

Some General Information for Busy People



SEAL BRAND COFFEE. There are other Coffees — but — they are not "Seal Brand"

In 1/2, 1 and 2 pound cans. Whole — ground — pulverized — also Fine Ground for Percolators.

CHASE & SANBORN, MONTREAL.

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT. Try a sample order and be convinced.

NOLAN'S GROCERY, Princess St. Phone 720. Prompt Delivery

CATARRH of the BLADDER. 24 HOURS MIDY. SANTAL MIDY.

BUILDERS!! Have You Tried GYPSUM WALL PLASTER? It Saves Time P. WALSH, Barrack Street.

SOWARDS Keep Coal and Coal Keeps SOWARDS.

Every 10c Packet of WILSON'S FLY PADS. Will kill more flies than 50c worth of any sticky fly catcher.

On SEPT 15TH he will don the GOTHIC the new ARROW COLLAR

"LISTEN" Food when properly Cooked... COOK WITH GAS. Drop a card to the Office of Works, Queen Street, or phone 197, and have the GAS installed in your home. Light, Heat, Power and Water Depts. C. C. Folger, General Mgr.

Don't Dodge. Do not dodge. Whatever the difficulties to be met, they are not made easier by trying to dodge them. In trying to dodge a missile from one direction you may come in line with another from a different direction. When you dodge trouble we are more than likely to get into other trouble no less easy to endure. Look with courage on what must be met. Faced with courage difficulties are half conquered. Better meet and conquer difficulties than to dodge them. Do not dodge duties that devolve on you. Duties performed add strength and dignity to character. It matters little what these duties are, though they be of the simplest and humblest, well and truly done, they acquire dignity. Stand up bravely and squarely to meet the difficulties of life. With courage you will conquer. You will come through life with fewer scars than by trying to dodge duty or difficulty. Trying to evade begets in a man a cringing spirit. He gets a habit of trucking, and upright, self respecting manhood is gone. Don't dodge if you would hold yourself above meanness. Milwaukee Journal.

Creek Names of Iowa. That Iowa is a farming state is reflected in the names of many of the streams that flow through it. First there is Farm creek, so that Farmers creek is not out of place; then there is a Chicken creek, a Duck creek, a Goose creek, a number of Turkey creeks, as well as Pigeon creek. There are Fox, Hawk and Rat creeks to denote the domestic animals, and some Creek creeks, while there is also a Flyer creek and Mosquito creek. Water creeks are present, likewise a Hog run and a Mud creek, so that Bacon creek is not strange. It is fitting that with a Bee creek and a Bee branch there should also be a Honey creek. There are a couple of Cherry creeks, a Crab-apple creek and plenty of Plum creeks, and for the wild animals we have Bear, Beaver, Buck, Crane, Deer, Dog, Elk, Otter, Panther, Raccoon, Skunk and Wolf creeks. With a Keg creek there is a Whiskey creek and a Whisky run. Finally there is a Purgatory creek. Argonaut.

Beauty of Victoria Falls. The Victoria falls, the native name for which is Most-o-Tonna, of the Thunder Sounding Smoke, have rightly been called the most beautiful gem in the whole of the earth's scenery. No pen picture or photograph can give the faintest idea of the marvellous grandeur and beauty of the scene. The majesty and mystery of the gigantic gorges, the foaming torrents, the wonderful atmospheric effects—all come upon one with a force and power as though nothing had ever before been read or heard in connection with them. The falls by moonlight are a truly fascinating spectacle. The roaring clouds of spray, the somber rain forest, the stream of the Zambesi shimmering far above the trembling earth, the lunar rainbow, combine to make an imitable picture.

Portugal. Five hundred years ago, the span of a few generations, Portugal was the greatest maritime power, preceding Great Britain in that eminence. The Portuguese first explored the two coasts of Africa. The Cape of Good Hope was discovered by Bartholomew Diaz in 1488. Vasco da Gama reached India via Cape of Good Hope, eleven years later. In 1500 King Emanuel ascended the throne of Portugal and assumed the title of "lord of the conquest, navigation and commerce of India, Ethiopia, Arabia and Persia." In that year the Portuguese made settlements in Brazil. History is a catalogue of dreams. The dream of empire is nearly the oldest one. Its star is very flicker.

