


NERVOUS HEADACHE



Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders.

50 Cents a Box, all Dealers, or Edmanson, Bates & Co., Limited, Toronto.

Dr. Chase's Nerve Food

Things You Ought To Know

Cleveland has 114,000 registered voters.

Brooklyn, N. Y., claims a population of 1,803,191 persons.

Russia contains 140 different races.

New York police department costs taxpayers \$18,000,000 a year.

Britain before the war contained 1,297,601 more females than males.

United States has more than 2,000,000 autos in use.

Finland has an area of 144,249 square miles, of which one-sixth is water.

Dipping in a solution of alum will fireproof paper candle or lamp shades.

The development of a practical gas turbine engine is claimed in Switzerland.

According to a Berlin specialist, knitting in bed is an excellent antidote for tired nerves.

The demand for their hides in South Africa is met by hatching crocodiles in incubators.

Boiled sea water has been found an excellent disinfectant for bullet wounds by a French surgeon.

Brunstone, Ind., horse died the other day aged 53 years.

Cleveland has forced twelve saloons to move because located too close to school buildings.

St. Louis, Mo., women are demanding repeal of compulsory vaccination law in that State.

New Jersey claims 2,844,342 population.

World's coal mines employ 2,000,000 persons.

There are 67,026 locomotive engineers in the United States.

Porto Rico has an area of 3,435 square miles.

Sweden is increasing sugar beet production.

British naval uniforms are to be changed from blue to gray.

An electric clock has been invented in France that runs without attention as long as its battery is in good condition.

A parachute for aviators that has been invented in England is compact enough to be worn as a helmet, ready for instant use.

Through all of that country's many changes Japan has maintained intact a museum of decorative art that was established in 756.

PILES CURED at HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write today to Mrs. M. Summers, Box P, Windsor, Ont.

The Lost Repeater

When Monsieur—the first Monsieur at the court of Louis XIV—discovered at his levee that his watch had been stolen, presumably by one of his valets, he flushed dressing hastily and, addressing them all, said: "Gentlemen, the watch strikes. Let us separate as quickly as we can." What a tact and finish were here!

The spirit of Monsieur was admirably caught by the French gentleman of the time who, attacked by robbers at 5 o'clock in the afternoon, simply observed: "Sirs, you have opened every party to-day."—Cornhill Magazine.

Tall Hats of the Past.

In spite of statements made to the contrary, tall hats were invented long before 1813. A Mr. Toft of Tottenham, who died in 1707, left £50 to the governors of the Hottenham free grammar school, the interest of which was to be devoted to the purchase of three tall hats as prizes for the three best boys.

The hats used to be purchased from a hatter in Blishopsgate street named Greenway for 24 shillings. But in 1811 he informed the governor that a duty of 1 shilling each had been imposed and the cost raised to 27 shillings. The duty was again raised to 2 shillings each and in 1813 to 2s 6d. The duty was afterwards repealed, but by that time the governors were purchasing Bibles instead of hats for the boys.—Pall Mall Gazette.

The Coffer River Railroad in Alaska runs over a glacier for seven miles.

PREDICTS THE TIDES.

One of Uncle Sam's Machines That Does Wonderful Work.

A machine known as the United States tide predicting machine No. 2 and which is in daily operation in the United States geodetic survey at Washington, makes mathematical calculations which would otherwise require 190 persons to do.

Its work is nothing less than the predicting of the times and heights of high and low tides a year in advance. Its mechanism is of brass and steel, its house a huge mahogany and glass case and its tender one observer, who turns a crank and copies off on paper the reading from the machine a roller removes from the machine a lot of paper on which is plotted the tidal curve for the particular spot along the coast the tides of which have been predicted.

Every year the United States issues a book on tide tables, primarily for the use of its navy, and, secondarily, for the use of all who go down to the sea in ships. This book of tide tables gives the time to the minute and the height to the nearest tenth of a foot of every high and low tide during the year for seventy of the world's seaports, and by means of an auxiliary table the same information of 2,000 other places. —Scientific American.

