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FRIEND CANADA.

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practically

NHITE PROPLE IN AFRICA

THEY MAY KEEP FAIRLY HEALTHY ly to be of much account. Peanuts are IF THEY LIVE PROPERLY.

A Returned Missionary Tells of the Climate. white and not nearly so sweet. Native Cookery with a Few Things from

"Africa was long dreaded on account of its climate," said Mrs. Nehne, a re- oyster beds, too, are found in some turned missionary the other day, "Only a dozen years ago white persons were hunter can procure game easily, al-There seemed nothing but death be- successful. Fresh meat is far more fore the white pioneers, and very many sacrificed their lives."

white women can live in Africa for years. Still it is not fair to say that lines at snakes and tigers. the climate has changed in the least. used to the changed conditions. Many valuable lives have been lost because men and women expected to live and work like the natives; but alas! their mistake soon cost them their lives. Even the strongest were not able to stand it, and then the climate was blamed for it.

"Others among the officials and mercarousing from morning till night. and much esteemed young tady and reature the material aspect of the Exhibition must not be lost sight rick. They, too, soon have to pay for their your wonderful medicine has done for entries of live stock, manufactures,

THE CLIMATE GETS THE BLAME. "The climate of the French Congo is, I believe a fair specimen of Equatorial Africa. It is certainly trying to to go about. Our family doctor was all. It seems strange to the white residents to be obliged to close their doors | chlorosis, poverty of the blood. At English Think Growling Is Their Natural and windows, right after sundown, at first his treatment appeared to do me Bo'clock. The heavy dew begins to fall then and makes everything very damp. The temperature varies greatly. From April to October, which is our dry time gaining my health that I declined the heritage of the high born and the grees Fahr, during the night and early slightest benefit. I had become terrilit is another. The rich write letters morning, but rises in the day time to bly emaciated and weak. There to the newspapers, hire halls, call pub-88 degrees, and even higher. This mas a constant terrible roaring lic meetings and pass resolutions. The change is what produces most of the were swollen and I was as pale as a poor assemble in Hyde Park and make year. 40 doses for 25 cents. Sold by all fevers and other illnesses occurring corpse. One day while in this con-speeches. Then they feel better and druggists.

summer time is warmer, and the tem- I could walk quite a distance with- between sunrise and sunset, you can perature is more equable, seldom fall- out being tired. My appetite re- see these impromptu assemblages scating below 80 degrees. The heat is most turned. The heat is most to gain flesh and color, and before I had used half a dozen boxes I was as healthy as I had ever been in my life. My friends did not expect me to They embrace religion and Deafness Cannot be Cured

summer, one may enjoy fair health. The statement will be the means of help- however, the topics that the outdoor elimatic changes would not create such ing some other discouraged sufferer orators love best. They denounce the built differently and a fireplace or some other means of warming were provided for every room, so that the dampbuilt differently and a fireplace or some The above statement was sworn be- tocracy. They abolish the House of ed for every room, so that the damp- this 14th day of May, 1897. ness and chill could be taken out of the night air. Most of the houses have always for Dr. Williams' Pink Pills tize the Prince of Wales as the highest no windows, but only shutters, and one for Pale People, and refuse all substi- example of all that is evil, and even is compelled to sit in partial darkness tutes and nostrums alleged to be just abuse the kind-hearted old widow until the sun stands nigh enough to as good. dry the dew and carry the dampness away.

"Still, fevers will come to all, and the experiences of the newcomers are sometimes amusing to the older residents. Even the strongest are like bagoing to die; but after a few attacks His discoveries are declared to be solved ences they feel better. Then they

FEVERS ARE ENDURABLE

after all, and that there is nothing like graphic messages from sender to re- so fluently cursed. getting used to them. Plenty of blank- ceiver, many miles apart, without the ets, pienty of hot tea, or coffee with lime juice and an abundance of quinine are all that is necessary to bring speedy recovery if everything else is favorable.

"Fever is often induced by eating pineapples or other fruits at an improper time. The morning seems to be can be prepared he will endeavor to the only proper time for eating fruit, send a message from St. Paul's Catheand pineappies are not very safe for dral in London to the Eiffel tower in any one in that climate, especially when | Paris. they are gathered in the hot sun. ing for those who like it, but it is not | in Paris, many hundred feet in the air. possible to live on it in the native man-

ner. At first no one likes it, but one tiny metal spire on St. Paul's will fi- associated with Rheumatism are indigets used to it, if compelled to do so. nally reach the wire on the tower in cations that the Rheumatism is begin-The staple food in our region is the the French capital, and record, letter ning to work its direful influence on tive members of his family were seekcassava root, or 'meaca,' as the natives by letter, the message sent more than the very centre of life itself—the heart. ing in vain. call it. This root is sometimes twelve to eighteen inches in length and three to four inches in diameter, tapering to of tiny waves will move onward and tion of this kind when on the recoma point. The planting is done late in onward until they cease. So Marconi's mendation of a friend she began takrains come on. The plants take root

