

SCIATICA

Would you be rid of that agonizing pain—that sharp knife-like thrust along the sciatic nerve—course at every movement? Thousands have found lasting relief in

Templeton's Rheumatic Capsules

Many doctors prescribe them.

Write Templetons, 142 King St. W., Toronto, for free sample.

Sold by reliable druggists everywhere for \$1.04.

ICE MINES

Found in Underground Caves in the States.

There are places in the United States known to science where winter and summer gets all mixed up and nature puts up ice in July and August instead of in January. Decorah, Ia., and Bixby's park, near Edge wood, are two of them. There are ice mines at both places.

A rocky hillside with a cave in it, whence issues a draft of icy air on the hottest day in summer, describes each of these mines. Instead the caves there are walls of ice. The Decorah ice cave is much the larger of the two. How large is a matter of conjecture. Winding chambers lead back 100 feet to the big icebound chamber, but there are many evidences that beyond this other cave passages penetrate deep into the hill. It is even surmised that there may be subterranean halls a mile or two in length, as in two different places distance from the ice cave blasts of cold air issue from the crevasses in the hills above Decorah.

Science has been busy for some time explaining these ice mines. Edson P. Black, of Philadelphia, who has made a particular study of them, states that according to the theory evolved by investigators the formation of the caverns in such that the cold air of winter does not penetrate and settle in them until late in the spring, at the time when the water from spring thaws is sweeping through the walls and roof. The water meeting the cold air freezes and stays frozen all summer.

The Decorah ice cave remains as nature made it, up among the beetling rocks that wall the upper Iowa river at that point. A climb up a steep path and a great triangular opening in the cliffs confronts the visitor.

Spanish Flu

Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., Ltd., Yarmouth, N.S.

Chill air comes from it. On entering the cave it is necessary every soon to use a flash light as the winding passages are entirely cut off from the light that enters the cave opening. There are evidences that the redman knew of the ice cave and brought his venison to it in the summers.

The ice mine at Bixby's park is comparatively new in origin. Some years ago a prospector ran a shaft into the hillside in the park, thinking there was lead in the rocks. The lead was not found, but the opening he had blasted in the rocks was discovered the following season. After the mine had been abandoned, it was walled with ice. The condition has prevailed ever since. Science explains it in the same way that the Decorah mine is explained. There are a number of springs near the Bixby cave that give forth real ice water.

—New York Sun.

Minard's Liniment Cures Burns, Etc.

Steel and Bronze Bells.

The Vochum Verein, the well-known German steel works which specializes in the manufacture of bells, has taken exception to a statement by one Prof. Dethleifen that steel bells were merely a "war substitute" for bells of bronze and that their disadvantages outweighed the advantages. This assertion, the Vochum Verein states, is nothing but a repetition of old statements which have already been disproved.

So far from the use of steel for bell founding being a "war substitute" industry the Boshum Verein has made steel bells for sixty years, and before the war had made over 7,500 church bells. In Berlin alone there are more than sixty peals of steel bells. They are more durable

than bronze bells, and with an equal volume of sound can be heard at a greater distance. Under normal conditions, with steel about one-third the price of bronze, steel bells are at least 50 per cent. cheaper than good bronze bells.

Exception also is taken to his statement that the cost of maintenance of steel bells is greater than that of bronze bells owing to their being so much heavier. Up to one ton piece weight steel bells are not heavier than bronze, and above that weight they are considerably lighter; hence it is incorrect to say that they require specially constructed bellfrets or an increased staff of ringers. The bronze bells in the Kaiser Wilhelm Memorial Church at Berlin, which weigh thirty and a half tons, would only weigh twenty-four and three-quarters tons if they were made of steel.

You Can be Cured of Catarrh

The Pure Balsamic Essences of Cattarhozone Afford Surest and Quickest Cure.

Cattarhozone is certain to cure because its healing vapor is carried with the breath direct to the seat of the chest, nose or throat trouble. Being composed of the purest balsams and pine essences it immediately allays irritations, facilitates the ejection of mucus, soothes and stimulates the lungs and bronchial tubes. The marvel of the age in curing nose, throat and bronchial troubles, that's what thousands say about Cattarhozone. There is nothing so sure to cure, and to those in fear of changeable weather—those who easily catch cold—those who work among lung-chilling surroundings, or where dust, impure air, fog, or damp can affect them—let them get Cattarhozone and use it several times daily—it will cure every time.

Large size Cattarhozone, sufficient for two months' use, guaranteed, price \$1.00; smaller size, 50 cents; sample size, 25 cents. Sold everywhere.

CHOOSING A HOBBY.

Make It One That Will Relieve the Tension of Business.

Writing on the advantage and enjoyment that a busy man will derive from a hobby, Arnold Bennett says in the Metropolitan:

"In choosing a distraction—that is to say, in choosing a rival to his business—he should select some pursuit whose nature differs as much as possible from the nature of his business, and which will bring into activity another side of his character. If his business is monotonous, demanding care and solicitude rather than irregular, intense effort of the brain, then let his distraction be such as will make a powerful call upon his brain. But if on the other hand the course of his business runs in crises that string up the brain to its tightest strain, then let his distraction be a foolish and merry one.

