



The Dawn in Belgian Africa.

The time has been when news from Darkest Africa in the Congo region was dark indeed; but the present and future of the tribes that embrace, all told, something like 5,000,000 human beings scattered over a tropical territory almost as large as Europe, looks full of promise as one reads the report of Mr. Frank, Belgian Minister of the Colonies, covering the period of the war and laying out a programme for the future. During the war there has been protectively as the war there has been practically no trouble in the Belgian Congo, prob ably as a result of the lines adopted by the administration, for any idea of forcing the natives into an uncongenial mold has been abandoned, and country is being governed by dapting methods to local conditions "Not only must we decentralize our administrative organization," runs the report, but we must continue to study and make the best possible use of native institutions, respecting and developing them in all respects, even if they offend our ideas and moral conceptions, so long as they do not offend against the essential principles of humanity and justice. Economic-ally and industrially, the Congo may important in accordance with those essential fundamentals. One may hope to hear far different and better things from the Congo than one has heard in the past.

# Minard's Liniment Cures Dandruff.

#### Seines to Capture Sharks.

Faced with an alarming scarcity of hides, the world for some time has turned to the sea for a supply, with the result that a new industry is developing at various points on our coasts. Recently immense seines nave been devised and used for the capture of sharks and other fish wh skins can be converted into leather. One of the nets that has proved very One of the nets that has proved very successful in this unusual fishing is 60) feet long and 18 feet deep, with a 4-inch mesh of heavy twine. It is operated from small boats, and as many as 200 sharks have been taken

with it in a single 'ay. Experiments conducted under Gov-ernment supervision have disclosed the fact that tanned shark skins are suitable for shoe uppers and other articles. Five hundred fish skins are weekly at one tannery devoted to the production of marine leathen to the production of marine leath-er, and plans have been made for greatly increasing this output during the next year. Each hide contains from 10 to 40 squa-3 feet of excep-tionally strong leather, and is sold at a price depending upon the quality. Valuable by-products are obtained from the flaved bodies of the tick from the flayed bodies of the fish from the Hayea Dodies of the fish, including 'ortilizer, glue, oil, and musical strings. The skins of certain wales, porpoises rays and devilitish also can be utilized. Formerly these

standard, however, could not be ob-served when war broke out. The bank is now under no obliga-tion to redeem its notes in gold as was formerly the case, and the Treas-ury have issued Treasury Notes to the valke of 346 millions, which are legal tender for the payment of debts. Neither can the holders of these de-mand that they should be redeemed in cold

mand that they should be redeemed in gold. The gold standard received its final blow on April 1, 1919, when the ex-port of gold was prohibited. Nations carry on their trade by barter. We send so much goods to the Argentine. for instance, and they send us so much goods. If there is a balance between the two, it is satisfied by the export of gold. Now that our gold reserves have fallen very low-it is estimated that at the moment they only amount to some twenty It is estimated that at the holdent they only amount to some twenty million pounds—the Government has proh-bited the export. Consequently, we must do our foreign business by the export of goods or on credit.—Tit-Bite

# MUCH APPRECIATED.

"They say an hour early in the morning is worth two in the afternoon." "So it is, if you can have it in bed."



Our Canadian winters are exceed ingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medi-cine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co. Brockville. Ont Co., Brockville, Ont.

### ANCIENT CAIRO.

## Twelve Thousand Died of Plague In One Day in 1492.

At the dawn of history a city is known to have existed near the site of modern Cairo called Khere-ohe place of combat, because Horus Seth, of mythological fame, for fought there, says an exchange. Seth found the body of his brother Osiris cut into fourteen parts, and scattered the pieces; whereupon Isis, wife of Osiris, the fragments so that she erect a monument for each. hunted might That is why so many tombs of Osiri, are encountered in European history Not until a century before the No Man conquest, a modern period of Egyptian history, was the present Cairo founded by Goher, leader of the troops of the Fatimite Callph Mulizz, following the Egyptian con