The Post's Peacock. Dante Gabriel Rossetti had an irresistible tendency to purchase rare and beautiful birds and beasts that appealed to his poetic or artistic fancy. Helen Terry tells in "The Story of My Life" of his once buying an exquisite white peacock, which very soon after its arrival at his home disappeared under the sofa. In vain did Rossetti "shoo" it out. It refused to budge. This went on for days.

Sounded Ominous. "Gosh, I'm timorous about the new styles!" "Why so?" "Heard my wife say this morning that she was planning a gown. A little later I heard her say that her maid was a perfect blank."—Louisville Courier-Journal.

For the Hirsutly Ornamented. Mrs. Vermonite Brown—Why on earth don't you get your husband to cut off his whiskers? Mrs. Sullivan Jones—I wouldn't have him do it for the world. I want him to let them grow and get them all out of his system.—Ohio State Journal.

Sign of the Earth. The diameter of the earth from pole to pole is 7,900 miles, the circumference its diameter being 24,800 miles. The slight difference of diameter is owing to the flattening out of the poles.

No Doubt. "I wonder if surgeons don't feel somewhat cheap when they have to be operated on themselves?" "I dare say they do feel rather cut up about it."—Baltimore American.

To make laws complete they should reward as well as punish.—Salem.

Arizona's Mines. The northwestern continuation in Arizona of the great mining region of Mexico, celebrated for centuries for its fabulously rich ores of silver and other metals, is the oldest mining district in the United States. The district has an area of 1,400 square miles, situated on the border of Mexico, in the middle of that portion of Arizona known as the Gadsden Purchase. Authentic records show that silver mining was carried on here by the Papago Indians before the Spanish conquest of Mexico in the sixteenth century. Later the mines were worked from time to time and their ores smelted under the direction of the Jesuit fathers and the Spanish government, and remnants of their old mine workings, to which the charm of romance clings, point the way to possible wealth not yet exhausted. From 1853, the date of the Gadsden Purchase, to the present time mining has been carried on by Americans—not, however, without interruptions, especially during the earlier part of this period, in which raids by the bloodthirsty Apaches or Mexican outlaws figured prominently.—Exchange.

Mars and the Hand. There is a mount in the hands of persons who are said to be impressed more in music by marches of warlike character than anything else. It is a soft, cushion-like mount within the center of the hand proper, but is generally developed toward the outer edge of the palm. These persons are said to be under the influence of Mars and to have inherited warlike tendencies, but it more than usually shows an ordinary amount of courage that is possessed by most persons. These are the ones who would be thrilled by the "Marsellaise," the Russian national hymn, the "March on the Rhine" or the "Star Spangled Banner." Subjects of the soldier become proficient musicians or successful singers, unless the other indications in their hands show other musical fancies.—Buffalo News.

My dear boy, she doesn't exist. A good many sailors have been first lords, including Keppel, Spencer, St. Vincent and Barmah, but these appointments were all made long ago, and some of the first lords, though not always the worst, have been strikingly unimpeachable in their appearance and ways. Among these was Lord Goschen. He used to tell a story of how, when he was appointed, there was a popular song which bound the singer to strange happenings should he prove unfaithful, and a verse which had an immense success run: "If ever I cease to love May Mr. Goschen have a notion Of the motion of the ocean, It ever I cease to love." Mr. W. H. Smith is supposed to have inspired part at least, of "Pinafore."—London Standard.

Death to the Mosquito. The Panama canal was built by paraffin. The fearful mosquito plague, which once made life for the workers unbearable, and which was one of the factors which made the French relinquish their attempts to build the canal, was ended by the simple expedient of covering all stagnant water with a film of paraffin. Midges lay their eggs in stagnant waters, but the larvae which develop have to come to the surface frequently to get fresh air. The paraffin entirely cuts off the supply of air, the larvae are suffocated, and consequently there are no midges. Other parts of the world, formerly regarded as the graves of white men, have now become mosquito free by the same means.—Pearson's Weekly.

