

# MARRIED TO A. J. DREXEL, JR., PHILADELPHIA



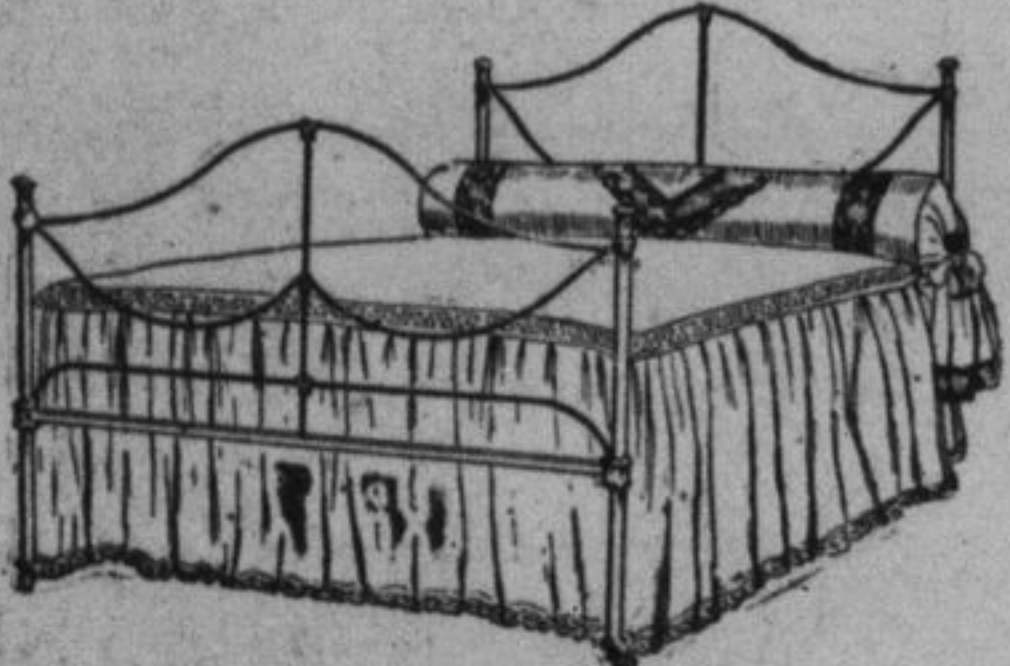
MISS MARJORIE GOULD IN HER WEDDING GOWN.  
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Housewives approve M L Floorglaze because with it shabby furniture and all woodwork—not only floors—are made handsome anew. They find it fun to apply this quick-drying, glossy finish that far excels varnish or paint. You should try

## M L Floorglaze

Has a hundred uses about the house, and out. Costs little—a gallon coats 500 square feet. In tins, 17 colors of solid enamel, 7 pretty Lacs to imitate hardwoods, also M L Transparent for natural finish. Good paintstores sell M L Floorglaze. Write us for name of one nearest you, and receive Free Book that will interest. Imperial Varnish & Color Co., Ltd., Toronto

### IRON BEDS :: IRON BEDS



SPECIAL—JUST ARRIVED—\$2.00-\$2.50. SPLENDID VALUE AT \$4.50 and \$5.50. SPRINGS AND MATTRESSES FROM \$2.50 UP.  
**R. J. REID,** LEADING UNDERTAKER.  
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### For Your SUMMER SUIT

Try **CRAWFORD & WALSH,** Leading Tailors, Princess and Bagot Sts.

### Oranges Oranges

Big Sale of Oranges now on Regular 60c. Naval Oranges for 50c per dozen.

See Window. **R. H. TOYE,** 302 King St. Phone 141

### HEARTY VEGETARIAN

SIR RICHARD ATTRIBUTES VIGOR TO ABSTINENCE FROM MEAT.

Father of the Scott Act Uses Neither Tobacco, Liquor or Meat—Despite His Own Rigorous Regimen, Sir Richard Does Not Force His Views on His Guests Who Find the Usual Dishes on His Table.

