

WAIT FOR AN APPETITE

You should Never Eat Simply For the Sake of Eating. A prolific cause of chronic indigestion is eating for habit and simply because it is mealtime and others are eating. To eat when not hungry is to eat without relish, and food taken without relish is worse than wasted. Without relish the salivary glands do not act, the gastric fluids are not freely secreted, and the best of foods will not be digested. Many perfectly harmless dishes are severely condemned for no other reason than they were eaten perfunctorily and without relish and due assimilation. Hunger makes the plainest food enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids, the sources of ptyalin, pepsin, trypsin, etc., without a plentiful supply of which no foods can be perfectly digested. Wait for distance and unmistakable hunger and then eat slowly. If you hunger and then eat few questions as to the propriety and digestibility of what you eat, and it need not be digested.—Exchange.

THE PENGUIN.

It is Awkward on Land and a Gymnast in the Water. A kind of penguin, the adelle, is a laugh provoking bird. Adelles are most inquisitive and at times are in such a hurry to follow up a clew that they will scramble along the ice on the belly, pushing with their legs and using their flippers alternately like the paddle of a canoe. They get over the ground at an astonishing rate, and it is hard work to overtake a penguin when it takes to this means of locomotion, especially when it doubles. In the water the penguin is perfectly at home, diving and steeplechasing in grand style. It can jump clean out of the water and pop down on the ice exactly like some one coming up through a trapdoor on the stage and dropping on his feet. The penguins collect in enormous numbers and are sometimes seen marching about like a regiment of soldiers in Indian file, all acting in unison. A much larger penguin, the emperor, weighs sixty or seventy pounds and stands well over three feet high. It possesses the most extraordinary muscular powers in its flippers. When presented with the end of the skee stick the emperor gives it such a smack that one's hands tingle. At the same time it utters an angry guttural exclamation.

SHEEP IN INDIA.

They Are the Favorite Beasts of Burma in Mountainous Regions. In Tibet and among the mountainous part of India sheep are employed as carriers. The mountain sheep of these districts, true to its nature, is remarkably sure footed and can carry loads of twenty-five pounds, or even more, over steep crags and precipitous paths where hardly any other animal could find a footing. In the inner ranges of the Himalayas the yak cow and the hardy mountain sheep are the favorite beasts of burden. Sheep withstand the intense cold of the higher parts of Tibet much more easily than the yak and can better face the stony roads. Sheep carrying from seventeen to twenty-five pounds of baggage and living entirely on the scanty grass found growing by the way accompanied Nain Singh, the famous Indian explorer, on a journey of more than a thousand miles. It is very common in the Himalayas to load sheep, high up in the mountains, with borax and then to drive them down to the plains, where they are shorn of their wool and return laden with grain or salt.

Money Thrown Away.

"So that city doctor helped ye right smart, did he, Silas?" asked Mrs. Giles on her husband's return from a week's visit to a specialist in a neighboring town. "Well, I guess he did! I'm feeling fine as a fiddle now, an' he says I won't likely have any return of it if I just keep ter what he tells me." "What did he say was the matter with ye?" inquired the wife eagerly. "I forgot now what he called it, but—" "Silas," she cried, "ye don't really mean ter say ye paid out all that money an' didn't git no good of it after all?"—Exchange.

Modest Abbe Delille.

It is said that the French Abbe Delille once had in his household a very quick tempered relative, with whom he sometimes had animated disputes and who sometimes went so far as to throw books at the abbe. The abbe must have been a person of great amiability and self control. Once, when a particularly large and heavy volume was thrown at him, he caught it gracefully and said: "My dear friend, I must beg of you to remember that I prefer smaller ones."

Making a Sure Thing of It.

"What in the name of Jupiter have you sewed up all the pockets of my overcoat for?" asked Mr. Wilson. "My dear," said Mrs. Wilson, "I have an important letter to my milliner that I want you to post." "An orator or author is never successful till he has learned to make his words smaller than his ideas.—Emerson.

THE AFTERNOON N.A.P.

Modern Conditions Killing the Siesta Habit in Mexico. There are people in Mexico City who take their afternoon nap every day, and are greatly benefited thereby, but their number appears to be growing less year by year. Whether the siesta is beneficial or not, or whether in this high altitude it is a necessity for many persons, as is claimed by some, its death knell as a general custom seems to have been sounded since the city adopted its modern enterprise and push. Many old residents will tell you of the time when a person in the city of Mexico would have been considered almost crazy if he neglected his afternoon rest, but gradually, with the advent of the railways, the street cars and the electric lights, came the inevitable sleeplessness which is one of the most noticeable characteristics of modern civilization. There are several supporters of the siesta idea in this city who express regret that the custom appears to be passing away. These persons, who are themselves devotees of the practice, claim that it is a healthful and nerve restoring habit and that if it were indulged in systematically by the people of the United States and other progressive countries there would be fewer cases of nervous wrecks for the newspapers to report. "Early rising and a short nap after dinner" is what these people advocate, claiming that the best work of most persons is performed in the morning.