"Many men fall into the error of assuming that their hobbies must be as dignified and serious as their vocations, though surely the example of the greatest philosophers ought to have taught them better. They seem to imagine that they should continually be improving themselves in either body or mind. If they take up sport it is because the sport may improve their health. And if the hobby is intellectual it must needs be employed to improve their brain.

"The fact is that their conception of improvement is too narrow. In their restricted sense of the phrase they possibly don't need improving; they possibly are already improved to the point of being nuisances to their fellow creatures, possibly what they need is worsening. In the broad and full sense of the phrase self-improvement, a course of self-worsening might improve them.

"I have known men—and everybody has known them—who would approach nearer to perfection if they could only acquire a little carelessness, a little absentmindedness, a little illogicality, a little irrational and infantile gaiety, a little unscrupulousness in the matter of the time of day. These considerations should be weighed before certain hobbies are dismissed as being unworthy of a plain man's notice."

Minard's Liniment for sale everywhere

NATURAL STEAM SPRINGS.

Curious Freak of Nature Useful in Italy.

At Larderello, in Tuscany, Italy, a very interesting experiment has been made with satisfactory results. At this point there is an area of about 26 miles where, from time immemorial, natural steam springs have existed. As early as 1790 the presence of boracic acid in the water condensed from the steam was detected, and for many years, the Societa Boracifera di Larderello, which is a combination of small companies formerly in opera-

WALKER HOUSE

Oh, you! I like it too, 'cause everyone seems to like you and Mama says even if you're not along you receive the attention just the same.

The Little Girl is Right.

The WALKER HOUSE Management take special pains in catering to women and children when traveling without gentlemen escorts.

It's a home for travelers, centrally located in the City of Toronto.

The WALKER HOUSE

100 King Street West, Toronto, Canada.

tion, has been producing boracic acid on a large scale.

The natural steam was first used for evaporating the water from which the boracic acid is obtained. Wells are drilled and dry steam at a pressure of three atmospheres is found at a depth varying from 195 to 290 feet. At Larderello some of these wells have had an initial production of 154,000 pounds of steam an hour. In 1897 the natural steam was first used for heating the boilers of the company, and in 1905 a further step was taken when experiments were conducted with the steam in a piston engine. The results were so satisfactory that a large engine was installed.

Having a very large surplus of steam in excess of that required for its own use the Societa Boracifera decided to utilize this excess steam for producing electric power. In 1912 a 250 kilowatt turbo-generator was installed—the natural steam being employed not directly in the turbine, but as a means of heating water for the production of the steam required; and in 1916 a large power plant containing three units of 2,500 kilowatts each was completed. A fourth unit will soon be added which will give a capacity of 7,500 kilowatts, one unit being held in reserve. The boilers which are used are on the principle of the ordinary tube boiler and consist of aluminum tubes contained in a shell of sheet iron. The natural steam at a pressure of about one atmosphere circulates outside the tubes, within which the pure steam is generated at a pressure of about one-half atmosphere. Each element is calculated to produce 13,200 pounds of pure steam an hour. The turbines, which were specially made by Franco Tosi, of Legnano, have a maximum output of 3,000 kilowatts at 3,000 revolutions a minute.

Minard's Liniment Cures Dandruff.

Worth Knowing.

"If nervous women would only drink more water they would not be so nervous," remarked a trained nurse the other day. "Nearly every physician will recommend a woman who is suffering from nervous prostration or nervous exhaustion to drink lots of water between meals, but many women who do not come under a doctor's care would feel better, and look better, if they would drink, say, a quart of water in the course of a day. Water is a nerve food. It has a distinctly soothing effect when sipped gradually, as one can test for herself."

Cabbage is a popular vegetable in many families, yet, unless it be eaten in larger quantities than would be required, it is of little nutritive value. Its occasional use, however, to supplement other foods is advantageous. To cook cabbage, plunge into salted boiling water, bring quickly to a boil, then move to the back of the range and simmer 30 minutes. Rapid and prolonged boiling renders cabbage unpalatable in appearance and robs it of its palatableness.

A GENTLE LAXATIVE FOR THE CHILDREN

Mothers—the surest way of keeping your little ones well and happy; whether it is the new-born babe or the growing child, is to keep their bowels regular and their stomach sweet. Nineteenths of all childhood ailments are the result of clogged bowels and sour stomach. The most necessary and the best medicine for little ones is a gentle laxative—something that will relieve constipation; sweeten the stomach and promote rest and natural sleep. Such a medicine is Baby's Own Tablets. They are a gentle but efficient laxative; are absolutely guaranteed free from opiates or other injurious drugs and may be given to the youngest infant with perfect safety. They banish constipation and indigestion; break up colds and simple fevers and give the baby that health and happiness which all children should have. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

IDENTIFICATION REMOVED.

A Scottish tradesman stepped into a barber's shop the other day, and, whilst he was being shaved, the barber was wondering if this was a new customer. "Have you ever been here for a shave before?" asked the barber. "Yes, once," was the reply. "But I do not remember your face, sir." "Well, I dare say you don't," said the customer. "Ye see, it's a healed up nose."

