



**ANT PHILOSOPHY.**  
Whiskey is handy when you got the cramps, ramps is handy when you've got whiskey.

**IN HEAVY SEAS.**

Basil Lubbock Tells of His Experience in the Cape Seas. Cape Horn has always been the terror of sailors. Mr. Basil Lubbock, who went round the Horn in a "wind-jammer" and put his experiences into a book, tells how it feels to be knocked about in the Cape Seas. During the gale of which he writes the decks were full of water, and the men had a difficult job clearing up the mizzen upper topsail, which had come in as soon as the terrific business of squaring in the yards; one of the most dangerous of all jobs when a heavy sea is running. Many a ship has lost a whole watch over the side while the men were at work on the braces. I was about fifth on the other side of me and Higgins on the other, says Mr. Lubbock. We had hardly taken two pulls at the brace when a large sea broke aboard right over our heads, and both watches were swept off their feet in every direction.

Wilson, Higgins and I received the full force of it. For one tiny moment of time I saw the great hissing mass as it reared its foaming top higher and higher above us, and then crashed it, topped its whole weight upon us. Knocked down and overwhelmed by the monster, I hung to the brace with all my strength. Under water with my heels above my head, I saw dimly the round bundles washing near me which I knew were Wilson and Higgins.

Over and over the sea rolled me, and hurled me with terrible force against the main-hatch, and three times my poor knee came against the ring bolt. I hung to the brace until the water tore it from my grasp, and away I went, first my head up, then my feet, a plaything to the whim of the water. I washed me round the hatch, bumped me against the steeple, and rolled me into the scuppers. I got entangled and disentangled with other human bundles, and never for a second could I get my head above water.

At last the water began to run off, and I found myself sitting up with my head out. I lay to the starboard of the main-hatch. Close to me in a tangled mass, mixed up in the fire-rail were two more. Another lay gasping on his back under the break of the poop.

Above the gale I heard the mate's voice, "Mainbrace, there! Up you get!" I picked myself up, dazed and half-drowned. The captain, who was on the poop, seeing the whole of his dazed crew washing about the decks, dashed down to the deck up to his waist in water, went to the head of the brace, and cheering us on and hauling to his own singing out, soon got us going again. No one was lost. Such is Providence! We ought to have been killed; we ought to have been washed overboard; but at sea Providence has constantly to intervene, or no sailor would live long.

"Papa, what are the dogs of war?" "Bulldogs, Johnny."

**"Force"**  
of meat  
out the heat.

See in what food in pills or chops.

**LOOK AT YOUR NOSE.**  
Nothing is more rare than a really perfect nose; that is, one which unites harmony of form, correctness of proportion and proper affinity with the other features. The following are, according to the Rules of Art, the conditions requisite to the beauty of this organ: The nose should have the same length as the forehead and have a slight depression at its root. From the root to its extremity it should follow a perfectly straight line, and come exactly over the centre of the upper lip. The bridge of the nose, parallel on both sides, should be a little wider in the centre. The tip should be neither too thin nor too fleshy, and its lower outline neither narrow nor too wide. The lobes must be gracefully defined by a slight depression. Seen sideways the lower part of the nose will have a third of its total length.

**HOT WEATHER FOG.**  
No Vim, No Snap, No Energy, Exertion Dreaded and Work Shunned.

"Fagged right out," is an appropriate way to express the feelings of many people during the hot summer months. No strength, no vigor, no map, no ambition, too weary to work and too languid to take any real pleasure in life. You need a tonic for this summer fog, and the very best summer tonic in the world is Dr. Williams' Pink Pills for Pale People. Every dose makes new rich blood, tones the nerves, sharpens the appetite, stimulates the liver, and banishes weakness and weariness, headaches, backaches, languor and despondency. The only tonic that can do this for you is Dr. Williams' Pink Pills—it's a waste of money to experiment with anything else. Mr. Louis Doucet, Grand Etang, N. S., says: "I was very much run down in health and was weak and easily tired. My appetite was variable, my nerves unstrung and I often felt a complete indisposition to work. After trying several medicines without benefit, I decided to try Dr. Williams' Pink Pills, and after taking a few boxes I felt better than I had done for months, and equal to any exertion. I don't know anything to equal Dr. Williams' Pink Pills when one feels fagged out." You can get the pills from any dealer in medicine, or they will be sent paid at 50 cents a box, or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont. Be sure you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around the box.