FIRST USE OF TEA.

An Ancient Legend Ascribes It to a King of China. By whom or when the use of tea for drinking purposes was first discovered is lost in antiquity. It is spoken of as a famous herb in Chinese literature as far back as 2,000 years B. C., at which time its cultivation and classification were almost as thorough and complete as they are today. One of the ancient legends says that its virtues were accidentally learned by King Shen Nung She, the Chinese monarch who is also known as "the divine husbandman," who, the record says, flourished forty centuries ago. He was engaged in boiling water over a fire made of the branches of the tea plant and carelessly allowed some of the leaves to fall into the pot. The liquid which he expected to come from the vessel simply as sterilized water was miraculously converted into an elixir of life by the accidental addition of the tea leaves. Soon after it became highly esteemed in all the oriental cities and was used as a royal gift from the Chinese monarchs to the potentates of southern and western Asia. This same King Shen Nung She not only earned the title of respect by which he was known through the discovery of the virtues of tea, but because of being the first to teach his people how to make and use plows and many other implements of husbandry.

Emerson on Lincoln.

The president impressed me more favorably than I had hoped. A frank, sincere, well meaning man, with a lawyer's habit of mind, good, clear statement of his fact, correct enough, not vulgar, as described, but with a sort of boyish cheerfulness, or that kind of sincerity and jolly good meaning that our class meetings on commencement days show in telling our old stories over. When he has made his remark he looks up at you with great satisfaction and shows all his white teeth and laughs. He argued to Sumner the whole case of Gordon, the slave trader, point by point, and added that he was not quite satisfied yet, and meant to refresh his memory by looking again at the evidence. All this showed a fidelity and conscientiousness very honorable to him. When I was introduced to him he said, "Oh, Mr. Emerson, I once heard you say in a lecture that a Kentuckian seems to say by his air and manners, 'Here am I; if you don't like me, the worse for you.'"—Diary of R. W. Emerson in Atlantic.

In Old Stagecoach Days.

There used to be rats was in the old stagecoach days in England. At one time, early last century, one stagecoach company not only cut the price from Lewes to London to a very low rate, but gave also other inducements. As the coach started from Lewes at a somewhat uncomfortably early hour in the morning, by way of tiding over the difficulty the proprietors allowed the more slothful of their passengers to go overnight to Brighton, where they were accommodated with good beds free of expense and could proceed comfortably to London by the company's morning coach.

Of Two Evils Choose the Least.

Doctor—If you are to recover, you must spend the next three months in traveling. Patient—But I can't afford it, doctor. Doctor—Very well, stay at home if you must, and I will visit you daily. Patient—Never mind, doctor; I think I will travel after all.

An Expensive Wedding.

"The bride nearly fainted during the ceremony and had to be supported by her father until it was over." "Yes, and now I hear her father is supporting both of them."

Fooling His Stomach.

Landlady—You did not wear glasses when you first came here. Why do you wear them now? Boarder—I want to make the food look as large as possible!

"Rush the season!" cried the man to the waiter, desiring the salt and pepper in a hurry.

MAY DAY FESTIVALS.

They Were Celebrated in the Time of the Ancient Romans. For ages May day has been a time of general rejoicing. All over Christendom its advent is hailed with delight. The birds, the bees and the flowers join us in an annual celebration of the day. Nature has at last thrown off the snow quilt with which she has braved the ravages of winter and glows resplendent in buds and blossoms. The streams have broken their icy fetters and burst forth into joyous accompaniments to myriads of bird choristers. And humanity, overpowered by the same glad spirit, seeks the woods and the fields to revel in the wealth of verdure so lavishly spread out. Among the Romans this feeling found vent in their Floralia, or flora games, which began on the 28th of April and lasted several days. We read that "nations taking more or less their origin from Rome have settled upon the 1st of May as the special time for fetes of the same kind. With ancients and moderns alike it was an instinctive rush into the fields to revel in the bloom which was newly presented on the meadows and the trees." The barbarous Celtic populations held a heathen festival on this day, but we are not told that it was in any way connected with flowers. It was called Beltain and was celebrated by kindling fires on the hilltops at night. Within the remembrance of many the peasantry of Ireland, the Isle of Man and of the Scottish highlands also held similar celebrations.

THE DIAMOND.

