SUMMER BEVERAGES.

During the summer the system demands cold and refreshing drinks, and the housewife who appreciates this and regularly supplies a variety of good ones, does much to preserve, or restore, the health of the family, as well as to increase their immediate comfort. If one has an ice-chest, or refrigerator, and plenty of ice, only forethought is needed to keep a constant supply of cold water. Lacking these, water or any other beverage, can be kept refreshingly cold by wrapping the pitcher or other vessel containing it in several thicknesses of newspaper, placing on the floor of the coldest part of the cellar and covering closely with a heavy woolen blanket or carpet.

Cold tea and coffee can be served either plain or flavored. Lemon is the most agreeable and popular flavor, but one soon acquires a liking for a light one of ginger, and when drunk at intevals as one works, the latter is more desirable, because it tones up the stomach and goes far to counteract the coldness of the beverage. Use green ginger root, and slice a little into the pot when ready to make.

A cereal coffee is a better warm-weather drink than the genuine article, for, although rich, and finely flavored, it is less stimulating than the latter, and also lighter and more easily digested. Treat in the same manner as coffee, only boiling slowly for fifteen minutes. Cool as above directed.

Cocoa has everything to recommend it, and is deserving of more recognition than it receives. Cocoa shells—the thin outer covering of the beans, they come in one-pound packages—are milder than cocoa, and also less expensive. Either makes a refreshing warm-weather drink. Use plain or flavored with vanilla or cinnamon.

Chocolate Syrup is the basis of a delightful beverage. Put six tablespoonfuls of grated chocolate over the fire in two cupfuls of boiling water; simmer slowly, stirring occasionally until dissolved; add four cupfuls of granulated sugar, stir until dissolved, remove the spoon, simmer for seven minutes longer, strain, add two tablespoonfuls of vanilla extract, and seal in glass fruit jar filled to overflowing. When ready to serve, allow one and a half gills of ice-cold milk and two tablespoonfuls of syrup for every glassful, put them in a cold glass fruit jar, shake well for three minutes, pour into chilled tumblers, and put a tablespoonful of whipped cream in each.

Strawberry, raspberry, and other fruit syrubs and shrubs are delightfully attractive and refreshing, when simply served in ice-cold water, the proportion varying from two to four tablespoonfuls of the syrup to each glassful of water; they also make a pleasing change from plain lemonade, and are a decided addition to oatmeal, flaxseed tea, toast-water, and various other drinks for the invalid.

No other easily made summer drinks are so wholesome and nourishing, and at the same time inexpensive, as the old stand-bys, oatmeal water and-ginger-ade, and by giving the former a flavour of lemon, or any one of the various fruit syrups, and making ginger-ade, of ginger, lemon juice and simple syrup, instead of ginger, vinegar and molasses, as formerly, both are decidedly improved.

Ginger Pop is not a particularly pleasing name, but when well made is indeed invigorating on a hot sultry day in midsummer. Add two cupfuls of granulated sugar to four quarts of tepid water and stir until dissolved.

Neuralgia

is Rheumatism of the face. Uric Acid left in the blood by disordered kidneys lodges along the nerve which branches from the eye over the forehead, and across the cheek to the side of the nose. The cause is the same as in all Rheumatism— disordered Kidneys. The cure is likewise the same—

Dodd's Kidney Pills

SOMETHING QUITE NEW—

SALADA

CEYLON GREEN TEA

Same flavor as Japan, only more delicious.

Put one ounce of finely sliced white ginger root and the grated yellow rind of one lemon and one orange—or one large lemon over the fire in a cupful of water, and simmer for fifteen minutes; squeeze the juice from the lemons, remove the pulp from the rind, strain out the seeds, add all to the boiling liquid—let stand five minutes strain, add two teaspoonfuls of cream of tartar, and pour into the sweetened water. When lukewarm, pour into a stone jar, add half a cupful of soft yeast, set in a warm place for 24 hours, then bottle and wire down the corks; lay bottles on the side in a cool place and in 24 hours longer they will "pop."

THE THREAD TOOTH.

