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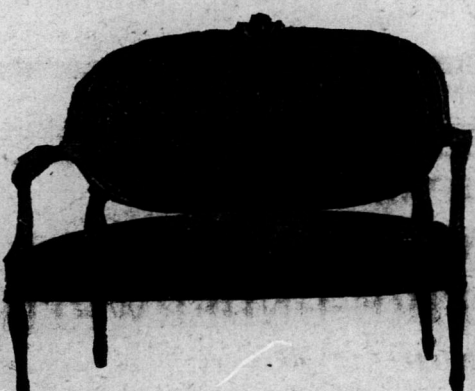
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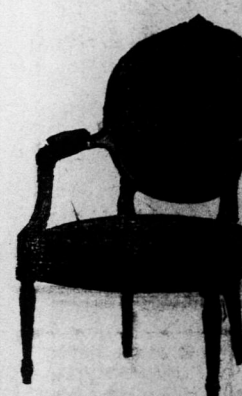
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Complete House Furnishers.
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Enthusiasm.

BY RUTH CAMERON.

Popularity Papers—Being the Second of a Few Little Talks on the Ingredients of Popularity.



Enthusiasm was a second, though not a very close second, to unselfishness, in my poll of the qualities which make for popularity.

Men, especially are attracted by this quality. Girls sometimes say, "Men always like loud girls. Look at Gertrude, she is just as loud and coarse as she can be, and a terrible flirt, and she always has a string of men after her, while Lucy, who is just as sweet and nice as anything, never has a man." May it not be the vivacity and spirit, the liveliness, in short, the enthusiasm with which Gertrude is always bubbling over, rather than her tendency to coarseness, which makes men like her? To be sure, Lucy is nice and sweet, but even you, her champions, must admit that she has painfully little spirit and vivacity.

Enthusiasm, real, genuine enthusiasm, springing from health and good will and love of fun, is an invaluable charm. Eleanor is always an eagerly welcomed guest at all gatherings of the young people of her neighborhood, whether goose parties or mixed gatherings. Why? Simply because, as one of her admirers puts it, "Things always go when Eleanor is around." Eleanor you see is blessed with an enthusiastic and vivacious spirit. Enthusiastic people always have fun

wherever they go and consequently make other people have a good time. They are foes of monotony and boredom, and hence friends of the whole human race.

"All this is very well," I hear someone saying, "and very fine for the lucky people who are born with the gift of enthusiasm, but you promised to give a recipe for popularity, and what's the use of a recipe when you can't get the ingredients? What about us who weren't born that way?"

Ah, my friend, you are right in calling those fortunate, who are born with the great gift of enthusiasm. It is indeed the wonderful quality which, like the twelfth good fairy's gift, or Pandora's final discovery, annuls many misfortunes. But you are wrong in thinking that this ingredient is unattainable unless you are born with it. If you aren't naturally enthusiastic and vivacious, cultivate these qualities. You think that's impossible? A greater philosopher than you or I differs from you. "Depend upon it," says Johnson, "vivacity is much an art and depends greatly on habit."

To be sure, it will not be so easy for you as for the person born with this good gift, but hard and impossible are by no means synonymous.

But mind one thing. Remember it is not the appearance of enthusiasm that you are to cultivate. That's a hollow bauble which all who find out its emptiness justly despise. Fake enthusiasm like fake unselfishness will only bring fake popularity. You must cultivate genuine, heart deep enthusiasm if you wish to win with it genuine, heart deep popularity.

Ruth Cameron

NO ONE STRONGER THAN HIS STOMACH.

The celebrated Dr. Abernethy of London was firmly of the opinion that disorders of the stomach were the most prolific source of human ailments in general. A recent medical writer says: "every feeling, emotion and affection reports at the stomach (through the system of nerves) and the stomach is affected accordingly. It is the vital center of the body * * *." He continues, "so we may be said to live (through) the stomach." He goes on to show that the stomach is the vital center of the body. For weak stomachs and the consequent indigestion or dyspepsia, and the multitude of various diseases which result therefrom, no medicine can be better suited as a curative agent than

Dr. Pierce's Golden Medical Discovery.



"Several months ago I suffered from a severe pain right under the breast-bone," writes Mrs. G. M. MURRELL, of Corona, Calif. "I had suffered from it, off and on, for several years. I did not know what was the matter with me. I tried several medicines but they did me no good. Finally, I was told it was my liver. I did not believe it, and could not feel myself getting better from the first dose. I could eat a little without pain and grew strong fast. To-day I am strong and well and can do a big day's work with ease. Can eat everything and have put on flesh wonderfully. I will say to all sufferers write to Dr. Pierce. He has my undying gratitude."

