

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of **Chas. H. Fletcher** and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of

**Chas. H. Fletcher**

The Kind You Have Always Bought

In Use For Over 30 Years.

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Progress Brand Garments are designed by one of the highest priced artists in the country, and made by the best paid tailors in Canada.

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Don't waste your time and money on cheap, dangerous, experimental treatment. Don't increase at your own cost your sufferings by being experimented on with remedies which they claim to have just discovered. But come to us in confidence. We will treat you conscientiously, honestly and skillfully, and restore you to health in the shortest possible time with the best, medicine, discomfort and expense practicable. Each case is treated as the symptoms indicate. Our New Method is original and has stood the test for twenty years.

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Veterinary Surgeon and Dentist.  
**JANEVILLE**  
Operations, Surgery and Dentistry a specialty.

In making a dress, cut out the skin before the bodice, as there will probably be enough cuttings left to form the latter, independent of the sleeves.

## Provincial Prizes to be Offered

By the Agricultural Department in Standing Field Competition

A letter from the Superintendent of Agricultural Societies has been received in which he says that the increased number of societies which are taking part in the standing field competition this year and the excellent results that have already been secured have been so marked that the Hon. Nelson Montagu, Minister of Agriculture, has consented to extend the competition still further by arranging to have the five prize winners in each of the different agricultural societies competing enter into a provincial contest at the winter fairs at Guelph and Ottawa. Each exhibitor will be required to forward two bushels of the grain which he is taking prizes will be sold by auction competition in prizes at each of the above named winter fairs will be 1st, \$35; 2nd, \$30; 3rd, \$20; 4th, \$10; 5th, \$5. All societies west of Toronto will compete at Guelph and those east of Toronto at Ottawa. Each exhibitor will send to the Superintendent of the fair at Guelph or Ottawa, and the transportation charges will be paid by the Department of Agriculture.

The grain winning the prizes at these winter fairs will become the property of the department and will be used for experimental purposes. All grain exhibited other than that taking prizes will be sold by auction at 10 a.m. on the morning of the last day of the fair and the proceeds remitted by the department to the owners.

An affidavit must be furnished by each exhibitor at the time of making the entry certifying that all the grain exhibited by him was grown on the plot which was judged by the official sent by the federal department to judge the grain while standing in the field.

Owing to the fact that there were not a sufficient number of societies entered in other kinds of grain we are confining this competition at the winter fairs to oats.

## PEACH DAINTIES

Some Delicious Recipes which will be Much Appreciated

To make a rich and delicious peach ice cream pare and stone enough peaches to make a pint of pulp when pressed through a sieve. Add to this pulp one cupful more sugar or more if the peaches need it, the juice of half a lemon, and one pint of rich cream. Freeze as any other ice cream using three parts of cracked ice to one part of salt.

For peach sherbet, pare and stone enough peaches to make a cupful and a half of pulp; add the juice of three oranges and one lemon, and a syrup made by boiling one quart of water and one pint of sugar for twenty minutes. Let the syrup cool before adding the peach ice cream. Freeze the same as the peach ice cream.

For peach shortcake prepare a good dough with three cupfuls of flour, half a cupful of lard or butter, three heaping teaspoonfuls of baking powder, half a teaspoonful of salt, a heaping teaspoonful of sugar and enough milk to make it soft and kneadable. Roll into a round and bake in a jelly cake tin. Have ready about two dozen ripe and mealy peaches pared sliced and mixed with sugar. When the shortcake is done split it and butter both sides while still hot. Lay one on the serving plate and cover with the peaches. Sift a little powdered sugar over the top layer of peaches and send to table at once with either plain or whipped cream.

## King Edward and the Milk

In relating his impressions of King Edward, M. Noel Dorville, the black-and-white artist, tells how, while drawing the King's portrait at Buckingham Palace for the Entente Souvenir Album, His Majesty criticized his work with great discrimination, remarking: "We have rather artistic tastes in my family. The Queen, my mother, drew very well, and I myself wielded the pencil when a boy. Apropos, how do you fix your drawings, monsieur? I used to fix them simply with milk, and remember that during some of my first attempts I drank the milk instead of using it for the drawings."

## Some Sweets Mother Used to Make

Those who are looking for new sweets might do worse than take a lesson from the dishes "mother used to make," and set forth as a novelty something that seems new because it is so old. I can vouch for the accuracy of the directions, says Christine Terhune Herrick, in the August Delineator.

