

WOMENS' NEGLECT SUFFERING THE SURE PENALTY

Health Thus Lost Is Restored by Lydia E. Pinkham's Vegetable Compound.



How many women do you know who are perfectly well and strong? We hear every day the same story over and over again. "I do not feel well; I am so tired all the time!"

More than likely you speak the same words yourself, and no doubt you feel far from well. The cause may be easily traced to some derangement of the female organs which manifests itself in depression of spirits, reluctance to go anywhere or do anything, backache, bearing-down pains, flatulency, nervousness, sleeplessness or other female weakness.

The Bridal Eve

With a heart for sympathy, and a sense of finding it. What I know Laura in such a case would be to me, I wish to be to her, said Rose, earnestly.

It does do good baking



This is the range that bakes better because the diffusive oven flue draws in cold air from the kitchen floor, carries it around the oven, and pours it HOT down into the oven FROM THE TOP in a current that moves all round the whole oven and up and out the flue.

Imperial Oxford Range

Owning one costs little because there's such great economy of food and fuel and both with this range.

THE GUNNERY FOUNDRY CO., Limited Toronto Montreal Hamilton Winnipeg Calgary Vancouver

SATURDAY AFTERNOON.

The week is drawing near the end; A thrill runs thro' the worker's breast, And they who labor for their bread Will give their weary hearts a rest.

The girls will don their dresses white, And with the lads from toll immune, Will joyous be from noon till night— Sweet Saturday afternoon.

For time fits swiftly down the way, Our hours of gladness fade too soon; But sweet is our half-holiday, On Saturday afternoon.

The poor, the puny ones, and pale Will seek the scenes where breezes blow; The rippling bay, the hill, and dale, Or anywhere that grasses grow.

Where lofty maples shade the ground, Where bees in wilding flowers swoon; I hark to hear the whistles sound For Saturday afternoon.

Lay down the hammer, spade and pen, Improve those happy chances broad; They come not from the hands of men, They come as summer gifts from God.

Go forth and wander 'neath the trees, And hear the mother birds croon; The language learn of birds and bees On Saturday afternoon!

—The Khan in Toronto Star.

INDIAN TREATY MONEY.

Government Expedition to Set Out Shortly With \$300,000.

The avatars of western Canadian highwaymen, if there are any left, are being hunted by the mounted police.

This phase of the question has, however, been pretty satisfactorily provided for, as a small but heavily armed contingent of the Royal Northwest Mounted Police will accompany the expedition, and a close guard will be kept on the treasure night and day.

Thereafter every member of the tribe will receive an annuity of \$5 while they reside on the reserves which will be demarcated by the Government, and where the bands are requested to take up residence, instead of having roving licenses all over the province.

Heading the expedition, which is to set out from Prince Albert, Sask., are, in order, J. A. J. McKenna, of Winnipeg, Indian Commissioner, and with him will be Sergt.-Major Genereux, of the Mounted Police, with two constables; Charles Fisher and Charles Blair as secretaries, and Dr. LeBoucq as physician to the expedition, which will return to Prince Albert about Oct. 20.

Canned Salmon Will Go Up. The British Columbia and Puget Sound sockeye salmon will be scarcer and consequently dearer this year.

A Lofly Miss. A lofly mind always thinks nobly. It easily creates vivid, agreeable and natural fancies and places them in their best light, clothes them with all appropriate adornments, studies others' tastes and clears away from its own thoughts all that is useless and disagreeable.—Rocheffoucauld.

Unworthy of Remembrance. My Dear Friend—I beg you to lend me 6,000 francs. Then forget me forever. I am not worthy to be remembered.—From a Letter Found by Paris Figaro.

Do what you consider right, whatever people may think of it, despite censure and praise.—Fyfe.

ZULU WAR TACTICS.

Zulu military tactics are associated with the name of Tylaka, the ruthless Zulu conqueror, who welded into the stock of the Amasulu, the people of the heavens, all the young men of the various tribes he conquered, incorporating them into regiments and thus building up a powerful military nation.

The peculiarity of the Zulu tactics has earned it the name of the crescent formation for attack, and it is noteworthy that, broadly speaking, it was the method employed by the Boers in their invasion of Natal and adopted by Lord Roberts in his advance through Orange River Colony, and it was the fear of its success which kept the Boers continually on the run.

