PERSONAL PARAGRAPHS.

A New Interesting Facts About Some Well-Known People.

Lord Ampthill, who stands 6 feet 5 inches high and weighs 233 pounds, has begun rowing practice to reduce his weight. He is an old rowing blue, having appeared for Oxford three times (1839-91) against the sister university of Cambridge. At that period he weighed 190 pounds. Though under forty, Lord Ampthill has held the high position of Governor of Madras, from which he retired last year.

An interesting announcement is that earl of Albemarle has finished a fullsized bronze statue of a bugler and a drummer boy, illustrative of one of Rudyard Kipling's poems. His grandfather, the sixth Earl, who died in 1891 a general, took part in the Battle of Waterloo as an ensign of the 14th Foot, now the West Yorkshire Regiment. He was only sixteen years old at the time, and had tharge of one of the drums. Coming unscathed out of the battle, he lived to the age of ninety-two.

Pittsburg Institute was Mr. Maarten for retaining youth: "Eat frugally and Maartens, the Dutch novelist, whose real be scrupulously clean." It may be inname is Joost Marius Willem Van der teresting to cellect other testimonies Poorten-Schwartz. Though he was edu- from those who have successfully compated in Germany and lives in Holland, | tated the ravages of time." Mr. Maartens writes his novels in Eng- | General Booth, a grand old man lish, which he speaks like a native. He 79, has given a lengthy explanation of is a wealthy landowner, and lives in the the methods by which he has retained picturesque castle of Zuylestein, which his activity. Here is his advice:-Maartens' finest epigrams is: "God, age man eats too much. Instead of what compassion must be Thine, when nourishing his body he overtaxes it, even we brutes feel pity !"

Colony, like the late Cecil Rhodes, is a bachelor. Everyone knows of the famous raid into the Transvaal in 1895, when Dr. Jameson upset Cecil's applecart, and landed himself in a Boer prison. "I made a mess," the Doctor frankly said afterwards, "and I got fifteen months. That is all. No; I may add dig, walk, chop wood, or, if you can one thing: I deserved fifteen years-for failing." It is not everyone who becomes a Prime Minister, however, so Dr. Jameson need not talk any more about "failure."

The Lord Mayor of London, Sir William Treloar, "the carpet knight," has been telling some stories of his school days. He went to King's College School, and one day he admitted to a master that he was ignorant of the meaning of the word "abdomen." The master, "a brawny Yorkshireman," at once struck him with his fist, saying: "There, that's your abdomen, and don't forget it." "I have never forgotten it," added Sir William, "and I find that some knowledge of anatomy is useful to a Lord Mayor." This remark, needless to say, was greeted with loud laughter.

The Prince of Wales, who has just after Majuba in 1880. been promoted to the rank of admiral, entered the Navy in 1877. As a midship- no doctor," is the prescription of Mrs. man he served for a time under the Honor Coleman, whi is now 107. Mrs. of nine was hung at Chelmesford, Eng- cr animals cured in 30 minutes by Wolpresent Admiral Sir Frederick Bedford, Coleman, who lives in Somersetshire, land, for setting a barn on fire at Wil- ford's Sanitary Lotion. It never fails. who tells a good story. While the ship | belongs to a remarkably long-lived fam- | ham. was coaling in a Turkish port a pasha lily. Both her mother and her grandcame off to pay his respects to Queen mother wert centenarians, and her Victoria's grandson. "I am in com- daughter is nearly 80. mand," said Sir Frederick, "and the The Rev. Thomas Lord, who is a hun-Prince is an officer; but here he comes." dred, and is the oldest living preacher, At that moment Prince George, who was has said:-In charge of a coaling party, came up. The Turkish pasha refused to believe only see the duty of a Christian man that the youth, black from head to foot, to his own common sense, and the way was the Prince, and he left the ship clear to moderation in all things. With on her?" under the impression that he had been that influence, and the influence of tohoaxed. Like all Orientals, he did not tal abstinence, I have progressed from realize the English word-duty.

NERVOUS INDIGESTION.

A Severe Case Cured by Dr. Williams' the longer you live." Pink Pills.