In the year Columbus discovere America a plague swept Cairo which is said to have killed 12,000 citizens in a day. It was a century before that when Cairo may be said to have attained its zenith. After the plague a period of violence, rapine and murder set in, and sultans were en throned and assassinated with dizzy ing speed and informality. As early as the thirteenth century Christian persecutions took place. Since then the city has been Islam. Only eight years ago an excuse of the Grand Mufti for declining to approve execu-

tion of a murderer was that the crim was committed with a revolver, a weapon not mentioned in the Koran. Napoleon's headquarters were at Cairo in 1798, following the Battle of The commander Bor the Pyramids. aparte left behind was murdered. In 1811 the French finally were dislodged and Cairo's independence was re-es tablished.

# OTHERSO COS A OPRESCRIPTION A GENERAL TONIC FOR

white man is allowed to visit one of a white man is allowed to visit one of their villages, but as the afternoon shadows begin to lengthen the polite host hands his visitor his hat with the Indian equivalent of "what's your hurry"? Fortunately their country is small, and by hurrying it is usually possible to reach the border before he "sieks the dog on you." Naturally this cort of a law some-times gets on white men's neves. It is all right to put an Ind'an out of your house with the cat, but the Cau-

your house with the cat, but the Cau-casian is not used to it. And there are some men who simply cannot "take a dare." When to this fact is added the

HORSE-TAILED MONKEY.

derful Coat.

Of the recent monkey groups at the American Museum of Natural History, none has probably attracted more at-tention that that of the thumbless apes colobus, popularly known as-horse-tailed monkeys. They have often been called the handsomest of monkeys, and the peacocks of the tribe. Unlike other monkeys, they possess a wonderful fur coat of long, silky, glossy black hair, but from their shoulders and down the sides of their bodies and flanks hangs a rich mantle

These curious black and white ani- every



IF YOU HAVE A FRIEND

IN ILL HEALTH

A general tonic for women, growing womanhood child bearing, change oflife, etc. Sold at all Druggists of sent direct in plain wrap per on reciept of price, \$1.00 per box.

this general female tonic along, the

by the make-up of any given meal may be readily desided and then for-gotten, leaving the mind free to deal story. Hindenburg died, and since he was a marshal he went to heaven. But the German functionary at the door said to him: "Morehel was with the other duties in the home The mental exertion expended for over a thousand meals each year consumes much of a woman's energy which might be more intelligently di-rected into channels conducive to horse.' roader culture.

SELF-DEFENCE.

The plan given here was evolved by The plan given here was evolved by a woman in "sheer desperation and self-defence," as she put it, The plan is one which will appeal to every practical woman, and its only require-ment is the construction of a simple device which any woman can make for herself in a few minutes. It in-volves, however, two factors of which every woman who appreciates the "Yes," responded the kaiser's son, "I ate too much Holland cheese, But show me the door to heaven, where, naturally, I go." by the arm and they got in line be-hind the other heaven-bound pilgrims.

The line moved up and finally they reached the door where the German functionary again blocked Hinden-DISTEMPER

burg. "Marshal," he said, "I told you to get a horse, not an ass."

Minard's Liniment for sale everywhere

Bullet in Brain Twenty Years.

**RELIEF AT LAST** 

PILES TREATED AT HOME

MRS. M. SUMMERS, BOX 8,

Windsor, Ont.

Wrong Kind of Animal.

"Marshal, you must enter on

horse and encountered the Ge

crown, prince.

"So you're dead, too?" he said. "Yes," responded the

Hindenburg took the crown

Hindenburg descended to hunt for

This is the latest Paris boulevard

PECCARIES. How Ferocious Wild Pigs Con-

duct Warfare.

