

A Rural Optimist.

"How's things, Bill Green?" I asked, and Bill smiled bravely and replied; "Well, things ain't jes' the best, last week two cows took sick and died. It sort o'looks to me jes' now as if the crops would fail, Tobacco was a-doin' fine until we got the hail, Potatoes ain't worth diggin'; a good part cought the pest. And now therat is busy, and it's cleanin' up the rest," Bill smiled to show that spite of all his spirits knew no blight, "Out side of that," he says, "I guess that everything's all right."

A Valuable New Book.

One of the books which is being prepared for the fall trade, and is sure to attract wide attention, is the life of Mother Mary Aloysia Hardey, who was for more than fifty years such a conspicuous figure in educational work in the United States. Indeed she may be called the founder of the Religious of the Sacred Heart on this side of the Atlantic, so clearly did she stamp her individuality on the body, and impart to it the impulse under which it still works.

A typical American woman of Maryland Colonial ancestry, Mother Hardey entered the Sacred Heart community when only 18 years of age, and Mother Barat always spoke of her as her "first American daughter." She was first appointed Superior at the age of twenty-three; a very unusual mark of confidence, and revealing already her remarkable aptitude for governing, a difficult task at any time, but especially in those days when the conventual surroundings were not so sufficient or attractive as at present.

She became Superior in 1836, and until her death in 1886 she was always in posts of authority. Her life was one of stupendous labor. While providing for the spiritual and temporal welfare of her children, she was at the same time off on never-ending journeys, all of which were unavoidable on account of the establishment of new houses that were asked for everywhere. Again and again she crossed the Atlantic, not on the luxurious vessels of today, but on the clumsy, slow-going and often dangerous craft of fifty years ago. We find her in Europe and Cuba and Canada, far away in the West, never even thinking of respite or repose. Her houses of education were built on a magnificent scale all over this vast continent.

What is most striking in her long Superiorship is the admiring affection which she inspired not only in the hearts of her spiritual daughters but among people of the world as well. She was large minded and considerate, though to a certain extent her position as Superior entailed what might be called isolation, in the noblest sense of the word she was intensely human.

She was the Assistant of the Mother General in Paris when she died in 1886. She was buried at Oudane, but very few are aware that, when a few years ago the Government expelled the nuns from their convents, Mother Hardey's American daughters succeeded in having her venerable remains brought to this country very quietly and almost secretly. They buried her on the hill that overlooks her beautiful and beloved Kenwood. Her memory pervades the sacred and silent enclosure; and if the great ones of the world enter there they bend their heads abashed and ashamed as they recall, with self-reproach, the glorious things that were achieved for God by this remarkable woman Mary Aloysia Hardey.

The Rev. Thomas J. Campbell, S. J., has written an introduction to the book which the America Press, New York, publishes.

Treatment for Fault-Finders.

Says a wise woman who has a fine family of children: "Do you want to hear about a remedy for one evil that I have been watching a little for final effect before writing to you about it, but I am satisfied now that it is a fairly good one, and that some of you may find it useful, too. For a season last year we had with us a relative, a young woman who was, in many ways, very attractive, particularly to children. She had one bad habit,

Aching Joints

In the fingers, toes, arms, and other parts of the body, are joints that are inflamed and swollen by rheumatism—that acid condition of the blood which affects the muscles also.

Sufferers dread to move, especially after sitting or lying long, and their condition is commonly worse in wet weather.

"I suffered dreadfully from rheumatism but have been completely cured by Hood's Sarsaparilla, for which I am deeply grateful." Miss FRANCES BERRY, Prescott, Ont.

"I had an attack of the grip which left me weak and helpless and suffering from rheumatism. I began taking Hood's Sarsaparilla and this medicine has entirely cured me. I have no hesitation in saying it saved my life." M. J. McDOUGALL, Trenton, Ont.

Hood's Sarsaparilla

Removes the cause of rheumatism—no outward application can take it.

