

sometimes two, extra mixture into a butter in a hot oven fifteen minutes in a frying-pan, the hot clarified butter, be oven. This omelet and therefore it is better to be at all, for the bottom.—Lucette.

COOK CODFISH.
sh.—Take three cupfuls of water, and let it boil over night, if for use it to boil to this point of rich milk with at reach the boiling

two tablespoonfuls of water, to which you add a tablespoonful of water, butter and flour, and simmer, remove from the heat, add a little pepper, a little salt, and serve with mashed potatoes beat-

Use a piece cut from the cod. Wash it over night in cold water, and let it boil at least an inch deep, the boiling point, and so on, or until it is tender, a border of sliced and with a little sauce.

Select a piece and a cold water. Wipe it over clear coals. Place it on a plate, and spread it gently with a brush. Makes a nice relish if placed to soak at

Take equal parts of from cold water in five minutes after bits, and freshly-season with pepper, and between slightly up into beaten egg, cracker crumbs; set to become firm, and at. Serve with a parsley for a supplement, conveniently made before if wanted

WAKFAST.
akfast menus used of housekeepers suggest an appetizing variation one has to live will be noticed in the cereals are so that one does the certainty of rice, there is fruit, oat-cream, codfish, and coffee; the will we fruit, farina tomatoes with a potatoes browned, coffee. A third of granula and steak with French and coffee; the rolled avens and stewed potatoes, a fifth of fruit, ragout of lamb, cakes and coffee; and wheat and beef hash, graham will be noticed are, with two extra-leave material in form, thus saving for meat. The in nutrition, and for the most buy a number of different cereals expensive than to much more

By buying fruit breakfast supply will prove very costly bananas and grapes of the question beautiful standby served uncooked fish of tart apples with a little at breakfast

SLEEP.
y to attempt to not giving every to himself, in which a phy-day, addressing some of the Im-Children's Health," advised was the it is so easy to sleep in the or she should speaker. "When some important men and who his needs that it is tax and wheedle le one to 'swat' man's thought our child to sleep not fall off his from drowsi-should give a part, any- for the benig- to his room, bath, tuck him a light wool is the shoot, and by him and talk back. Tell him not to be coe- when he is room cool, dark em try to sleep a sitting without having with fresh out- accomplished en wide for fil-

A THRESHER'S LIFE.

ONE OF EXPOSURE TO INCLEMENT AND CHANGEABLE WEATHER.

He Easily Falls a Prey to Disease—Rheumatism One of the Natural Results—One Who Suffered for Upwards of Nine Years Gives His Experience.

From the Intelligencer, Belleville, Ont.
It is doubtful if there is any other occupation more trying to the constitution than that of the thresher. Exposed to the rains and storms of the autumn season, and at the same time choked with the dust consequent upon threshing, he easily falls a prey to disease. Mr. Jos. H. Davis, a resident of the township of Wicklow, Hastings county, follows the threshing machine for some months every fall. For eight or nine years he was subject to attacks of inflammatory rheumatism. The disease usually made its appearance in the fall, and continued throughout the winter, causing not only much suffering but great inconvenience. Mr. Davis' most serious attack occurred during the winter of 1893. It first made itself manifest by the swelling of the right hand, and before twenty-four hours had passed the disease appeared to have gone through the whole system, and the legs were swollen to an abnormal size, so much so that the joints were not visible through the swellings. For ten months the trouble continued and during that period Mr. Davis was unable to put on his own clothes, and the pain he endured almost passed comprehension. One doctor after another was tried but without any beneficial results. Then advertised medicines were tried but with no better success. "I can hardly say," said Mr. Davis, "how much money I spent on doctors and medicine, but it amounted to a considerable sum, and yet I would most willingly have given my farm to be rid of the terrible pain I was forced to endure. But all my expenditures seemed of no avail, and I began to despair of a cure. At this juncture, acting on the advice of a friend, I began using Dr. Williams' Pink Pills. The first six boxes I used seemed from outward appearances to have had no effect, and I felt almost like giving up in despair. I thought, however, that possibly that was not a fair trial for one in my condition, and I procured a further supply. By the time I had used three boxes more there was a considerable improvement, noticeable, and from that out each day found me growing better. I continued using Dr. Williams' Pink Pills until I had taken eighteen boxes by which time every vestige of the pain had left me, and I was feeling in every respect a new man. I believe, too, that the cure is permanent for I have not known what it is to suffer with rheumatism since."