are dug up, pared and then soaked in water for two days, or longer, until they are soft to the touch. When the roots are soft they are taken out, washed, placed in baskets made of palm leaves and put into the storeroom ready for cooking. They are then scraped and cut into small pieces an inch long and a half inch thick and steamed. The steamer is prepared in a novel way. Into an iron pot pieces of bamboo are

placed in layers two or three inches deep. Water is poured in so as to nearly cover the bamboo. Then leaves are put over this and on the sides. Small THE CENTRAL BUSINESS COLLEGE. to let the steam pass. Now the steamer is ready and the pieces of cassava root are laid in until the pot is filled and it is then covered with leaves which are secured with spiints of bamboo. Half an hour of steaming finishes the pro-

"Then the pot is removed from the culars by sending a request by postal to the Principal and mentioning this carrished with the bottles of medicine hands when handling the hot pieces.

A native NEVER EATS ANYTHING HOT.

" Another way to prepare the cassa-

peans and formed a welcome addition to our table at all times, boiled, roasted or fried. Corn or maize is raised in some districts, but grows too sparingplentiful and beans are grown also. A kind of sweet potato grows which differs from the American variety. It Food, and Precautions Needed to Pre- small tomato grows well in Central Afserve Health - Whites May Live on rica, but cabbage, lettuce, peas and the vegetables we relish at home can only

be grown during the dry season with great deal of trouble. "Fish abounds in sea and river, and places. Game is plentiful-birds, anteregarded as foolhardy who went there. though white residents are not very healthful than anything sent to Africa in its place. Chickens and eggs can be and have made many improvements to his country's homor for a pension from bought of the natives and are quite the buildings and grounds, showing that they are resolved to leave nothing that they are resolved to leave nothing undone that will enhance the pleating undone that the undone that the undone that the undone that the undone the pleating undone that the undone th

careful and do not abuse themselves some very good medicines, but I never agents are now across the water hir- seats. Elections were a mere question in and buying the necessary propers of purchasing power, and Walpole in standing the wear and tear of tropical preferred to doctor ourselves. With all ties and costumes, which will be an one year spent nearly a million and a life; but a white person cannot live like its trials Africa is not nearly so bad exact replica of the uniforms and cos- half in Secret Service money. There a place as most persons think, and life tumes worn by the soldiery, the sail- is, however, this difference between the

A HAPPY GIRL.

Miss Amina Kelly Tells of Her Illness and Subsequent Cure - A Statement That

me. In April, 1896, I began to lose flesh and color; my appetite failed and on going up stairs I would be so tired containing all details of the attractions I would have to rest. I continued in will be issued about the 17th of Augthis condition for three months when ust. I was taken suddenly ill and notable called in and he pronounced my illness good, but only for a time, and I then

TELEGRAPHY WITHOUT WIRES.

to Paris on Thin Air.

bies during the first few attacks of fev- 23 years of age, appears to have solved sufficient. If they can unload their His discoveries are declared to be quite settle down to loyal conversation and at sea is the record of Capt. George W, us eof a metal circuit. The words are

literally flashed through the air. Marconi is now in London, where he is soon to make his greatest experiment. As soon as proper instruments THE EVIDENCE OF RHEUMATISM 25 cents. Sold by all druggists.

Vertical wires will be run from St. The native food is very good eat- Paul's in London, and the Eiffel tower, The electric waves radiating from the

100 miles away. instrument throws out a series of electric waves through theair until they When the roots have matured they reaches its destination as when it of bon, and once the pain in my knees to talk to ham.

message is recorded. over polar seas, uninhabitable deserts ness that I thought fainting would "No." replied the old man, innocentcan be flashed from continent to con- Ryckman's Kootenay Cure, and imme- glimpse of her." tinent without the use of a cable. A diately began to gain strength and His visitor made no reply, but she can talk with his friends, and millions is no pain or soreness whatever in the gap made by the absence of "his spent in wires, cables, and telegraph that all my friends should know what him from the Bible she herself treasur-

school has just closed its most success- ilton. ful year, many young men and women having found their way through its departments into good positions. The next session will open on Sept. 1st, and any one desiring information in

NOT UP-TO-DATE.

Yes, that equestrian statue appears tles. very well, considering-

CANADA'S EXPOSUTION GREATEST CELEBRATION OF THE JUBILEE YEAR.