CHILDHOOD AILMENTS

Constipation and indigestion; colic; worms, colds and simple fevers, and all the other minor ills of little ones can be promptly cured by Baby's Own Tablets through their action in regulating the stomach and bowels. Concerning them Mrs. H. H. Mills, Haldimand, Que., writes: "I have found Baby's Own Tablets of great service in relieving my little one of constipation and stomach trouble." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What Are Children?

What are children? Flowers—they are the flowers of the invisible world, indestructible, self-perpetuating flowers, each with a multitude of angels and evil spirits underneath its leaves, toiling and wrestling for dominion over it.

Blossoms—they are the blossoms of another world, whose fruitage is angels and archangels. Or dewdrops—they are dewdrops that have their source not in the chambers of the earth nor among the vapors of the sky, which the next breath of wind or the next flash of sunshine may dry up forever, but among the everlasting fountains and inexhaustible reservoirs of mercy and love. —John Neal.

Minard's Liniment Cures Garget in Cows.

BEARD OF THE TURK.

It is Sacred, for by it He Pledges His Word and Honor.

Some years ago the German Colonel von Schlichting, instructor to the Ottoman army, was shot dead on parade at Yildiz kiosk by a young Albanian soldier, Hadji Balram because the German in correcting the faulty pose of the soldier's head touched his chin with his riding whip.

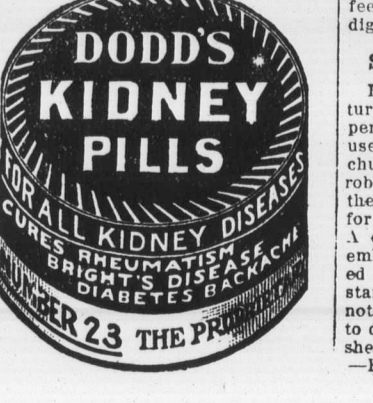
Unfortunately the colonel did not know or did not remember that to touch a Mussulman's chin is a grave offense from a religious viewpoint. It is by the beard of the prophet or his own beard that he swears allegiance and makes his vows and promises. According to a Turkish general, an Albanian would kill his own father if he laid hands upon his son's head in so disrespectful a manner. A Mohammedan military service is simply a religious duty, and it implies a voluntary submission to discipline. But Turkish officers know better than to touch their men rudely or even to shout at them.

Of course it was a very regrettable misunderstanding, and the sultan sent a telegram to the kaiser to express his sorrow, and an imperial Ottoman prince and three Turkish ministers followed the victim's hearse to the cemetery. But in the interests of discipline the murderer had to die despite an appeal for a reprieve from the colonel's widow.

The Albanian was shot by ten men of his own battalion, and when he was asked before the execution if he repented of the deed he replied twice in a firm voice, "No!"—Washington Star.

Sikh's Death Disk.

Around the "point" of their turbans the Sikh warriors carry a steel weapon which looks very much like an ordinary quill, but is called a "chakkar." This quill has an edge like a razor and the Sikhs throw it by twirling it round the finger, and then suddenly releasing it. The weapon flies through the air revolving horizontally, and inflicts a terrible wound on anyone it strikes. At a distance of twelve yards one of these "chakkar," in the hands of an expert, has been known to cut a two inch bamboo cane completely in two. Obviously, the safest place in which this weapon could be carried is on the top of the turban, where it is out of the way.—London Tit-Bits.



THAT AWFUL ACHE OF LUMBAGO RUBBED AWAY FOR ALL TIME

Hoorah! No More Suffering—Every Ache Goes Quick.

RUB ON NERVILINE

Lumbago is a peculiar sort of rheumatic trouble that affects the muscles about the loins and back. At times its agony is intense. Severe spasms of pain shoot in all directions, and become more severe on stooping.

