

WATER TRICKS.

Suggestions for the Amusement of Clever Swimmers and Their Friends.
There is no end of tricks a clever swimmer can do in water. Then there are sports and games played on rafts or water shoes, log rolling, high diving, water ballets, polo, and hockey. The most popular sport at present, however, is shooting the "chutes," or water toboggan.
More in the amateur's line is hooking on the water; a ball and hockey clubs are necessary, and little "boats" for the feet, which are kept on by straps, something like snowshoes. Quarterstaff is another water game. If the players don't sail suits it adds to their picturesque appearance, trousers, say, of turkey red twill, with red sailor collars on their white shirts and red bands on their hats.

Water tricks, or "ornamental swimming," are useful on two accounts, to amuse yourself or to amuse others. Often friends accompany a swimmer as spectators, and what is the consequence? After the bather has been swimming a while, they are tired of it, and no wonder. They become restless and fidgety and keep demanding "When are you coming out?" But if the swimmer understands a few tricks it will amuse and interest his friends more than swimming ever could do. They also teach the bather nerve and pluck.

Of all water figures the most laughable is that of

"TURNING THE SPIT."

Here are the directions:
Lie on the water as though about to float, then, drawing the knees up to the chin, place both hands beneath the knees, back to back, and move them gently backward and forward, by degrees increasing the speed. Do not be frightened by the result; you will spin around like a top. The nature of a spit is to turn one way and then another, and this is done by moving only one hand until fairly going around another way, and then both are used, as before. Do not in this feat, let excitement run away with your judgment or you will get giddy, and giddiness in the water is a serious matter. Leave off directly the least symptom appears.

The boat figure is a pretty one, as it is supposed to represent a boat supplied with no oars. The swimmer lies on his back as though about to float, then cross the feet to form the prow of the boat, then, instead of raising the arms above the head, as in swimming on the back, move them in exactly the opposite direction; that is, move them from the hips to a line with the shoulder. The arms represent the oars, and they may easily be "feathered" by placing them near the surface with the fingers slightly outstretched. As the feet advance first, this figure presents a curious sight. A clever girl could do this trick easily as well as the one in which the bathing costume is changed under water. The swimmer puts on, over her ordinary bathing dress, another one that is at least a size too large, without fastening it at the neck; standing on the diving platform, she must jump or dive to the bottom of the water, and, hastily divesting herself of the second dress, swim to the top, carrying it in her hands. Deep water, in preference to shallow, should be chosen for this feat which, in many respects, is a trifle difficult, although in reality it is not. A good way to practice remaining under water is to sink to the bottom on the knees and remain there as long as possible; raising the hands above the head will keep you there some time, but if ever you are in danger of drowning do not throw up your arms.

ONE OF HER WAYS.

He—What is Miss Woolston getting that \$800 dress for?
She—To wear to a lawn fete for charity; admission ten cents.

Woman's Work

Is never done, and it is especially wearing and wearisome to those whose blood is impure and unfit properly to tone, sustain and renew the wasting of nerve, muscle and tissue. The only remedy for tired, weak, nervous women is in building up by taking a good nerve tonic, blood purifier and vitalizer like Hood's Sarsaparilla. For troubles Peculiar to Women at change of season, climate or life, great cures are made by

Hood's Sarsaparilla

The One True Blood Purifier. All druggists. \$1. Prepared only by C. I. Hood & Co., Lowell, Mass.

Hood's Pills do not cause pain or gripe. All druggists. 25c.

Few Women
ENJOY LIFE AS THEY OUGHT.
Many are miserable, weak and sickly, and suffer untold misery through ailments peculiar to their sex. It is WRONG. Most all these ills result from womb troubles of some sort. No woman can remain weak or ill who uses
COMPOUND
MILES' (Carr.) VEGETABLE COMPOUND and Miles' Sanative Wash.
"A. M. C." MEDICINE CO., 27 St. Paul St., Montreal.
Medicines expressed to any address on order.

A RECOUNT NOT NEEDED.

Wins in Every Contest—This Is the Record of Dr. Agnew's Cure for the Heart—Mrs. W. T. Rundle of Dundalk, Ont., Cured in One Day—Dr. Agnew's Catarrhal Powder the Only Remedy to do Sylvester Lawrence of Wyndham Centre, Ont., Any Good—Dr. Agnew's Ointment a Certain Cure for Piles—Dr. Agnew's Liver Pills Cure Constipation and Headache.