however. She would criticize almost everything that came under her notice—in a very dainty, delicate way, to be sure, but she always had some fault to find. I managed so that her stay was as short as it could reasonably be made, but, in spite of me, my children caught the fault-finding disease. After some study I made up my mind to cure them so they would stay cured. When Anna criticized the creamed potatoes one night at supper, I said nothing; by the next evening I called her to the kitchen and very politely asked her to prepare them, as I wanted to do something else. I gave her a few directions, but left her chiefly to herself. The potatoes were a failure, and I said: "Now, you see that even people who criticize, cannot always be perfect." The lesson had some effect, so that I heard no more remarks from her for some time. After Clarence complained of the steak, I asked him the next morning to pound it and hold the broiler over the fire while I set the table in a hurry. I was careful not to go into the kitchen until there was a frightful smudge on hand; then I remarked: "You see it isn't so easy to be beyond criticism, don't you?" Later, when we went to a picnic the children went off their guard, and found that things were just a little wrong here and there. Not long after I found it convenient to plan another picnic. I set out what I had specially prepared for the occasion, and asked Clarence and Anna to see that the basket was properly filled. They woke up to what I meant and tried their best to make their doing perfect, but they left out salt for boiled eggs and paper napkins. After our lunch I asked them whether they would have me make out remarks or make the best of the situation. This was really the last lesson needed. I tried at other times to show them that there are occasions when it is justifiable not to put up with others carelessness and imperfect doing, but that the spirit of harping on every little fault one sees is not kindly, nor the sign of a refined nature.

Dodging High Prices.

Many Ways of Avoiding the High Cost of Living, if you know How.

(From the New York Times.)

"What one old crow unto his mate / What shall we do for food to eat? / Years ago when this quaint ditty was sung in the minstrel shows every one took it as a joke. Today it is a tragedy. All over this big city many an old crow, as well as crows young and middle-aged, are making a family dirge of these lines, slightly changed at times: "How shall we pay for food to eat?"

"For the first time in the history of this country people who always have lived well are now, compelled to practice economy of the most pinching sort on account of the high price of food. In spite of all that is said, published, and done to better the conditions it seems to grow worse and prices go higher daily.

For the first time in the history of markets in this city the price of eggs, butter and other farm products go up as spring advances.

Thousands of men and women are vainly striving to make human orphans of themselves by living on air, but it is a losing game. They must have food to eat.

The women in this battle, as in most other battles of life, get the worst of it. They do the marketing. They know the impossibility of furnishing their tables, as they did when prices were reasonable, so they buy disport cuts of meat and fewer vegetables. When the head of the house is seated at dinner by objects to eating boiled beef with horseradish sauce instead of roast beef or steak, and he positively refuses to get lamb chops. Then when the things he likes are again bought he refuses to pay the bill; so what are women to do? What are men to do? What are children to do? They are going to learn the one

SCOTT'S EMULSION is now a summer as well as a winter remedy. It has the same invigorating and strength-producing effect in summer as in winter. Try it in a little cold milk or water. ALL DRUGGISTS

good lesson this holocaust is teaching: The lesson of economy, the lesson of living on less expensive foods. This is how one little woman did whose husband had informed her he was coming home to luncheon and wanted loin chops and green peas. She went to get the chops and took 50 cents with her; the last time she bought chops the week before they were 25 cents a pound. Going to the same place she asked for a pound of chops and found they were 28 cents. "I will not pay that price," she said, and went to another meat market in the same block, where they asked 30 cents a pound. Almost discouraged, she went to a market across the avenue, where they asked the modest price of 32 cents a pound, informing her that the price would be higher the next day. Going over to another avenue she found she could get legs of lamb for 22 cents a pound. She bought a small leg which had a couple of loin chops on it, had it sent home, and bought a can of French peas.

Trimming off the chops when the meat was brought in she broiled them and used half a can of peas. The next day, for dinner, my lady had a fine leg of lamb boiled, with caper sauce, some boiled carrots, which cost 10 cents, some Bermuda potatoes, and a desert of junket, and it all cost less than \$2. Now she saved the water in which the lamb was boiled, and with the addition of rice, onions, celery and other seasoning, had a delicious soup for the next day's dinner, a ham omelette, and a nice celery salad; a light desert, and that dinner did not cost quite a dollar.

On the following day a delicious stew was made of the cold lamb, in which the other half of the can of peas was used, with other ingredients, and the woman thought she was fast on the road of learning how to live on nothing.

Fresh fruit, such as oranges, grape fruit and pineapples, are higher now in price than last season, but dried fruits—prunes, apricots, pears and peaches—are no higher, and if cooked properly, are really better for one to eat than fresh fruits.

Rice and all cereals are no higher in price than ever, and may be used in the place of meat to good advantage. Rice particularly is one of the most nutritious and digestible of all foods.

One of the singular conditions of food products is that table luxuries do not go up in price, or if there is an advance in their cost it is so small that the rich, who are accustomed to indulge in such things as sweet breads, and the many other domestic and imported dainties, do not have to deny themselves these things.

There are plenty of fruits now coming in from California and other points which are no higher in prices than in previous years.

California cherries are selling for forty cents a pound, and there are delicious Cuba cantaloups which cost \$1.25 each. They are quite as large as the celebrated Montreal melon, but, not nearly so delicious in flavor.