Fads and Fashions.

Shetland veils are still in favor. The new sweaters mostly have ruff necks.

Brocaded charmeuse is a favorite new fabric. The new gold and silver ribbons have picot edges.

Anything in the shape of a crystal button is light.

Hats of crin, especially in black, are coming into use. Many one-piece dresses have the waist line slightly high.

Original tailored costumes are made of tulle or chiffon taffeta will be seen this fall.

The white or black effect still captivates the heart of Paris.

Plaid ribbons are seen to a slight degree in new neckwear.

Bordered fabrics have by no means lost their popularity.

Every imaginable kind of beaded and silk-ball fringe is in fashion.

No novelty is too extreme to be favored in this year's trimmings.

The transparent tunics for evening gowns are holding their own.

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McMURDO & CO., HAVE IT
Every up-to-date woman should have radiant hair.

There are thousands of women with harsh, faded, characterless hair, who do not try to improve it.

In England and Paris women take pride in having beautiful hair. Every Canadian woman can have lustrous and luxuriant hair by using SALVIA, the great American Sage Hair Tonic.

Every reader of the... can have an attractive head of hair in a few weeks by using SALVIA.

All first class druggists sell a large bottle for 50 cents, and guarantee it to banish dandruff, stop falling hair and itching scalp in ten days, or money back.

SALVIA is a beautiful, pleasant, non-sticky Hair Tonic.

Just Arrived,

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30 only 6-quart Baskets

Preserving Plums,

30 barrels NEW APPLES,
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And to Arrive Thursday,
150 Baskets PLUMS,
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50 Barrels NEW APPLES,
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Special Low Price.
150 Barrels POTATOES,
Get our price this week.

Cabbage, Bananas, Oranges.

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Embroidery.

BY H. L. RANN.



Embroidery is a form of relaxation which enables a woman to engage in conversation on any topic without being handicapped by her mental process. Some women are able to relax to this extent without it, but their number is few.

Embroidery consists of stretching a piece of green goods over a hoop and making passes at it with a needle and thread. A certain number of these passes constitute a stunt and twelve stunts constitute a unit.

There is no family connection between embroidery and darning. Darning is a vulgar pastime, and is never resorted to until everybody in the house is out at the heels. It is much easier to embroider a still life photograph of a Japanese crane on a blue silk sofa pillow than it is to darn one pair of socks.

The embroidery habit has a very depressing influence upon husbands whose clothes need repairing. Many a man is going around with his trousers held in an upright attitude by ten-penny nails and other tinware, while his wife curls up in the hammock and carves her initials on a new set of dollies.

Old-fashioned embroidery consisted in knitting flowing neck scarfs in three colors, crocheting the coy wrist-let and weaving navy blue socks with a seam in them that would cause the wearer to roll in his walk like an intoxicated boatswain. There was also the good old crazy quilt, made up of exhausted lingerie and the pallid remains of near-silk petticoats. No one who ever woke up in the night and saw one of these quilts staring him sternly in the eye would care to call it back to a world of woe.

Embroidery would be more useful if it were applied occasionally to such homely garments as pants, shirts and other pieces of bric-a-brac worn by the male sex.

Three Russians Poisoned in Montreal.

Montreal, August 26.—Following a debauch indulged in by about fifty foreign employees of the Southern Construction Co., at St. Lambert, during which they drank quantities of wood alcohol, three have already died, while three more are in the hospital here, and their condition is reported to be precarious. The dead men are: Evan Vecorry, 26, Nicholas Sukko, 27, and Nicholas Bruskey, all Russians. Altogether about fifty of the men were affected, but it is expected that all will recover with the exception of the six mentioned. A number of others, however, are still ill to return to their work. It is understood that the stuff was obtained from a foreigner who makes a business of supplying the labourers with liquor.

Corie Bolhuro, a Russian, living at 11 St. Urban Street, was arrested this morning charged with distributing the liquor, and another arrest is expected this afternoon.

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Phosphonal restores every nerve in the body and vitality. Promotes energy and all sexual weakness. Everlasting. Phosphonal will make you a new man. Price 25c. per box. 50c. for three boxes. Sent to any address. The Electric Restorer Co., Montreal, Que.

President Taft WHITE HOUSE SHOE FOR MEN.



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