



A WONDERFUL NUT.
A native of the western territories of Africa, the Kola Nut is not likely to remain much longer in obscurity if the properties which, on good authority, it is said to possess, are found to be as stated. From information communicated to the Fiji Agricultural Association by Sir Thomas B. Thurston the cultivation of this nut should form an important industry of the future in tropical countries. Its qualities are as varied as they are extraordinary, some of these qualities have only lately been discovered, one of the most active investigators being Mr. Thomas Christy, F. L. S., who has proven that Kola feeds the muscular system and prevents a rapid waste of tissues. The British Government have been making experiments with the pure paste of the Kola Nut in order to ascertain how far it would meet the difficulty of transporting provisions in time of war as a concentrated sustainer of human life. Mr. Christy strongly advises planters in the colonies who have low damp lands, to devote their attention to the cultivation of Kola, which is sure to rise into importance when its properties become better known. The usefulness of Kola in hot climates, when water frequently contains the germs of various diseases, should be great, as a small quantity added purifies and changes foul water that would be dangerous to drink, unless it were first boiled or treated in this way.

Dr. Nachtigall who writes from personal experience gives some interesting information regarding Kola in his book on the Sudan. It has a marvellous effect when taken into the human system, it is agreeable, stimulating and nourishing. In some places where Kola happens to be scarce, such value is set upon it that for the dry powder of the nut an equal weight in gold dust is given in exchange. In the West Indies and Fiji where Diarrhoea is so prevalent, Kola has been found useful in allaying it. This wonderful nut has risen into such request as a medicine, that for the public good the authorities are investigating its many properties, and there is satisfaction in knowing that the same is being done in this country and elsewhere. Whatever may be the ultimate outcome of these experiments sufficient evidence has been already collected to prove that Kola has an extraordinary influence in counteracting the effects of alcohol, that it acts as a powerful tonic in cases where the digestive organs are defective, that it purifies foul water, and that it sustains hard workers with very little food. The Kola tree (Kola Acuminata) grows to a height of twenty or thirty feet, it has large leaves, and begins to yield about the fifth year. After the tree bursts into blossom the flowering is almost continuous, a bearing tree having fruit and flower at the same time. Two crops are obtained in the year, in June and November. When ripe the nuts are gathered with great care and bought by merchants who ship them to different places.

Medical men prescribe the Kola before meals to people who have reason to feel anxious about the state of their liver. Everybody knows the refreshing properties of tea due to the theine therein contained, and of this Alkaloid Kola contains a much higher proportion than either tea or coffee, and more obromine than cocoa. Theine and obrome it may be stated, are largely made up of nitrogen, which forms four-fifths of our atmospheric air so essential to animal life. As a medicine Kola will undoubtedly take an important place in the future, it seems admirably suited to the case of invalids who require something strengthening, without having an appetite to taste food, for a person partaking of a nut weighing only a quarter of an ounce feels his frame braced up even by that small quantity.

Kola Tonic Wine is manufactured from Kola, Celery and Pepsin. In this combination we have accomplished a scientific triumph because it has been proven that not only must disease of almost every kind give way to its health-giving properties, but it puts the system into such a condition of perfect healthfulness, that it is a practical proof against all disease. Indigestion, Dyspepsia, Asthma, Rheumatism and all nervous troubles can be cured by using Kola Tonic Wine. Beyond the peradventure of a doubt, the Hygiene Kola Company has one of the finest remedies on this continent and of which might be truly said, 'Tis a wonderful product of the 20th Century.

Samples of Kola Nut can be seen in the window of the Hygiene Kola Company, 84 Church street, Toronto.

COCKLE SHELL PORTIÈRES.
These very unique portières are made of strings of cockle shells which may be gathered by the hundreds on the sea-shore. Most of them have a small hole through them, but, if they have none, one is easily pierced with a stout steel needle.

The shells are strung in long strings like the head curtains that are so much liked, are specially effective in a shore cottage, and are not to be despised as a decoration for the bizarre cosy corner which is furnished with a jumble of pretty odds and ends. The shells may be gathered in the daily rambles, and it really takes very little time to gather enough for a pair of portières, for every tide brings a fresh supply. When enough have been collected for a good beginning one might give a cockle-shell bed, and offer a prize for the one who soonest made a string for the portière. The shells come in so many tints, ranging from écru, reddish brown, grays, etc., that the effect is very pretty, and one has the satisfaction of possessing something that can not be bought in the stores.

If the shell is very hard a little muriatic acid dropped on it will soften it, but great care must be exercised in its use, as if it touches the skin it makes a severe burn not easy to heal.