In treating lumbago or stitch in the back, it is necessary to keep warmly covered to prevent a sudden chill. Attend to this and then apply Nerviline freely.

Almost instantly you feel its warm soothing action. Right through the cords and muscles the healing power of Nerviline penetrates.

Quick as a wink you feel the stiffness lessening. You realize that a powerful pain-subduing remedy is curing the pain, is easing your distress, is making you well again.

Nerviline quickly cures backache and lumbago because it has the strength, the power and penetrating force possessed by no other known remedy. Its amazing curative action is due to certain extracts and juices of rare herbs and roots, combined by a secret process, and forming a truly magical medical marvel.

Any sort of aches in the muscles and joints Nerviline will cure quickly. It sets the pain right up—relieves stiffness, restores the muscles to their wonted elasticity and vigor.

It's the quickest thing imaginable for rheumatism, sciatica or neuralgia.

As for earache, toothache, sprains, or strains, nothing can excel good old Nerviline.

Get the large 50 cent family size bottle, it's the most economical; trial size, 25 cents. All dealers or the Cattarhoxone Co., Kingston, Canada.

GOOD COFFEE.

Here is the Secret of Making the Beverage at Its Best.

Buy your coffee green and roast it yourself. Therein lies the main secret of the good cup of coffee. Coffee after having been roasted loses its aroma and delicacy of flavor. From ready ground or ready roasted coffee the best results are impossible.

But if the roasting is not done properly the brew may be worse than the worst made from prepared coffee. If roasted too much the flavor is spoiled, and the beverage injuriously affects the digestion. To prevent the decomposition of the acid, gum and resin in the coffee bean it is necessary that the roasting proceed uniformly without excess of heat. It is better to employ a closed receptacle which should be shaken thoroughly about every ten minutes to prevent scorching. It should be removed from the oven in about forty-five minutes when the coffee is reddish brown. An expert can tell by the odor when the roasting is sufficient.

Real Mocha coffee—something rarely seen, by the way—requires less roasting than any other because of the great amount of oil in the bean. In other coffees the dampness prevails over the oil and the excess of moisture disappears with the roasting. Mocha roasted enough when it has a cinnamon color; other coffees should have more of a chestnut color. In no instance should the coffee approach to blackness.

When properly roasted the coffee should be emptied on a stone or marble table, taking care to separate the beans. The sudden contact with the air and the cold surface arrests the evaporation of the essential oils.

As soon as the coffee is cooled it should be placed in a glass jar and hermetically sealed. Never should it be placed in tin. It should be used as soon as possible after roasting, for no matter how carefully kept its aroma rapidly disappears. The best plan therefore is to roast only enough for one day. That insures the really good cup of coffee.

Every household should have a coffee mill and grind the coffee just before making the brew, grinding only enough for immediate use. When you do not use a percolator the best results are obtained by not grinding too finely. A tablespoonful of medium ground coffee to a cup of water and making good strong coffee is the usual rule for making a very excellent cup of coffee.

The percolator has come to the aid of the young housewife who was uncertain of her skill under former methods.

But to the woman who knows the percolator is unnecessary for good coffee making. Many prefer the old fashioned method. An ordinary coffee pot with a proper amount of cold water and ground coffee in it put over the heat and let come to the boiling point and then set aside to settle gives excellent results. Here are directions for making a very excellent cup of coffee:

Fill a kettle with fresh cold water that has run for a few minutes and put it to boil. Place over an open china teapot kept especially for coffee (as metal is deleterious) a clean, wet old linen napkin or a new square of unbleached muslin, letting it sag toward the centre. Put into the depression four heaping tablespoonfuls (or four cups of coffee) of finely pulverized coffee. When the water in the kettle is at the gallopping point pour it through the coffee slowly until four cups have filtered through. Just before the contents of the kettle can go in if measured before boiling, allowing a little for the waste. Cover and take immediately after breakfast and keep at once to the table. Wash the cloth in a jar of cold water, never permitting it to get dry, and freshening the water every day.