The South American peccaries are formidable because they attack their enemies in large bodies and with great vigor and bravery. The method and skill of their charges suggest that they are led by a chief skillful enough in prodatory warfare to direct the sur-rounding and destruction of a norm rounding and destruction of a power ful jaguar.

ful jaguar. The object to be stormed is sur-rounded in silence by a circle of hun-dreds of peccaries. At a given signal a simultaneous snapping of teeth occurs, which is followed by a con-cours, which is followed by a con-cours whet toward the course The verging rush toward the centre. The largest and strongest reach the front first and the smallest and weakest bring up the rear. Those in front are pushed on by the mass in the rear, so

An American engineer, while sur-veying a Brazilian forest for a rail-way route, encountered a herd of pec-caries one night and with difficulty drove them off. His experience affords an illustration of the bravery of thes

I consider MINARD'S LINIMENT the **BEST** Liniment in use I got my foot badly jammed lately. I **ISSUE NO. 10 1920** 

FARMS FOR SALE

AN IDEAL DAIRY FARM-IN THE famous dairy county of Oxford. near Norwich and Hatchley; a beautiful place of 155 acres, all under-drained: haif-mile from station; two houses; bank barn; out-buildings, and drilled well; known as the Penny Dairy Farm; close to school, church, milk condenser and cheese factory; will name attractive price for immediate sale of this valuable farm. Robert Penny, R. R. No. b Hatchley, Ont.

\$13,000 -21 ACRES BEARING grapes, currants, and berries, plums, grapes, currants, and berries, vineyard of 15 acres in best condition and best varieties. Frame dwelling and good barn, convenient to station and radial, 13 miles from Hamilton. Returns from this property show profitable invest-ment. J. D. Biggar, 26 Clyde Block, Hamilton, Ontario. Regene 834.

180 ACRES-STRONG SAND LOAM, 20 acres hardwood timber, mostly large body trees, 16 acres pasture land, 9 rooms rough cast house, bank barn, cement floor hog pen, other out-build-ings, silo, rack lifter, apple orchard, 1 mile from churches and school, on grav-el road adjoining stone road north and west from Waterdown, 15 miles from Hamilton, Ontario. Regent 334.

S4,000 -NEAR BEAMSVILLE, 30 acres bush and pasture land, 7 rooms brick house, stone foundation, good cel-lar, frame kitchen and wood shed, ver-andah, good barn, 3038, 9 acres fall wheat, schöols, churches, etc., in Camp-den Village, %-mile away. Will take city property in exchange. J. D. Big-rar, 205 Cityde Block, Hamilton, Ontarie. Regent 534.

90 ACRES\_NEAR DUTTON\_SPLEM. 600: very easy terms. James Roulledge. 57 West avenue south. Hamilton. spland; st.-

MISCELLANEOUS

SEND A DOMINION EXPRESS Money Order. Five Dollars costs three ce

# APPLES EGGS POTATOES I buy any quantity of Apples, Egg. Potatoes, Parsnips, Carrots or Turnipa. Will quote you prices on any other vegetables or good butter. D. B. GORDON Cor. Mary and Macauley, Hamilton, Ont. (Phone Regent 2049)

FOR SALE

KNITTING YARN, ALL WOOL, SAMB quality as we made for Red Cross: Grey only. One dollar thirty per pound. Sample skein thirty cents. Ask for sample of our fine Lambswool colored yarns. Georgetown Woollen Mills, Georgetown, Ont.

BOOK BARGAINS-OLD SECRETS and New Discoveries, six valuable books combined, 250 pages, worth \$1.50, only 25c postpaid. Write Promotion Service Co., Dept. 8, 110D Joliette, Mon-treal.

# FOR SALE **OATMEAL MILL**

Capacity 140 barrels. Owner retiring from business. Apply, Front Street East, Toronto.

HELP WANTED

## WANTED

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

POULTRY WANTED.

HENS WANTED ALIVE, Z CENTS A pound, any kind, any size. No de-duction for airinkage. I pay exprass from any statuon in Ontario. Ship col-lect on delivery for full amount in crate or boxes or I will send crates free. Al-bert Lewis, 666 Dundas street west, To-ronto, Ont.