CREAM PUFFS.
Genuine cream puffs are made by a process quite unlike that employed for other cakes, as they are both boiled and baked. One cup of hot water and one-third of a cup of butter should be put over the fire and allowed to boil. Into this is then stirred one cup of flour, to be coked until it draws away from the side of the pan. Remove this paste from the fire, stir very smooth, and when it is cool, beat in three eggs, one at a time. Drop the mixture by generous spoonfuls upon a greased baking-pan, allowing plenty of space.

For the cream use one cup of milk, one-third cup of sugar, one egg, two tablespoons each of flour and corn starch. Flavor to taste. Custard-making was too fully discussed in a previous issue to require explanation here.

WASTE IN COOKING.
Professor Marshall, the noted English economist, estimates that \$500,000,000 is spent annually by the British working classes for things that do nothing to make their lives nobler or truly happier. At the last meeting of the British Association, the president, in an address to the economic section, expressed his belief that the simple item of food waste alone would justify the above-mentioned estimate. One potent cause of waste to-day, is that very many of the women, having been practically brought up in factories, do not know how to buy economically, and are neither passable cooks nor good housekeepers. It has been estimated that, in the United States, the waste from bad cooking alone is over a thousand million dollars a year.—Professor William Mathews, in August Success.

WEALTH OF ECONOMY.
In almost all the cases where men have accumulated great fortunes, attention to margins and remnants has been the secret of their success. Wealth did not come to them in huge windfalls, overwhelming them with opulence, but by gradual acquisitions, and by saving, year after year, the loose money which other men squander. By economizing the little sums which the thoughtless and imprudent man deems not worth looking after—the pennies and dimes and quarter-dollars of which he keeps no reckoning—the pyramid of their fortune has been slowly and surely reared.—Professor William Mathews, in August Success.

RED RASPBERRY VINEGAR.
Seven pounds of berries soaked 24 hours in one quart of vinegar; the juice extracted, four pounds of sugar added; boiled twenty minutes. This preparation diluted with water will make a refreshing beverage for a hot day, but as a basis for fruit punches or for flavoring pudding sauce a syrup of the juice and sugar alone is to be preferred.

FASHIONS FOR THE STOUT.
The general run of fashion plates are the despair of those women whom nature has decreed for stoutness, or whom time has snowed with gray hair. Many fashion cuts show an impossible sylph-like form of women everlastingly youthful. The Delineator,

whose long career of success shows that it meets the needs of women, contains in the September number a special article, carefully illustrated and devoted to the attire of stout and elderly women. This article, with its practical, useful advice about fabrics and quantities, will be appreciated by those who are neither slim nor under twenty-one.

HOME-GROWN FLOWERS.
The love of growing things is so universal that in almost every home will be found flower bearing plants. The successful care of them needs a considerable amount of special knowledge. An expert in such matters is Ward MacLeod, whose writings on the care of plants and whose answers to plant questions appear only in The Delineator. The article for September deals with the shipping of cut flowers, bulb plants for the window garden, and the care of chrysanthemums.

NOTE-BOOK JOTTINGS.
Kerosene is a famous cleanser. If the rubber rollers of the clothes-wringer become grimy or greasy, a thorough rubbing with a cloth dampened with the oil will make them as good as new.

The same treatment will remove the rust from bicycle tires and nickel stove trimmings. Half worn of faded dress-skirts of gingham or print will be found very useful to protect better dresses when one is engaged in housework. The trimming should be removed, and the skirt ripped up the back, so that it can be put on and off quickly.

In case of fire, especially from the explosion of a lamp, smother the flames with salt or flour water is ineffectual in an oil blaze. Leading dry-goods and department houses are placing a convenient and sanitary arrangement in their toilet-rooms in the shape of cans of powdered soap. By the pressure of a spring sufficient powder is released to clean the hands satisfactorily. A moist cake of soap that has been used by "nobody knows whom," is an unpleasant and unsightly object on a washstand. A small package of powdered soap is indispensable in one's traveling-bag, and does away with the necessity of a cumbersome box or oil-skin bag for holding a cake of soap. This toilet requisite comes in another convenient form also, that of a little booklet, from which the "soape-leaves" may be torn as needed.

For eking out the fuel some housewives tear newspapers into pieces, soak them in cold water, and press into balls nearly as large as an orange. These are dried on the plate rack of the kitchen stove, and afterwards placed in the fire among the coal.

The man who goes with the tide is much wiser than the man who tries to pull the tide his way. The man who succeeds is the man who keeps his finger on the public pulse and shapes his course accordingly.—August Success.

