La Petite Bouquiniste' was at her post as usual, and, upon being taxed by the gentleman who had been at the Opera the night before as being the ragged flower-seller, she stoutly denied the accusation. But, strange to say, the little flower-seller never again appeared at the corner of the Place de la Madeleine; and I afterwards discovered (employed by M. B—, who was very curious concerning her identity) that the apparently poor bouquiniste was quite a wealthy young woman, living with an aunt of very poor name, living with an aunt of very poor name, living with an aunt of very poor name."

"You know, when he first moved on that farm, you and several others rather thought he would make a failure. But instead of making a failure he has made a grand success, and he has just followed dairying all that time; his fields are yielding good paying crops of whatever he puts on them, and it is fifteen years, and only just a few years ago just as poor as yours. Why has this difference taken place? Just because he has followed a paying business. Instead of raising crops that are exhaustive to the soil, and selling them off the farm, he has raised those crops that would improve the fertility of his soil and at the same time make good dairy food, and feeding the crops to his cows, and returning all the manure back to the soil, and also instead of selling any feed he has bought a large amount of very rich feed for his cows and also returned the manure from that to his soil and in this way he has constantly built up his soil instead of exhausting it."

He has sold an article that would not take much fertility from the soil. A far better fertilizer will not take much, if any more, fertility from the soil than 100 pounds of hay or straw.

"I didn't know your mother was dangerously ill," said the observant neighbor. "Why, she isn't," replied the dainty daughter. "What made you think that?" "I saw you washing the dishes this morning. And is it any wonder that they never speak as they pass by?"

LEADING DOUBLE LIVES

MANY PEOPLE DO SO IN THE CITY OF PARIS.

An Old Detective Tells of Several Cases Which Came Under His Observation.

At a certain cafe, chiefly patronized by students and by Bohemians of all kinds, situated in one of those small streets off the Boulevard St. Michael which seemed to lead nowhere in particular, a gray-haired, rather military-looking man was one of the habitués. For a long time we wondered what brought him almost nightly to the little cafe, which, if it were a satisfying, old-time air appealing to one's artistic sense, was nevertheless both shabby and quiet.

At last one evening an opportunity occurred of addressing M. X—, owing to the fact that we were compelled to share a corner of his little table because of the numerous customers which had come in. After some desultory conversation, in which as one of its subjects figured an extraordinary case of the discovery of the double life led by a well-known inhabitant of the Boulevard St. Germain, M. X— said, somewhat suddenly:—

"There are many people who would be surprised to know the number of double lives there are in this city of Paris. My business in past years more than nowadays brought me into contact with

MANY OF THESE PEOPLE. "You are not old enough," he continued, after a pause, "to remember the case of the Comte d'A—." For many years he used to go out every morning, or almost every morning, from his house near what is now the Avenue du Bois de Boulogne, and return to it either at lunch or later. No one knew where he passed his time, but the servants had some idea that he was engaged in speculations on the Bourse. By quite an accident one day his secret was given away.

"In those days there used to be many gambling saloons in the neighborhood of the Palais Royal, and on a certain morning one of the proprietors of a gambling den was fatally stabbed by one of his victims, and upon being taken to a neighboring hospital he was recognized, when his face had been taken off him, as the well-known Comte d'A—." For upwards of fifteen years the Comte d'A— had been in the habit of spending his time in the gambling saloon which he and another individual had bought in one of the buildings of the Palais Royal. And from the profits they made by the clever and elaborate system of cheating and plucking of pigeons, he kept up not only his beautiful mansion in Paris and a fine estate in the chateau at Touraine, and report said was generous to many a 'star' of the theatrical firmament of the time.

"But for this attack made by one of his gambling victims, the Comte d'A— might have led his double life for years longer without discovery. Not only was the time required to separate it at home by hand. The hand separator comes back in a cold, half-sour and unwholesome condition, which is unfit for feeding purposes. Even if it does come back in good condition, it is impossible to feed it regularly, and it is far from being equal to hand separator milk. Too much time is required to haul it to the creamery compared to the amount of time required to separate it at home by hand. The hand separator comes back in a cold, half-sour and unwholesome condition, which is unfit for feeding purposes. Even if it does come back in good condition, it is impossible to feed it regularly, and it is far from being equal to hand separator milk."

