et the bounded and the boundles good, reary soul that earth's deep anguish knew, t in the falling shadows, dimly stood And prayed the gates to let him enter

A thin, white hand, scarce visible, with might Turned the vast hinges, and he walked alone From man the mote to God the infinite, Comrade of truth and heir of the unknown. —Freeman E. Miller in Century.

AN ASTONISHED INDIAN.

Signals by the Heliostat Fairly Over-

At one interview with Geronimo, says General Miles, I tried to explain to him the uselessness of contending against the white race. I told him that we had the use of steam, and the telegraph and helio-stat, both superior to any of their methods of communication. I then had the helio

stat set up and said to Geronimo:
"We can watch your movements and send messages over the tops of these moun-tains in a small part of one day, over a distance which it would take a man on a swift pony 20 days to travel."

He was both curious and incredulous. "How is that?" he asked.

I asked the operator to open communica-tion with the nearest station 5 miles away. He turned his instrument upon that point and flashed a signal of attention. As quick as thought the sunlight was flashed back again. Then Geronimo confessed that he had observed these flashes on the mountain and had believed them to be the manifes-

tation of spirits.
"From here to that point," said I, "is a distance of nearly a day's march. From this country. I can send a message to Fort Bowie, 65 miles away, or to Fort Apache, nearly 300 miles from here, and get an answer before the sun goes down in the

west."
"If you can talk with Fort Bowie," he said at once, "do this. I sent my brother there as a guarantee of my good faith. Now tell me if my brother is all right."

I gave the order to the operator.

"Now," I said to Geronimo, "you will have to wait, for that inquiry, with the reply, will have to be repeated six times."

In a short time the answer came back that Geronimo's brother was there, was well and waiting for him to come.

This struck the savage with awe. He said something to one of his warriors, whereupon the latter quietly turned on his heel, mounted his pony and roade rapidly back in the direction of the mountains whence Geronimo had come. I asked the interpreter, standing near by, what Geron-imo had said.

"He told him to go and tell Natchez," was the answer, "that there was a power here that he could not understand. He told him to come in and come quick.'

The heliostat had performed its last and best work. In a few hours Natchez came riding down from the mountains, with his band of warriors and their families, and endered a tribe that has never been atched since the days of Robin Hood.

How the Grizzly Eats Peanuts. A man who stood in front of the bear pit at the menagerie in Central park was greatly interested in observing just how the big grizzly bear took the peanuts that one of the visitors was handing to him. The bear stood up at an angle of about 45 degrees, hind fect on the floor of the pit, one fore foot resting on the stone ledge in which the bars of the cage are imbedded, the other extended through the bars to take the peanuts. He did not clutch them under his claws and then turn the claws inward upon the ball of his foot, but when he reached out through the bars he spread his claws apart sideways, as one might spread the fingers of his hand apart. The visitor would place a peanut between two close the claws together, as one would close the fingers of his outstretched hand. He would hold the peanut between two claws in the same manner that a man sometimes holds a cigar between two fingers. Holding it thus, the bear would carry-the peanut to his mouth; then, thrusting his paw out between the bars again, he would open his claw out sideways as before, waiting for another.

"I suppose it must be an acquired taste," said a solemn faced bystander, referring to the bear's apparent fondness for peanuts. "I don't know," said another man.
"I'm not so sure but what there are some places where grizzlies live that pedputs

"That may be;" said the solemn faced man, "but I'm sure there's no place where they grow baked."—New York Sun.

Exciting Kansas.

William Allen White tells a story of a Kansas man who left the state, but soon returned to it because he missed the excitement. "Why, man," said White "what the state of ment. "Why, man," said White, "what do you mean? What excitement can there be in living where there isn't a piece of vegetation higher than a supflower and where human beings are as few as summer showers?" "Well, you see, it's like this," he replied. "You put in a crop, and from the moment the seed's in the ground until the last day of harvest it's a gamble whether or not you get a full crop or barely enough to feed a mule. The sustained excitement amounts to what you would get out of a four months' poker game in which you had staked everything. Oh, there's plenty of excitement about it, and I've become so accustomed to that feature of it that I'm lost without it." This farmer was a Greek letter fraternity man, and, ludicrous as it may seem, he unquestionably spoke with the utmost seriousness.—New York Tribune.