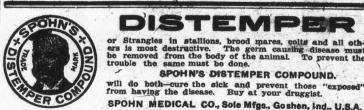


THE ATEENS REPORTED

twin lure of runors of gold in the streams and beautiful Jrdian maidens in the villages, it is no wonder that more than one white adventurer has tested the law of San Blas and formad it to be as determined as its people.

Peacock of Species Has a Won

of long, silky, white hair. They have a long tall with a rich white plume at its end, resembling a horse's tail, and have black and white faces.



SPOHN'S DISTEMPER COMPOUND. the disease. Buy at your druggist. will do both from having SPOHN MEDICAL CO., Sole Mfgs., Goshen, Ind., U.S.A. mals are found in the dense tropical | value, but which every business man forests of Africa, from Gambla to Abyssinia in the north to Angola and Nyassaland in the south. Herbert Lang, assistant curator of mammals at the American museum, who has hunted them for scientific purposes,

removed

finds that they possess many remark-able characteristics. When born, they are white in color, but about a week after birth their color begins to under-go a change. and in about two months they have a coat of glossy black fur with white silky mantles depending from the shoulders and sides. These monkeys are the greatest jumpers of any. They inhabit the tree tops, and in descending they often take long leaps from limbs above to those below They sometimes leap boldly through space twenty or more feet, when they spaced out like a parachute so that they appear to be flying. They land easily among the thick foliage of the trees, and their long hair appears to help them in landing and in leaping.

easily among the thick foliage of the trees, and their long hair appeared to hely them in landing and in leaping. Mr. Lang, who hunted them in Ki-jabe, in British East Africa, found that they were not difficult to approach unless they had experienced proach unless they had expe being hunted before. He found He found them

finds indispensible; they are a pencil and sheet of blank paper. If women are ever to make a clear-cut business als ever to make a clear-cut business of housekeeping they must recognize that a pencil and paper can be put to good use as a means of relieving the worry incidental to the performance of the work in a kitchen.

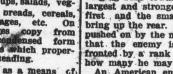
Take a pad of plain paper, about three and a half inches wide by seven inches long. At the top of the blank sheets of paper write as headings the names of the different classifications of edibles, such as soups, salads, vegof enloses, such as soups, salaus, veg-etables, meats, fish, preads, cereals, fruits, desserts, beverages, etc. On these consecutive pages, copy from your cook-book in contensed form those particular dishes which proper-ity come under each heading.

If yoome under each neading. The pad will serve as a means cf. suggesting at a moment's glance, what' ever variety of dishes you may wish to incorporate in any given meal. Then get a piece of cardboard of heary manilla paper. Cut this to measure eight inches by nine. Fold it to form a cover whose sides are four and a half inches by eight inches in size. After it is folded open it, and on the inside of the front cover paste your pad with its classification of s

meats, etc., so that each sheet of the pad can be easily turned. On the op-posite side, and in the centre of the inside back cover, paste a similar pad of blank notingers.

wild pigs.

that the enemy is constantly con-fronted by a rank of foes, no matter how many he may have disabled.



inhabitants of the sea were regarded as worthless. Now they are expected to become important factors in the leather market.-Popular Mechanics.

Minard's Liniment Cures Burns, Etc.

Cannot Demand Gold in Britain.

Mr. Knowall was heard to assert the other day that a person could legally demand gold for bank-notes from the Bank of England. He was wrong. You could do so before the war, because the gold standard was based on a rule which provided that the Bank of England note issue must cked up by a certain amount of gold held by the bank. The gold

How I Cured My

Rheumatism

**by PETER SAVALA** 

I threw away my crutches

in seven days, in two months, I was a well man—and I have

never had a twinge from rheu-

matism since. This is what the remedy, which I obtained from

I went home to Greece, did for me I went home to Greece crippled, broken in spirit—sick. I returned to this country in two months, abso-lutely free of every trace of rheu-

nati

matism. The while story of my life in America—how I became crippled with rheumatism and how I found the treatment which uprooted the disease and drove it out of my body -I will gladly tell you FREE. It makes no difference how swol-hear or distorted your joints may be:

n or distorted your joints may be;

len or distorted your joints may be; how severe the pain; or how discour-agedryou are; I feel sure that I have. the means of helping you to find relief in a few days and a lasting sure in just a few weeks. Just write me personally. Say:---Tell me pow you cured your rheumatism and how