"Some day I'm going to get up a lecture and advertise it to be delivered before women only," said a dentist. "In that way I'll be sure to draw a big crowd, and when I get a whole grist of femininity within hearing distance I'm going to preach at them for all I'm worth. My text will be "The Thread Tooth." Why you women will persist in doing such senseless things when you know the result is going to be more or less harmful is something I can't for the life of me understand, but it is a fact that nine out of ten of you who use the needle, be it much or little, will go on biting as if nothing better than teeth had ever been invented for the purpose of severing thread. I verily believe that if a woman had a dozen pairs of shears within reach she would bite her thread instead of clipping it, which really doesn't take a second longer.

"But I don't bite hard," my callers always protest when I expostulate with them. Great Scott, what an argument! Just as if a person had to bite clear through a millstone to break the enamel on a tooth. A thread is a fine, delicate thing, to be sure, but so are some saws and files, and all are sure to cut their way through almost any substance if applied persistently. When I get my lecture ready, I'm going to say all this and a good deal more, and I'm going to wind up with the advice that I'm giving now to every woman who handles a needle. Don't bite your thread. Cut it or break it, but don't, if you value your incisors and your cuspids and your bicuspids, saw it off with your teeth.

DRUNK WITH COLD.

The usual results of exposure to extreme cold are loss of energy, both physical and mental, followed by drowsiness and disinclination to move; the mental faculties become torpid and senses numbed, while the victim is seized with an irresistible desire to lie down and sleep. If this desire is yielded to the lethargy passes into stupor and death follows. Occasionally these symptoms are preceded by others which resemble those of intoxication, and are due to a peculiar condition of the blood, which at a very low temperature takes up an insufficient quantity of oxygen, and so has an injurious effect on the nervous system. It was observed during the retreat of the French at Moscow that those who were most severely affected by the cold often reeled about as if intoxicated; they also complained of giddiness and indistinctness of vision, and sank gradually into a state of lethargic stupor, from which it was impossible to arouse them. Other instances are recorded in which persons became delirious and died through a short exposure to intense cold.

Gold and silver tissue enriched with embroidery and jewels and used as a wide belt is one of the many forms of elegance in decoration which appear, principally on the evening gowns of lace or chiffon. Gold galloon combined with colored panne or black velvet is a distinctive feature of belts on the less dressy costumes, and gold and white silk braid are effectively used in combination to decorate cloth revers and finish the edges of bands of silks. The wide belts which are so much in evidence on the new gowns are seen at their best on the full bodice which pouches a little at the back as well as the front. Gold and silver embroideries revived from the Louis XVI. period are a great feature of dress trimmings and very suggestive of gathered shirts and long pointed bodices of which there are already advance models. One of the features in the detail of finish on the new gowns is a wide collar of heavy lace applied in batiste and edged with a finely tucked band of the dress material, providing it is veiling, thin silk, or crepe de chine.

OLD CEREMONIES.

Every now and then an elderly married couple will be met who address each other with the stateliness that was customary thirty years ago. The husband is "Mr. Smith," to the wife and the wife is usually "Mother," to the husband, nothing less conventional is ever heard from them, indeed, neither might have a first name for all the use that his better half makes of it.

"I just couldn't call your father Charlie," a quiet little woman said the other day, in answer to her daughter's gibings, "why it wouldn't be respectful. I never did in my life, and I certainly wouldn't now, when you are all grown."

"But what did you call him when you were engaged," persisted her inquisitor, "You surely didn't go around then, calling each other Mr. Jones and Miss Smith."

"We didn't always," replied the little woman, evasively, "but I liked to give him his title even then,—it's more respectful, much more respectful."

"I'd rather have more affection and less respect," said the daughter, rebelliously. "It doesn't sound as if you had anything but a bowing acquaintance with him when you say Mister all the time. I'm going to call my husband Fritz whether it's his name or not, it has such a jolly air."

And the average married couple of this day and age with a fine disregard for respect and old-fashioned courtesy usually call each other by a nickname of varying degrees of beauty, and which has oftentimes a remote connection with the one given them in baptism. But after all one likes this way better than the stiff conventionality which led a woman all through a married life of thirty or forty years to address her liege lord as Mister Smith, or Jones, or Brown, just as though he were verily her master, and she were living in medieval times when exaggerated politeness marked the intercourse between men and women.