Continued experiments are needed to test the certainty of some things, but this has no application in the case of Dr. Agnew's Cure for the Heart. No matter how severe the pain, it will immediately relieve. Relief comes within one-half hour. The disease may be of years' standing, this specific will remove it. Mrs. W. T. Rundle, wife of a well-known cattle dealer in Dundalk, suffered severely for a considerable time from heart disease. As she says: "I was for some time unable to attend to my household duties. No remedies did me any good. I was induced to try Dr. Agnew's Cure for the Heart, and I must say the result was wonderful. The pain left me after the first day and I have had no trouble since."

Dr. Agnew's Catarrhal Powder is recommended by all classes of people. The leading clergymen of the country, over their own signatures, have borne testimony to its effectiveness. Nearly 100 members of the late House of Commons have done the same service. It has cured the worst cases of deafness, an outcome of catarrh. Sylvester Lawrence of Wyndham Centre, Ont., says that this remedy is the only thing that he can use with ease and comfort. His words are: "It is the best remedy I have ever tried and I have used a good many."

The very best thing that can be said of Dr. Agnew's Ointment is that in the case of piles it will cure in from three to six nights. It is a certain cure for tetter, salt rheum and all eruptions of the skin.

Simple and yet most effective are the Little Liver Pills of Dr. Agnew. They are easy to take and cure sick headache, constipation, biliousness and indigestion as by magic. 10 cents a vial—40 doses.

CAN RHEUMATISM BE CURED?

The application of Nerviline—nerve pain cure—which possesses such marvellous power over all nerve pain, goes greatly to prove that it can. Nerviline acts on the nerves, soothes them, drives pain out, and in this way gives relief. Try it and be convinced.

Hedges—"Sappy is continually falling off his wheel." Rose—"What can you expect from a fellow who isn't well-balanced."

MEN AND WOMEN AGREE

That corns are painful, not easily cured, and quite useless. Men and women who have used Putnam's Corn Extract testify that it is the best, acts without pain, and cures. Use Putnam's Painless Corn Extract.

Adams' Ginger Beer.

RECIPE. One bottle. Fleischmann's Yeast - One half to one cask. Sugar - Two pounds. Cream of Tartar - One half ounce. Lukewarm Water - Two gallons.

Dissolve the sugar, cream of tartar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-four hours until it ferments, then place on ice, when it will open sparkling, cool and delicious. The ginger beer can be obtained in all drug and grocery stores in 10 cent bottles to make two gallons.

Teacher—And what is meant by keeping the Sabbath holy?
Ethel—It means—it means to think of something you would like to do—oh, ever so much, and then not doing it, 'cause it's Sunday.

Pills do not cure Constipation. They only aggravate. Karl's Clover Root Tea gives perfect regularity of the bowels.

CONVINCING PROOF.

Fleming won't allow his wife to get trusted. He says she hasn't any judgment.
That's so. She showed her want of it when she married him.

Man wants but little here below, As someone said before, But when he gets it don't you know, He wants a little more.

Ryckman's Kootenay Cure

Positive Cure for Rheumatism and Paralysis.

(Testimony Under Oath.)

County of Wentworth, To Wit: I, Emerson Hannon, of the Township of Glanford, County of Wentworth, farmer, do solemnly declare that:

1. About 22 years ago I had what Dr. Bethune declared to be the worst case of Inflammatory Rheumatism that he had ever treated. I subsequently recovered from this.

2. About three years ago I was again attacked by the same disease and it kept gradually getting worse.

3. About five weeks ago the Inflammatory Rheumatism became so bad I was compelled to go to bed and was unable to leave my bed, and I suffered the most intense pain.

4. During the last three years I experienced the greatest difficulty in doing any work, and whenever I did any work whatever I would suffer intense pain every night for so doing.

5. About three weeks ago I first started taking the medicine, Kootenay Cure, given to me by Mr. S. S. Ryckman, M. P., and within one week the Rheumatism had completely disappeared and after I had only used one bottle.

6. The Rheumatic pains have completely left me and I consider myself completely cured of this dreadful disease.

And I make this solemn declaration conscientiously believing it to be true, etc. EMERSON HANNON.