No matter how the coffee is made there are three important requisites—fresh coffee, fresh water and clean utensils. An old and musty coffee pot, coffee that has been ground and exposed to the air for a long time and water that has been slumbering in the kettle on the back of the stove for half an hour; these form a combination that will defeat any effort at coffee making and impart any husband's digestion and disposition.



PERU.

Peru in the abundance of her minerals is the real treasure chest of South America. The country has a territorial extension of upward of 600,000 square miles. Callao, the chief port, by the ocean route through the Panama Canal is within 200 miles as near to New York as is the City of Mexico by rail. The Amazon port of Iquitos, 2,100 miles from Para, is reached in shorter time by steamer from New York than by the overland journey from Lima, the capital. The country, which has about 4,000,000 inhabitants, is divided into three distinct zones, with as many varieties of climate, products and soil. These are the coastal zone, the sierra or mountain zone, which includes the great table lands and valleys of the Andes, and the montane or forest region, which stretches from the eastern slopes of the Andes to the vast river basin of the interior. Peru's resources are both agricultural and mineral. The principal agricultural export products are rubber, cotton, can sugar and alpaca wool.

The Clergyman's Mistake.

Seaman Sampson, V. C., a Dardanelles hero on his way from Abovye, Aberdeen-shire, to Carnoustie, here, here, here, passed through Aberdeen. Here he told an amusing experience, says the Glasgow Herald.

He was in plain clothes in a home-ward bound train. His battle-worn uniform lay wrapped up on the rack above his head. The train slowed down and a clergyman entered the carriage. He asked Sampson, V. C., with a stern, disapproving eye:

"Are you doing anything to help your country?" he asked.

"Sampson, V. C., smiled. This was getting annual."

"A man of your stamp ought to be in the army," continued the clergyman.

"I have the intention of joining the Army," this was the last straw. The clergyman blazed out:

"I think it would suit you better still if you had khaki on." Sampson at once retired to the rear of the carriage, where he changed into his uniform and part of it showed through the paper. The clergyman saw it. There was a rush of apology.

"I thought you were one of the lads who would do," he said.

Sampson, V. C., simply smiled, and they parted good friends.

An Earthquake.

The horror of experiencing an earthquake has been set down by F. S. Lyman, who was in the Hawaiian Islands some years ago, when there broke a series of earthquakes on the southern banks of a so-called "quaterano."

First the earth swayed to and fro from north to south, then from east to west, then round and round up and down, and finally in every imaginable direction, for several minutes, everything crashing around and the trees thrashing as if torn by a hurricane, and there was a sound as of a mighty wind. It was impossible to stand. We had to sit on the ground, grasping with hands and feet to keep from being rolled over. The Allages on the shore were swept away by the great wave that rushed upon the land from the sea after the earthquake.—Exchange.

Seventh Century Needlework.

Before the end of the seventh century needlework was carried to great perfection in convents, where it was used for the establishment of the church and the decoration of priestly robes. Artists did not think it beneath their dignity to trace the patterns used for embroidery in their natural colors.

A certain anecdotal vestment, asked for no less a personage than St. Dunstan, then a young man, but already noted for his artistic skill and taste, to draw the flowers and figures, which she afterward worked in gold thread.—Exchange.

FORCES OF NATURE.

Soft Their Touch, but Constant and Effective Their Work.

What adds to the wonder of the earth's crust is that the millstones that set the work and are still above are the gentle forces that career above our heads—the sunbeam, the cloud, the air, the frost. The rain's gentle fall, the air's velvet touch, the sun's noiseless rays, the frost's exquisite crystals, these combined are the agents that crush the rocks, pulverise the mountains and transform continents of sterile granite into a world of fertile soil.

It is as if baby fingers did the work of powder and dynamite. Give the clouds and the sunbeams time enough and the Alps and the Andes disappear before them or are transformed into plains where corn may grow and cattle graze.