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simonious habits in a house in the neighborhood of Sureres. It appears that she had almost daily for several years played the part of a flower-seller for many hours, returning home to her aunt's house shortly after noon, as a general rule to reappear in the Bois de Boulogne during the afternoon dressed in beautiful clothes, and a dark-haired instead of a fair-haired girl.

"It was told that she made quite a small fortune out of her flower-selling, it being nothing uncommon for rich admirers to give her two or three francs for a button-hole which had cost her in the markets perhaps hardly as many sous. On several occasions I was told she took as much as a hundred francs a day, almost incredible though this amount seems."

London Tit-Bits.

HIS MAJESTY'S UNIFORMS

REGARDING THE KEEPER OF THE ROYAL RAIMENT.

King Edward is the Possessor of Four Hundred and Eleven Uniforms.

Mr. Chandler, officially designated the Superintendent of the Royal Wardrobe, as King Edward's chief valet and private accountant.

In the former capacity, he attends to the many intricate duties of looking after a wardrobe containing 411 uniforms, and in the latter he scrutinizes and checks all the King's private accounts for such articles as clothes, boots, cigars, plate and jewellery purchased by his Majesty for wedding-presents, and like gifts, and theatre-tickets, and other sundry bills which are not paid by the Keeper of the Privy Purse.

When he buys such articles as clothes or jewellery, his Majesty never inquires their price. They are simply ordered, and the accounts for them are sent to the Keeper of the Privy Purse, who hands them to the Superintendent of the Wardrobe. It is King Edward's wish to pay a fair and reasonable price for everything he buys in this way, and it is Mr. Chandler's business to see that the price charged is reasonable, and not extortionate, as is

SOMETIMES THE CASE.

When an extortionate charge is made, the account is simply sent back to the tradesman, with a request to send in the account simply sent back to the tradesman can, if he wishes, insist on being paid the full amount of his original account; but if he does so—unless, of course, he can show that the amount he charged was fair and reasonable—he will lose the patronage of his Sovereign, and most likely of all other members of the Royal Family, whose names he may have on his books, and this might mean a serious monetary loss, apart from the loss of prestige.

When the accounts have all been checked and carefully scrutinized by the Superintendent of the Wardrobe, they are submitted to the King, and are then promptly discharged.

Of course, many accounts that pass through Mr. Chandler's hands are for articles for which a fixed charge is made—such as for theatre-tickets, newspapers, periodicals, and books. These accounts are settled at

REGULAR QUARTERLY INTERVALS.

In his capacity of supervisor of the Royal wardrobe, Mr. Chandler has many complicated duties to attend to. Before the King dons a uniform, it is put on a dummy figure by Mr. Chandler's assistants, and is then carefully inspected by the Superintendent of the Wardrobe, who has to see that every buckle, band, strap, and ribbon are all in their right places—a piece of work that requires a most accurate and complete knowledge of a highly intricate subject to be performed efficiently and correctly.

In addition, the Superintendent of the Wardrobe has to know how to place correctly every order worn by the King. In his knowledge on this subject Mr. Chandler is said to be without a rival in Europe, with the exception of King Edward himself, who is probably the greatest living authority on the subject of European orders. A story is told that on one occasion the Superintendent of the Wardrobe "passed" the placing of the

STAR OF THE INDIAN EMPIRE

over, instead of under, the Star of India on one of his Majesty's uniforms, the latter taking precedence over the former order. His Majesty instantly detected the slip which the Superintendent of the Wardrobe had made, and drew his attention to it with a smile; but this is the only mistake on record against Mr. Chandler.

When the King orders a new uniform a design of it is first sent to the Superintendent of the Wardrobe, who has to see that it is correct in every detail before it is submitted to his Majesty for final approval.

His Majesty's uniforms are kept in a long row of mahogany wardrobes. There are over a hundred of these wardrobes, each containing four uniforms. Each wardrobe is numbered, and a full detailed statement of its contents is set out in the wardrobe-book, the page-number being the same as the number of the wardrobe.—London Answers.

TRISCUIT The wholesome and dainty Shredded wheat wafer, for luncheon, or any meal, with butter, cheese, fruit or marmalade, will give you new strength and vitality. Always Ready to Serve. Always Delicious. Sold by all grocers.