Declared before me at the City of Hamilton, County of Wentworth, this 11th day of May, A.D. 1895.
Francis Fitzgerald,
A Notary Public in and for the Province of Ontario.

Scott's Emulsion
Of Cod-liver Oil, with Hypophosphites, will fill out the sunken cheeks of pale children, and give color to the lips.
It furnishes material for the growth of bone, and food for the brain and nerves. It lays a strong foundation for growth and development.
50c. and \$1.00 at all druggists.

NEARLY BENT DOUBLE.

The Story of a Well Known Delhi Man.

Tortured With Rheumatism for Nearly Twenty Years—Spent Large Sums in a Vain Search for Renewed Health—How He at Last Found It.

From the Delhi Reporter.

There are very few troubles more wide spread and none more difficult to eradicate from the system than rheumatism. The sufferer is racked with pains that seem unbearable, and frequently feels that even death itself would be a relief. Among those who have found much of their lives made miserable by this dread trouble is Mr. Michael Schott, of Delhi, and having found a means of release from its agonies he is anxious that other sufferers should profit by his experience. Mr. Schott is in the employ of Messrs. Quance Bros., millers, and has a reputation for sterling integrity among all who know him. When one of the staff of the Reporter interviewed him, Mr. Schott gave the facts of his illness and recovery as follows:—He had been a sufferer from rheumatism since about eighteen years of age. At times he was confined to bed but obtained no rest day nor night from the excruciating pains he was undergoing. Again he was able to go about and follow his employment, but even then frequently walked about in an almost doubled up condition. Then again he would have another relapse, and would be forced to take to his bed. During all these years he was almost continually doctoring, but never obtained anything more than temporary relief for the large sums he expended in this way. Having failed to obtain relief at last he went to Simcoe for treatment but received no permanent benefit and soon after coming home was as bad as ever. It will be readily understood that he was seriously discouraged, and had come to look upon his case as hopeless. Finally he was urged to try Dr. Williams' Pink Pills, and after hesitating at spending any more money, in what he now considered a vain pursuit of health, he at last consented to give them a trial. By the time he had used a half dozen boxes there was no longer any doubt in his mind that he was steadily improving, and the treatment was then gladly continued. When he had taken a dozen boxes he found himself entirely recovered, entirely free from pain and from all stiffness of joints, and he is now able to do as hard a day's work as any man in the village. He has now been free from his old enemy for so long a period that he feels his cure is permanent, and is consequently an enthusiastic admirer of Dr. Williams' wonderful Pink Pills, and urges all who are similarly suffering to give them a trial, feeling confident that they will prove quite as efficacious as they did in his case.

Dr. Williams' Pink Pills strike at the root of the disease, driving it from the system and restoring the patient to health and strength. In cases of paralysis, spinal troubles, locomotor ataxia, sciatica, rheumatism, erysipelas, scrofulous troubles, etc., these pills are superior to all other treatment. They are also a specific for the troubles which make the lives of so many women a burden, and speedily restore the rich glow of health to pale and sallow cheeks. Men broken down by overwork, worry or excesses, will find in Pink Pills a certain cure. Sold by all dealers or sent by mail post paid, at 50c a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N.Y. Beware of imitations and substitutes alleged to be "just as good."

There are many times and circumstances in life when "Our strength is, to sit still."—Tryon Edwards.
"My baby had croup and was saved by Shiloh's Cure," writes Mrs. J.B. Martin, of Huntsville, Ala.
"Them folks from town didn't stay much of a spell, Uncle Reub?" "Naw; went back mad 'cause we didn't hev no cycle paths an' 'lectric lights in their blackberry patch."

Catarrh.—Use Nasal Balm. Quick, positive cure. Soothing, cleansing, healing.
The row boat which started from New York with two sailors on board on June 6th to cross the Atlantic has reached the Scilly Islands in safety.
The best cough cure is Shiloh's Cure. A neglected cough is dangerous. Stop it at once with Shiloh's Cure.
W.P.C 827

MAKE UP YOUR MIND
Be Up-To-Date
In Soap as well as in everything else. Old-fashioned Soaps and old-fashioned druging wash-days are not good enough for up-to-date people. No, they are all using
Sunlight Soap
and are keeping their homes clean, bright and cheerful with very little labor. To all who use this world-famed Soap it means
LESS LABOR GREATER COMFORT
For every 12 Sunlight wrappers sent to Lever Bros., Ltd., Toronto, a useful paper-bound book will be sent, or a cloth-bound for 50 wrappers....