"I suffered so much from nervous lowing:dyspepsia that I feared I would become insane," says Mrs. Alfred Austin, cise, and moderation in cating and (I Varney, Ont. "For months," says drinking. I am not a vegetarian, and Mrs. Austin, "I was prostrated with do not exclude any form of flesh. As half square miles, that of the United this trouble. I got so bad I could not to sleep, I used formerly to rise at States 3½ millions, and of Russia eight eat a mouthful of food without it near- about six o'clock in the morning, but millions of square miles. ly choking me. I was affected with latterly I have been a little later; my such terrible feelings of dizziness and usual allowance is about ten hours a nausea that I had to leave the table day. sometimes with just two or three mouthfuls of food for a meal. My nerves were all unstrung, and I grew so weak that I could not even sweep the floor. In fact, my nerves affected me to such an extent that I feared to be left alone. I could not sleep at nights, and used to lie awake until I feared my reason would leave me. I was taking medicine constantly, but it did not do me a bit of good. I had used Dr. Williams' Pink Pills on a former occasion with good results, and at last I determined to try them again. I can say nothing better than that these pills have been a blessing to me, as they have made me a well woman. Every trace of the indigestion is gone, and my nerves are as strong and sound as they were in girlhood. Now I can eat anything that is on the table, and I get sound refreshing sleep at nights. All this I owe to the faithful use of Dr. Williams' Pink Pills, which I shall never cease to praise."

Dr. Williams' Pink Pills fill the veins their youth:with new, rich, red blood. That is why they strengthen the nerves and every organ in the body. That is why they cure all troubles due to bad blood or weak, shattered nerves, such as anaemia, with it grinding, wearing backaches, headaches and sideaches, rheumatism and neuralgra, heart palpitation, indigestion, St. Vitus dance, par- thers that Crispi was right in finding tial paralysis, kidney troubles, and the secret of long life in "regularity those special ailments that render the and abstinence." The same view can lives of so many women and growing be gathered from the life of the great girls a burden. But you must get the German field-marshal, Von Moltke, genuine pills with the full name, "Dr. who, at the age of ninety when still Williams' Pink Pills for Pale People, possessed of fine intellectual power and on the wrapper around each box. Sold remarkable vitality, said that he had by all medicine dealers or by mail at managed to live so long and in such 50 cents a box or six boxes for \$2.50 excellent health "by great moderation from The Dr. Williams' Medicine Co., in all things and by regular out-of-door Brockville, Ont.

Come

-and all stomach and bowel disorders. Makes puny babies plump and rosy. Proved by 50 years' successful use. Ask your druggist for it-Nurses' and Mothers' Treasure -25c.-6 bottles \$1.25.

TO REACH HALE OLD AGE

National Drug & Chemical Co., Limited

Montreal

TESTIMONY OF SOME WHO HAVE LIVED TO A GOOD AGE.

Pointers on How to Assure One's Years Being Long in the Land.

One of the delegates to the Carnegie | Mme. Patti has given as her recipe

is several centuries old. One of Mr. Eat as little as possible. The avercompelling his stomach to digest more Dr. Jameson, the Premier of Cape food than it has capacity for.

Drink plenty of water in preference to adulterated concoctions. Water is wholesome nourishment.

Take exercise. It is just as foolish to develop the mind and not the body as it is to develop the body and not the mind. Perform some manual labor; talk with your whole body, why, then talk, but do it with all your might.

DON'T INDULGE. Do not fill your life with a lot of silly and sordid pleasures, so that when you come to die you will find you have

not really lived. inates above all else, that is beneficent own greedy self alone. If there is one over afterward I was afraid maybe you'd thing for which I am glad it is that I be superstitious about that thirteen." have found a purpose which involves not me alone, but all humanity.

"BOBS" KEEPS YOUNG.

says:pose. I have not drunk nor smoked, Singer Sewing Machine Co. Write us

"Strict teetotalism, no medicine, and

"I have no secret for long life. manhood to one hundred."

Another preacher, Dr. Clifford, has a special prescription. The famous Bap- man soldier starts on a long march he tist is seventy-one, and a tremendous rubs his feet with tallow, for his first worker. He says:-"The more you work, care is to keep his feet in good condi-

Not smoking, plenty of outdoor exer- knapsack. There is nothing like it.

MEDICAL ADVICE.

Sir Lauder Brunton specifies as encmies to continued youthfulness improper mastication of food and chills. Largely open windows are compara-

he denounces.

results in brain-fag and early decay. come from France and Switzerland.

SOME GOOD PRINCIPLES. Sir James lays down the following principles for those who would preserve

Be moderate. Do not worry.