**Pound Cake**—One pound of eggs, one pound each of flour, of butter of sugar; half teaspoonful of grated nutmeg, one tablespoonful of the best brandy. Wash the salt out of the butter, and cream it with sugar. Beat the yolks and whites of eggs separately and very light. Work the spice and brandy into the sugar and butter stir in the yolks of the eggs and when well mixed add the stiff

flour alternately with the whites of the eggs. Beat them in lightly, but do not stir them after they have been added. Make the batter for pound cake as stiff as can be served. Bake in a steady oven in either brick or metal tins.

This is the genuine old-fashioned pound cake and is very rich. A sampler cake may be had by only using three quarters of a pound of nutmeg the other ingredients the same as in the recipe given.

**Sweet potato pie**—Parboil a pound of good sweet potatoes and when quite cold grate them. Cream half a cupful of butter with three quarters of a cupful of white sugar, stir in the beaten yolks of four eggs, a teaspoonful each of cinnamon and grated nutmeg and the juice and grated rind of lemon. Whip in the cream, a cupful of milk and two tablespoonfuls of brandy, and last the beaten whites of four eggs. Bake in open pastry shells or as a pudding in a deep baking dish without a crust. Eat cold.

**Gooseberry tart**—Flick over your gooseberries "top and tail" them and put into a saucepan with enough water to prevent burning. Simmer until they break and sweeten to taste if the gooseberries are green they will stand a great deal of sugar. Set them aside to cool, and when cool pour into pastry shells. Cover them with a thickness of puff-paste and bake well.

## August Rod and Gun

In the distinctive fashion which has gained for "Rod and Gun and Motor Sports in Canada," published by W. J. Taylor, of Woodstock, Ont., the character of the best interpreter of the feelings of sportsmen throughout the Dominion, the opening article of the August number deals with yachting.

At a time when everybody's thoughts are upon cool waters, this fine account, finely illustrated of the Royal Cape Breton Yacht Squadron is most appropriate and will be read with sympathetic interest by many readers. The story of the first Rocky Mountain Goat bred in captivity is an appealing even to a wider circle than sportsmen and nature lovers of all kinds can be recommended to this article. "Cycling through British Columbia," opens up a new field and the account of a young employe reaching a remote Hudson Bay Post on his wheel furnishes an interesting though not exciting account of an unusual trip. In the Glow of the Camp Fire recalls to mind pleasant evenings passed away from civilization, its cares and troubles and makes one wish for a repetition of the experience. Big Game Conditions in New Brunswick discussed by that veteran guide, Adam Moore. Fishing in the Kootenay Lake, and River and an account of Prospective Work in British Columbia show how thoroughly the whole Dominion is covered and sportsmen made cognizant through the Magazine, of conditions prevailing in the different Provinces. There are other articles and stories in plenty, and an open season table should prove particularly useful to both resident and visiting sportsmen. Whatever opinions may be held about dogs in deer hunting the paper entitled A Few Hints on Behalf of Our Vanishing Deer, by Mr. James Dickson, O. L. S. should be read by all. The views of such an experienced veteran, however one may differ from them, are worthy of careful consideration. The whole number is amongst the best of good issues.

## Creations of Human Ingenuity

One of the many attractions at the Canadian National Exhibition, and the principal attraction in the industrial section, is the Process Building, a magnificent building in which are shown some thirty factories in operation. There are silk weaving, manufacturing braids, ribbons, neckties, cotton spinning, book making glass cutting; weaving of scarves, neckties and sashes in all colors; weaving of quilts; manufacturing of jewelry wheel making and bicycle making; saw producing, diamond cutting, wire weaving, wood carving, pattern making, dynamo construction, printing, binding and lithographing, and from a dozen to a score of other industries in full operation, the same as in the ordinary factories.

## Saturday's Market

The local market was very well attended on Saturday both by buyers and sellers, and the produce was quickly taken up. Following are the ruling prices: wild raspberries, 12c a lb; butter 25c a lb; eggs, 19c a dozen; cream 15c a qt.; green peas, 15c a qt.; chickens, 35c a pair.

## All Are Useful

Ol' Uncle Bill, he takes a chair An' all day long keeps sittin' there. If anybody wants to know Which way the wind is goin' to blow Or what the weather's goin' to be, Ol' Uncle Bill jes' rubs his knee. He knows it by his rheumatiz. Some strangers look at him an' say He's merely idlin' time away. But he ain't lonesome; not a bit. For all he has to do is sit. In each case, while people rich an' poor Comed callin' on him to secure His information. Goes to show We're all of use down here below. —Washington Star.