THIS is what the People want—VENTILATED BOOTS keep your feet dry and cool in summer, dry and warm in winter. Perspiration dampness avoided.
HYGIENIC BOOT
MADE ONLY BY THE J.D. KING CO. LTD. TORONTO.
ASK YOUR DEALER FOR THEM
COST NO MORE THAN OTHER BOOTS.
CUT PRICES ON PUMPS.
Everything the farmer sells is low. Who sells low to him? We have repeatedly refused to join, and, therefore, defeated windmill combinations, and have, since '89, reduced the cost of wind power to one-sixth what it was. We believe in low prices, high grades and large sales. No one knows the best pump or prices until he knows ours. We make short hand and long power stroke pumps, with best seamless brass tube cylinder, lower than CHICAGO from ones—a 2 1/2 x 16 inch at \$2.12. Tell your dealer. Aeromotor prices and goods are always best. Through gratitude, and because we are price makers, and are safest to deal with, the world has given us more than half its windmill business. We have 20 branch houses—one near you. Write for beautifully illustrated circular.

PERFECTLY WILLING.

Do you think your mother would let you have another piece of cake, Willie? Oh yes, ma'am. She told me to be sure and get filled up while I had the chance.

How This! We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by their firm. West & Truxax, Wholesale Druggists, Toledo, O. WALKING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials Free.

The Cunarder Etruria, which arrived at New York, on Saturday, was boarded by an immense wave on Tuesday morning. The wave did a good deal of damage and frightened the sleeping passengers, but no one was hurt.

WEST SHORE THROUGH SLEEPING CAR TO NEW YORK.

One of the handsomest sleeping cars that had ever been turned out of the factory is now running from Toronto to New York without change via the popular West shore route. It is a buffet car, and refreshments can be obtained en route, if desired. This car leaves Union Station, Toronto, every day except Sunday, at 4:55 p. m., reaching New York next morning at 10:10 a. m. On Sundays the sleeper runs from Hamilton only, connecting with the through train from Toronto. Call at any Grand Trunk office in Toronto for information or space in sleeping car. Reservations can be made in advance if desired.

Maude—"Would you marry Freddy if he asked you to?" Bella (airily)—"I can only answer that by saying that he wouldn't be single now were I so foolish."

I was nervous, jired, irritable and cross. Karl's Clover Root Tea has made me well and happy.
MRS. E.B. WORDEN.

He is a great friend to the poor. So he is. He will keep any of his friends poor if they will give him half a chance.

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PEERLESS MACHINE
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THE COOK'S BEST FRIEND
LARGEST SALE IN CANADA.

WHY DESTROY HEALTH,
happiness, sleep and domestic felicity by drinking impure water.
Sir Henry Thompson says the only safe water to drink is mineral, and ST. LEON.
Has been shown by analysis and experience to be the best water yet discovered. Don't endanger life by drinking filthy water. Get a jar of St. Leon at once.
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A Sovereign Remedy
For Weak and Inflamed Eyes, Chronic Granulation of the Glands, Film or Weakness of Sight, from acute or chronic inflammation which is induced by scrofulous origin or induced by other causes; Weakness of Vision or of the Optic Nerve, or a diseased state of the tissues constructing the eye. Sold by all druggists.
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"SALADA"
CEYLON TEA. Sold Only in Lead Packets
IT IS DELICIOUS.

POP BOTTLES.

1000 doz. 9 oz., with stoppers and Boxes, Ginger-ale, 100 doz. 28 oz., new, without "100 doz. 9 oz. Ginger Beer, new.

W. G. HARRIS, Toronto.

These Bottles will only be sold outside City of Toronto or County of York.

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R. G. Mills, B.A.—A. Mills.—Jas. Hales, LL.B.

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and Conservatory of Music
The 37th year will begin on Sept. 6th, 1896.
Equipment very complete in all departments. New Pipe Organ in building. For new catalogue containing terms, etc., address the Principal, A. BURNS, D.D., LL.D.

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