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HER PHYSICIAN ADVISED

Taking Lydia E. Pinkham's Vegetable Compound

Columbus, Ohio.—"I have taken Lydia E. Pinkham's Vegetable Compound and it has changed my life. My doctor told me it was good, and since taking it I feel so much better that I can do all my work again. I think Lydia E. Pinkham's Vegetable Compound a fine remedy for all women's troubles and I never forget to tell my friends what it has done for me."

Another Woman Helped. Granville, Vt.—"I was passing through the Change of Life and suffered from nervousness and other annoying symptoms. Lydia E. Pinkham's Vegetable Compound restored my health and strength, and proved worth mountains of gold to me. For the sake of other suffering women I am willing you should publish my letter."

Women who are passing through this critical period or who are suffering from any of those distressing ills peculiar to their sex should not lose sight of the fact that for thirty years Lydia E. Pinkham's Vegetable Compound, which is made from roots and herbs, has been the standard remedy for female ills. In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.

See that the Name CROMPTON Is on your Corsets. It means Correct Fit Latest Style and Wearing Qualities unsurpassed - 33 Years uninterrupted Popularity

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of Aunt Wood. See Fac-Simile Wrapper Below. Very easy to take. FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION. CURE BICK HEADACHE.

THE FRONTENAC LOAN AND INVESTMENT SOCIETY ESTABLISHED, 1863. President—Sir Richard Cartwright. Money loaned on City and Farm Properties. Municipal and County Debentures. Mortgages purchased. Deposits received and interest allowed.

THE CITY OF MONTREAL HAS RIGHT TO BE CALLED COSMOPOLITAN.

It Contains All Nationalities—30,000 Jews There—Sunny Italy Has Added 7,000 to Montreal's Population.

Montreal Standard. Montreal is a cosmopolitan city. We need no demonstration of the fact, other than our own eyes and ears. The French language, Parisian and habitant, is as familiar to us as the English tongue, which embraces a range of dialect and accent of astonishing diversity. The German is here, as he is in every country where industry has any chance of reaping its own reward. The Norwegian carries into Canadian life the same serious enthusiasm which characterizes his brothers of the north land. The Greek and the Italian both we have with us. The Armenian here plods away undisturbed by the constant fear of a sudden dreadful death. Chinese laundries and cafes are quite as much a feature of our city life as are the Syrian fruit stores and ice cream parlors, or the Jewish business stands of all kinds and conditions.

There are about thirty thousand Jews in Montreal, many of them naturalized citizens. They have their own consuls, their own synagogues, and their own schools. They are engaged in all sorts of business, as furriers, tailors, milliners, butchers and bakers. The Jewish boys are keen newspaper sellers, and a great many of them belong to the Newsboys' Union. In professional life the Jew brings to bear the same shrewdness and perseverance which he displays in business.

The Syrian colony in Montreal is really much stronger than one would suppose, for it numbers somewhere between fifteen and twenty thousand. The homes are mostly in the eastern part of the city and generally fairly comfortable. It is comparatively rare to find Syrians reduced to such poverty and destitution as prevails among people of other nationalities. They appear to be both thrifty and independent, and some of them are quite prosperous. As a people they are very grateful for any favors shown them and very easily adapt themselves to changed conditions of life.

City missionaries have found Syrian homes easy of access. For many years there was a school for foreigners conducted in the old Craig street French church, which of late years has been almost exclusively Syrian. When that church was sold last winter the school was transferred to the All People's Mission Church, where also many Syrian children attend Sunday school, and a Syrian Girls' Club has been formed, where the girls are given instruction in fancy work and decorative art.

Sunny Italy has added about seven thousand to the population of Montreal. The greater proportion of these are men. They are of all classes and come here from all districts. By them, perhaps more than by any other people is felt the strangeness of Canadian life. Naturally peaceable and peace-loving as many of them are in their home surroundings, yet, it is only when he has become familiar with our language and accustomed to our ways that the Italian loses his unreasoning fear and distrust of both.

The Chinese in Montreal number about fifteen hundred, many of whom have discarded the long braid of hair which is the badge of their Chinese citizenship, and have adopted the western style of dress. Their laundries are to be found all over the city, and they seem to be just as happy and as prosperous in an old stable as they would be in a fine new shop. Chinese cafes have become quite numerous and usually well patronized, though often at a disadvantage to busy people. Although the Chinaman who can cook is a busy cook he likes to take his time about serving. Many of the city churches conduct schools for Chinamen on Sunday evenings, and these are well attended. Most of the Chinese prove apt pupils, and a few have continued their studies along advanced lines. The first Chinaman to receive a degree from a Canadian university was Peter Hing, who was recently graduated in law from McGill university.