Economy In Old Gloves. Never throw old kid gloves away. They are nice to use, for they save the hands in many ways. For example, in gardening and dusting, and, indeed, if one moisten hands with glycerin or cold cream and draw on a pair of easy old gloves for an hour the hard is made astonishingly white, smooth, soft and flexible. Another use for old gloves is to cut the backs for penwipers and to keep the fingers for stalls for cut fingers or burns or any accident to the hands.—New York World.

Ite Name.

"My friend," said the traveler with the skulleap, putting his head out of the car window as the train stopped at a desolate looking village, "what is the name of this dried up, God forsaken place?"

"That's near enough," responded the dejected citizen, who was leaning against the little red shanty that served as the railway station, "Let it go at that."—Chicago Tribune. "My friend," said the traveler with the

The house fly of Europe is said to be of an entirely different species from the same affliction of America.

An acre of ordinary English measure is equal to four-tenths of a hectare.

Many thousands of unsolicited letters have reached the manufacturer's of Scott's Emulsion from those cured through its use. of Consumption and Scrofulous diseases! None can speak so confidently of its merits as those who have tested it.

DROPPED DEAD!

suddenly Stricken Down by Beart Dis-"A sad and sudden death occurred well-known citizen on one of the lead-

a well-known citizen on one of the leading streets this morning."

Nearly every large city paper contains daily some such heading. The number of deaths from heart failure is very large, but it is only when they occur in some public and sensational manner that general attention is drawn to them.

Palpitation and fluttering of the heart are common complaints. With the heart itself there is nothing radically

Palpitation and fluttering of the heart are common complaints. With the heart itself there is nothing radically wrong. But the system is disorganized, the kidneys and liver are out of order, and the storaganized, the kidneys and liver are out of order, and the storaganized the storaganized that the storaganized the storaganized the storaganized that is unable to stand the strain.

A box of Dr. Chase's Kidney-Liver Pills at a cost of 25 cents will regulate the system, purify the blood and make a new person of every sickly man, woman or child.

Dr. Chase's Liver-Kidney Pills may be

or child.

Dr. Chase's Liver-Kidney Pills may be had from any dealer or from the manufacturers, Edmanson, Bates & Co., Toronto. One pill a dose, one cent a

Dr. Chase's Linseed and Turpentine is and colds. Largest bottle on the market; only 25 cents.

MY NEIGHBOR TOLD ME About Hood's Sarsaparilla and advised About Hood's Sarsaparilla and advised me to try it—This is the kind of adver-tising which gives Hood's Sarsaparilla the largest sales in the world. Friend tells friend that Hood's Sarsaparilla cures; that it gives strength, health, vitality and vigor, and whole neighbor-hoods use it as a family medicine.

HOOD'S PHLS ACT easily and promptly on the liver and bowels. Cure sick headache.

LOCK THE DOOR

Before the horse is stolen. Purify, enrich and vitalize your blood and build up your physical system before disease attacks you and serious sickness comes. Hood's Sarsaparilla will make you strong and vigorous and will expel from your blood all impurities and germs of disease. Take Hood's Sarsaparilla now. parilla now.

HOOD'S PILLS are the favorite family cathartic. Easy to take, gentle, mild. 25 cents.

Seventy million people know Hood's Sarsaparilla purifies the blood, strengthens the system and gives good health.

THE PEOPLE ARE CONVINCED When they read the testimonials of cures by Hood's Sarsaparilla. They are cures by Hood's Sarsaparila. They are written by honest men and women, and are pain, straightforward statements of fact. The people have confidence in Hood's Sarsaparilla because they know it actuall and permanently cures, even we other medicines fail.

HOOD'S PILLS are the only pills to take with Hood's Sarsaparilla. and yet efficient.

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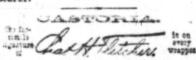
The Lehigh Vailey R. R., in connec-tion with the Grand Trunk Ry., have the fast through train service between Toronto. Hamilton, London, and principal points in Ontario, to New York City. Only line running Pullman buffet sleeping cars. Two hours ahead of all other lines.