It Was Probably In Its Original State a Vegetable Product. Originally the diamond was probably a vegetable product exuded from some ancient tree. Positive evidence on the subject is not forthcoming, but the concurrence of such authorities as Newton, Brewster, Jameson and Lavoisier, who trace it to a vegetable source, must, in the absence of decisive negative proof, make this hypothesis probable. The crystalline form of the diamond is undoubtedly due to the action of heat, and the occurrence of these stones in igneous rocks and mica slate, especially at the Cape, lends color to the view that they have been metamorphosed, as has been the case with graphite. This complete change may have been directly or indirectly due to the internal heat of the globe or may have resulted from volcanic action. Indirectly it would be accounted for by the immense heat evolved in the crumbling, fracturing and grinding together of the earth's crust in the attempt to adjust itself to the cooling and contracting interior. Directly it may have been the result of a change in the direction of the internal heat, causing a fusion of the rocks of the crust, the diamond and other crystals being formed when they again cooled.

The Name Niagara.

"Everybody pronounces Niagara wrong," said a philologist. The accent of this beautiful Indian word should not be put on the syllable 'ag,' but on the syllable 'ar'—the penult—the one before the last. Niagara means 'hark to the thunder.' Its accent should fall on the penult because the Indians themselves accent it there, because in practically all our Indian names of places the penult is the accented syllable. Think of the Indian names you know. Don't you accent nearly all of them on the syllable before the last? There are, for instance, Toronto, Mississippi, Alleghany, Appalachicola, Narragansett, Tuscaloosa, Saratoga, Ticonderoga, Oswego, Conshohocken, Wissahickon and Hochelaga. In all these names the accent is on the penult. Niagara is a Huron word, and if you can find a Huron you will find that he accents it as he does Saratoga or Tuscaloosa. I don't know how we have fallen into the habit of accenting it wrong."

A Good Recommendation.

An Irishman was charged with a petty offense. "Have you any one in court who will vouch for your good character?" queried the judge. "Yes, sorr; there is the chief constable yonder," answered Pat. The chief constable was amazed. "Why, your honor, I don't even know the man," protested he. "Now, sorr," broke in Pat, "I have lived in the borough for nearly twenty years, and if the chief constable doesn't know me yet, isn't that a character for yez?"

A Sequence of Titles.

A German periodical states that a very strange but none the less true fact is that the predecessor of the late Queen Victoria of England was at one and the same time William I, II, III, and IV. He was William I. of Hanover, William II. of Ireland, William III. of Scotland and William IV. of England.

Getting Serious.

"I guess Mr. Olden doesn't feel as young as he did several months ago," remarked the observant man. "Why do you think so?" "He used to joke with that undertaker who lives near him, but he doesn't do it any more."

A Sensitive Conscience.

Carrie—Goodness, it's that horrid old bore, Wilkins. Tell him I have gone out. Belle—No, I won't tell a story, but I will say that you have not come back yet.

Her Secrets.

"Never tell a secret, dear. It would be a great breach of confidence." "What must I do with it, mamma?" "Well—bring it to me!"

A Three Day Round-up Sale of Deep Price Cutting

Price Downfall the Greatest yet

Friday, August 5th Saturday, " 6 Monday, " 8

It's the Season's end Round up

We think the bargains we've prepared for this sale are the best we've ever seen offered in the town of Lindsay—read over the list and see if you don't agree with us. It's the season's end round-up. A time when we mark for quick selling all merchandise that has stayed it's welcome out here, which the policy of this store forbids us carrying any longer. This not only involves everything summery, but many lines of goods that are useful the year round.

Our season's business has been a good one—we've reaped our legitimate profits and it's only prudent business methods to sell by extraordinary low prices the unsold merchandise bought to sell in a certain season. We make it a point to keep our stocks fresh and new, and it's such sales as these that make it possible for us to effect an immediate clearance of all accumulated broken lines.

Don't fail to come to the store as early as possible.

\$1.25 to \$2.50 White Shirt Waists, 75c

The balance of this season's best selling lines of shirt waists, including white lawn, organdies and some colored muslins, many styles but not a full range of sizes in all styles, all daintily made in the season's most charming styles.

\$2, 2.25, 2.50 Shirt Waists, \$1.39

All the best and daintiest styles of white lawn, organdie and fine muslin waists, prettily made with insertion and embroidered fronts. This very low price offers you an opportunity to secure an elegant waist at about half price.

Women's \$7.50 and \$10 Rain Coats 4.50

About 15 women's three-quarter length rain coats of light tweeds and cravenette in dark grey and fawn shades. Yours for less than half price.

Women's \$8.50 and \$10 Rain Coats, \$6.50

Of Cravenette, good heavy weight cloth, choice of several styles, and shades. All full length.

\$4.50 and \$5 New Tweed Skirts 3.50

Colors, grey, brown and green, mixed tweeds, new pleated styles, a good bargain.