**BE YOUNG AT SEVENTY.**  
Avoid the Appearance of Age in Every Possible Way.

People who appear old must expect to be considered so; and, if they apply for positions with every appearance that senility has struck them, they cannot expect favorable consideration. If grey-haired applicants for positions would only appreciate the value of appearances, and would "brace up" when they seek situations—get "well-groomed," with elastic steps, showing that they still possess fire, force, and enthusiasm—they would eliminate an obstacle greater than their grey hairs. We think ourselves into incapacity by looking for signs of age and dwelling on them, and the body follows the thought. We should, therefore, avoid the appearance of age in every possible way, by dress, carriage, conversation, and especially by our attitude toward people and things. It is not difficult to keep the buoyancy and freshness of youth, but it must be done by constant effort and practice. A musician who expects to make only one or two important appearances a year must keep up his practice. Youthfulness cannot be put on for a day if old age has a grip on you for months. It is important to preserve the fire of youth as long as possible, to carry freshness and vigor into old age by keeping up the interest in everything that interests youth. Many of us seem to think that youthful sports and pastimes are foolish, and, before we know it, we get entirely out of sympathy with all young life, and consequently really old, whatever our years. We must think youthful thoughts, associate with young people, and interest them. When a person ceases to interest the young he is showing signs of old age.

**CHOLERA INFANTUM.**  
Cholera infantum is one of the most dreaded diseases of infancy. It is prevalent during the heat of summer in spite of all the care mothers may take to guard against it, and it sometimes progresses so quickly that death occurs in a few hours no matter what care is given the child. The first thing to do is to stop feeding the child and give him plenty of fresh air and pure water to drink. Give Baby's Own Tablets to carry off the poison in the system. Do not under any circumstances give a medicine to check the diarrhoea, except using Baby's Own Tablets the cause of the diarrhoea will be checked in a natural manner. Proof that the Tablets cure this too often fatal trouble is given by Mrs. Herbert Burnham, Smith's Falls, Ont., who says: "When my eldest child was six weeks old he had an attack of cholera infantum and was at death's door. My doctor advised me to try Baby's Own Tablets and in twenty-four hours my baby was better, the vomiting and purging ceased and he regained strength rapidly." Keep the Tablets in the household; their prompt use may save your little one's life. Sold by medicine dealers or sent postpaid at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

**Results from common soaps: eczema, coarse hands, ragged clothes, shrunken flannels.**

**SUNLIGHT SOAP REDUCES EXPENSE**

**Ask for the Sunlight Soap.**  
**SNAKES IN BRITAIN.**  
The ring snake is found most often in Wiltshire, Gloucestershire, and some of the Welsh counties. It is perfectly harmless, although it is in the habit of emitting a powerful and unpleasant odor when disturbed. It grows to a greater length than either the adder or the smooth snake, the average being from thirty to thirty-six inches. The smooth snake is the rarest of British species, though common enough on the Continent. Its favorite counties in England are said to be Dorset, Hants, Surrey and at one time Berks. The adder is more common in Scotland than the ring snake, and it is frequently to be met with in both England and Wales. The markings of the adder are very well defined, and serve to distinguish it from the two innocuous serpents, but the V-shaped mark to be found at the back of the head is a very varying one, as are also the side markings. The place to look for an adder is the hottest spot in any particular district where it is known to be. Many sheep perish annually from adder bite.

**HARD LINES FOR LADIES.**  
A wonderful similarity exists in the sayings about women current in the various nations.

The Spanish rhyme has it: "Were a woman as little as she is good, a peep-wood would make her a gown and a hood."  
An old English saying: "If a man loses a woman and a farthing he will be sorry he lost the farthing."  
The French adage: "A man of straw is worth a woman of gold."  
The Scotch say: "Honest men marry soon, wise men never."  
The Arabian declares: "Words are women; deeds are men."  
The Hindu says that a woman's wisdom is under her heel.  
The German states that whenever there is mischief brewing a woman is at the bottom of it.  
The Persian asserts that women and dragons are best out of the world.  
The Corsican says: "Just as a good and a bad horse both need the spur, a good and a bad woman both need the whip."

**IT READS LIKE A MIRACLE**

**ONLY DODD'S KIDNEY PILLS ARE DOING SIMILAR THINGS DAILY.**

Reuben Draper's Gravel Cured Three Years Ago—It Has Never Come Back.  
Bristol P. O., Quebec, August 3.—(Special)—Reuben Draper, well-known here, tells a story of his cure of a bad case of gravel that would be considered miraculous if similar cures by Dodd's Kidney Pills were not being reported almost daily. "About three years ago," says Mr. Draper, "I was taken ill with what I thought was gravel. I was suffering great pain, and the doctor I sent for gave me but little relief. Another doctor I tried failed to cure me, and I was getting weaker all the time. Then a man advised me to try Dodd's Kidney Pills as they had cured his mother, and I did so. In just one week after I started using them, I passed a stone as large as a small bean, and in four days after I passed another about the size of a grain of barley. That is two years ago, and I have not had any trouble since. Dodd's Kidney Pills cure all ailments of the bladder and urinary organs."

