

THE SOURCE OF ALL SOLACE

At Every Tick of the Timepiece We Can Address Ourselves to Him.

What have I in heaven, and besides thee what do I desire on earth.—Psalms lxxiii. 25.

This a cry from the tortured heart of David—a cry from one in need to a friend indeed. Poor, in very truth, is he who calls no man friend, but poorer he who is no man's friend.

This would be a bleak world without affection, and hence the master has established, as a primal source of all solace, a fountain of love springing up perennially in Himself. The fairest and most fragrant flower of that love is inseparable from friendship. The friends we have tried and not found wanting are the friends we trust, and where the trial of friendship has been longest our trust is greatest, and so old friends are best.

OUR TRUEST FRIEND.

One there is who outdates and outclasses all other friends. He knows us and He understands, and, above all, He is willing and powerful to help us. He alone possesses the fullest equipment of a friend. He knew us in the eternities. He shapes events so as to make us fit into the marvelous scheme of His universe. He cared for us since our coming into all the bewilderment of this creation. We have walked erect or bent, and often have we stumbled and many times have we fallen. Yet whether upright or prostrate the touch of the strong hand of His friendship has been upon us, even when in insensate mo-

MAN WHO STOLE MILLIONS.

Napoleon of the Criminal World Left Fortune of \$115,000.

Adam Worth, the Napoleon of the criminal world, did not die so badly off after all, for his will, which was proved the other day, showed him to have been possessed of real and personal estate worth \$115,000.

This, however, was but an insignificant fraction of what he actually stole during his long life of crime. He was never caught, and upon only one of his many robberies did he fail to realize. This one was the theft of the famous



Libby's Cooked Corned Beef

There's a marked distinction between Libby's Cooked Corned Beef and even the best that's sold in bulk.

Evenly and mildly cured and scientifically cooked in Libby's Great White Kitchen, all the natural flavor of the fresh, prime beef is retained. It is pure wholesome, delicious and ready to serve at meal time, Saves work and worry in summer.

Other Libby "Healthful" Meal-Time-Hints, all ready to serve, are:

- Peerless Dried Beef
- Vienna Sausage
- Veal Loaf
- Evaporated Milk
- Baked Beans
- Chow Chow
- Mixed Pickles

"Purity goes hand in hand with Products of the Libby brand".

Write for free Booklet,—"How to make Good Things to Eat".



Insist on Libby's at your grocers.

Libby, McNeill & Libby Chicago

HOW WEAK GIRLS MAY GROW INTO STRONG WOMEN

The Blood Supply Must be Kept Rich, Red and Pure—Good Blood Means Good Health.

Healthy girlhood is the only path to healthy womanhood. The merging of girlhood into womanhood lays a new tax upon the blood. It is the overtaxing of the scanty blood supply that makes growing girls suffer from all those headaches, backaches and sideaches—all that paleness, weakness and weariness—all that languor, despondency and constant ill health.

Unhealthy girlhood is bound to lead to unhealthy womanhood and a life of misery. Nothing but the blood-building qualities of Dr. Williams' Pink Pills can save a girl when she undertakes the trials and tasks of womanhood. That is the time when nature makes new demands upon the blood supply. Dr. Williams' Pink Pills actually make new, rich blood, which meets those new demands with ease. In this simple scientific way Dr. Williams' Pink Pills fill a girl with overflowing health and strength.

Miss Eva Dennis, Amherst, N. S. says:—"Dr. Williams' Pink Pills have done me a world of good. I was completely run down, was very pale, easily tired and suffered from frequent severe headaches. Though I tried many medicines I got nothing to do me the least good until I began using Dr. Williams' Pink Pills. Even the first box of these seemed to help me, and after taking a half dozen boxes I was again a strong, healthy girl. I have not had any illness since, but should I again feel run down Dr. Williams' Pink Pills will be my only medicine, and I strongly recommend them to every weak and ailing girl.

Dr. Williams' Pink Pills are sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

A FRIENDLY SUGGESTION.