It will thus be seen that Dr. Williams' Pink Pills released Mr. Davis from the painful thraldom of rheumatism at a comparatively small expense after doctors and other medicines had utterly failed to give him even a fair measure of relief. It is obvious therefore that if Dr. Williams' Pink Pills are given a fair trial they are sure to bring relief and a cure. Every box of the genuine Pink Pills has the trade mark on the wrapper around the box, and the purchaser can protect himself from imposition by refusing all others. Sold by all dealers at 50 cents a box or six boxes for \$2.50.

"CHAPEL OF THE SEAS."

Most Wonderful Cave in the World in the South Pacific.

The most wonderful cave in the world is in the island of Tonga, in the South Pacific. Byron called it "a chapel of the seas." It is formed in a rock that is almost surrounded by the ocean. This rock is about sixty feet high, and broad proportionately.

Many years ago a boy, the son of a native chief, was chasing a huge turtle, when his game seemed to sink into the rock. The lad watched and waited until the tide fell, disclosing a small opening in the rock about six feet under low water mark.

Diving boldly, the young hunter entered the aperture, and, to his surprise, came to the surface inside the rock. The rock was hollow, and its interior was found afterward, when the natives explored it with torches, to contain many beautiful stalactites.

When attacked and followed by enemies, the natives who know the secret leave their canoes, plunge into the water, and disappear. Their foes linger, astonished at their disappearance, for no person not acquainted with it would suspect that the rock was hollow.

HOLES IN YOUR UMBRELLA.

One of the fruitful causes of holes in the folds of an umbrella is improper care when it is wet. To roll up a wet umbrella is to invite the dyes to rot it, and one of the banes of the umbrella manufacturer is loaded dye on silk. Out of 100 samples of silk submitted to the writer, not over ten were pure dye, and 50 per cent of the silk threads submitted was overloaded with dye and would not stand our chemical test. This is a fruitful cause of trouble in umbrellas, and our concern insists on all the silk and silk threads standing a chemical test in this respect. When over-dyed silks are wet and the umbrellas rolled and set away, we find the owners complaining that their umbrellas are cracking in the folds. Fine holes appear, and they are apt to return the umbrella to the merchant and claim damages.

A DEFIANCE.

You may be the stronger, said the trout as the fisherman dropped him into the basket, but I will nevertheless maintain that you can't knock the spots off me!

HE WOULDN'T DO, HOWEVER.

You're no use for running messages, You're far too fat. Well, and didn't you advertise for a stout boy?

AFFAIRS IN KOOTENAY.

British Columbia Mines Overshadowed by Klondike's Boom but not Dead.

Mr. W. H. B. Anderson, a St. Thomas boy who went to British Columbia two years ago, came home to visit his mother on Saturday night, says the St. Thomas Journal. Mr. Anderson is in the stock-broking and real estate business in Rossland and is an excellent position to express an opinion on that district as a gold producer. The place is now rapidly re-overing from the relapse after the boom, and great activity is expected this fall and winter. The mines were never in better condition or indicated greater richness of ore. Rossland is not yet up to the expectations of Easterners of last winter, but, according to old miners, it is in as good a condition as any mines in the world at the same date of existence.

Wildcat mining has ceased entirely, as the schemes cannot be floated unless large veins and rich ores are shown to exist. In speaking of assays Mr. Anderson thinks \$40 to the ton rich, and says that a mine yielding \$25 to the ton will pay well enough, as it costs only \$13 to take it from the mine and smelt it. Probably the average assay of all the mines would be about \$25 to \$30 to the ton.

Rossland is still growing in population and in everything that makes a city. The population is now 10,000 and, considering that it has been a mushroom city, the conveniences and comfort of the place are wonderful. The sanitary arrangements are very bad, as no sewerage as yet has been put in. This will be a vexed question for some time, as there is really no outlet for such. The only creek in the neighbourhood supplies water to the town of Trail and of course cannot be used. The class of people there, generally speaking, is very good. The miners are rough, but they have boarding houses at the mines. The social evil was prominent, but is rapidly being minimized by the influx of good citizens from the East.

Wages are not high for labouring men. The corporation pays \$2.50 a day and the men \$3 to \$3.50. Board is from \$8 up to as high as one wishes to go.

MOST LABORING MEN "BACH" IT.

English capital is now coming in rapidly, properties are selling at a low figure in many cases, and capitalists are taking advantage of these cases where enough treasury stock has not been sold to work the mine. Rossland is not a poor man's camp. It takes a good deal of money to work a mine. Although there are really only two dividend paying mines at present, there are many more in sight. There is more ore being shipped now than six months ago, and the shipping will go on all winter now that the mines are opened up.

There is much less excitement in the west over the Klondike and very few miners are going from Rossland. Rossland is no place for a professional man. The place is overcrowded with them, and many have had to go to the hills. All men there are socially equal; the best men are the sharpest men. Preachers are well represented. There are fine churches, having resident ministers, and there are two or three preachers who have gone to the hills to work in the mines.

