

Let Cuticura Save Your Hair

On retiring, comb the hair out straight, then make a parting, gently rubbing in Cuticura Ointment with the end of the finger. Anoint additional partings until the whole scalp has been treated. The next morning shampoo with Cuticura Soap and hot water.

GERMAN HOSPICE

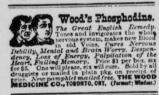
On the Summit of Mount of Olives, Near Jerusalem.

(London Graphic.)

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To what extent the Germans had secured a hold on the sacred land of Palestine is evidenced by the numerous palaital buildings they erected, not only in and around Jerusalem, but in other parts of the country as well. As one traveller, who had ascended the Mount of Olives in prewar days, to view the landscape o'er somewhat wittingly remarked, all he could see was the spires of German edifices.

It was only a short time before the war that the Germans completed their great hospice, the Kaiserin Augusta Victoria Stiftung, on the summit of the Mount of Olives. Ostensibly it was a hospice and canatorium, though in design and strength the building was nothing less than a fortrees. The walls are very massive, several feet thick in places, while the various buildings contain over eighty large rooms. The site dominates the Holy City itself, and the Jordan beyond. It looked, at the time when these buildings were reared as if the Germans, under the cloak of philanthropy, had deliberately intended on some future occa-



sion, when the partition of Turkey might be on the taple, to make use of them for the purpose of effectually pogging out German "claims." But before that time came the Germans had, metaphorically speaking, to take Turkey to their bosom, and as happened, having erected at the hospice a powertul wiresess instaliation, they made the place during the war their headquarters. Our airmen bombed it several times, but examination has shown that as the result of these attacks comparatively damage has been done to the actual buildings.

When we took Jerusalem the hospice became the headquarters of General Allenby and his staff, and Tommy nicknamed the ediffec the Kalser'e Palace, by which name it is now knows throughout Palestine. The buildings certainly bear the German mark At the entrance there are sreat stone eagles, while on the exterior walls of the church are statues of the ex-Kaiser and the Empress. Then in the ceiling of the church there is a remarkable painting, an imitation of tapestry, depicting the ex-Kaiser as a Crusader king with the Kaiserin as his queen. The famous Crusaders of history are shown, but, such is the coicosal vanity of the man, the Kaiser has the place of honor in the centre. He and the Empress are shown holding a model of the hospice, and domyinating the whole picture. Adjoining the church is a high tower, where Strikth Tommies Joyfully rang the great belis on armistice day. What



would the feelings of the man in buckram who some years ago posed as a Crusader have been had he witnessed the sight!

There is much talk in Jerusalem as to what should be done with the building. The Germans are said to have spent £250,000 upon it, a ridiculous sum if the building were purely intended to serve as a hospice and sanatorium. It will be recalled that the edifice was dedicated by Prince Eitel Friedrich, accord son of the Kaiser, with great pomp and ceremony a few years ago, it is the opinion of many people in the Holy City that the structure should be converted into a museum housing the sacred relics and curios of the Holy Land, for which purpose it is admirably suited.

Garbage Utilization.

Hogs can be made to utilize much eatable material which would otherwise be wasted, according to a statement issued by the Connecticut Agricultural college. The report calls at minneapolis, where between \$50,000 and \$60,000 is saved annually by using swine to concume the garbage of the city instead of burning it. Whereas Minneapolis formerly operated its garbage disposal at a lose, the city now receives \$1.26 per ton for its garbage as hog feed.

Keep the Bowels Regular and You'll be Healthy

For a Quarter You Can Assist Them Wonderfully With Dr. Hamilton's Pills.

You'll never have health if the bowels are inactive. By keeping them right you insure a clean, whole-some body. Why wait for constipation to clog up and sicken the whole system—use Dr. Hamilton's Pills—they are the finest, mildest laxative known; put strength into the muscles of the stomach and never injure the delicate lining of the bowels. They get you in the habit of performing a certain function at a certain time, and thereby restore normal conditions. Dr. Hamilton's Pills are best because they help Nature help herself and thereby keep the stomach strong, digestion good, blood pure, complexion clean, spirits bright and happy. Price 25c.

Worth Remembering.

Worth Remembering.

The grated rind of an orange and a tablespoon or two of the juice mixed in the batter of sponge cake gives it a delicious flavor and keeps it moist innerinitely. Lemon or vanilla extract may be used as usual.

When greasing a cakepan, use sweet lard rather than butter.

The safest way to clean jewelry at home is to wash it in suds of castile soap, then rinse in diluted alcohol with a few drops of ammonia added. Chilbiains—Three tablespoonful of turpentine, one tablespoonful of table salt. Mix together and rub in thoroughly.

sait. Mix together and rub in thoroughly.

Do you want to know how to make baby's shirts and bands from your old union suits and underskirts? Buy a pattern of a little shirt and by using the top and front of a union suit or vest for the front of the shirt you have a neck finished and buttons hold buttonholes, and by using the back from the neck down, the neck is finished for the back. Take up the shoulder seams to fit close around the neck, run a narrow ribbon in and hem the bottom.

tun a narrow risodr bottom.