May cure mine. Address your letter or post card to Peter avala, 59 St. Peter St. D. 228 Montreal, Que

**DR. MARTEL'S PILLS** FOR WOMENS AILMENTS Thousands of women have testified in the last 20 years' regarding the healing qualities of Dr. MARTELS FEMALE FILLS. A. Scientifically prepared remedy for delayed, and painful menstuntion. Std only in a Patented Tha-Hinge-Cover Box, At your Druggist, or direct by Mail, price 22.00, Exickenbedeer Branety Co., T Front St. East Torento, Canada.

SAN BLAS INDIANS.

Last Remaining Hermit Race is Determined.

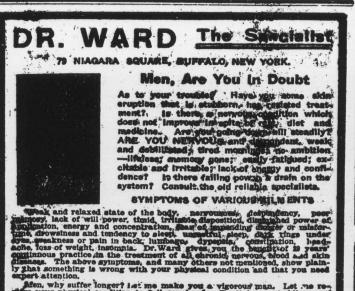
At least one nation in the world eems to have solved the problem of "self-determination," and at that it is doubtful if any of them ever "read President Wilson's "Fourteen Points." These people are the San Blas In-dians, whose country lies geographically in Panama, just south of the Canal Zone and bordering the Caribbean Sea. They got their name in the papers

They got their name in the papers the other day when one of their little armies raided a Panaman town and killed seventeen of the inhabitants. Just what the merits of the controversy were it is impossible to judge at this distance, but it is more than like-ly that the expedition was a punitive

one. The San Blas Indians are perhaps the last remaining hermit nation. China's great wall has not only been china's great wall has not only been China's great wall has not only been pierced but lies in ruins. Thibet's iso-lation has ben violated to such an ex-tent that any moderately armed force can penetrate its fastness. Perry opened the doors of Japan. White ex-plorers have exploited the Congo. But San Blas countenances no white vis-itor—not even a "spigotty." itor-

itor—not even a "spigotty." It is the law of San Blas that no white man shall visit that pure blood-ed. Indica deminion with the ed Indian dominion without express permission and that no white man shall never be allowed to remain there after nightfall. The penalty is an un-plescant Indian form of execution.

The San Blas people are not exectly untutored children of the jungle. They haw works only one way. They are frequent visitors to Colon, Panama and the other fulles. and the other cities of the Isthmus, where many of them wear white man's clothes and speak his language. They are hospitable, too, in their way, when being hunted before. He found them, i meats, etc., so to be vegetarians, and that their chief diet was leaves and young shocks. They inhabited the higher parts of trees, travelling in groups of five or six. When they leaped they often made a great noise. They have a noisy, growling howl. There is a theory that their coloration protects them from their enemies, making them difficult to distinguish from the difficult to distinguish from trees, travening in groups to inve of biank notepaper. six. When they leaped they often made a great noise. They have a noisy, growling howl. There is a theory that their coloration protects them from their enemies, making them difficult to distinguish from leaves and lichen, hence they have been called invisible monkeys. Many what to get for dinner.



experts attention. Men, why suffer longer? Let me make you a vigorous man. Let me re-stone your physical condition to full manhoed. Don't be a weaking any longer. Make up your mind, to come to me and I will give the best treat-ment known to science-the one successful creatment based on the experi-ence of 29 years in treating men and their aliments.