Passengers for Europe via this line are landed in New York at Denbrosses.

are landed in New York at Denbrosses or Cortlandt streets, in close proximity to all European steamship docks. Don't fail to ask for tickets and sleeping car accommodations via Lehigh Valley route, at all Grand Trunk city and station offices.

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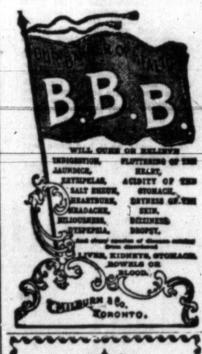
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a complete cure.

MISS MARTHA M. RECTOR,

Central Economy, N. S.





MAKING THE TORTILLA

The Process of Producing Mexico's Mais Article of Food.

Edward Page Gaston, writing on "Bread making In Mexico and Zuniland," in The Woman's Home Companion, thus describes the making of Mexican tortilla: "The tortilla is typical of old Mexico and is en-countered wherever the influence of the countered wherever the influence of the cactus republic has reached. It was found as the main article of food among the ancient Aztecs at the time of the Spanish conquests, more than 3½ centuries ago, and the little hand ground and palm fashioned corn cake has well held its own down through the ages, being today as popular and in as general use as ever.

"Shelled corn intended for this use is first scaked overnight in linewater putil

first soaked overnight in limewater until bles. Six weeks ago I went to the Central Drug store here and got a box of Milburn's Heart and Nerve Pills. Their effects have been splendid, restoring my heart to its former healthy action, and removing the dread of death, which formerly was often present. My nerves have been strengthened, I now get restful sleep, and reliant my four tooky legs and is made of volcanic tuta, he coarse grain of which is best adapted of the grinding of the corn, beans, chile, or the grinding of the corn, beans, chile, or the grinding of the corn, beans, chile, or the grinding of the corn, beans, chile, of the grinding of the corn, beans, chile, of the grinding of the corn, beans, chile, and I cannot be too thankful to this remarkable remedy."

Milburn's Heart and Nerve Pills. Their effects have been splendid, restoring my heart to its former healthy action, and removing the dread of death, which formerly was often present. My nerves have been strengthened, I now get restful sleep, and reliant my food as well as ever. In fact, they have made me well and strong, and I cannot be too thankful to this remarkable remedy."

Milburn's Heart and Nerve Pills. the outer husk of the kernels is loose enough to be removed by being rolled be-tween the hands and is then ready for grinding. This is done by the Mexican women of the lower class, who often work in the doorways of their homes, bending over the historic stone hand mill, called in Mexico a metate. The mill is simply a rough slab of stone supported by four stocky legs and is made of volcanic tufa, the coarse grain of which is best adapted for the grinding of the corn, beans, chile, for the grinding of the seeds, cheese or whatever it may be desired to finely pulverize. The stone hand mill is an indispensable item in the culinary out fit of the tropical home. The accompanying hand piece, looking like a rude rolling pin, is also of stone and is briskly worked up and down the incline of the crude stone up and down the incline of the crude stone three boxes for \$1.50.

Temarkable remedy.

Milburn's Heart and Nerve Pills may be obtained from any druggist, or will be mailed on receipt of price by T's Milburn & Co., Toronto, Ont. The price of these pills is 60c. per box, or three boxes for \$1.50. ders and arms.
"It is claimed that the flour for the tor-

tilla can be perfectly milled only by their ancient methods, and when one sees the result of the grinding he is ready to admit that possibly they are right.

"As the moist windrows of the meal roll off the grinding board, it is caught in a basin, and is then all ready for being formed into cakes for baking. When ready to bake, a woman takes a small lump of the heavy mixture and lays it in the palm of her hand. Then, with the other palm she rolls it into a ball and begins to quickly pat it into the required thinness, deftly spreading the fingers to allow it to enlarge its size, and changing it from hand to hand until it is only an eighth of an inch in thickness, and generally about six inches in diameter, although sometimes as large as a dinner plate.
"The plastic cakes are tossed, one after

another, as completed, upon the stove, called a brasero, and as fast as delicately browned and turned they are placed in a steaming heap and enveloped in a cloth to keep them warm, from which arises a most tempting odor."

A Framp In Luck.