**AMATEUR COAL TRIMMER.**  
Tells His Experience on an Atlantic Liner.

Life among the stokers on board an Atlantic liner is described in the *Play Magazine*, by a contributor who put in a voyage as an amateur coal trimmer. As coal trimmer, he says, I had to wheel my barrow through a narrow tunnel, fill it with coal from the bunker, wheel it back again, empty it at the stokers' feet, and keep on until the watch was over; but this apparently simple occupation was not without its perils. The glass cylinders which show the depth of water in the boilers may burst twice a day, but save an occasional scalding a man is not often injured by this. Far more serious are the consequences of his opening the doors of his furnaces without first shutting off his forced draught. A careless man—perhaps one who has boarded the ship the worse for liquor—may, on starting his watch, forget to shut off the three checks at the side of the furnace which regulate this detail. On opening the door, a blinding draught will fly into his face, and probably scorch him frightfully. There is no limit to the number of minor casualties. As I trimmed at my narrow the ship would give a sudden lurch, and my spade would fly out of my hand. If I wheeled it through the tunnel without knocking my head against the side, I considered myself fortunate. With the roll of the ship tools would fly about in all directions. A rake, which had been lying idle at one side of the stockhold, would come violently sliding towards me. If you stood in the neighborhood of a hatch anything might come sud-

denly down on to your head. Perhaps a shovel has been mislaid somewhere above, so down it would come with a crash. During a gale it was unusual thing for a miniature Niagara to rush down the ventilator and trench any one who happened to be standing near it. A sea, too, will sometimes alight on a mass of clinkers, and save the trimmer his task of extinguishing them, scalding him and his neighbors the while by an upward rush of steam. The stock dinner dish in the stockhold is "hoodle," a mixture of mashes, potatoes, and soup. For breakfast, hash for tea, meat-of-a-kind-and-bread, at eight every night the chief steward sends the men on the watch just over a huge tin containing the leavings from the saloon passengers' dishes. It is received from the steward by a trimmer—who no doubt gets his first "hook" at some dainty morsel. Meat, fish, mignonnette of lobster, green vegetables, pastry, tarts, fat from joints, are all jumbled together in a mixture of gravy and soup. As to who gets which is a matter of physical contest. The "blackies" simply rush for the pan, and sometimes topple over the trimmer in charge before he has had a chance himself.

**Deafness Cannot Be Cured**  
By local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, the hearing is affected, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surface. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by the Catarrh Cure. Send for circular free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Make Family Pills are the best.

**WATCHDOGS WITH FEATHERS.**  
A Pair of Grey Geese Make Efficient Sentinels.  
Having discharged the family watchdog in disgrace, a farmer has installed two enormous grey geese as guardians of his home. They are more efficient as sentinels than the best watchdog that ever lived, he thinks. In addition to which they have the following points in their favor. They do not howl at the moon, they do not make friends with visiting burglars, and bite the parson; they do not transform the front garden into a depository for ancient bones. Like most big ganders they are belligerent. The minute the front gate clicks they come rushing around from the backyard with wings outstretched and flapping, looking for a fight. It is no use to say, "Good doggy, nice doggy," to them. They cannot be flattered or cajoled. Moral question is futile. The average burglar who hears about these geese will doubtless be of the idea that one has only to say "shoot, chicken," to send them scuttling. Any burglar who knows a goose will know better. A big grey gander is not afraid of anything. These two will attack anything that comes in the front gate with the savagery of a bulldog. And they are able to do about as much damage. They take flying leaps at the intruder, and catch him about the head with their wings and pinch in the face with their bills. All the time they keep up such a hissing and noise that it is enough to scare away the stoutest-hearted burglar.

**A FUNERAL GAIT.**  
"Here!" called the impatient guest. The obsequious waiter came to his side. "Seems to me that soup I ordered is a long time getting to me." "Yes, sir; but you must remember, sir, that you ordered turbot soup."

**BROUGHT AFRICA TO LONDON.**  
In the course of a lecture in London, Sir Harry Johnston reproduced, by means of the phonograph, records of many of the native songs of Uganda utilized in their war dances, festivals and orgies, as well as many of the dialects of the various tribes.

**BEATEN ON OWN GROUND.**  
The workmen of Germany are not the greatest European beer drinkers. Their average consumption per day is two quarts a head, while in England the average among the same class is slightly larger.

Customer (to printer): You promised to have my work done yesterday, and you haven't touched it yet. Printer: "My dear sir, we've been so busy in this office that you ought to be very thankful that we took the time to make you a promise."

