

Nervous? There are many causes of nervousness, but poor blood heads the list. The doctors call it anemia. The blood lacks vitality. At your first opportunity, consult your doctor about taking Ayer's Sarsaparilla. Ask him if he has anything better for weakness, debility, nervousness. If he has, take it. If not, take Ayer's Sarsaparilla. Get well, that's what you are after.

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PRETT'S PREPARED SUGAR.

Makes Fruit Preserving a Pleasure.
NO COOKING. NO FIRING SAVES LABOR.
Any one can use it. Fruits retain their natural appearance, color and flavor when preserved with Prett's Prepared Sugar, which prevents fermentation.
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Preserves 12 pounds fruit. For sale by
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—PHYSIOLOGICAL FOODS—

"Whatever is sufficient to build a human body is sufficient to keep it in repair."
—ENSIGN.

Rheumatism

Is caused by the retention of waste matter. ENSIGN REMEDY No. 28 cures naturally by eliminating the waste. Effects prompt; cure permanent.
Booklets on General Diseases, Private Diseases, Women's Diseases and Varicose, of drugists.
SOLD BY DRUGGISTS.

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Do You Eat Bread?

If so, do you not think that you might as well eat THE BEST? The best bread is that which contains the MOST nutriment and the LEAST waste matter and is absolutely pure. TRY US.

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WHAT TO EAT.

A Melon Salad the Latest Gastronomic Novelty.
A melon salad is not often seen, though regarded by those who have tried it as a highly satisfactory way of serving this delicious fruit, especially when, as sometimes happens, it is not as full flavored as one could wish. Cut the fruit in cubes, being careful to exclude all hard rind. Make a dressing of olive oil, which for this purpose should be specially good, and white wine or not too strong vinegar, in the



MELON SALAD.

proportion of at least three tablespoonfuls of oil to one of vinegar, a quarter of a teaspoonful of pepper and half a teaspoonful of salt. Mix these well together and pour over the melon. Serve very cold in a salad bowl, or, for a novelty, it may be served from the shell of the melon from which the soft part of the fruit has been cut. Sprinkle this salad with a little chopped green tarragon, the delicate flavor of which blends particularly well with that of the melon. Garnish with lettuce hearts or any greenery at hand.

Salmon souffles are wonderfully good. Take one-half pound of cooked salmon, two hard boiled eggs, anchovy essence, a gill of fish stock, one-quarter ounce of gelatin, half a pint of whipped cream, salt and a tiny pinch of cayenne. Pound the fish to a paste, then add the yolks of the eggs and the whites after chopping and rubbing through a sieve. Now add the anchovy paste and seasoning, moistening it with the stock in which the gelatin has been dissolved; sieve all these things together and when cold mix in the whipped cream. Pin narrow strips of paper round the top of small souffles, fill these an



SALMON SOUFFLES.

inch or so above the edge with a mixture, smoothing the top neatly with a knife; decorate with hard boiled eggs and chopped water cress or with tiny sprigs of water cress or chervil; set on ice till serving time, then carefully remove the papers and use.

Veal cake is a useful dish for picnics. There are various ways of making it, according to whether a rich, substantial dish is required for some special occasion or whether the purpose is merely to utilize a few slices of veal. One of the simplest modes is to cut the roast veal into slices, lay these in a mold alternately with a few slices of ham or tongue and between the layers, which should be well seasoned with pepper, intersperse thin slices of hard boiled egg. When the mold is full, pour in a little rich stock or good gravy. Bake for half an hour and turn out when cold. Another way is to mince a pound of lean veal and half a pound of streaky bacon; add to them a tablespoonful of mushroom



VEAL CAKE.

catchup, a gill of real stock, the grated rind of half a lemon, parsley, a seasoning of salt and paprika; press the mixture into a well buttered mold or basin, the inside of which may be decorated with slices of hard boiled egg, etc., cover with buttered paper and bake in a moderate oven for an hour and a half; turn out when quite cold and garnish with some buttery slices of lemon.

Rest in the Kitchen.

Be sure to have an easy lounge or chair in the kitchen, where you may spend the few waiting moments between the acts, as it were, in rest.

If you cannot afford to buy a lounge especially for that purpose, make one. This is easily done.

Get two long boxes from the dry goods store. Place them end to end and nail together. Make a mattress and fill it with any desired materials. Shredded shucks are clean and excellent. Over this drape any kind of cover to suit the fancy.

Be sure to get something that can be washed and ironed. Red and white bedtickings are pretty and desirable and never fade, and when laundered looks as good as new. Make a pillow to match.

Now, while you are watching the cakes, bread, pies and the like, remember there is your lounge. Rest. Do not say you have no time. You have to wait for your baking to brown. Why not rest while you wait?

You will be surprised how much refreshment you will gain even for one minute's relaxation upon this improvised lounging quarter.

Better Than Spanking

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. S. Wiers, Box 4, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if you children trouble you in this way. Don't blame the child; the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

THE GAME OF CHESS.