This force in the days of Tylaka was frequently dispatched with the command, "Go, sons of Zulu, go and return no more," and death at the hands of their fellows was the fate of those who returned. While this force was holding the enemy the horns carried out their task if possible, and as soon as the two horns had met in the rear of the enemy the head or chest was launched upon the position, and the upshot was that the whole force of the foe tasted the assegai, for in war no quarter was given or asked.

Keep away from people you dislike and don't talk about them. Put a hog in a parlor and he would break out and wallow in a mudhole.

It becomes necessary occasionally for every man to take punishment. When your time comes don't annoy others with your screams.

Isn't it a fact that the most successful men you know are polite men? Then doesn't it follow that if you hope to succeed you must be polite?

When you hear a man abused behind his back do not think, "How unpopular other people are!" but "How all catch it when we are not around!"

Don't worry if you are not good looking. You look all right to your friends. The best looks on earth could not make you look good to your enemies, and those who are not interested in you don't know how you look.

Saved by a Cool Head. Sir Andrew Clarke while traveling in Italy ascended a high tower one evening and found at the top another tourist, an Englishman. They chatted pleasantly for a few minutes when suddenly the stranger seized Sir Andrew by the shoulders and said quietly, "I am going to throw you over."

When Edison Apologized. When Thomas A. Edison first came to Washington to display the graphophone, which had just recently been invented, Roscoe Conkling, who was always quite vain, was there too.

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CHAIN OF COLD STORAGE

Happy-Go-Lucky Condition and Tremendous Waste Would Be Ended Thereby—Plan That Would Benefit Growers and Consumers as Well—Fruit Side-Line Would Then Take on Added Dignity and Profit.

Slowly but surely the idea of cold storage has been gaining ground among the farmers of Ontario for some years past, and signs are not wanting that in the future it is to advance much more rapidly than hitherto.

Roughly speaking, the Dominion of Canada produces about 17,000,000 barrels of apples a year, Ontario furnishing more than 50 per cent. of the total crop. Of this 17,000,000 barrels, 1,500,000 barrels are exported, and that 750,000 barrels of those exported reach the British market in a loose or sloppy condition is a matter of official record.

Tremendous Waste. The answer is simple, the great bulk of the apples produced in Ontario either rot on the trees, fall to the ground and are fed to the hogs, or before they can be placed on the market in any event they are no profit to the growers. They are wasted. It hardly needs to be said that any plan devised to eliminate this enormous and ruinous waste is worthy of a Government's consideration.

General cold storage would necessarily reduce the price of apples to the consumer in the home market, for the great bulk of the crop would be marketed instead of going to waste.

Speaking of farmers generally, and excepting those whose fathers had the patience and courage to plant Northern Spies, Baldwins, and other hardy winter apples, their fruit crop is an incident, and is to be reckoned with the few odd dollars the mother of the family makes out of her chickens.

On the morning of the accident Gould sold at the breakfast table how he had dreamed during the night that a man was chasing him with a gun. The members of the family joked him about the dream and after supper while Wilde was washing his gun he picked up one and pointing it at light boy's head, "I suppose this is the way the man was chasing you in your dream."

It is not uncommon to hear apple buyers boast of having bought apples for 25c a barrel on the trees. The same apples are sold for from ten to twenty times the price, thus allowing the middleman a tremendous margin for profit that spoils on him, and the occasional fines for violating the Fruit Market Act, and leaving a great, big profit besides. With a well-organized cold storage plant in the neighborhood, the farmer would not be obliged to sell his crop for what the buyer would give him. For 25c a barrel he could store his apples until the market was ready to receive them. Then he could produce his fruit, and sell it for half the price charged by the middlemen at present and yet make twice the profit.

The Profitable Farm. The Ontario farmer who has a good orchard, a few acres of grain, roots and garden truck, a good herd of dairy cattle, a score or so of hogs, and some good poultry, and a few well-bred horses, and a quarter section in wheat, with the strong western competition in wheat and rough cattle, the Ontario farmer must fall back upon the side lines of farming if he is to hold his own. There is more money in them after all, and this important lesson is being slowly learned.

A Fatalistic Sign. A student in one of the colleges was writing on a paper in medical jurisprudence in which he was asked to enumerate the signs of death by drowning. After some more or less futile guesses he added, "But the surest sign of all is crape on the door!"—Short Stories.

But for some sorrow and trouble we would never know half the good there is about us.—Dickens.

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