An old man in a Scotch village had a big eight-day clock which needed repair, so he took it on his back to carry it to the watchmaker's. As he went along the village street an acquaintance met him, glanced at him and passed on. After he had gone about fifty yards away his friend called out to him, "Hi!" Back went the old man laboriously to where the other stood. "Man," said his friend, "would it not be far handier if ye carried a watch?"

CONTINUAL DOUBT.

"How many children have you?" said the tourist affably. "I dunno exactly," answered the tired-looking woman. "You don't know?" "Not for certain. Willie's gone fishin', Tommy's breakin' in a colt, George's borrowed his father's shotgun to go huntin', an' Esmerelda Ann is thinkin' of elopin'." "I never know how many I've got till supper time comes, so's I can count 'em."

VERY SAFE BONDS.

P. Burns & Company, Limited, whose First Mortgage bonds are now being offered for sale in Canada, are large ranchers, packers and distributors of packing house products, with Head Office at Calgary, Alberta. In addition to abattoirs, packing houses and yards at Calgary, Alberta, and Vancouver, B. C., the P. Burns Company controls sixty-two stores in the most important cities and towns of Alberta and British Columbia.

This business, founded in 1890, has shared in the wonderful development of Western Canada, and has established itself on a strong financial basis, earning net in 1903 \$317,860, or five times the amount required to pay the interest on its First Mortgage bonds.

According to appraisals made by responsible parties the real estate owned by the Company, which has a ready market value, is worth considerably more than the amount of the present bond issue.

The bonds are further strengthened by the fact that the surplus assets after deducting all liabilities almost equal in amount the present outstanding issue.

During the present year many issues of the obligations of important packing houses have attested their growing popularity as investments in Canada and United States. From the standpoint of security the Burns issue is undoubtedly while the return to the investor (6 per cent.) is attractive.

The Home

MEATS.

Ham Darioles.—Chop fine enough cold ham to fill a cup, one-quarter cupful of sifted bread crumbs, the yolks of two hard boiled eggs passed through a sieve, two tablespoonfuls of melted butter, one-quarter teaspoonful each of salt and paprika, two beaten eggs, and one-half cupful of milk. Bake the above mixture in patty pans, mixture to be three-quarters of an inch thick in the pans. Cook on several folds of paper and surrounded with boiling water until firm in center. Unmold on rounds of toast and set a poached egg on top. This will be found delicious and is something new; it may be used as a course at a luncheon party or principal course at a home luncheon.

Delicious Veal.—Take a veal steak from the round bone, cut off all the fat and cut out the bone. Cut into pieces the desired size, then dip first in crumbs, then egg, crumbs again, and then into the egg again. Fry in an iron spider till a light brown, cover and turn a low flame for about ten minutes; then pour in enough milk to cover the meat and place in the oven for one hour. The milk will all be absorbed by the meat and the meat will be so tender only a fork will be needed in cutting it. Season bread crumbs before breading any meat.

Smothered Chicken.—When the chicken is dressed ready for cooking, split it down the back and place flatly in a covered pan, dredge with salt, pepper, and flour, and spread with softened butter. Have only enough water in the pan to produce steam. When closely covered it soon becomes tender. Then remove cover and brown. Serve with rich cream gravy. The best way to cook a spring chicken—far superior to frying.

Meat Souffle.—One cupful of cold meat chopped fine, one cupful of sweet milk, one large tablespoonful of flour, one small tablespoonful of butter, two eggs, seasoning to taste. Scald and milk, thickened with the flour and butter; stir in the beaten yolks; pour this while hot over the meat, stirring; set aside to cool. Then stir in lightly the beaten whites and bake in a quick oven fifteen minutes. Serve hot.

SEASONABLE RECIPES.

Pickled Cherries.—Seven pounds of cherries, four pounds of sugar, one pint of vinegar, one ounce whole cinnamon, half an ounce of cloves. Cook all together slowly half an hour. Cool and put in jars for use.

Rice with Water Cress.—Boil tender one cupful of rice in salted water, drain and let steam for five minutes. Meantime, wash, dry, and break two bunches of water-cress. Fry until crisp in a tablespoonful of butter. Arrange with rice in a deep dish in alternate layers, with rice at top and bottom. Scatter grated cheese over the last layer.