An Old Firm. American Tin-Bits. Bishop Watterson tells a story of how he was once taken for a "drummer" by a traveling salesman. Indeed, the stranger was so confident that he was addressing another of the guild that he began the conversation by enquiring: "Do you represent a big house?" "Biggest on earth," replied the bishop, who was "on" in a twinkling. "What's the name?" was the next question. "Lord and Church," replied the Bishop. "H'm," mused the drummer, "never heard of it. Any branch houses?" "Branch houses all over the world," said the man of God, easily. "That's queer," went on the drummer, who began to think he had run across a boastful representative of some small concern. "Er—boots and shoes?" said the Bishop. "Hats and caps?" "No." "Dry goods?" asked the drummer, beginning to display irritation. "Well," said the Bishop, "some folks call them notions."

Tot Commits Suicide In Well. Owensboro, Ky., June 18.—"Mamma, if you whip me I will jump in the well," wailed the five-year-old son of Mrs. Samuel Scott, who resides near Central City, when his mother reprimanded him for a childish prank. Sobbing and crying, the little fellow fled from the room and carried out his threat. The mother found him dead.

Some people's breakfast is a sort of cereal story.

SIBERIA TOPERS' UTOPIA. Where Even the Bread Makes the Eater Drunk.

Since you don't live in Siberia, you need not be afraid, says M. Garrison, a Russian, to get drunk through eating ordinary bread. A hardened toper would, on the other hand, think that Providence had played him a nasty trick in not allowing him first to see the light of day in Siberia.

In far Eastern Siberia, in that region which lies between the sea and the river called Masuri, the humidity of the climate, as well as the soil, is remarkable. Vegetation is here distinguished for its wonderful exuberance, to such an extent that the soil never dries up. The result is that the inhabitants, in order to prevent putrefaction of the roots, sow their corn upon a series of layers, of the soil. Nevertheless, in certain districts the humidity is so intense that there grows upon the ears of corn a kind of fungus matter much made up of microfungi.

As a result of this sporadic exuberance, the bread made from the corn in question gives all the results of an overdose of alcohol. In very humid climates the phenomenon is likewise known, though to nothing like the extent of Eastern Siberia, where the whole districts are affected by this strange kind of "alcoholized bread."

HINTS FOR HOMEY GIRL.

Don't Droop Chin, Dress Smartly and Neatly. The ugly faced girl has a habit of drooping her chin it is a habit born of self-consciousness and modesty. If she will throw off her timidity and boldly lift her face she will find her appearance much improved. The chin looks rounder, and softer, and younger if the head is lifted.

This is the day for the woman with homely hands. She can wear sleeves with points that cover the middle knuckle of her hand, and she can put on gloves that are in themselves too pretty for anything, loose, chic and full of charm. Then she keeps her hands soft and white with glove paste and skin foods, and her finger nails are beautifully manicured. Wear chic shoes and show them. Many a woman is partly created from a dress standpoint by the smartness of her boots. Have uppers that match your skirt; have buttons that are picture, buttons, and be sure that your boots are dressy. Make them smart.

An Expensive Drink. Toronto Saturday Night. The short anecdote about the misuse of words is always to be found. For instance, there are several members of the House of Commons, and one in particular, whose speeches repay the listener for their weary length by the unconsciously humorous "twinks" with which they are interspersed. This is the member who some years ago, when a member of the Ontario Opposition, warned Hon. G. W. Ross that the temperance people of Ontario would give him "a Roland for his Oliver."

The past session he was at Ottawa he was in the Senate restaurant having a little refreshment, and one of his companions, whose "turn" it was, enquired: "What will you have in yours, Doc?" "Oh, I don't know," he responded. "Try a little Polly." "No, I guess I'll take some radium," was the response. "This sounds like an invention, but it is absolutely true."

Straightened It Out. Archbishop Magee was once present at a full dress debate on the eastward position, when doubts were expressed as to the exact meaning of the words "before the table." After a speech or two Dr. W. Magee seized a piece of paper and wrote: "As to the phrase 'The piper played before Moses' doubts have arisen. Some believe its meaning to be that the piper played before Moses—that is, at a period anterior to his birth. Others hold that the piper played before Moses in the sense of preceding the great lawgiver when he danced, while others teach that the piper played (coram Mose) before or in the presence of Moses when the son of Anan died. All these are wrong. The phrase is to be understood as implying that the piper played at the north end of Moses, looking south." The document was handed up to Archbishop Tait, who looked grave.

Football As Played In Labrador. One must not imagine it is all work and no play with the Labrador Eskimos. Much to my surprise, I found that our good old game of football had taken hold in Ungava. The game is played with a ball of seal-skin stuffed with grass. The goals are placed much the same as in our games, and each player is armed with a short handled sling made of several thongs of seal hide bent in loops and attached to a wooden handle. The ball may either be tossed in the sling, kicked or, should opportunity offer, picked up and carried. Rough tactics are not barred. I have seen a man tossed in the air and pitched head-first into a snow bank, while pushing, tripping and blocking are all freely indulged in.