\$1.25 and 1.50 New Print Wrappers 89c

Made with flounce, waist lined, and trimmed, assorted fast colors, all sizes at less than cost of material and making.

A Bargain Sale of Dressing Sacques 75c

All this season's styles, made of pretty muslins and white lawns, reduced like this \$1.50 styles 98c; \$1.25 styles 89c; 85c styles, 50c.

45c Cotton Corset Covers 29c

Made of fine cambric, lace on sleeves and neck, skirted waist; a big bargain.

\$1.50 White Cotton Gowns 89c

Women's gowns of good, white cotton, daintily made and trimmed worth every cent of regular price, but for three days only 89c.

\$1.50 and 1.75 White Underskirts 98c.

Choice of four new styles—all neat and prettily made, worth about double the sale price.

Women's White Dress Skirts Half Price.

Made of white duck and pique, \$4 styles \$2, \$3 styles \$1.50, \$2 styles \$1 and \$1.50 styles 75c.

50c and 75c New Wash Belts 25c

Made of white duck with fancy stripes of red, blue and black, neat buckles.

25c and 35c Silk Ribbon 19c.

200 yards Taffeta and Dutchess satin ribbons, 4 and 5 inches wide, all the best wanted shades including black and white, suitable for neck and sash wear.

50c and 75c Cushion Tops 39c

5 doz. in all comprising lithographed and tapestry qualities, many new designs.

35c and 50c Belts Sets 25c

Many styles, and choice of gilt, gold or steel, or black. Very cheap.

Wash Collars Half Price.

Women's dainty wash collars, of lace, muslin, scrim, etc., numerous styles, worth up to 85c, clearing at 89c.

Women's 35c and 40c Stockings. 25c.

Of fine plain cashmere, mercerized cotton lace, plain cotton and plain cotton with fancy embroidered fronts in assorted colors. 15 and 20c Dress Muslins and Gingham 9c.

About 300 yards of pretty muslins and gingham. Many handsome patterns to choose from, assorted fast colors in stripes and fancy designs.

25 and 35c Dress Muslins, Cotton Voiles etc 19c

All this season's pretty dress muslins, cotton voiles, and mercerized vestings; a big range of exclusive patterns to choose from all the leading stylish shade, reduced to 19c

WAKELY & FORD

Strictly Cash Dealers,

OPPOSITE POST OFFICE

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ONE OF THE BIG SYNDICATE

BOOTS AND SPURS.

Quaint Account of Hungarian Cavalry in Olden Days.

A contemporary manuscript account of the diet of Ratisbon, held in 1630 by the Emperor Ferdinand II, on the occasion of the landing of Gustavus Adolphus of Sweden in Germany, mentions as a remarkable fact that the Hungarian cavalry who rode through the streets to the ceremonial wore their spurs on their boot soles.

It is difficult to credit that these spurs were fixed on the flat of the boot, for thus shod the horsemen could neither walk nor stand, especially when the large size of the spurs worn at the period is considered. Probably the writer intended to indicate that instead of being fastened to the heel in the usual fashion they were made to project from the fore part of the military boot, which is a portion of the sole.

Frederick von Raumer, who quotes this in his "History of the Sixteenth and Seventeenth Centuries, Illustrated by Original Documents," passes the matter over without comment. The same manuscript adds that the Hungarian horses had their manes, tails and feet painted red.

Ancient Drinking Guilds.

It is gravely said by an authority that the Dutch guilds, the most ancient of workingmen's organizations, had their origin in the drinking guilds, which, although they did not, as in the case of the Greeks and Romans, exalt drink to the rank of a deity, made it a kind of civic dignitary. These drink guilds and drink brethren existed from the earliest times until the latter part of the sixteenth century, when their excesses led to their suppression. It is held that men who worked together drank together and thus formed the primitive club which developed into the guild.—Notes and Queries.

Singular and Plural.

"Funny! There was a time when the barbers used to speak of my hair." "You mean before you began to get bald?" "Yes. Now they speak of my hair."—Philadelphia Press.

\$30,000 We have on hand for investment on first mortgages on farm property \$12,000, special trusts funds at current rates of interest, from \$500 upwards and from 5 to 10 years. Also other private funds up to \$15,000. McSWEYN & SMITH, Solicitors, etc., Lindsay.

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Tobaccos Cigars and Cigarettes OF THE BEST Popular Brands at RIGGS' CIGAR STORE, LINDSAY.

THANKS

for your trade with us on the half holiday, July 1st. We did a nice business and expect to do a much larger one on the day of the circus. Come in and see us. You have to buy. We will be pleased to show you goods, whether you buy or not. Big bargains for that day.

S. J. PETTY

Mine Block.

The Jeweler