Hon. Sir Richard Scott, the father of the "Scott Act," has been much gratified at the number of letters reaching him from former co-workers in the temperance cause congratulating him on the vigor shown by him in his recent speech in the senate upon the occasion of the introduction of his bill to amend the Temperance Act. Sir Richard spoke upon the occasion in question for nearly two hours, certainly a remarkable effort for a man over eighty-five years of age. The good old knight ascribes his vigor to regular living, his love of fresh air, and particularly to his total abstinence from tobacco, spirituous liquors and animal food of any kind. If it were possible he is a more pronounced vegetarian than a total abstainer from drink. He is absolutely convinced that not only was the flesh of birds, beasts and fishes never intended for human food, but that its almost universal use as such is responsible for the decadence of the human race and for the existence of most of the misery and wickedness in the world. He, himself, has since early manhood subsisted wholly on vegetable diet and has found it abundantly sustaining and capable of sufficient variety to be always satisfactory to the palate. He claims absolute immunity from headaches, rheumatism, neuralgia, indigestion, and all the other bodily ills that the average man and woman of to-day complain of, and says that if anybody lives and eats as he does, the practice of medicine which he considers an unnecessary imposition upon the world, would soon become a lost art. The use of drugs of any kind he considers as nothing but dangerous. While he was Secretary of State, Sir Richard, like the other members of the cabinet, gave the usual round of Ministerial dinners, and invited guests who were aware of the host's ideas on the subject of diet, were generally curious before they sat down as to the menu. But Sir Richard did not impose his tastes upon his guests, and the usual course of soups, fish, game and meats were served upon his table. Of course the hot partook of nothing but vegetable diet himself, and in a delicate way attention of the guests was drawn to various unique vegetable dishes specially prepared for Sir Richard but passed around the table for

the benefit of his guests if they chose to help themselves. These dishes included vegetable soups without meat, steak, fritters similarly cooked, salads, garden vegetables, vegetable batter, fresh and dried fruits and nuts prepared in various ways and made into a variety of dishes. Sir Richard attaches great value to nuts as an article of food, considering them of infinite more sustaining power than meat. In fact, he is positively fond of nuts "au-naturel," or prepared in various ways, and whenever his friends invite him to dine with them they are careful to provide at least a couple of courses of nut food. After the last opening of the Dominion parliament, when shaking hands with the Privy Councilors present, before leaving the senate precincts to return to Government House, Lord Grey remarked to Sir Richard: "I am glad you are able to come to the state dinner to-night. My cook has prepared a vegetable menu for you, not forgetting the nuts."

### HINDU METHODS OF COOKING.

Save Nutrient in Vegetables That Americans Lose.

In India it is literally a case of being a vegetarian or starving, for the Hindus of Hindustan, taking them almost as a whole, are enjoined by their religions to abstain from eating meat. They are not allowed even to open the shell of an egg because by so doing they would destroy the life within it. Thus they are compelled to subsist on a vegetarian diet or go hungry. But if the cooks of India were to prepare their vegetables for the table as do the women of America, writes Sir Nin Singh in the Nautilus, it is certain that the Hindus would be meat eaters—it would be impossible for them to live on a vegetarian diet. This is for an essential reason. The American cook boils all the flavor as well as the vitality out of the vegetables and throws it away. The Oriental cook declares this operation is necessary, as the flavor of the vegetable is too strong and pronounced if the water is not drained away from it. Be that as it may the result is that the food has lost much of its nutrient and is useless to build up or sustain the body. Moreover, the boiling process renders the dish more or less insipid in flavor.

The East Indian cook works on a differently opposite principle. The woman of India is taught that food must be cooked in its own steam, or with just enough water to generate steam to cook it, and every drop of moisture must be evaporated before the food is served unless it is to be eaten with a gravy or sorbana, in which case a small quantity of liquid is allowed to remain on it.

But as a usual thing not a drop of water is drained away. This would be looked upon as positively sacrilegious and wasteful by the East Indians. The American throws away as useless every day what would keep an East Indian family from starvation.

This fact was demonstrated when during a siege the Indian soldiers requested that the water in which the rice was cooked alone should be issued to them, while the rice itself might be served to the English soldiers. This was done, and the native sepoys apparently were as well fed as their white brothers.

**SMILE.**  
Smile when luck is breaking wrong.  
Chant a snatch or two of song.  
Cheerfulness will keep you strong.  
Where discontent will fail.  
Yours is not the hardest lot.  
Make the most of what you've got.  
Smile a bit, for kicking's not  
A thing that will avail.

Smile though dark and long the day.  
Knowing it's the only way.  
You can win out in the fray.  
And conquer adverse luck.  
If you wear a smile of cheer.  
Push ahead and persevere.  
Riding rough shod and pluck.  
Always showing grit and pluck.

Let the other fellow frown.  
Who admits that he is down.  
You may never win renown.  
But smile and life's worth while!  
Laughter makes the heart beat young.  
The pessimist will die aching.  
But you can be a man among.  
Men if you only smile!

It's better to be judged by your appearance than by your disappearance. If a man could only unload his experience for half its cost!

**NA-DRU-CO**  
Your Guide and Safeguard  
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Your Guide and Safeguard

Do you want the softest and most delicately perfumed Toilet Powder? Buy NA-DRU-CO Talc.

Are you looking for a pleasant flavored, economical dentifrice, that will clean and whiten your teeth without harming them? You'll find NA-DRU-CO Tooth Paste exactly what you want.

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Is your hair losing its lustre? NA-DRU-CO Hair Restorer will bring back its natural color and vitality.