The best orange in the market now is the Sunny Mountain orange grown in California, selling for seventy-five cents a dozen. While this seems a big price to pay for oranges at this time of year, they really are the cheap eat in the market. They are delicate in texture, having absolutely no fibre, but are all pale and juicy, and very thin skinned. They are large in size, and for breakfast half of one of these oranges is enough for one person.

The Sunny Mountain oranges are received direct twice a week, so they are as fresh as possible.

Among other table luxuries in town is a peach marmalade put up by a woman in Georgia, selling for thirty cents a half-pint glass. The flavor of this marmalade is unsurpassed in richness and delicacy.

A new food product in market is wild rice growing in Louisiana. It is not attractive to look at, as it is not denuded of its outer husk, but it is sweet, wholesome, and most nutritious, and has far better flavor than the ordinary rice we eat. It is double the price of common rice and it comes in pound packages, with directions for preparing and cooking.

Among the domestic cheeses that are particularly fine and the most easily digested and may be served both at luncheon and dinner, are the cream, Neuchatel, Gervais, Camembert, and Minster.

Of imported cheese now in market there is none better than the Gouda, made near Rotterdam. These cheeses are coming now in different shapes and sizes and are delicious. They average about a pound in weight and look like round or oblong pin cushions.

Panama-Pacific International Exposition.

San Francisco is determined to be the city in which the completion of the Panama Canal will be celebrated. 1915 is fixed for the event. Already five years ago, Chas. S. Fee, C. E. M. Committee on Publicity and Exploitation is urging all friends of San Francisco to request their representatives in Congress to select San Francisco as the celebration city, New Orleans and Washington are also aspirant cities, the City of the Golden Gate appears to have a jogg lead.

Among the interesting claims now

advanced by Mr. Fee, are that the citizens of San Francisco have subscribed \$6,300,000 and will make it \$7,500,000—and that the city or State of California will add as much or more; that 90 percent of the people who take vacations do so in the summer and one of the factors influencing their decisions is cool climate; that (contrary possibly to general belief in the East) cool summer climate is San Francisco's strongest card, temperature averaging 59 degrees which is only seven degrees higher than winter; that the new San Francisco built in the past four years at a cost of \$300,000,000 is the last word in great Cities, and in itself is a magnificent exposition of everything modern and beautiful in structure and the things that stand for a clean healthy place to live and do business that it is best equipped in hotels, and finally that the success, financially and otherwise, of the exposition is assured from the fact that experience has shown that 75 per cent of the attendance at previous great expositions came from within a radius of 250 miles, and as San Francisco and the Cities around it Bay within 30 minutes ride, have a population of 900,000 within 50 miles of San Francisco, 1,000,000 and within 250 miles 1,400,000 the people nearby can be depended upon to make it go as well as to give sufficient life and snap to insure a pleasant reception for those coming from a distance.

By its enterprise at this early date, San Francisco sets an example worth following to all Cities ambitious to hold great international expositions which usually are slow in commencing their preparations and incomplete and disappointing at their opening, thus resulting in unfavorable impressions being widely circulated that cannot be fully corrected by the best of later efforts.

Another Innovation in Railway Travel.

If it is the growing time for Canada it is also the growing time for the Grand Trunk Railway System. The popularity of the International Limited the finest and fastest train in Canada has made larger cars an absolute necessity in order to provide room for the growing traffic. The result of this is a much heavier train and in order to handle this train larger and swifter locomotives have been especially designed and built. But before this was done the 80 pound rail was replaced with 100 pound steel. After all that is the foundation—the roadbed.

The cafe parlor cars, which have done service since the establishment of this splendid train, are now replaced by new diners which are pioneers in their way. The new cars are 70 feet 7 inches long, 10 1/2 feet wide, 14 1/2 feet high. They are equipped with six wheeled trucks and have steel platforms. They are heated with steam from the locomotive and equipped with electric lights, electric fans, etc. The dining room is finished in African mahogany, the chairs are made of Mexican mahogany, upholstered with black leather. These cars were made in the Montreal shops of the Grand Trunk Railway.

New parlor cars similar in excellence to the dining cars are operated on the International Limited.

The Railroad of the West.

Though the Grand Trunk Pacific only started their through passenger service between Winnipeg and Edmonton, on July 31st last, the traveling public have recognized the service as the best in Western Canada, and the trains arrive at both terminals on time. The distance between these two points is 792 miles, making it the shortest line, and the distance is covered in thirty hours and fifteen minutes, which is five hours and forty-five minutes quicker than by any other route. The roadbed is in splendid condition, and with the heavy 80 lb. steel and the favorable gradients the trains run smoothly making it a pleasure to travel. When it is found desirable to do so there will be no difficulty in materially reducing the present time of these trains.