Fully alive to the times, the man-

the line of route. Many interesting spe- ering or jeopardizing the honor of the cialties will also be introduced, while nation. at night the effect will be heightened and magnified by brilliant illuminations and fireworks. Not only will spec-Miss Amina Kelly, a well-known Old London. While dwelling on this and much esteemed young lady living grand feature the material aspect of nor God. It is for cowards to lie.—Her-

LIKE TO KICK.

Prerogative. began to grow worse. I continued An Englishman dearly loves to kick. taking his medicine for three months He thinks the privilege was granted when I was so discouraged at not re- him by Magna Charta, and that it is cases like mine, but did not obtain the ways growling. If it isn't one thing, of Dr. Williams' Pink Pills and asked are willing to dismiss the matter from The rainy season, or rather our of Dr. Williams Pink Pills and asked their minds. On any day, at any hour a very desirable luxury, but is often life. My friends did not expect me to to suffer. They embrace religion and recover and are now rejoicing at the industry, as well as politics and social "Still, with all the heat during the Pills have wrought in me. If my the wrongs of the working classes are, havoe if the houses of the whites were you are at perfect liberty to publish house of Commons for having betrayed nobility and the clergy as idle leeches Timothy W. Smith, J. P. and vampires sucking the lifeblood of whose thoughts, even while she sits on the throne, are always with the poor and wretched. Then they will stand waiting patiently in the thoroughfares for hours to get a glimpse of royalty Italian Boy Sent a Message From London and salute the Queen and the heir apparent and all the other Princes with the greatest respect as they pass by. Guglielmo Marconi, an Italian lad of But if they are allowed to kick it is

Dizzy Spells.

REACHING FOR THE HEART.

MRS. WELDON A VICTIM, KOOTENAY HAS CURED HER.

Throw a pebble into a pond. A series St., Hamilton, Ont., was in a condi-Mrs. Martha Weldon, of 25 Bowen It was on an occasion when Queen

started. And so, letter by letter, the was so severe that I nearly fell flows "And how is it you are alone?" she When perfected messages can be sent I was at times seized with such dizzi- company?"

> Chart book sent free to any address ZULU GRAVES.

The most curiously decorated graves used by the departed in their final illness, and the duration of the malady is easily guessed by the number of bot-

It Reached Its High Tide During the Reign of the Stuarts.

English public life generally was agement of the Toronto Exhibition, or never so hopelessly and utterly corrupt as the title runs this year, "Canada's as it was under the Stuarts, and espedustrial Fair," is to be conducted on cially under Charles II. and James II. a scale, from August 30th to September 11th, that will even transcend any gift of the crown that could not be former effort made to promote this, the bought, or that was not at the disposmost popular, most comprehensive and most attractive annual show held on al of the most venal courtier or the this continent. Already a sufficient most shameless courtesan. From the number of applications for space and King on his throne to the Judge on the of notifications of entries have been re-ceived to warrant the highest expecta-

an African native on the 'root-hog-or- there can be made comfortable in spite ors, the nobility and the yeomen of the corruption of the ages of Charles II. guard in the magnificent procession. and that of George II. However gross Scenes will also be reproduced of the and glaring that of the latter period ceremonies at Buckingham Palace, St. may have been, it was confined to Eng-Paul's Cathedral and other places along land, and never had the effect of bart-

> Stop that Cough! Take warning. It should be Read by Every Girl in Can- tators have brought home to them the grandeur and unity of the empire, but the of Shiloh's Cure may save your life.

> > ADAM'S GINGER BEER.

adams Axtract fleischmann's Yeast - One half to one cake. One half ounce. Cream of Tartar Lukewarm Water Two gallons, Dissolve the sugar, 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 10 cent bottles to make two gailous.

Cui the cough with Shiloh's Cure The beet Cough Cure. "elieves Croup

WHY HE WAS FINED.

I understand that Wheeler was fin-

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. Deafne s is caused by an inflamed condition of the mucous lining of the to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by ostarrh, which is nothing but an inflammed condition of the mucous surfaces. We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hail's Catarrh Cure. Send for F. J. CHENEY & CO., Toledo, O.

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

Because, when he proposed marriage, her lover did not tell her that he was subject to fits, a Sedgwick County, Kan., wife has brought suit for divorce.

One man lost in wenty-four years as important as any discoveries of this are ready to defend against all comers Alley of Ellsworth, Me., who after a age. What he does is to transmit tele- the Queen and the country they have career during which he commanded twelve vessels, has retired from the sea to enter business.

Karl's Clover Root Tea is a pleasant axative. Regulates the bowels purifies the blood. Clears the complexion. Easy to make and pleasant to take.

A QUEEN'S VISIT.

To be old and poor and bed-ridden is generally to be debarred from the greater privileges of life, but there was one old man in Scotland who found his Pizziness and fainting spells when disadvantages had procured him a privilege that the strong and more ac-

Victoria was at Balmoral, and, as she ing "Kootenay."
In her sworn declaration she says:- of these she found an old man, bedridquickly. It takes the roots from twelve to eighteen months to mature, according to the soil and season.