Jenkins: "Then you mean to tell me I have told a lie?" Chambers: "Well, no; I don't wish to be quite so rude as that, but I will say this—you'd make a very good weather prophet."

Lifebuoy Soap—disinfectant—is strongly recommended by the medical profession as a safeguard against infectious diseases. "These little boys is this, I wonder?" asked the old gent. "There is two ways you can find out," said the small boy. "How so, my son?" "You might guess, or you might inquire," replied the small boy.

Mistress (greatly scandalized): "Is it possible, Mary, you are making bread without having washed your hands?" New Kitchen Girl: "Lor' what's the difference, mum! It's brown bread."

Missionary: "Our situation was so remote that for a whole year my wife never saw a white face but my own." Sympathetic Young Woman: "Oh, poor thing!"

Minard's Liniment: Lumberman's Friend.  
Frank: "I've got even with Jim at last." Ned: "How did you do it?" Frank: "I gave his girl a pair of pretty vases and he will go broke keeping them filled with flowers."

Minard's Liniment is used by Physicians.  
There are 237 lead pencil factories in Germany, which employ 2,518 persons and export each year 1,124 tons of pencils, worth \$2,000,000.

Effective daily from July 31st to August 13th, inclusive, round trip first-class tickets will be issued from Toronto to Seattle, Tacoma, Wash., Portland, Ore., also to Vancouver and Victoria, B. C., via Great Northern Ry. at rate of \$64.80. Proportionate rates from all points in Ontario. Tickets will be valid for return until October 15th, 1903. Full information as to stop over privileges, time of trains, sleeping car rates, etc., on application to Charles W. Graves, District Passenger Agent, Great Northern Ry., 6 King Street West, Room 12, Toronto, Ont.



Each chest of Blue Ribbon Tea is lined with lead—the tea poured in and a sheet of lead placed on top and soldered down. No air or moisture can possibly reach

**Blue Ribbon Ceylon Tea**

lately unimpaired. The richness, delicacy and creamy taste are all there to cheer and solace every moment if you want.

Black Mixed Ceylon Green Forty Cents Should be



Packing Blue Ribbon Tea

The taste and aroma are retained absolutely unimpaired. The richness, delicacy and creamy taste are all there to cheer and solace every moment if you want.

**OUR BRANDS.**  
King Edward  
"Headlight"  
"Eagle"  
"Victoria"  
"Little Comet"

Don't Experiment with other and inferior brands, USE EDDY'S

**BOECK'S Scrubbing Brushes**  
Take the Bore out of Cleaning.  
They are absolutely the best brushes money can buy—the best made—backs do not warp—bristles do not fall out of your grocer sells them. None Genuine Without "Boeck" on back of Brush.

**ENGLISH SPAVIN LINIMENT**  
Removes all hard, soft or calloused lumps and blemishes from horses, blood spavins, sprains, spruce, ring bone, swellings, stiles, sprains, sore and inflamed joints, coughs, and sore throats by use of one bottle. Warranted the most wonderful Blemish Cure ever known. "Sweet are the uses of adversity," quoted the philosophical friend. "Perhaps," admitted the prosaic man; "but I'm not hankering for that kind of sweetness."  
For Over Sixty Years Mrs. WINDLOW'S SOOTHING STRAU has been used by millions of mothers for their children while teething. It soothes the child, softens the gums, relieves pain, cures the colic, regulates the bowels, and is the best remedy for Diarrhoea. Twenty-five cents a bottle and sold by druggists throughout the world. Be sure and ask for "Mrs. Windlow's Soothing Strau." 23-74

**Good Things to Eat on the**  
Picnic Ham, Beef and Turkey, Ox Tongue, Beef, Sliced Smoked Beef, All Natural Flavor Foods, Pleasantly wholesome. Your grocer should have them. Send five 2c stamps for Little's Bile Beans, World's Renowned Booklet—How to Save Money—Free. Libby, McNeill & Libby, Chicago.

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Frank: "I've got even with Jim at last." Ned: "How did you do it?" Frank: "I gave his girl a pair of pretty vases and he will go broke keeping them filled with flowers."

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**Patents in All Countries.**  
R. DOUT & W. MAYBEE  
SPECIAL ATTENTION TO PATENT LITIGATION. Send for Handbook on Patents, etc. 105 Bay St., TORONTO.

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**FRANGES LEMONS**  
We have the BEST BANANAS. Carried every week. All the above at market prices. We can also handle your Butter, Eggs, Poultry, Syrup and other produce to advantage. THE CANADIAN COMMISSION CO., Limited, 105 West Market St., TORONTO.

**INFANTS' DELIGHT Toilet Soap**  
Best for Little Folks  
JOHN TAYLOR & CO. Perfumers and Soap Makers TORONTO.

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