LETTER FROM THE OWNER OF THE LARGEST NUMBER OF HOUSES IN QUEBEC.

I have great pleasure in testifying to the healing qualities of "Quickheal." I had occasion to use it for a split hoof in one of my horses and its beneficial effect was truly remarkable. The crack in the hoof was half an inch deep, and it was healed in two days.

Signed, Jno. G. Hearn, Grande Allee, Quebec.

It is impossible to make people understand their ignorance; for it requires knowledge to perceive it; and therefore he that can perceive it hath it not.—Bishop Taylor.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proved Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surface of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc. Hall's Family Pill are the best.

He that is a good man is three-quarters of his way toward the being a good Christian, whosoever he lives, or whatsoever he is called.—South.

Be not deceived. A Cough, Hoarseness or Croup, are not to be trifled with. A dose in time of Shiloh's Cure will save you much trouble. Sold by all druggists.

A number of Woodstock's private citizens are endeavouring to secure a controlling interest in the old rink company with a view to building a new rink.

J. M. Somerville, Elgin, is the possessor of a violin dated 1721. It bears the following inscription: "Antonius Stradivarius, Cremonensis Faciebat Anno 1721."

An unjust acquisition is like a barbed arrow, which must be drawn backward with horrible anguish, or else will be your destruction.—Taylor.

Energy will do anything that can be done in this world, and no talents, no circumstances, no opportunities, will make a two-legged animal a man without it.—Goethe.

MORE LIKE IT.

Perdita—He has given her a ring and she is a woman with a past, too. Penelope—Well, if he has given her a ring she seems to be a woman with a present.

ADAMS' GINGER BEER.

RECIPE.
dams' Extract - One bottle.
Chestnut Yeast - One half to one cake
Sugar - Two pounds
Cream of Tartar - One half ounce
Sulphuric Acid - Two gallons
Dissolve the water cream of tartar and yeast in the water, add the extract and bottle; place in a warm place for twenty-four hours; until it ferments, then place on ice, when it will open sparkling, cool and delicious. The ginger beer can be obtained in all drug and grocery stores in 16 cent bottles to make two gallons.

Wm. Harrison, of Eastwood, showed an egg the other day which weighed a quarter of a pound. Four eggs to the pound is very fair hen fruit.

LETTER FROM SURGEON QUEEN'S OWN CANADIAN RUSSARS.

"Q.C. Veterinary Cure" (Quickheal) has been used on my horses for "Scratches," or "Grease heel," with much success. It is the best thing I know of for this purpose.

Signed, Chas. E. Elliott, M. D., 28 St. Ursule St., Quebec.

A party of twenty-five men from Michigan are harvesting in Manitoba to get money enough to move their families to the Prairie province.

Important Offer For The Canadian People

That celebrated and wonderful Kidney Remedy known as Dr. Allison's Kidney "Buds," so highly and justly estimated in the homes of all English people in England and throughout Europe, for all kinds of kidney trouble, is now offered to the people of Canada. A full box as a sample will be sent to any person postpaid for ten cents in stamps. If you take them you dare not condemn them. They are good. Only a limited quantity at this low price. Order now. Address ALLISON MED. CO., Brockville, Ont.

Strathcona is the name suggested for the new park presented by the Hudson's Bay Company to Winnipeg. It is in honour of Sir Donald A. Smith.

Shiloh's Consumption Cure cures where others fail. It is the leading Cough Cure, and no home should be without it. Pleasant to take and goes right to the spot.

The Deseronto car works have secured the contract for the erection of a simple dump car for the Asbestos and Asbestos Company, of Danville, Que.

"Quickheal" cured saddle sores and harness galls on my horses more quickly than anything else. It is the best thing I ever used.

Signed, T. Savard, Livery and Boarding Stables, 65 Richelieu St., Quebec.

"Quickheal" destroys all microbes, and protects from the horn fly.

Edwin Chown was thrown from his buggy under the fender of a trolley car in a collision at Kingston. He crawled out practically as good as new.

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ALBERT COLLEGE, Belleville, Ont.—Open to both sexes. Splendid Record of 8 Senior Matriculation successful; 8 Junior Leaving, all successful; 7 successful; 8 Junior Leaving, all successful, or 95 per cent. successful. Commercial courses thorough and practical. For circular, address PRINCIPAL DYER.

LADIES! McDowell's New York Garment Dressing Machine rivals the sewing machine in usefulness. It is every form, follows every fashion, easy to learn and rapid to use. Don't be without it. Write for circular. 8, BARRICKAN, 113 Yonge St., Toronto.