Stuffed Beets.—Slip the skin off boiled beets. Scoop out the inside, leaving cup. Mash fine some boiled lima beans, mix with mayonnaise dressing and chopped celery, and fill the beets. Serve ice cold on lettuce or grape leaves.

Egg Plant Scallop.—Reheat some cold cooked eggplant in the oven. Butter a baking dish, stew with alternate layers of grated cheese, eggplant, and salt and pepper to taste. Pour over all a cupful of rich sweet milk. Bake covered. This is a good dish.

Chops.—To two parts of shredded codfish add one part of hot seasoned mashed potatoes. Bind fish and potato with beaten egg. When cool mold into form of chops. Insert piece of macaroni for chop bone. Dip in beaten egg, then in bread crumbs. Fry to a golden brown in deep fat.

THE LAUNDRY.

Braided Linen Dresses.—Pin two bath towels, one upon the other, smoothly over the ironing board. Do not sprinkle, but put the skirt upon the board wrong side out. Wet a yard of cheesecloth, wring it tightly, and, putting it over the goods, iron from hem to band until thoroughly dry, using heavy irons. In this way you will avoid "rocks" in the skirt and dust from the floors upon wet goods.

Laundry Bags.—A handy laundry bag is made as follows: From denim, ticking, or heavy unbleach-



SUMMER SORES

When troubled with sunburn, blisters, insect stings, sore feet, or heat rashes, apply Zam-Buk!

Surprising how quickly it eases the smarting and stinging! Cures sores on young babies due to chafing.

Zam-Buk is made from pure herbal essences. No animal fats—no mineral poisons. Finest healer!

Druggists and Stores everywhere.

ed muslin cut a piece 20x36 inches; cut another piece 22x30 inches. This latter piece is the front and is slightly wider to make a pouch. The back is longer than the front, the extra length falling over the rod, forming a flap. The bottom is buttoned together so that the clothes may fall out when the buttons are unfastened, instead of top to a curtain rod, which may be placed on the back of the closet door.

To Preserve Colors.—To wash delicately tinted fabrics and have them retain their color, make a large panful of thin flour starch. When sufficiently cool, take one-half of the starch to wash the garment in, rubbing carefully by hand, and when all the soil has been removed, rinse in the clean portion of starch, and hang in the shade to dry. Stenciled curtains are nicely laundered in this way, which would fade if washed in the usual way or sent to be dry cleaned.

To Remove Iron Rust.—Wet the spots of iron rust with water, then cover them thickly with cream of tartar. Roll up the garment so that the cream of tartar will remain on the spots and place it in a vessel with cold water and bring to the boiling point. The spots will have disappeared. This method is quick and effectual.

Starch That Will Not Stick.—Dissolve starch in lukewarm water, add enough boiling water to make it clear, stirring briskly while you pour in the boiling water; add one teaspoonful borax and shave in about one tablespoonful of paraffin, then bring to a boil for five or ten minutes.

A GREAT BANK.

The far-seeing advocates of Canadian Union probably hardly realized half a century ago what a service they were rendering to Canada's future in starting forth the young united Dominion with the foundation of a Banking System which has been developed into the greatest in the world with no exceptions. The System has faults, but these are more academic than practical, and if past progress is any criterion the faults that now exist will disappear in the future. The services which our banking System has rendered to the Dominion as a whole, and to individual Canadians, should be more thoroughly appreciated by the Canadian people.

One of the strongest units in our Banking System is the Dominion Bank, which presented its semi-annual statement to the public a few days ago. Despite the fact that this statement covered a period, part of which was characterized by extreme financial stress and the balance by very low money rates, the profits of this great Institution for the half year, although some Fourteen Thousand Dollars less than the previous half year, are still at the rate of 15% p. c. The circulation has increased about a quarter of a million dollars; deposits have increased nearly six million and have now reached the total of over forty-one millions; cash assets show an increase of nearly one and a half million, and the immediate available assets an increase of nearly six million with an increase of about the same amount in the total assets, which now total fifty-three and a half millions.

This is a most satisfactory statement, and one on which the shareholders may congratulate themselves heartily, reflecting, as it does, most careful and progressive management.

The man who marries a garrulous woman for her money soon begins to realize the fact that money talks.