

SANOL'S ANTI-DIABETES

SANOL is the "RELIABLE CURE" for Gall Stones, Kidney Trouble, Bladder Stones, Gravel, Lumbago and all diseases arising from Uric Acid. Price \$1.50.

SANOL'S ANTI-DIABETES is the only remedy which has a record of complete cures of Diabetes. Price \$2.00.

For sale at all leading druggists. Send for free literature.

The Sanol Manufacturing Co., Ltd.
Winnipeg, Man.

Live Fish Frozen for Ship-ment.

The expression "cold blooded as a fish" does seem to have some actual foundation; at least if experiments France has recently been making toward the solving of the problem of the transportation of live, fresh fish from one part of the world to another are turning out as anticipated.

Apparently the fish are kept alive in ice for long periods of time. The starting process is simple and easily managed. The fish are immersed in water, which is near the freezing point and kept there for from three to five hours. At the end of that time the temperature is lowered to the freezing point, and in that water they are kept for from fifteen to eighteen hours. Finally they are frozen by pouring into the water a freezing mixture which forms a cake of ice. This is wrapped in a cloth specially prepared to keep it from melting during the transportation.

At the end of the journey or of the desired time it is necessary to thaw the ice slowly.

HOME DYEING

Is CLEAN, and as SIMPLE as "A.B.C."

NO chance of MISTAKES if you use

DI-O-LA

The Guaranteed "ONE DYE" for All Kinds of Cloth.

Send for Free Color Card, Story Booklet and Booklet giving results of Dyeing over other colors. The Johnson-Richardson Co., Limited, Montreal.

NEW SLEEVES.

Some Elaborations Which Mark the Vogue.

The progressive changes which take place each season in our manner of dressing always bring us some combinations which, without being quite new, prepare us for the new lines to follow, writes our Paris correspondent. It appears that this spring our grande couturiers are giving their particular attention to the sleeve.

Next season our skirts are to be more elaborate, and we must have sleeves to go with them. Five or six inches have been brought out by the masters, and, turn by turn, or all together, we see attempts made at the mediaeval sleeves, reminiscences of the Chinese sleeve and adaptations of the modern sleeve.

So you see that fashion in the sleeve, does not tend toward simplicity, but will be, on the contrary, very elaborate.

In any case, we may rest assured that our sleeves are to be long and more or less tight. Sleeves with deep faced cuffs, with broad trimmings, two-part sleeves—everything elaborate, will be admissible and variety in elevations will be the order of the day. So we may each bring our individual taste to bear on them.

Minard's Liniment Lumberman's Friend.

UNCONSCIOUS WORK.

We Do a Lot That We Don't Know About.

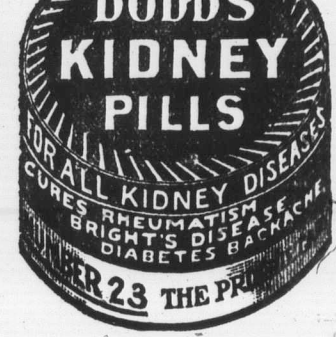
Hopton Hladley, an English scientist, has lately given some interesting facts pointing out what a tremendous amount of unknown work we are doing every minute that we live.

For instance, the muscular work performed in the simple act of walking is much greater than most of us have any idea of.

Walking, he says, at the moderate rate of three miles an hour is equivalent to lifting the body perpendicularly through one-twentieth of the distance walked. If the person walk one mile at the rate mentioned the amount of work done would be equivalent to lifting the body perpendicularly through a distance of 500 feet.

Supposing a person weighing 150 lbs. walks five miles, he is doing work which equals the lifting of nearly 88 tons one foot high. Yet all the movements of walking are, in the case of a healthy person, performed quite unconsciously, so that all the muscles employed in the act are actually exercising and developing themselves.

A man cannot even stand perfectly



still without this unconscious muscular action. For every moment of active life he is fighting the most powerful of all natural forces, gravity, and it is only in the absolute co-ordination of mind and muscle that keep him erect and steady on his feet.

The total strength of all the muscles in the body of a strong man can be estimated at about 10,000 pounds. Apart from the voluntary muscles, which number over 500, there are infinite involuntary ones which are even too great to attempt to estimate.

The skin is a perfect network of tiny muscles. The air tubes of the lungs have muscular walls, and every one of these little muscles has its separate use and is being dragged into service when we haven't the slightest idea of it.

Even every separate hair has its own little muscle, by which it can be made to stand on end when a man is frightened.

BABY'S BATTLES

Baby's battles for health are many.

The precious little life is in constant danger from the many ills that afflict little ones such as constipation, indigestion, colic, diarrhoea, etc., and unless the mother guards her little ones against these troubles serious results may follow. Baby's Own Tablets is the best medicine to fight baby's battles.

They are a mild laxative that will regulate the stomach and bowels and will thus ward off sickness and will keep baby happy, healthy and strong. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE MONROE DOCTRINE.

(Chicago Tribune)

As to the forcible collection of a British claim against a South American republic, and the relation of the process to the Monroe Doctrine, it is worth while to recall the occupation of Corinto on the Pacific coast of Nicaragua, almost twenty years ago.

This was a claim for indemnity. Nicaragua would not pay. On April 27, 1893, British naval forces landed at Corinto and took military possession of the town by occupying the custom house and other Government buildings.

General Frederick Ponsonby, then of the Royal Artillery, became Governor of the port. Nicaragua thereupon made an agreement to pay the indemnity on terms satisfactory to its creditors. The forces were withdrawn and the occupation ceased on May 6, 1896.