SMALLER CALLING CARDS.

The big pocketbook has been replaced by the purse of gold mesh, netted silk and beads, suede and jewels, and the very long and unhandy broad cardcase has given way to the easily carried case of convenient size and weight. The change has necessitated a change in the size of visiting cards, and these are smaller than they have been for many years. A few years ago misses not yet 'out' used cards the size of those now correct for their mothers. Some of the new cards are almost square, others just a trifle longer than they are broad. With an address in one corner and an at home day in another there is not much fair white space left upon which the indolent woman can scrawl a message instead of writing a note, but these small cards are very handy for the little reticules and small cardcases.

THE BAG FAD.

Those bags of suede, with gold mountings, which every woman in Paris carried hung on her wrist last fall, are now due to become equally popular on this side of the water. They are no end of a convenience, as they hold all a woman's small belongings and add much to her comfort. At many of the jewelers are to be seen bags of gold network, encrusted with jewels. But those of suede, with clasps formed of two snakes with jeweled eyes and a chain of gold links through which to slip one's hand, will be the most favored of fashion.

SO INTERESTING.

A recently published book is entitled "Half-Hours with Insects." What a lively half-hour one can have with a bee!

Large increase in Sales. What does this mean? Why, it means only one thing—that the quality of

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CEYLON TEA is suiting the tastes of the people.

Lead Packages. 25, 30, 40, 50 and 60c.

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POSITIVELY PREVENTS CHOLERA INFANTUM.

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LARGEST SALE IN THE WORLD.

BRITISH CHEMISTS COMPANY.

85-86 LONDON. NEW YORK. TORONTO.

Hats of all kinds, shapes and conditions are in fashion, but the latest thing from Paris is a modernized poke, trimmed wiht a large bow of ribbon, silk or velvet and one, two or three small bunches of roses well forward on the brim. The crown is medium high, tapering a little toward the top and the brim, drooping in the back, is manipulated in curves to suit the face and raised a little underneath at one side with a short band and small bow.

Worry Your Friends with This.—What is it that is round and sound, and just a pound, and yet does not weigh an ounce?

A sovereign.

In Penetrating Powe

No remedy in the world equals Nerviline—nerve-pain cure. Neuralgia and rheumatism are relieved almost instantly, and the minor aches and pains are cured by a single application. Nerviline—nerve-pain cure — is sure to cure.

The latest thing in handkerchiefs is a very tiny square of cobweblike lawn edged with lace. The absence of a pocket in gowns is the incentive for this change in size, which makes it possible to wear the handkerchief inside of the glove.

WHAT IS NEEDED.

By every man and woman if they desire to secure comfort in this world is a corn sheller. Putnam's Corn Extractor shells corns in two or three days and without discomfort or pain. A hundred imitations prove the merit of Putnam's Painless Corn Extractor, which is always sure, safe and painless. See signature of Polson & Co. on each bottle. Sold by medicine dealers.

"I saw a man to-day who had no hands play the piano."

"That's nothing! We've got a girl in our flat who has no voice and who sings!"

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ST. JAMES' HOTEL—Opposite G.T.R. Depot, two blocks from C. P. Railway. First-class Commercial House. Modern improvements—Rates moderate.

How frankly the girl of sixteen admits that she is an old maid!

Beware of Ointments for Catarrh that contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F.J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists, price 75c per bottle.
Hall's Family Pills are the best.

Black is very fashionable this season and the most popular materials include figured velour, bayadere striped crepon, figured and bayadere corded poplin, novelty bayadere striped velours and crepons.

The oldest banknote in the possession of the Bank of England is dated December 19th, 1699, and is for £555.

FOR OVER FIFTY YEARS

MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children teething. It soothes the child, softens the gums, allays pain, cures wind colic, and is the best remedy for diarrhœa. 25c.a bottle. Sold by all druggists throughout the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup."

Fichus a la Marie Antoinette and a la Pompadour are very much in favor and quite the hall mark of smartness on the latest thin gowns. The draping can be arranged to suit the figure, and in any case it gives the broad effect across the shoulders so becoming to slender women. The finest cream tinted batiste hand embroidered makes the very prettiest fichus.

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