Take plenty of sleep. Take plenty of exercise. Eat plenty of sugar, rice, peas, fruit,

potatoes, bread and milk. Eat sparingly of fish and meat.

From these many witnesses one gaexercise."



Sells on sight. Agent8 coining money with it Salary or Commission. Bradley - Garretson Co., HOUSEHOLD Ltd , Desk 15, Brantford,

Made in many fabrics and styles, at various

prices, in form-fitting sizes for wemen,

men and children. Look for the

PEN-ANGLE



--- SOLD BY ---DRUCGISTS, GROCERS AND CENERAL STORES 10c. per packet, or 3 packets for 25c. will last a whole season.

THOUGHTFUL OF HIM.

"See here," said the lady, "you told me that work would cost me only \$13, and

Have a purpose in life that predom- here you've sent in a bill for \$14." "Yes'm," replied the carpenter; "you to those about you, and not to your see, when I came to think the thing

SEWING-MACHINE NEEDLES

for all makes of machines at Five Cents Lord Roberts, now in his 75th year, per package, and everything else pertaining to sewing machines at greatly I have kept myself young on pur- reduced prices. Look for the Red S. and I am really not a day older than at Manning Chambers, Toronto, for set of Bird Cards free.

The Greatest Tonic is "Ferrovim." It is pleasant in taste and contains just the nourishment and strength-giving qualities that are need-

THE REST OF IT.

"Do you think it in the nature of any girl to object to a fellow's being spoons

"Not if he forks out."

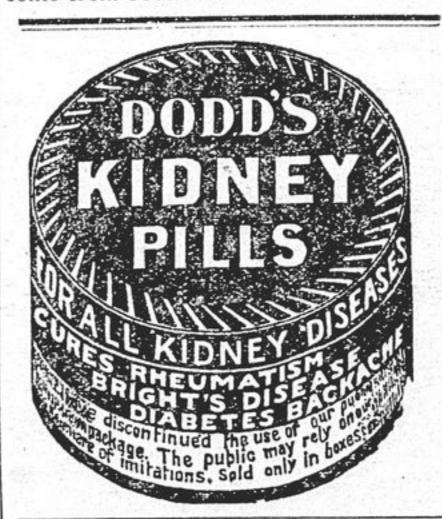
cholera, dysentery, etc., in the market It Has Many Offices .- Before the Gertion. If he knew that Dr. Thomas' Lord Gwydyr, aged ninety-seven, Eclectric Oil would be of much better finds the reason for his age in the fol- service he would throw away his tallow and pack a few bottles of the Oil in his

The area of India is one million and a

Mother Graves' Worm Exterminator does not require the help of any purgative medicine to complete the cure. Give it a trial and be convinced.

ELECTRICITY IN SPAIN.

The recent increase in the use of electively safe, but a chink through which tricity in Spain has been so rapid that the air blows is to be carefully avoided. an official report states that to-day very The practice of gobbling food may, to few localities exist where the electric a certain extent, be responsible for the light is not employed. This is particularlarger proportion of cancer in the sto- ly true of places situated near swiftly mach, which occurs in men more than running streams. The consumption of electric lamps, even in the smallest vil-Sir James Crichton-Browne has strong lages, is described as being enormous. theories on the subject. Copybook rules | Everywhere electric motors are found | taking the place of steam-power. Yet the Almost as many men have been killed | construction of electric apparatus in ty the maxim, "Early to bed and early | Spain has not kept step with the growth | to rise," as by over-eating. Instead of in its employment, 80 per cent. of the making a man healthy, wealthy and dynamos and motors being imported wise, early rising lowers his vitality, and from Germany. Most of the remainder



TNU

ISSUE NO. 28-07.

EGGS WITHOUT SHELLS.

One Way They Are Sent In Russia to Avoid Excessive Freight.

Russian exporters, to avoid an excessive freight on eggs as well as to avoid loss from breakage and from spoiling by heat, ship them without the shell, i. e., broken and the contents put up in airtight block tin boxes, with or without salt, according to the taste of the cus-

Each box contains several eggs, and is sold by weight, the size running from half a k'logram up to a pud (some 16 kilograms). The price of the latter is five rubles. For use in cooking and for a limited time these tinned or preserved eggs seem to answer very well; that is, on the Continent, for England doesn't take kindly to them. London, for instance, which buys large quantities of Russian eggs, pays eight rubles a rud for them (against five for the preserved eggs), besides the weight of the shells and the extra freight tariff on eggs.