Dr. Ward's Methods Unrivatied, Thorough and Permanent.

by varies methods characteristic, introduced and remains to you realize that you have only one hits to live-do you realize that you remissing most of that life by lif health? A life worth living is a healthy fs. Neglect of one's health has put many a man in his grave. I have been telling men these things for many years but still there are tousands of victims who, for various reasons, have not had the good sense b, dome and get well. Specialist in the treatment of nervous conditions, nervous exhaustion, back-the, lumbago, rhoumatism, stomach and liver trouble, acne, skin disease, tharh, asthma, rectal troubles, plies, fistula and blood conditions.

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FREE CONSULTATION EXAMINATION.

ginning treatment you must make one visit to my office for a soal examination. Railroad fare will be considered as part pay-Canadian money accepted at full value. ment of fee 1 11.11

79 Magara Square, Buttele, M. Y.

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MENT, and it was as well as ever next day. Yours very truly,

T. G. MCMULLEN.



eal in itself, when acc apanied by a

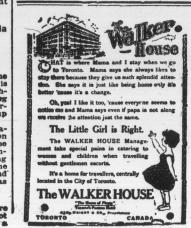
meal in itself, when accompanied by a few whole wheat crackers. The clam boulion can be easily made from the bottled or canned extract and the bee's and chicken boullon from the ever-ready thy cubes, which are how made by several reliable firms and only require mixing with boiling water to form. a most palatable beyerage. Unfortunately, gruel is something that every housewife does not know how to make; and the burnt, untempting com-pounds frequently served under that name are responsible to a large degree for their unpopularity. MULLED GRAPE OR LOGANBERRY

MULLED GRAPE OR LOGANBERRY JUICE.

One day he and his party came upon a morass, the furrowed ground, trod-den trass, the furrowed ground, trod-den trass, turbid pools and pigsty odor of which indicated that it was the headquarters of all the peccaries in the vicinity. But not a pig was to be seen. The camp was fortified. In the night there came an alarm. Suddenly from all around there arose the sound of simultaneous snapping of teeth and then came the charge of hundreds of black animals rushing toward the fort. Gups were discharged and the occu-pants reached down and slashed with JUICE. Place a broken stick of cinnamon, two whole cloves and a slight dusting of nutmeg in a bowl with half a cupful of hot water. Cover the bowl, place in a larger vessel of boiling water and let stand for ten minutes. Strain, add two tablesponfuls of sugar and a cupful and a half of hot loganberry or grape juice. Serve very hot. If desired, the white of an agg can be stiffly whipped, the lightly beaten yolk added and the mull-ed juice poured over it. eBat well be-fore serving. EGG LEMONADE. by the men in the fort, but others, impelled by those in rear, threw themselves forward, ripping and slash-ing with their shown turks.

EGG LEMONADE.

Beat one egg lightly, add a pinch of salt, two tablespoonfuls of sugar, two tablespoonsfuls of lemon julce and two till slices of lemon; then add gradually one cupful of hot water and whip for a moment with an egg beater.



Suddenly the attack ceased. The animals had silently with rawn. Then

ing with their sharp tusks.

Minard's Liniment Relieves Neuralgia HOT DRINKS FOR COLD

These cold winter nights, when one feels chilly, and especially when one is troubled with cold feet, a warm, sooth-ing drink slowly sipped before retiring will warm one up wonderfully and fur-nishing a "nightcap" that really lives up it is armitation.

nishing a "nightcap" that really lives up to its reputation. Strained cereal gruels, delicately sea-soned, a cup of steaming clam bouillon or plain buillon, a cupful of mulled grape or loganberry juice or a hot egg iemon-ade are all excellent for this evening "snack" and particularly good when the system requires more nourishment and the stomach craves extra warmth as much as any other part of the body. COCOA OR HOT MILK.

COCOA OR HOT MILK. Cocoa, hot milk or malted milk are also recommended, as well as a hot eggnog, the latter forming almost a

animals had shently with raws. Then without a moment's warning save the crash of teeth came another wild charge, and the fight was renewed. Again the pigs drew off and again they renewed the charge. Seven times they charged during the night, and not until down was the last grunt beard

NIGHTS.