The World's Oldest Tree. The oldest tree in the world, according to the letter of a German traveler, published in the Berliner Morgenpost, is on the Island of Cos, on the coast of Asia Minor. It is a plantain in the shade of which Hippocrates is said to have taught his pupils. The tree is supposed to be 2,500 years old and its trunk measures ten metres in circumference. Despite its age, every year its branches become green, but many of the larger ones have for several years been held in place with artificial props.

A Gentleman. Washington Star. Senator Beveridge was praising the savoir-faire of a Southern Congressman. "His savoir faire," said the senator, "never deserts him. I once sat next to him at a banquet. Suddenly there was a clattering fall and a clumsy waiter spilled a plate of clear soup down his back. He just bit his lips. 'It was thick soup I asked for,' he said, in a slightly reproachful voice to the man."

Dewar's Special Liqueur. The Finest Whisky Distilled. By Royal Warrant to His Majesty the King. "The Whisky of his forefathers" 107

FIFTEEN-YEAR-OLD HEROINE. Girl Dug Father and Two Sisters Out of Ruins.

Citizens of Bowden, Ga., are planning a handsome present and preparing to ask the Carnegie hero commission for a medal for Miss Price, the fifteen-year-old daughter of Minnie Price, who on last Friday night dug her father and two little sisters out of the ruins of their home. The house was struck by a cyclone and wrecked, everybody being buried under the ruins except the fifteen-year-old girl.

Hearing the cries of her father, she secured an axe, and by the light of a lantern cut out of the ruins her two smaller sisters and then started to get out her father. His arm was caught under a piece of wreckage too big for her to move, and finally, by his instructions, she cut off his hand, which was lacerated to the arm by only a few strings of skin and flesh. By the time that she had rescued him her mother had died. There is not a house or tree standing in the path of the cyclone.

Misleading Statistics. Statisticians are not always right, so far as the causes of insanity are concerned, according to Dr. Britton D. Evans, head of the New Jersey hospital for the insane, at Morris Plains. In his annual report this year he says: "The occupation of insane patients previous to admission is thought by many to play an important part in the causation of their mental aberration. Of the 495 admitted during the last year, 160 were housewives and domestics, which is thirty per cent. of the total admissions. This is interesting, but not in harmony with the contention of numerous statisticians."

Helping The Sicilians. Says the London Chronicle: "It is not only by means of ships that America has gone to the rescue of Sicilians. Visitors from the western hemisphere are using their wealth lavishly in the work of rescue. We hear of one family alone receiving six earthquake children into their home, and giving shelter to sixteen more elsewhere. The committees of relief are composed from every nation that gathers in Rome for winter and spring. All gayeties are suspended, and the embassies have put their merely social office aside."

Was She An Exception? New York Tribune. She went into a Fifth Avenue hair-dresser's shop to have her hair shampooed. She wore her hair in a Psyche knot. The shampooer seemed to be a trifle rough and finally her tugs at the Psyche knot became so forceful that the woman in the chair cried out in pain. "What are you trying to do—pull my head off?" she exclaimed. "I am trying to get your Psyche knot off," said the shampooer, "but it won't come. How did you ever get it pinned on so firmly?" The customer almost shrieked, "Come off! Why, it's my own hair!"

Automobile At Bagdad. Fullness and Bloating After Eating? Little Digesters. Cure or your money back. At all Druggists or direct from 25c. a box. COLEMAN MEDICINE CO., Toronto

There arrived at Bagdad, recently the first postal automobile, and it filled the minds of the natives with wonder and awe. The car carried the mails, hitherto borne on camels' backs, from Aleppo, a distance of 625 miles, in sixty hours. This can hardly be called a speed record, but when it is remembered that the roads are rough camel tracks leading through the deep sands of the Syrian desert, and the stony plains of Mesopotamia, the journey at the rate of little more than ten miles an hour appears creditable.

Christie's Biscuits are the Best

EVERY particular housewife in Canada says Christie's Biscuits are so much superior to the next best that there is no comparison. Christie's Biscuits are baked by specialists who know how, in the cleanest and most modern biscuit factory in the Dominion. Every pound of flour entering into our bakes is the best milled—we blend the best brands, then sift and test our blend. Every ounce of raw material is analyzed by several inspectors. Pure, fresh butter, new, sweet milk, delicious cream and fresh eggs—all mixed with our special blend of flour in the Christie scientific way yields that unvarying flavor—that crisp, delicious and lasting goodness which has made Christie's Biscuits the joy of every housewife in Canada. Indeed you do not know biscuit goodness until you have enjoyed Christie's. Sold in bulk, by the pound, or in moisture and dust-proof packages. THE CHRISTIE GIRL—She is representative of the 300 girls in spotless white, employed in the Christie factory. They are supplied with two uniforms a week, and these, with handkerchiefs, towels, etc., are laundered on the premises. Christie, Brown & Co., Ltd., Toronto