And so on through the lengthy list of Toilet and Medicinal Preparations which you or your family need, your surest guide to quality and satisfaction is the NA-DRU-CO Trade Mark.

It is easy to recognize NA-DRU-CO preparations, for besides bearing the NA-DRU-CO Trade Mark, they are smartly dressed in a pleasing shade of red.

If your druggist hasn't the particular NA-DRU-CO article you ask for in stock, he can get it for you within two days from our nearest Wholesale Branch.

**A Few NA-DRU-CO Favorites:**

Toilet: Complexion Cream, Talcum Powder, Tooth Paste, Witch Hazel Cream	For Children: Baby's Tablets, Sugar of Milk, Dyspepsia & Indigestion, Dyspepsia Tablets	Ointment and Salves: Colic Salve, Stomachic Indigestion (3 sizes), Pile Ointment	Tonics: Cod Liver Oil Compound, Tasteless (2 sizes), Nervozone, Cod Liver Oil Emulsion (2 sizes)
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**National Drug and Chemical Company of Canada, Limited**  
Wholesale Branches at: Halifax, St. John, Montreal, Ottawa, Kingston, Toronto, Hamilton, London, Winnipeg, Regina, Calgary, Nelson, Vancouver, Victoria.

### FIGHT THE GERMS OF DISEASE AT HOME

Disease dirt—yes, simply D-I-E-T. Soap and water plus a powerful germicide will do a great deal more.

There are hundreds of soaps on the market—some better and some worse than others; there are dozens of soaps on sale that have antiseptic and germicidal properties—but there is only one germicide that is also a soap—there is only one Asepto.

While the greater portion of the active fight has been directed against the great white plague, the very force of the movement has drawn the attention of the public to the fact that other diseases, other illnesses, can be wiped out or avoided in much the same way.

The great breeder of disease is grease and uncleanness removed—matter that might otherwise be left in your pots and pans to putrefy and decay is banished absolutely—Asepto makes for health.

Asepto used on sick room bedding and dishes not only cleans better than soap but annihilates every germ—the microscopic trouble leaders of which one is so anxious to get rid after any infectious illness has been in the home.

Remember, Asepto Soap Powder is a powerful germicide in soap form. It may be used for practically every purpose for which any ordinary soap may be employed—for washing even the most delicate fabrics or the most beautiful woodwork—and is absolutely harmless to everything—everything but disease and dirt!

Asepto Soap Powder cleans better and quicker than any other soap and sterilizes at the same time. It both makes clothes whiter and more healthful. It is unexcelled for dishes. Dishes washed with Asepto have every particle of

**THE ASEPTO MFG. CO.**  
ST. JOHN, N.B.

## ASEPTO SOAP POWDER

sweetens the home

### You can use direct or circulating heat for baking in oven

Suppose you are baking in oven by circulating heat (the usual method) and want to use direct heat. Simply do this: Open the slide in the oven bottom. This exposes the oven burners and brings the flames directly under your pans. This is only one of the several new features you'll find on McClary Gas Ranges this year. Go to our nearest agency and see the white enamelled broiler and drip pans, the spring balanced oven and broiler doors, Anti-Rust linings and other new features.

You have your choice of eight different styles of McClary Gas Ranges. Each style can be supplied with or without two burner extension, oven thermometer, water heater, reservoir, high shelf, high closet and canopy top. Can be changed from artificial to natural gas in a few minutes.

**McClary GAS Ranges**  
"Made in Canada"

For sale by **J. B. BUNT & Co., Kingston.**

**Visit to an Old Tory Lady.**  
Toronto News.  
The visit of Premier Whitney, although hurried, was not allowed to pass without one of those personal recognitions which, characterized Sir John A., and helped to endear Lord Charles Bessford to Toronto on his last visit. After the laying of the corner stone, Sir James was driven around the city for a short time by Mr. Nixie, and called on an old lady, Mrs. Grimston, who was one of Sir John A.'s most ardent worshippers. She was an nearly a red-hot Tory as it is possible for restricted woman to be, and Sir James gratefully acknowledged her services and the loyalty of her life-long feelings in a visit that will add him to the pedestal on which the other conservative knight has stood for fifty years.

**Peck's Foot Powder.**  
A positive relief for aching, swelling feet, cooling, soothing, antiseptic, in sprinker top tins, at McLeod's drug stores, price 25c., corner King and Brock, and corner Princess and Montreal streets.

**The Bridge Player Forgets.**  
Cleveland Leader.  
"O Thou who hold'st the hearts of kings!"  
The village choir the anthem sings.  
The tenor's rattled, though, he starts  
"O Thou who hold'st the king of hearts!"

The man with a sneer is never a pleasure bringer.  
"Authority sometimes creates human brotes."  
The prudent man makes but few promises.