Man is the only animal whose nostrils open downward. Even in the highest apes the nostrils open to the front.

HELP WANTED

WANTED

FIRSTCLASS KNITTER, EXPERIENCED on Dubied Flat Fashioning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

WOOLLEN MILL HELP WANTED

We have several good openings for experienced and inexperienced male and female help. We require girls for weaving and winding. Every assistance given to learners, and good wages paid during apprenticeship. Workers in this line earn very high wages, and are always in demand. Only a couple of weeks' time necessary to learn. Several good openings for steady men. Special consideration shown to family of workers. Rents and costs of living reasonable in Brantford. Moving expenses advanced to reliable families and housing accommodation arranged. Full particulars cheerfully furnished upon request. Write us. The Singsby Manufacturing Co., Ltd., Brantford, Ontario.

WANTED—SPOOLERS FOR COTTON

mill. Steady work. Highest wages. Singsby Mfg. Co., Ltd., Brantford, Ont.

BUSINESS CHANCES

GRAIN, FLOUR AND FEED, SEED, coal, grain, grinding and crushing business. Fine town, close to Toronto. Money maker. Richness. Might exchange. P. O. Box 472, Whitby, Ont.

She's Up and at Her Work Again

THAT'S WHY MRS. KARGUS RECOMMENDS DODD'S KIDNEY PILLS.

Lynedoch Lady states that she was so weak she could not get out of bed till she found relief in Dodd's Kidney Pills.

Lynedoch, via Wolfe, Ont., March 27th, (Special).—"I feel like telling everybody about what Dodd's Kidney Pills did for me." This is the joyful exclamation of Mrs. Frank Kargus, a well known and highly respected resident here. Mrs. Kargus gives splendid reasons why she is so enthusiastic over Dodd's Kidney Pills.

"I don't know the cause of my trouble," she says, "but I know it dragged along for over a year. I had a bad pain in my back and I was so weak that I could not get out of bed. My heart troubled me very much and my sleep was broken and unrefreshing."

"I was always tired and nervous and sometimes I was so bad I thought I could not live much longer. I tried two doctors and they did not do me much good, so I tried Dodd's Kidney Pills."

"They have done me a lot of good. I can do my housework again and I am getting about fine."

Mrs. Kargus troubles are all symptoms of diseased kidney. That's why she got such prompt relief. Ask your neighbors if Dodd's Kidney Pills do not relieve all kidney ills.

The Sheep and the Goat.

O, sheep, whose days are so demurely spent, I wonder if it's past your contemplating That you and I between us represent The starting of a process and its ending? On you the wool, on me the cloth and hose— Thus swings the cycle from its start to close.

But, not dirt, old thing—O not direct! "Twixt shearing you and my 'spring suiting' choices There intervenes a host of the elect Who jazz around in Daimlers and Rolls-Royces; Well-nourished covets, with applectic necks, Who drink champagne and sign col-A-down the path from you to me they stand (Who try to dodge them only comes a cropper). And each with outstretched and expectant hand Collects the tribute that he thinks is proper. Your wool would stand on edge if you could see The final price at which it's charged to me.

Therefore I call you "Comrade" from my heart. Although we two adorn a different genus; If you and I are plainly to the cart, At least washare the vehicle between us.

We have one point in common, Brother Beast— We both exist in order to be fleeced. —Manchester Guardian.

Minard's Liniment Relieves Neuralgia

JUST AT THE LIMIT.

Her Husband—Do you mean to say you're actually going to wear that new evening gown? Why, they pinched a vaudeville woman for less than that.

Mrs. La Mode—I should think they would. Less than this would be quite too daring.

Minard's Liniment Relieves Neuralgia

FOR SALE—A NUMBER OF EGG crates with fillers; also 50-pound butter boxes; all in good condition. Maple Dairy, 370 Ottawa St. North, Hamilton, Ont.

HELP WANTED—MALE.

LOOM FIXER—KNOWLES LOOMS, on heavy Woolens. For full particulars apply Singsby Mfg. Co. Ltd., Brantford, Ont.

PROPERTIES FOR SALE.

FACTORIES IN OSHAWA. Solid brick building, one story, 40 ft. by 40 ft.; also two other farm buildings in connection. Also a two storey brick factory having 30,000 sq. feet floor space all well equipped. Both these factories are well located and can be bought right. Full particulars given and prices quoted upon application to Bradley Bros., Oshawa, Ontario.

Thou shalt covet the gold that is in thy neighbor's teeth.

DON'T LET THAT COUGH CONTINUE!

SPOHN'S DISTEMPER COMPOUND

will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRH OF COUGHS and COLDS for a quarter of a century. At all drug stores.

SPOHN MEDICAL COMPANY, Goshen, Ind., U.S.A.



IF YOU HAVE A FRIEND IN ILL HEALTH

Take this general female tonic along, they will be grateful.

A general tonic for women, growing womanhood, child bearing, change of life, etc.

Sold at all Druggists or sent direct in plain wrapper on Receipt of price, \$1.00 per box.