## The Care of Blind Children

What Parents Should do in Caring for Their Unfortunate Offspring

The following instructions are issued by Principal Gardiner of the School for the Blind at Brantford, and will doubtless prove of interest to our readers.

How shall parents manage their blind children in their early years at home and how bring them up? If you have a blind child consider that God has given it to you to be tended, with unusual love and care. If you give it proper care, and it lives to grow up, it will be a capable and happy human being, who will fill its place in life and will bring comfort to you. But if, on the contrary, you neglect or spoil your child, it will then be a poor, bit of humanity, a burden both to you and to itself. Hence, attend to the following rules:

1. Treat the blind child exactly as if it were a seeing child and try as early as possible to make it put its body and mind into action. As soon as it begins to use its hands give it toys to play with. Talk to it, sing to it, and give it toys that make a noise to attract its attention and rouse its mind.

2. Teach the child to walk at the age when seeing children learn.

SHOULD NOT BE UNOCCUPIED

3. Do not allow the child to sit long in one place alone and unoccupied, but encourage it to go about in the room, in the house, in the yard, and when older, even about the town. Teach it to know by touch all the objects around it.

4. As soon as possible teach the child to dress and undress, to wash itself, to comb its hair, to take care of its clothes, and, when at the table to use properly spoon, fork and knife. A blind child can do all these things as well as a seeing child, but you must give it practice in doing them, because it cannot learn by observation.

5. Watch carefully the child's personal appearance. It cannot see how others act, and so readily acquires habits which are disagreeable to its companions. Some of the most common mannerisms of blind children are rocking the body, twisting the head about, sticking the fingers into the eyes, and distorting the face, swinging the arms, stooping and hanging the head in walking and bending over in sitting. As soon as you observe such practices in your child, you should make a vigorous attempt to break them up; for if they once become habitual, years of schooling may be unable to overcome them.

6. Permit the blind child to play as much as possible with seeing children and to romp often with them out of doors. Frequently take the child walking and direct it in some simple physical exercises. If it is obliged to sit still you should at least give it balls, pebbles, blocks, a harmonica, or such toys as appeal to touch and to hearing.

## MUST CULTIVATE TOUCH

7. If you would inform your child of the world about it, you must let it touch all the objects that you can get at, and must teach it to appreciate space and distance by actual measurement; to cultivate its sense of touch let it handle familiar objects like different woods, plants and coins.

8. Allow the child to take part as early as possible in household duties. Allow it to string buttons or shell and pick over beans, peas and nuts; to clean furniture and kitchen utensils; to wash dishes; to grind the coffee; to peel the potatoes; to gather the fruit in the garden; to feed the hens, doves, dog, cat and other domestic animals. You can also occupy the child pretty well in easy handicraft work, such as winding yarn, braiding the hair and in coarse knitting.

9. Speak with your child much and often; for since it cannot read the loving care which is written in your face, it has special need to hear your voice. Ask the child frequently what it hears or feels, and induce it to ask many questions as to what is going on around it.

10. Take care what you say before your child; for the blind is more attentive to all which it hears than the seeing child is, and for this reason it retains it better.

## AVOID PITTING INFIRMITY

11. When in the presence of your child never indulge in expressions of pity for its blindness and allow no one else to do so. Such expressions can only discourage and depress the child. Rather seek to encourage it and to keep it engaged in happy activity, in order that it may strive cheerfully and courageously to be independent later in life and to do without external consolation and assistance.

12. Give the child occasion to exercise its memory. A good memory will later be found invaluable. Have it commit to memory such proverbs, poems, and short stories as it enjoys, and which will be of use to it in its religious nature can be developed just as soon as that of the seeing child.

13. As soon as the child is of school age (six years old) send it, if possible, to an institution for the blind, we make this possible, you

## Peterboro Licked by One Nothing

A Fairly Clean Game that Arouses Much Excitement

The first game of lacrosse in the Trent Valley league to be played here took place Thursday at the agricultural grounds between Peterboro and Lindsay, resulting in a win for Lindsay by the score of one to nothing.

The game was fast and fairly clean throughout and afforded lots of excitement for the spectators. There was only a small crowd up to witness the game, and it is to be regretted that Lindsay citizens should have failed to support a good thing when they got it. Those who attended, however, went away well pleased with the exhibition of lacrosse put up. No doubt the crowds will increase as time goes on.