Exercise of some form should be taken every morning. Also you should care carefully for the digestion so as to start the day right in spirit and physical feeling. Whenever you feel that gnawing hunger between meals it is well to nibble a cracker rather than to eat more.

SPANKING DOESN'T CURE! Don't think chidren can be curded of bed-wetting by spanking them. The trouble is constitutional, the chid cannot help it. I will rend FREE to any mother my successful structions. If your children to the structions. If your children to the company to the control to the company to the company to the company to the control to the contro

Mrs. M. Summers,

Speed of New Telegraph.

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Bruce's Mammoth White Carret, Half ing Variety, heavy cropper, splendid ailty, easily harvested, grand keeper, 1b, 50c, 1/2 fb, 90c, 1 lb, \$1.60, postpaid.

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Also Bruce's Selected, Bruce's Clant King, Hall's Westbury, Elophant, Mag-num Benum, Kansaree and Hartley's Swaden is 1b. 80c, 5 lb. 70c, 1 lb. 81.40. 5 lbs. \$6.75, postpaid.

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ONTARIO

SAVE TIME.

Card System in Housework Aids Greatly.

To do your various housewifely tasks—whether that includes working your own vacuum cleaner. making your own war bread and tending your own way but on a schedule—it all uxury and an extravagance, declares a student of home economics. You may like to do it without putting the work on a systematic basis. You may be too temperamental or too indolent to feel inclined to follow a schedule; but not to do so means to waste time, your own and other people's and that is just what neither you nor anyone else has any right to do during these war days.

The housewife has her task of conserved the too temperamental or too indige the you from fooling yourself.

The MARCH BLUEBIRD

The coming and going of the birds is more or less a mystery and a surprise. We go out in the morning, and not through widespread educational work to cut down infant and child mortality. Trees are conserved and meant its conserved and this conserved. Doesn't it seem as if there ought to be a time conserver? Time this

THE HORSE'S CHAMPION SPOHN'S DISPEMPER COMPOUND

for DISTEMPER, PINK EYE, IN-COLDS has proven it to be abso-

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

OHAV 5 7 QVIIIO summer is as precious as these other things we have been conserving. Without making the best use of our time we shall not have time to roll surgical dressings of which the Red Cross is in such dire need. You could not tend your war garden or do any of the dozen other extra duties you have taken upon yourself to do. Really every woman must be a time conservation department unto herself. The best way to make the best of your time is to work on a schedule and to make a wise schedule for all the people who work under your direction.

Such a schedule is easily kept if you write down each day's required tasks on a plain card. The seven cards gan be fastened together and hung up in a convenient place, the cards to be turned to the down each day's required tasks on a plain card. The seven cards gan be fastened together and hung up in a convenient place, the cards to be turned to the down each day's required tasks on a plain card. The seven cards gan be fastened together and hung up in a convenient place, the cards to be turned to the dozen to the proper to the dozen to the do

MATCH BOX IS TRICKY.

Do this trick before a mirror and you will actually surprise yourself. Although exceedingly simple, it is very perplexing to the onlooker. Take an ordinary match box and lay it flat on the back of your hand. At your command it will "sit up" or "lie down." Moreover, it will accomplish the task slowly or rapidly at your own will. No threads, wires, wax or weights are

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The plant. Five acres of grave
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ISSUE NO. 14, 1919

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FARMS FOR SALE.

F ARMS AND RANCHES FOR SALE, in Alberta, Write for our New Cata-iogue, J. C. Leslie & Co., 301 Beveridge Block, Calgary, Alta.

100 ACRES OF GOOD SANDY LOAM, good barn, frame house, kitchen and woodshed, hen house, hog go effect, and so the same state of the same st

100 ACRES CHOICE LOAM — BRICK house; basement barn, cement floors; Beatty stanchions; silo; good outbuildings; spring water; twenty acres oak timber; near Mount Brydges; \$8,50; terms to suit. Archie F. Toles, R. R. No. L. Mount Brydges.

Mount Brydges.

150 ACREN-GOOD STOCK AND grain farm, 18 miles west of Hambiton; sand and clay loam, with clay subsoil; 196 acres working land; 15 acres good bush; 2 acres orchard; balance parture. Thereare excellent buildings, including 12-roomed two-storey house, six-roomed house; stone baserent; larn, 56 x 100; sheep shed, drive house, box-pen, hen house, silo. Fried \$1.500 farm or efty property in exchange and the shade of the

\$2500 -HUNDRED ACRES-TWEN-loam; building seeding repairs; electric road, fenced, though property; good shap; west half seventeen, concession three, Caistor; Canfield station eight miles, Hamilton twenty; no trading, A W. Anatin, Confeedration Life Building, Toronto.

FOR SALE. LARGE MAPLE SYRUP EVAPORAT-or-nearly new; cheap. Apply Nor-man H. Kern, 132 Eastbourne Avenue, Hamilton.

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ile. Ayrshires and Cotswolds for sale
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