Positive and Comparative. In the lobby of a Chancery hotel, during an educational convention, one school man approached another, and, by way of introducing himself, said: "I'm Beck." "That's good," replied the man addressed, taking the proffered hand. "I'm more so." "You're what?" asked the first speaker. "I say I'm more so," repeated the second.

Like Son Was Father. All through the long sermon little Johnny had been restless, and his mother had to keep pinching him in order to keep him in anything like order. Still his sitting continued. "Can't you do something with that boy?" whispered the wife to her husband. "Yes," said the husband. "I send his motion to adjourn."—St. Louis Post-Dispatch.

A Subtle Mexican Drug. The Mexican Indians derived from their ancestors, the Aztecs, the method of making the poison of Talavach. It is a subtle drug, the constituents of which are not known. The peculiar effect of the poison is to destroy the mind while only slightly affecting the body.

Too Young. The Boss—You are late again, Newby. Have you a reasonable excuse? Newby—No. He's not old enough to reason yet—just yells all night.—Puck.

Strange. "Strange things happen in life." "Indeed! I even know a man who actually thinks his landlord is a fine fellow."—Exchange.

The World's Finest Tea "SALADA" Tea out-rivals and out-sells all others, solely through its delicious flavour and down-right all-round goodness.

"KITCHENER" Is the name of the new Electric Iron made by the Canadian General Electric Co. Under the new power rates, it will cost only 2 1-2 cents per hour to operate this Iron. FOR SALE AT Halliday's Electric Shop, Phone 94, 345 King Street

A Clergyman's Great Relief. A clergyman wrote us recently: "It is a great relief as well as a great satisfaction that, after so many years of serious effort, I will have no further premiums to pay, but will have a little surplus until the endowment is due in 1917." He had taken a Canada Life endowment for \$3,000 twenty-five years ago. In two years he will receive this amount in cash. Would you not like to be in a similar position when approaching the sunset of life? You can manage it by easy steps through a Canada Life endowment policy if you will start now. It will give you the added advantage of protection from time of payment of the first premium, and the profits will be substantial as it is in the CANADA LIFE ASSURANCE COMPANY J. O. HUTTON, General Agent, Kingston, ESTABLISHED 1847

Easy & Practical Home Dress Making Lessons. Prepared Especially For This Newspaper by Pictorial Review. A MIDDY BUILT ON NORFOLK LINES. Like the one-piece frock, the middy blouse is too serviceable as well as stylish to pass into obscurity, therefore designers of youthful fashions ring in the latest novelties upon it, as far as they consistently can, to give it the earmarks of smartness. This design in white linen may be trimmed with braid in color and is suitable to development in a large list of serviceable and attractive-looking fabrics. In average size the blouse calls for 2 1/2 yards of material, which must be handled carefully in the cutting to produce the best results. From an open width of the linen the sleeve, front, pockets and cuffs are cut. The pockets may be in either side or center, the latter below the belt. All of the sections of the pattern already enumerated are built on a lengthwise thread of the goods. For the fold of linen are reserved the collar, yoke and back, all three being laid as near the fold as possible. Either long or short sleeves may be used, small "o" perforations being provided to determine the length. If the high neck is preferred to the open effect cut off extension on front on double "oo" perforations. The middy blouse enters into many designs, though it is not essentially a dressy garment. Much depends upon the way in which it is worn. Some girls make of it a garment of untidy appearance by the careless way in which they wear it, while others make of the middy a trim accompaniment for the skirt of contrasting material.

CUTTING GUIDE G300. SLEEVE, FRONT, COLLAR, YORE, BACK. MATERIAL OPEN. Pictorial Review Middy Blouse No. 6309. Sizes 8 & 10, 12, 14 and 16 years. Price, 10 cents. Pictorial Review Skirt No. 5978. Sizes 14, 16, 18 and 20 years. Price, 15 cents.

Above Patterns can be obtained from NEWMAN & SHAW, Princess Street.