Finest Mental Drillmaster the World Has Ever Known.

When the Romans placed over the door of the temple of Janus "Ex Oriente Lux et Ludus Scacchorum" (Out of the East Came Light and the Game of Chess) they spoke of the two greatest bequests that the storied east had ever made to the young and aggressive west—the light of religion and the greatest mental achievement of man since he came through Eden's winking portals.

In the middle ages, when the monks and abbots watched from afar the brutal soldiery of Christendom swooping down like a pestilence on the sunny plains of the south, they chanted "A furor Normanorum libera nos, O Domine" (From the fury of the Northmen deliver us, O God) and returned to chess—all that was left a noble soul in a vain and turbulent world.

Chess is the finest mental drillmaster the world has ever known. As a mind trainer it ranks above Greek and dialectics.

But, above all, it is the science of battle; it is war without bloodshed; it is strife on equal terms, which all the race loves and to which from the cradle to the grave all mortality is subject.

SUMMER CATARRH.

Hot Weather Seems to Have Bad Effect Upon Some People.

It is generally recognized by physicians that many people suffer more with catarrh during the summer than in the winter. The hot, dry weather and the change from the hot days to cool nights seems to have a bad effect upon the disease.

Even after the usual methods of treating catarrh have been unsuccessful, Hyomei will cure the disease, and all catarrh sufferers should take the treatment.

In many instances Hyomei has cured catarrh when the patient has suffered since childhood. Quite a number of people in Chatham who for years have been unable to get a good night's sleep on account of the disagreeable tickling and dropping at the back of the throat, have obtained quick relief from a few treatments of Hyomei and the continued use has made a complete and lasting cure.

There is no stomach dosing when one uses Hyomei. Simply breathe the moderate air through the pocket inhaler that comes in every outfit and all germs will be killed and the mucous membrane will be healed.

The complete outfit costs \$1.00, extra bottles 50c.

For sale by all dealers. The R. T. Booth Co., Buffalo, N. Y.

ZULU WAR TACTICS.

Method of Attack with the Crescent Formation.

Zulu military tactics are associated with the name of Tyaka, the ruthless Zulu conqueror, who welded into the stock of the Amazulu, the people of the heavens, all the young men of the various tribes he conquered, incorporating them into regiments and thus building up a powerful military nation. Yet it was to Dingiswayo, the wanderer, that the inception was due. This man, the son of the chief of the Umtwa, was driven into exile in consequence of an abortive plot to seize the reins of power.

During that exile he lived in Cape Colony and saw the military methods of the British. With instinctive genius he saw how the rich could be added to his own nation, and on his return and accession to the chieftainship he divided his people into regiments, distinguishing them by names and by a special color of shield for each regiment, though for a time they retained the umkonto, or throwing assegai, as their chief weapon. He heard the great use made by the British infantry of their favorite weapon, the bayonet, and so he replaced the umkonto by the ixwa, or broad bladed stabbing assegai.

The peculiarity of the Zulu tactics has earned it the name of the crescent formation for attack, and it is noteworthy that, broadly speaking, it was the method employed by the Boers in their invasion of Natal and adopted by Lord Roberts in his advance through Orange River Colony, and it was the fear of its success which kept the Boers continually on the run. The best thing with which to compare it is, the head of the stag headed beetle. Horns are thrown out widely on either flank, while the main body forms the head itself. From the main body a small force is detached to engage the enemy while the horns creep around the flanks.

This force in the days of Tyaka was frequently dispatched with the command, "Go, sons of Zulu, go and return no more," and death at the hands of their fellows was the fate of those who returned. While this force was holding the enemy the horns carried out their task if possible, and as soon as the two horns had met in the rear of the enemy the head or chest was launched upon the position, and the upshot was that the whole force of the foe tasted the assegai, for in war no quarter was given or asked.

MODES OF THE MOMENT.

An Up to Date Trifle—The Sunburn Veil—How It is Adjusted.

The veil for preventing sunburn is among the up to date trifles of the summer wardrobe. Its difference from the automobile veil, however, is not in color or quality. Rather it is the manner of tying it on the head. Usually it is composed of chiffon a yard and a half or two yards long, and the popular colors are green and brown.

Automobile veils are generally put on from the brim of the hat downward,



WAIST FOR MATRONLY WOMAN.

but this is not so with the veils to prevent sunburn. One of their edges is first fastened about the throat, while the other edge is drawn up to the bridge of the nose and from there pinned tightly around the head. The long ends are then crossed at the back of the head and tied after the prevailing fashion of other veils. This arrangement leaves the eyes uncovered, and the eyebrows being the only exposed parts of the face.

Lace evening wraps are seen more than any other style of cloak this summer. The finest quality of lace is not necessary, many of the wraps being comparatively inexpensive. Sleeveless capes are seen again, but a loose kimono sleeve is, as a rule, preferred. The lace wrap is made up elaborately with net and chiffon, the lining in most cases being of light silk or taffeta.