In her sworn declaration she says:— of these she found an old man, bearing to the soil and season.

In her sworn declaration she says:— of these she found an old man, bearing to the soil and season.

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In her sworn declaration she says:— of these she found an old man, bearing to the soil and season.

stairs. My appetite was very poor and lacked. "Have you no one to keep you

-in fact, to the ends of civilization- surely follow. On the recommendally, "my folks be all away seeing the without the use of wire. Despatches tion of a friend. I commenced to take queen; they thought they might get a

man in a balloon or at the north pole recover the use of my limbs, Now there sat with the old man, pleasantly filling of dollars that would otherwibe be my legs. Lam willing and anxious folks," and then found time to read to a grand medicine Kootenay Cure is ed. On leaving she gave a further and I sincerely recommend it for proof of her sympathy in the shape of Rheumatism and as a general tonic.' a five-pound note, accompanying it Sold by all druggists, or The 6. S. with the words: "When your people We are advised that this excellent Ryckman Medicine Co., Limited, Ham- come back, tell them that while they have been to see the queen the queen has been to see you."

For your lam au experienced woman's aurse, and I have A Home Treatment for your weakness which will not fail. advice Sick forward full private and description and description and description address. Sick upon receiving your with stamp. I wish to reach those women only who require assistance, hence I adopt this method, as I can explain fully by letva is to make native bread of it."

Bananas and plantains grow in abundance if they are properly cultivated, They are relished by natives and Euro
Considering what?

You cannot give an instance of any man who is permitted to lay out his old warrior would look better on a own time, contriving not to have tedious hours.—Johnson.

You cannot give an instance of any my remedies.

Why, considering what?

St. Paul St., Montreal. FORONTO.

CORRUPTION IN ENGLAND.

purse, and I have A Home Treat-

SHRUGGING THE SHOULDERS. Shrugging the shoulders in cold weations. The management have increased eign bribes at that, Charles II., as is instinct, which prompts them to put the number of medals to be awarded well known openly sold his own, and the skin of the back on the stretch, found it very good, but we drew the sure and comfort of both patrons and the reigns of the Second and Third others; the rule apparently being that exhibitors. They have also determin- Georges, and particularly under the ad- all instincts which are harmless to "Elephant and hippopotamus are very ed on a special feature that promises ministration of Walpole, who was the their possessors are contsant, in spite We must rather say that the whites good eating, but rather coarse and to prove the greatest outdoor spec- author of the famous saying: "Every of any change of structure. All anihave learned from experience how to counteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tough. After all, when one gets accounteract the climatic influences and tought. After all, when one gets accounteract the climatic influences and tought. After all, when one gets accounteract the climatic influences and tought. After all, when one gets accounteract the climatic influences and tought. After all, when one gets accounteract the climatic influences and tought. After all, when one gets accounteract the climatic influences are constant. counteract the climatic influences and get along with a few things addition- known, outside the world's metropolis Treasury solely devoted to the buying warmth of such a covering depends on itself. This spectagle will take the form and colling of social partiageness and the amount of air itself. formerly. Generally, if persons are careful and do not abuse themselves the medicines. The natives have EXPENSIVE EMULATION

Buncode-That was a beautiful dress your friend Mrs. Fitley had on the other night. Easie-Yes, it cost me \$100. Buncode-How so?

Easie-My wife saw it.

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TAYLOR BROTHERS, Props.

cures

Sick forward full private and description upon receiving your with stamp. I wish Drafting Machine rivals the sewing machine in usefulness. It fits every form, fellows every fashion, easy to learn and rapid to use Don't be without it. Write for circular.

8. OGREGAM, 113 Younge St., Toronto. to reach those women only who require assistance, hence I adopt this method, as I can explain fully by letter the action of Women Mrs. E. Woods, 578 St. Paul St., Montreal.

Patent Stopper Soda Water Bottles, comsomething new, stylish, convenient and

> durable buy a Carriage with a Roll Curtain. TRINITY COLLEGE SCHOOL

plete, for sale cheap.

PORT HOPE, ONT. A boarding school for boys, founded in 1865. Spacious and handsome new buildings furnished with all m dern app iances for the comfort and health of the pupils. Next term W P C 881 begins on Wednesday. Sep . 15th. For a copy of the calendar, etc., apply to the

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A complete wreck of domestic happiness has often resulted from badly washed dishes, from an unclean kitchen, or from trifles which seemed light as air. But by these things a man often judges of his wife's devotion to her family, and charges her with general neglect when he finds her careless in these particulars. Many a home cwel a large part of its thrifty neatness and its consequent happiness to SAPOLIO.

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