Each block tin box of "conserved" eggs, whether of half kilo (a kilo is a little more than two pounds) or two pud size, must bear the date and hour of its closing, thus guarding against getting stale eggs. The amount of eggs put up in boxes and annually exported is enormous and constantly growing.

For the Overworked .- What are the causes of despondency and melancholy? I disordered liver is one cause and a prime one. A disordered liver means a disordered stomach, and a disordered stomach means disturbance of the nervous system. This brings the whole body into subjection and the victim feels sick all over. Parmelee's Vegetable Pills are a recognized remedy in this state and relief will follow their

The louder a man complains, the more certain you can be that he got just what was due him.

Most women live on the hope that men will not judge them as strictly as heir own mirrors do.

Something More than a Purgative .-To purge is the only effect of many pills now on the market. Parmelee's Vegetable Pills are more than a purgalive. They strengthen the stomach, where other pills weaken it. They cleanse the blood by regulating the liver and kidneys, and they stimulate where other pill compounds depress. Nothing of an injurious nature, used for merely purgative powers, enters into their composition.

It is hard to conceive of harmony in heaven unless some mortals take a ceurse in voice culture.

ITCH, Mange, Prairie Scratches and As late as 1831 an unhappy little lad every form of contagious Itch on human

THE IRONY OF FATE.

He: "So Smythe has been run over by an automobile, eh! How did it happen? She: "The poor fellow was stooping over to pick up a horseshoe for luck."

The never failing medicine, Holloway's Corn Cure, removes all kinds of corns, warts, etc.; even the most difficult to remove cannot withstand this wonderful remedy.

In hot countries meat exposed to the direct rays of the moon putrifies much more rapidly than if kept in the dark.

Just a Word of caution; Where the skin is destroyed by burns or scalds apply Weaver's Cerate immediately; the sooner the better. In 1841 there were no more than 5,-

000 Jews in Palesline; to-day there are 40.000 in Jerusalem alone.

looseness of the bowels promptly and causes a healthy natural action. This is a medicine adapted for the young and old, rich and poor, and is rapidly becoming the most popular medicine for

Celluloid Starchneeds no cooking -- just cold water and 'tis ready. 'Twon't stick, yet gives a better gloss, with less ironrubbing, than any starch you know. Its price is little. Your dealer sells it. Try it this week. 204

Celluloid Starch

Manitoba

flour for bakers and others demandling strength, color and uniformity.

AT YOUR GROCERS DEALERS EVERYWHERE SUPPLIED WITH FLOUR AND FEED. WRITE US. WE ALSO MAKE "QUEEN CITY!" A BLENDED FLOUR THAT HAS GAINED GREAT FAVOR AS A GENERAL HOUSEHOLD 'ALL PURPOSES' FLOUR

TORONTO JUNCTION

QUEEN WATER

Gives Perfect Light.

The Most Economical High Grade Oil Ever Sold in Canada.

FOR SALE BY

EVERYWHERE. DEALERS

QUEBEC STEAMSHIP COMPANY LIMITED.

Summer Cruises in Cool Latitudes

Twin Screw Iron SS. "Campana," with electric lights, electric bells and all modern comforts. SAILS FROM MONTREAL ON MONDAYS at 4 p.m., 3rd and 1, th June, 1st, 15th and 29th July, 12th and 26th August, 9th and 28rd September, and fortnightly thereafter for Pictou, N.S., calling at Quebec, Gaspe, Mal Bay, Perco, Cape Cove, Grand River, Summerside, P.E.I., and Charlos tetown, P.E.I.

No one need fear cholera or any summer complaint if they have a bottle of Dr. J. D. Kellogg's Dysentery Cordial ready for use. It corrects all looseness of the bowels promptly and looseness of the rises above 80 degrees.
The finest trips of the season for health and

ARTHUR AHERN, Secretary, Quebeca A. E. OUTERBRIDGE & CO., Agents, 29 Broadway, New York.



LENOX HOTEL

BUFFALO

HIGHEST GRADE

MODERN FIREPROOM OUR OWN RAPID ELECTRIC CAR-RIAGES EXCLUSIVELY FOR PA-TRONS operate continuously every few minutes from hotel through business district and to all depots and wharves for principal trains and steamers.

> EUROPEAN PLAN Rates \$1.50 per day and up.

CEORGE BUCHSCHERER, -Proprietos