Boely is a man that never had to work for a living, lat he's always busy pursuing some fad pushing some line of study or indulging some caprice. The other night, when friends were helping him fill his library with smoke, he told this one: "Twenty years ago I read of two rich

young Englishmen who had become tramps in order to study the species. It caught my fancy and I undertook the same exper-iment. A thousand interesting incidents might be recalled, but there was one that changed the whole current of my life. "One evening about dusk I pounded at the back door of a house and was answered

by a stately, noble looking woman, who recognized me with a gasp, while I felt as though turning to stone at seeing her. You know the mental vacuum that visits a man in time of deep embarrassment? I stuttered and sputtered and groped about in a fruitless effort to explain, while she wore a look of mingled pity and disdain. She was wondering if her refusing me two years before had brought me to such a to while I was inwardly cursing the earth for not yawning just long enough to swallow me. At last I rallied sufficiently to make her understand. We had a m ... meal together, though the hired girl turned

up her nose and refused point blank to wait on 'sich a lookin critter.'

"The face of my hostess beamed because I was not the wreck she had thought me. I caught her on the rebound and was accepted, long hair, unshaven face, disreputable clothing and all. She sweetly admitted that she must have been mistaken in thinking I had no aim in life. I had entegprise she had never suspected in me. Now you know why she often calls me her dear old tramp."—Detroit Free Press.

Shaving a Lady.

A story is going the rounds concerning "Tom the barber," whose dexterity with the razor is a household word in Bombay. A lady just arrived from England drove to the hotel in Bombay which had been recommended her and was given a spa-cious bedroom, which she was told had just been vacated by a military officer who had gone up country. She was very tired and very sleepy, and after dinner she retired at once to rest, with an instruction that she was not to be disturbed in the morning.

Imagine her surprise when, shortly after

sunrise, she awoke to find half her face covered with lather and a ferocious native holding a razor in close proximity to her throat. She shricked aloud, and Tom the barber, for it was he, fled.

When the alarm subsided, it transpired that Tom had a contract to shave the de parted officer at a certain time every morn-ing, asleep or awake, and that he was unaware of the fact that the bedroom had changed hands. Tom makes it his boast that he can shave a man without arou him from slumber.—Scottish Nights.

Ex-Barmaids.

According to a renowned restauran owner, there are many ex-barmaids high in the ranks of society. One wears with honor the coronet of a duchess; there are a score or more in the peerage.

An artist whose pictures are sought for by connoisseuges drew mild and bitter in Greenwich. A singer, upon whose inquid notes inthralled audiences linger, in her younger days are seen and audiences. in her younger days served the students of

A distinguished London actress once helped the thirsty patrons of the Alhambra to their choice, and thousands of virtimony to the fact that even the bar may be a stepping stone to the domestic hearth. Indeed it is the barmaid who has some advantage of selection.—Strand Magazine.

Needless Wear.

Many people wear themselves out needessly; their conscience is a tyrant. Ap exaggerated sense of duty leads a person to anxious, ceaseless activity, to be constantly doing something, overpunctual, never idle a second of time, to scorn rest. Such are in unconscious nerve tension. They are in unconscious nerve tension. They much to do, not thinking they are rapidly unfitting themselves for probably what would have been their best and greatest work in after years.—New York Ledger.

Every day's experience tends more and more to confirm me in the opinion that the temperance cause lies at the foundation of all social and political reform.—Richard Cobden.

Before thou reprehend another, take heed that thou art not culpable in what thou goest about. He that cleannes with blotted fingers makes a

LIKE A TIDAL WAVE

Heart Disease and Nerve Trouble Sweep the Country-The Papers Are Full of the Tidings.

Probably at no period in the world's story have heart and nerve troubles been as prevalent as they are to-day. Fortunately for this epidemic is given a remedy. Here is what Mrs. F. Kniveton of Adelaide street, Chatham,

Says Mrs. Kniveton, "I think Mil-Says Mrs. Kniveton, 'I think Mit-burn's Heart and nerve pills a splen-did remedy, as they helped me won-derfully. I have had trouble with my heart and nerves for five years, caus-ing shortness of breath, violent palpi-tation, nervousness, loss of appetite.

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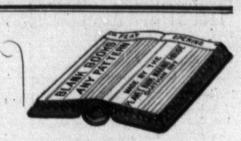
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