The Common Dread of Kidney Disease

Due to the Sudden and Unexpected Deaths Which Result—Constitutional a Frequent Cause—The Unusual Efficacy of Dr. Chase's Kidney-Liver Pills.

Kidney diseases may last for years, and at times may seem to disappear entirely, but unless radical treatment is taken death is likely to result at some unexpected moment. The most frequent cause of kidney ailments is constipation and neglect to keep the bowels regular and active. With constipation the excretory functions of the kidneys fail, the convoluted tubes become choked up, and the tissues are gradually wasted away. The liver cells also are compressed and destroyed, and the most complicated ailments arise. So far as is known, Dr. Chase's Kidney-Liver Pills are the only treatment that goes to the cause of kidney disease by quickening and regulating the action of the intestinal, as well as invigorating and restoring the kidneys themselves. There must be some great secret for the phenomenal and continual success of Dr. Chase's Kidney-Liver Pills. Gradually the demand for them has increased, until now there is no similar remedy that has anything like the sale of this great prescription. It seems safe to conclude that much is due to the fact that Dr. Chase's Kidney-Liver Pills have a direct and combined influence on kidneys, liver and bowels.

Mr. William Boyne of 10 McGee street, Toronto, says: "I was afflicted severely with kidney disease, stone in the bladder, incontinence, deposits in the urine, severe pain in the back, and strains over the loins. I was so bad that I had to get up two or three times in the night, and could then only make water with great pain. Though long a sufferer, and unable to work, I was confined to my bed for three weeks, and during that time thought I could not possibly endure greater misery. It was then that I began to use Dr. Chase's Kidney-Liver Pills. It is with gratitude that I say that they have freed me of all these symptoms, and made me a well man."

Dr. Chase's Kidney-Liver Pills, 25 cents a box, at all dealers, or Edman-son, Bates and Company, Toronto.



THE ORIGINAL LINEMAN.

The spider is the original telegraph lineman. Indeed, he is something more. After his lines are stretched he establishes a "central," so which he runs as soon as any sort of vibration tells him that prey is entangled anywhere in his web. Once at central he listens a minute, then, having gathered the direction, glides away to weave still further netting of silken web about the luckless wasp or fly that has fallen into his clutches.

"He" would more properly be written "she," says a writer in The New York Sun. As in case of so many insects, the female spider is ever so much bigger, more powerful and more resourceful than the male. Spider courtship is, in fact, a perilous process for the wooer. Unless he shows himself both brave and nimble, he is in danger of being eaten before he gets the ear of his fair one. By way of evening matters, after marriage he shows himself a most heartless parent, seizing upon the clutch of eggs as soon as laid and devouring them before the eyes of their agonized mother. Thus it is that the mother spider keeps a death grip upon her bag of eggs. It is the daintiest fairy silken pocket, varying in shape and size according to species, but always exceedingly handsome and well spun. At the first hint of attack the mother seizes it and hurries away, often spinning a thread as she goes in the effort to escape. She will lose a leg, two legs even, cheerfully in its defense. That is not, however, so wonderful as the fact that the lost legs very quickly grow again.

The name spider runs back to the Saxon spinax, to spin, also the root of that austere word spinner. The Dutch name for the insect is cop, or cob, a head, hence cobweb, head or cobwoven, is linguistically allied to the so famous Spion Kop. But cobweb is by no means so expressive as gossamer or sommer-webben, the summer wöven.

In substance spider web is nearly identical with silk. But the spinners of it are far too wise to reel it up into cocoons, which may be plundered by men to feed the desire of the eyes and the pride of life. Web spinning is very wonderful work. The workers indeed deserve high rank as civil engineers and often deal with knotty problems in ways bespeaking almost human intelligence, as, for instance, when they spin loose threads so deftly and with such nice calculation of wind force that the loose ends are carried exactly to the chosen spot, often a couple of yards away, and there anchor themselves of their own motion. It is thus the fairy cables which net trees and boughs and stretch across all summer paths are set in place. They are invisible save where the full sun glints upon them, or else when a misty morning strings them with dewdrops. None the less, they hold firm and serve as aerial passageways, along which the spiders run to and fro safely and swift. Or else they serve as guys to brace the main web.

In spinning the spider shows architectural genius to match her engineering skill. First she surveys a site, then stretches across it a strong thread. She is not particular about having this first thread very taut; all that can be managed later. She spins another thread from the end of this diagonally to another point, whence she goes to a third anchorage, a fourth, even a fifth. Now she has a clear central enclosed at irregular angles. The enclosing threads have been spun of pure silk.