Another feature is the excellent dining car service which is operated on these trains and which has already become known as the best in Western Canada.

A Strange Staircase.

Lever used to tell with infinite drollery, the following story of Mr. McGlashan, his Dublin publisher, who by the way, was a Scotsman. At a certain dinner, fearing to be made fun by the wild Irish authors and scribblers, he left the table, having taken his fair share of wine, to join the ladies in the drawing room. After a while the company heard unearthly noises in the pantry, just behind the dining room. They listened and they wondered. "What could it be? Were there really ghosts in the house, as had been whispered in its ancient traditions? But, summoning courage, they went en masse, and they found that worthy McGlashan had, under the impression that he was going upstairs to the ladies, as

SHARP KNIFE-LIKE PAINS Would Go Through Heart

Thousands of people go about their daily work on the verge of death and yet don't know it.

Every once in a while a pain will seem to shoot through the heart but little attention is paid to it at the time, and it is only when a violent shock comes that the weakness of the heart is apparent. There is only one cure and that is MILBURN'S HEART AND NERVE PILLS. Mrs. J. E. Nixon, Riverburg, Ont., writes:—"Two years ago I suffered with a bad pain around my heart. At times it would almost stop beating and then, a sharp knife-like pain would seem to go through it. As I had heard Milburn's Heart and Nerve Pills were a grand remedy for the heart, I sent and got two boxes of them, and when I had only used a box and a half I was entirely free from pain."

Milburn's Heart and Nerve Pills are 50c per box, or 3 boxes for \$1.25, at all dealers or will be mailed direct on receipt of price by The T. Millburn Co., Limited, Toronto, Ont.

cended shelf after shelf of the pantry, and was, at that moment, lying at full length on the uppermost kicking furiously at the ceiling and sideways, and expressing the utmost surprise that he could not "get up stairs."

Catherall, Mdd

MILBURN'S LINIMENT CO., LIMITED. Dear Sir,—While in the country last summer I was badly bitten by mosquitoes, so badly that I thought I would be disfigured for a couple of weeks. I was advised to try your Liniment to array the irritation, and did so. The effect was more than I expected, a few applications completely curing the irritation, and preventing the bites from becoming sore. MILBURN'S LINIMENT is also a good article to keep off the mosquitoes.

Yours truly, W. A. V. R.

"He gave up a fortune for a smile." "He did?" "Yes." "Must have had 'em awful bad."

Minard's Liniment cures Diphtheria

"You look happy." "Yes; I command a high price and have plenty of work. I am a dressmaker."

Muscular Rheumatism.

Mr. H. Wilkinson, Stratford, Ont., says:—"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price a box 50c."

Jan—"Henry, what would you do if you should go to the post office buy a stamp, ask the man to stick it on for you, and he refused?" "Henry (who is very serious)—"What would I do?" "Stick it on myself." "Jan—"I should stick it on the letter."

Minard's Liniment cures Distemper.

"You seem strangely downcast and humbled." "Yes," replied Mr. Crosslots "Another cook tried us last week, and we didn't suit."

There is nothing harsh about Lax-Liver Pills. They cure Constipation, Dyspepsia, Sick Headache, and Bilious Spells without griping, purging or sickness. Price 25 cts.

"Yes," said the determined man when that waiter resented the smallness of my tip I took the case to the proprietor of the restaurant." "And what did the proprietor do?" "He gave the waiter some money out of his pocket, and apologized to him for having such a customer."

Her Baby Nearly Died. WAS TAKEN SICK WITH Dysentery.

Mrs. Chas. Farrell, Oakland, Man., writes:—"My dear baby was taken sick last fall, and we got the doctor and he said she had dysentery. She nearly died with it, but two or three doses of Dr. Fowler's Extract of Wild Strawberry completely cured her."

"My two little boys got a bad case of diarrhoea and two doses made a wonderful change and they were completely cured also. I would not be without such a grand medicine as Dr. Fowler's Extract of Wild Strawberry if it were twice the price, as I consider it a wonderful medicine, and I cannot recommend it too highly."

Dr. Fowler's Extract of Wild Strawberry has been on the market for over sixty-five years, so you are not expertly mistaking when you use this old and tried remedy. Do not accept any of the many substitutes for this sterling medicine, but ask for Dr. Fowler's and insist on getting what you ask for. Price 35 cents.

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