The game was called at 6.30 p. m. and both teams lined up ready to do or die. In the first quarter a couple of players were penalized for dirty work, but when the whistle blew to change ends nobody had scored.

The second quarter started off with a rush by the local boys and many times they came very nearly scoring, but they were unable to find the net, and so nobody scored. In this quarter some delay was caused by Dusty and Riley, two Lindsay men, being hurt. Dusty received a nasty gash in the head while checking a man, and had to have it stitched up, but held on gamely to the end.

In the third quarter the Peterborough team had a little the better of the game, but they could not get past the Lindsay defence and failed to score.

When the teams lined up for the last quarter there was a look of determination in the faces of both teams and all the spectators knew that it would be a hard struggle. At the first Peterboro rushed matters a little, but Bas. Newton stopped everything in reach, and the ball at last journeyed to the other end of the field. The Lindsay team were now eager to score and were doing their best, but it looked as if the game would end in a tie, when Primeau sprung up and in a pretty pass from Riley shot on goal. The goal-tender fumbled the ball a while and at last let it drop, which gave Primeau a chance to knock it in, which he did. The Lindsay crowd went wild, and as there was only three minutes to play, the game was practically won. This ended the scoring and victory rested with the Lindsay boys.

Following is the line-up:

Peterboro: ... Lindsay Gilman ... good ... Newton King ... point ... Koyl Dorris ... cover-point ... Sullivan Barber ... 1st defence ... McVittie Johnson ... 2nd defence ... Crozier Raymond ... 3rd defence ... Chapman Best ... centre ... Riley Donovan ... 3rd home ... Chambers Long ... 2nd home ... Dusty Farnell ... 1st home ... McNozght Stroud ... outside home ... Dobson Gray ... inside home ... Primeau

Not supply and demand, but knowledge of supply and demand makes prices, and the trouble has been in the past the absence of knowledge as to our timber resources and this lack of knowledge still works against our work of reform. During the last few years the knowledge has increased and the result has been that prices have risen as it became known that the supply was less than was supposed.

—Dr. B. E. Fernow, Dean of the Faculty of Forestry, University of Toronto, at annual meeting of Canadian Forestry Association.

Like a Potato

Sunday afternoon I overheard Mary and Bert discussing the morning's Sunday-school lesson. Bert, who had all faith in his sister's superior knowledge eagerly inquired, "Mary what does God look like?"

It was surprised at Mary's prompt and solemn reply,—"Bert God looks like a potato."

Upon asking the child where she had received such an impression, she replied,—"Why you said God has eyes on all sides and a potato is the only thing I know of that has eyes on all sides."—The August Delineator.

## Gooseberry Fool

Stew a quart of ripe gooseberries in just enough water to cover them, and when soft rub them through a colander. Take the pulp that goes through and beat into it a table-spoonful of butter, a cupful of sugar and the yolks of four eggs, well beaten. Heap in a glass dish and put on top a meringue made by whipping the whites of the four eggs stiff with three tablespoonfuls of powdered sugar. — The August Delineator.

WHEN THE ADAMSES MOVE.

Mrs. K., while telling her children about Adam and Eve and the beautiful Garden of Eden, was interrupted by one of the little tots saying, "Oh, mamma when those Adamses move away let us get that place to live in."

**CASTORIA.**  
The Kind You Have Always Bought  
Bears the Signature of **Chas. H. Fletcher**

## Canadian Forestry Association

Timber Famine has been Here for Some Years, Dr. Fernow Thinks

"We have been talking for twenty-six years on this subject of a probable timber famine and some time ago I was asked where was that predicted timber famine. I said 'You have been asleep; it is on us already, for when prices rise, continuously at a rapid rate there must be a famine.'"

Not an absolute absence of material but an increase of prices makes a famine, and the prices have risen steadily you see.

"This more or less horizontal line" referring to a diagram exhibited at the meeting "indicates the prices before 1898, while this rapidly ascending curve represents the prices since that year, and from the character of the curve you can see that this rise in prices will go on, as may also be predicted from other data. I assure you. Every year you pay just eight per cent more for your wood than you did the year before. Have you no interest in that? I mean has the public in general no interest in the forestry question? It seems to have an interest in it, because it touches his pocket."

"There is another point that I wish to make, namely, that while before 1899 prices went up and down from year to year, but on the whole remained level, from the year 1899 prices of all grades of wood began an upward course. What is the reason?"

The explanation is simple. In 1899 the data collected by the United States Census regarding supply and demand of forest products became known, which showed that in predicting this timber famine we were not so very far out of the way.

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