The next thing is to go over them with a viscid exudation, which will mazz whatever touches them stick. When that is done she spins the web proper, running from side to side, with a thread trailing behind her, until all the web-spikes are in place. Before she weaves the ravs together with crossing threads she must know that both they and the anchor threads are dependable. So she runs about, stretching, straining every one, and if it breaks, spinning it over. Where there is pronounced slack, she either takes it in by slicing a new thread near the centre and fastening it outside or by attaching light weights, pebbles, bits of stick and so on to the web's lower edge.

Now begins the last work—running round and round. The crossing threads are spun double—first very fine, then with a coarser ply. At the middle, where the ray threads meet and cross, she either builds herself a snug station or, after everything is done, cuts away the tangle and leaves a small clear space. This is the parlor into which the traditional fly was invited—with disastrous results—but Mademoiselle Spider does not habitually sit in it. Instead, she lurks out of sight, ambushed at the foot of a ray thread. When vibration tells of prey, she seeks the parlor, locates the disturbance

and straightway goes to see about it. A strong-winged insect, as a wasp or bumble-bee, left to himself will soon break out of her silken toils, though he may so entangle his wings in doing so that he never flies again. So she takes no chances. Nimbly she runs down the nearest ray thread, spinning as she runs. When she is a little beyond her victim she dexterously loops her new cable around him, draws it taut and fastens it.

When this has been repeated half a dozen times the prey, bound wing and foot, is ready for removal. She fastened a new thread at the parlor, loops it around the fly or wasp, carries it back and pulls it as tight as she can. Sometimes she moves her prey a whole half inch with one thread. The next thing is to cut away all the outer threads that hold him. This she does quickly, then spins a new cable from the parlor. Thus spinning and cutting, unless the prey be disproportionately big, she brings it at last to the parlor, or very close about it, and there sucks its juices in leisurely content. But if it is too big to be moved, she gnaws off a leg at a time, sucks them and after awhile attacks the carcass. Sometimes, with fiercely stinging insects, she bites them just back of the neck, so as to paralyze them.

CURIOS VENTRILOQUIISM.

One can no longer be sure that ventriiloquial effects on the stage are honestly obtained, inasmuch as contrivances have been patented recently for producing them artificially. In the mouth of a doll, for example, is concealed the receiver of a telephone, with a wire communicating with the mysterious region known as "behind the scenes." When the manikin is desired to talk, a hidden confederate furnishes the utterance, he effect being highly satisfactory to the deluded audience, which sees that the performer behind the footlights is doing it all.

Of late ventriiloquists have tried to vary their performances by introducing, in addition to the old-fashioned dolls, stuffed animals, such as dogs, cats, and even horses, which appear to join in the conversation. This likewise is sometimes managed by the telephonic method, the receiver being placed in the mouth of the figure. In this way even a pig may acquire articulate speech, to the delight and amusement of spectators.

The term "ventriiloquism" is a misnomer, inasmuch as nobody can talk in his stomach, and the popular notion that a performer in this line "throws his voice" is altogether a mistake. The fact is, that the whole deception consists in speaking without moving the lips (a method to be acquired only by long practice), and in pitching the voice so that to the audience it will have the same acoustic effect as if it proceeded from the quarter to which the expectant attention of the spectators is directed.

THE CHRONIC LEANERS.

A large proportion of the failures in life are to be found in the ranks of the chronic leaners. Everywhere we go we meet earnest, conscientious workers, who are amazed that they do not get on faster. They wax eloquent over their fancied wrongs, the injustice that confines them to inferior grades, while persons with no more education, ability, or perseverance than they possess, are advanced over their heads.

To the casual observer, they seem to have cause for grievance; but, when we analyze these people, we find what the trouble really is. They are incapable of independent action. They dare not make the slightest move without assistance from some outside source, the advice or opinion of some one on whose judgment they are wont to rely. They have no confidence in themselves—do not trust their own powers. They have never learned to stand squarely on their feet, to think their own thoughts, and make their own decisions. They have leaned upon somebody from childhood, all through the formative period of character-building, until a habit of leaning is chronic.

Any faculty which is unused for a long time loses its power. It is a law of nature that we must use or lose. If a man ceases to exercise his muscles, they soon become weak and flabby. The same inexorable law governs man's mental powers. So, the men and women who have never learned the fundamental lesson of self-reliance, who have never used their God-given faculties in reasoning with themselves, making their own decisions, and in being their own final court of appeal, grow up weaklings, parasites. God intended them to stand alone, to draw upon His inexhaustible power without stint. He meant them to be oaks, but they have become vines. Not realizing that all growth is from within, they have reversed this fundamental truth and endeavored to draw their strength from the outside.—O. S. Marden, in August Success.

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