FOR SALE. At a sacrifice, a modern residence in the best part of the city of London. No 41 Waterloo St. Apply J. W. JONES, Auctioneer, London.

WANTED.—United States Life Insurance Co. (established 1850) wants Agents in unrepresented districts. J. A. STEWART, Manager Quebec Bank Buildings, Toronto.

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"SALADA"

Ceylon Tea LEAD PACKETS ONLY 25c, 40c, 50c & 60c.

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PROCESSED IN CANADA and Foreign Countries by W. P. C. 885, Patent Attorney, Canada Life Bldg., Toronto. Write for free book on patents, etc.

'QUICKHEAL'

cures Scratches, Harness Galls and Sores

SEVERAL GOOD IMPROVED 50 AND 100-acre mortgaged farms in the counties of Middlesex, Essex, Kent and Lambton for sale very cheap; small amount down, balance at a low rate of interest. For list, apply to WILLIAM F. BULLEN, Manager Ontario Loan & Debenture Co., London.

Manufacturers

Coming to Toronto will find flats of any size, with power, heat, elevator, and all conveniences.

Truth Building, 78 ADELAIDE ST. WEST.

FARMS FOR SALE CHEAP.

Lots numbers 296, 297, 2nd con. South East of Toronto and Sydenham Road, Township McLaughlin, County Dufferin, 116 acres. Also south East 1st con. 1-8th Con. Township of Thorah, Ontario Co., 50 acres. Also 640 acres in Souris District, Southern Manitoba.

G. DUTHIE & SONS

Sheet Metal, Metal Tile & Gravel Roofers Sheet Metal Ceilings, Terra Cotta Tiles, Red, Black and Green Roofing Slate, Metal Cornices, Felt, Tar, Roofing Pitch, Etc. Gutters, Downpipes, Etc., supplied the trade.

Telephone 1938 Adelaide & Widmer Sts., TORONTO.

A REAL LUXURY!

Looking out over the many homes of this country, we see thousands of women wearing away their lives in household drudgery that might be materially lessened by the use of a few cakes of SAPOLIO.

If an hour is saved each time a cake is used, if one less wrinkle gathers upon the face because the toil is lightened, she must be a foolish woman who would hesitate to make the experiment, and he a churlish husband who would grudge the few cents which it costs.

If your grocer sends you anything in place of SAPOLIO, send it back and insist upon having just what you ordered. SAPOLIO always gives satisfaction. On floors, tables, and painted work it acts like a charm. For scouring pots, pans, and metals it has no equal. Everything shines after it, and even the children delight in using it in their attempts to help around the house.

Knitting Grocers often substitute cheaper goods for SAPOLIO to make a better profit. Send back such articles and insist on having just what you ordered.

THE MONEY MAKER RIBBING MACHINE THIS IS FOR YOU—Clothe your family from head to foot with our MONEY MAKER Prices only \$15, \$20, \$30. CREELMAN BROS., Georgetown, Ont. FOR TYPEWRITERS WRITE US.

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It is incomparably the greatest, as it is positively the latest, most complete, and most authoritative, non-dictionary in existence. It is everywhere the standard.

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Patent Soda Water Bottles—Wm. Harris has for sale, William St. Toronto.

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HOT WATER (Our new system) COMBINATION (Hot water and hot air) WARM AIR (Coal & wood furnaces) Ask for free catalogues and estimates. Globe Bros. & Co. Front & Wainwright.

FOR TWENTY-SEVEN YEARS

DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND LARGEST SALE IN CANADA.

Underdraining is the Gateway to Successful Farming. The best implement known within reach of every farmer for this work is the



Covered by patent in Ottawa for Canada, and in Washington for the United States.

This is from a thankful farmer. "I was wishing to underdrain my farm, but I was afraid there was some catch about a plow that was so low in price, and that professed to finish seven or eight hundred feet in a day with a team and an extra man. I was squeezed before with implements and implement men, so I was suspicious. I set to work to inquire. When I found that Mr. Lantier was brought up in a Quaker district, of honest stock, and made a success of the plow after years of plod and perseverance, and when I came to know that Mr. Scott was the son of a Presbyterian elder, and himself a practical farmer and reliable man, I began to be less suspicious. I wanted the plow all the time, so one day I sent my order, and my plow along with it, and from the first day I put it on my field until this day I don't think there is a more thankful farmer in her Majesty's dominions than I am. My plow came all right. It works all right. It is the most prized tool I have on my place. All information from—R. G. SCOTT, "Mount Joy Farm," MARTINTOWN, ONT., OF PERTH, ONT.

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