The snow falls as lightly as down and lies almost as lightly, yet the crags tumble beneath it; compacted by gravity, out of it grew the tremendous ice sheet that ground off the mountain summits, that scooped out lakes and valleys, and modelled our northern landscapes as the sculptor his clay image.—John Burroughs.

DR. JACKSON'S ROMAN MEAL IS A FOOD, NOT A FRAUD.

Many so-called cereal foods are frauds. To prove it, try to live entirely upon them for a few days. Many live entirely upon Roman Meal. A recent letter from California says: "Dear Dr. Jackson: A friend of mine has lived upon Roman Meal for thirteen months. His case has been pronounced hopeless. He is now in perfect health." No fraud here. Roman Meal is scientifically balanced by an expert dietitian. It's the perfect food, and positively relieves constipation. Ask your doctor. Make it in porridge, pancakes, gems. At grocers, 10 and 25 cents.

The Normal Baby.

Have you measured the baby? The normal baby has been measured. The experts have arrived at a standard for babies.

If your baby is a year old, here is the correct measure:

Height, 30.08 inches; chest, 18.10; abdomen, 17.80; around the head, 18.20; weight, 22.30 pounds.

At 2 years baby should weigh 28.60 pounds, be 34.56 inches tall, 19.54 inches chest and 19 inches around the abdomen.

At 2 years the normal weight is 33.55 pounds; height, 37.38 inches; chest, 20.74 inches; abdomen, 20 inches, and the circumference of the head, 19.73 inches.

The increase in height, weight and circumference of chest and abdomen are regularly progressive with age, while the increase in the circumference of the normal baby's head is decidedly less after 15 to 20 months of age.

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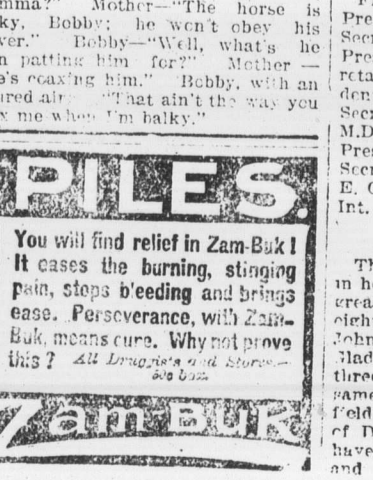
CONTRARY FORCES.

Problem of a Bullet Fired From the Rear of a Moving Train.

Replying to the question, "Supposing, to use an overdrawn illustration, that a railroad train was going forward at the rate of 100 miles per minute, and a gun was fired from the rear of the train in the opposite direction. If the velocity of the bullet as it left the gun would also have been 100 miles per minute, and the gun been discharged by a person standing on solid ground, would the bullet leave the gun at all, and if so, at what rate of speed? Edgar Lucien Larkin in the New York American says:

"The bullet would leave the muzzle of the gun with a speed of 100 miles per minute; the force of the explosive in the gun is the cause of the motion of the bullet, not that of the train. At the exact end of one minute the rear of the train and the bullet would be 200 miles apart. Before the gun is fired the bullet is moving with the train; at time of firing the bullet is at rest during an infinitesimal of time or a differential of time. The time in between the stopping of the motion of the bullet with the train and beginning of motion from the train is mathematically called a consecutive state and is such an important element of human knowledge that the highest branch of mathematics, the differential calculus, only is able to completely explore its wonderful properties."

Bobby, looking out of the window: "What's the matter with that horse, mamma?" Mother—"The horse is balky." Bobby—"He won't obey his driver." Bobby—"Well, what's the man patting him for?" Mother—"He's coaxing him." Bobby, with an injured air: "That ain't the way you coax me when I'm balky."



ISSUE NO. 46, 1915

HELP WANTED—MALE

WANTED—TINSMITH—ACCUSED—formed to furnace work at once. The Hamilton Stove & Heater Co., Hamilton, Ont.

Force of Habit.