The surplice waist illustrated is very good style for a matronly woman. It is carried out in pin spotted rose colored silk. A cross over fichu of plain rose silk and a deep outer fichu of cluny lace finished with rosettes of black velvet ribbon complete the attractive model.

JUDIC CHOLLET.

FRIBBLES OF FASHION.

New Styles in Watches—Modish Handkerchiefs—The Latest in Collars.

To be up to date watches must be flat and enameled, so flat that they are as thin as the blade of a knife.

The pocket handkerchiefs fashionable women are using are quite large and made of the softest, finest material. They are simply hemstitched, the beauty of the mouchoir depending upon the excessive fineness of the lawn.

Linen collars to be worn with shirt waists have a frilled border or hem



BLACK STRAW HAT.

opening fanlike and plaited like those seen in Vandyke portraits. They are separate from the waist and are sold by the dozen.

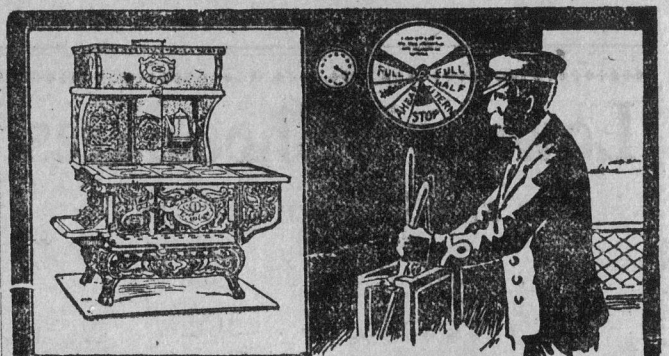
Tailored suits of covert cloth, either in the tan or English gray suitings, are good investments for fall wear. The shops are reducing their supply, and many of these suits are selling at a nominal price.

Thin materials, such as mousseline, chiffon and mull, are combined with checked silk, the silk being used as bands between others of the fabric itself or lace.

A black bon can be worn with any gown, so it is wise to get a good one. Net, for example, is twice as serviceable as malines, which loses its stiffness on the first damp day. The net should be trimmed with a quantity of black satin ribbon.

The hat illustrated is a charming undersummer model that will do duty in the fall. It is of black straw with a puffed chiffon crown. The ostrich pompon is white.

JUDIC CHOLLET.



Pandora Range

Managed Like an Engine.

One-third of a housekeeper's life is spent in her kitchen. One-half the labor of housekeeping is at the cook stove. Your range can double or halve the cooking slavery of housekeeping. A poor range adds worry as well as work, and worry multiplies the housekeeper's care.

Get a range that reduces the work and eliminates the worry. The Pandora Range is as easily and accurately managed as an engine—it responds to the touch as quickly and certainly as the huge engine obeys the hand of the engineer.

The Pandora Range saves worry, and because worry kills, it prolongs life. Sold by enterprising dealers everywhere. Write for booklet.

McClary's

London, Toronto, Montreal, Winnipeg, Vancouver, St. John, N.B.

H. MACAULAY, Sole Agent

The Prim Dutch Girl.

The etiquette of Holland is exceedingly strict in all classes. The young girl is most carefully chaperoned, and she never goes anywhere, even to church, unless accompanied by her parents, some male relative or other equally trusted attendant. At a dance the parents sit round the walls sipping their coffee or wine, and the young men must make the best of their chances in the opportunities afforded by the dance, for when it pleases the guardians to depart there is no help for it, the girls must go too. An unmarried girl always takes the right arm of her escort, while the matron takes the left, perhaps because it is nearer the heart.

Many a man is his own master as long as he is away from home.

An Example.

One of the most intimate friends of M. Dumas fils was a retired naval officer who lived in a distant corner of Normandy. As soon as the author of "Camille" died the officer went over all the letters which he had received from Dumas and destroyed every one which referred to any private affairs of the author. Where letters also contained literary and philosophical discussions he carefully blotted out the personal parts in order that nothing of a personal nature might ever reach a publisher. This is an example not often followed.

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Come to our office, or write us, and we will make a thorough and scientific examination of your ailments **Free of Charge**. You may have taken treatment elsewhere without success. We will show you why it failed. Every man should take advantage of this opportunity to learn his true condition, as we will advise him how best to regain his health and strength and power of manhood. You need not take treatment after consulting us unless you desire to. We treat you until cured.

We make no misleading statements or deceptive propositions to the afflicted. We do not promise to cure in a week or two when we know it will take longer, but we will guarantee a complete, safe and lasting cure, in the shortest possible time without leaving any injurious effects. We guarantee to cure Nervous Debility, Varicose, Stricture, Blood Poison, Weakness, Kidney and Urinary complaints. Call at offices or write for Question List for Home Treatment.

DR. SPINNEY CO., 290 Woodward Ave. Detroit, Mich.

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IS LIFE WORTH LIVING

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