A consul in Guatemala tells a story of a man who ran a store in Retalhuleu who had been ordering candles from Germany for many years. Each candle was wrapped in blue paper. One shipment came wrapped in yellow paper. The people would not buy them. In vain he argued and showed that the candles were the same as he had been selling. It was no use, and he could not sell those candles until he sent to a paper supply house in Guatemala City and bought sufficient blue paper in which to wrap them. Then he had no difficulty in selling them.

Minard's Liniment Cures Distemper. NEEDLES FOR ZEPPELINS.

The French War Office has in operation an invention which seems to offer an excellent method of combating Zeppelins. The inventor is M. Antony Jacques, of Grenoble.

The new weapon consists of a long needle carrying a small shell. These needles are very light, and so is the shell they carry. When the needle pierces cloth or any light substance—and not till then—it explodes the shell. First against a brick wall it is harmless.

The needles are so small that a good quantity can be carried on an aeroplane. They can be fired from a very light gun, and when once they strike a Zeppelin and explode they will also explode the gases contained in the envelope, and so destroy the whole machine.

The invention came to the French War Office after careful and exhaustive experiments made by the Chief of the Fire Brigade at Grenoble.

AN APPEAL TO BOWLERS

To the Bowlers of Canada: Gentlemen,—It has been felt for a long time that it was incumbent on the lawn bowling fraternity to take a more distinctive part in some of the various patriotic movements which have been launched in Canada, for the purpose of assisting the men who are fighting our battles at the front.

The opportunity has arrived. The Militia Department of the Y. M. C. A. is in urgent need of funds to carry on their indispensable work, and at a largely attended meeting of the residents of the Toronto Bowling Clubs held last week, for the purpose of organizing a campaign to raise a patriotic fund among the bowlers of the country, it was unanimously decided that the funds so raised should be devoted to this purpose.

The D. L. B. A. has been asked to bring the matter formally before the various Provincial associations, so that the movement may be truly national in character and in every way worthy of the devotees of this historic pastime.

It is cheerfully recognized that lawn bowlers in common with other sections of the community, have already contributed as generously as any other class to the various funds which appeal in common to every patriotic citizen, but it must also be frankly recognized that we are not through contributing, and that the least we can do—who have not yet done the khaki and shouldered the rifle—is to support to the limit of our resources those who have sacrificed not only their prospects, but in many cases their lives as well.

We who have enjoyed our sport this summer—our pleasure marred only by the recurring thought of close friends and near relatives who, while we were playing, were sweating blood "somewhere in France"—should be particularly responsive to an appeal which is largely for the purpose of raising funds in order that these men—our representatives at the front—should have some recreation, some amusement, and as many comforts as possible under the circumstances.

The undersigned have solemnly pledged themselves to do their part, and we feel confident that an appeal to the lawn bowlers will not be made in vain.

The committee in charge of the Toronto end of the fund have set \$15,000 as the sum which should be raised by bowlers in the Queen City, the estimated bowling population of the city being approximately three thousand. Every bowling club affiliated with the O. B. A., the W. O. B. A. and the E. O. B. A. will be invited to participate and expected to contribute in proportion to their numerical and financial strength. It is confidently hoped that every club recognized by the provincial associations will at least be represented in the movement.

Can you spare \$5 to make \$50 a little more comfortable for the boys in the trenches?

Will you do your part, and do it quickly?

Fraternally yours, J. C. McMillan, President, D. L. B. A.; C. O. Kennedy, Secretary, D. L. B. A.; W. D. Duff, President, O. B. A.; C. M. Hogg, Secretary, O. B. A.; James Smith, President, W. O. B. A.; John Macdonald, Secretary, W. O. B. A.; W. H. Macdonald, M.D., W. O. B. A.; W. H. Macdonald, Secretary, E. O. B. A.; W. H. Macdonald, Secretary, E. O. B. A.; W. H. Macdonald, Int. L. B. A.

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