We do not remember that the incident occasioned in this country any great amount of appreciation for the continued existence of the Monroe Doctrine of concerning the uttermost British maritime interest, the Pacific end of the Isthmian canal, which we all then thought would be constructed by the Nicaragua route. The proceeding was conducted by Great Britain in no spirit of aggression or hostility to the Monroe Doctrine, but as a debt collecting measure recognized by international practice.

The Monroe Doctrine survived intact, just as it will survive a similar temporary occupation of Guatemala territory. This remarkable fact is worthy of note. The doctrine is not a shelter for incorrigible debtors. Great Britain is not working to undermine and overthrow the Monroe Doctrine, for as a North American Power her concern is it and for it is very much like our own.

Keep Minard's Liniment in the house

RURAL POPULATION NEEDED.

(Stratford Beacon)

About every large town and city in Western Ontario, and probably, Eastern Ontario as well, talk of increasing its population from 50 to 100 per cent. during the next few years. It might be well if such a growth would be an unmixed blessing to the country? The Beacon believes that city growth should, to be healthy, be accompanied by a corresponding increase in the rural population.

During the decade between 1901 and 1911 the rural population of Ontario decreased by some thousands. What the towns and cities increased was to some extent at the expense of the decline of rural population. If we had some real live policy which would increase the rural population in Ontario it would have a reflex influence on the urban population, and ensure a healthier growth, whether it would be more rapid than at present or not.

Coiffure Novelties.

Hair ornaments are being worn again. A bar pin from Paris is so fashioned as to prevent the sharp end protruding. The point is slipped into a sheath fitted with a mount corresponding with the design at the opposite end. These mounts are secured on and can be varied at will.

Hairpins are much smaller than they used to be, but pretty. They are usually seen in halls of amber, pearl or lapis lazuli, very flatly set.

Gold hairpins, with a small stone with less decorations are quite effective.

Combs with curved teeth, also the Florida patterns and the comb effect, inlaid, in solid gold and hand-enamelled.

Minard's Liniment Used by Physicians

A WONDERFUL CHILD.

Zerah Calhoun when a child had the most wonderful memory for figures ever known. He performed operations of addition, subtraction, multiplication and division on sums involving from 11 to 20 places of figures without setting one down on paper. Being once asked to name eight to the sixteenth power, he almost instantly responded. "The answer is 281,474,976,719,656."

TO CURE A COLD IN ONE DAY.

Take LAXATIVE-BROMO Quinine Tablets. Druggists refund money if it fails to cure. F. W. GROWER'S signature is on each box. 25c.

THE NEW IRELAND.

(Buffalo Courier)

The change of conditions has been slow but has become great. Laws which paralyzed industry and ambition in Ireland have been repealed, and now the country is open to the world in quest of opportunity. It has been brought a remarkable reinvigoration. The island in prosperous as not before in centuries, home rule has brought with it an accomplished fact. Relations between Ireland and the other members of the United Kingdom are more friendly than would have been deemed ever possible fifty years ago.

"How do you think I can achieve the great popularity in society?" asked Mrs. Millyns. "Let your money do all the talking for the family," advised the new social secretary—Buffalo Express.

CROYDEN WOE WATER.

Strange British Stream Has Appeared Again.

Once more the mysterious "woe water" of Croyden, from which superstition has gathered so many legends in past years, has risen, according to the Daily Graphic. The stream is an intermittent one. Sometimes several years pass before it is seen at all. At other times it appears every year for quite a long period. It is only a year ago since there was a slight bubbling of the water, but it has been nearly ten years since there was a real land, as soon as they did see this water has come back in considerable volume, and is bubbling up at the rate of 2 1/2 cubic feet a minute.

The Croyden "woe" is the only one left of a large number of similar intermittent streams that used to appear as unexpectedly from the Surrey chalk hills and flood the valley of Croyden. By ancient historians it was mentioned with the appearance of a second "woe" of evil. According to one old chronicler, "when Englishmen did first inhabit this land and soon as they did see this water run they knew it was a token of death or pestilence or of great battle." John Aubrey in his "Survey of Surrey" writes of the mysteriousbourne flow at Croyden which rises only upon the approach of some remarkable alteration in Church or State.

It is a singular fact that the arrival of the "woe water" in 1882 was coincident with the appearance of an epidemic of fever. Scientific explanation is that the "woe water" is a surface flow in the underground water passing down from the higher to the lower portions of the district, swelling out of its ordinary underground channels over the surface by reason of the general elevation of the underground water line.

A QUEEN WITHOUT WORRIES.

Queen Ranavalona, of Madagascar, is like the little girl who, asked what she would do if she were a queen, replied, "I would sit on my gold throne."

This absolute and dusky ruler of over 4,000,000 people takes her sovereignty very lazily. She has no children to care for, nothing to worry her and spends her time wearing Paris gowns, munching betel (a Madagascar confection), gossiping with the ladies of her court and playing cards. She is said to be an intelligent woman, but seems to be badly in need of a mission.—London Standard.

Thirty Deaths From Razor

A physician in Chicago states thirty deaths have resulted from paring corners with a razor. Avoid blood poisoning by applying Putnam's Corn and Wart Extractor. Purely vegetable. Painless and sure is Putnam's Extractor, 25c at all dealers.

SCIENTIFIC MANAGEMENT.

(Frederick Winslow-Taylor, in Industrial Canada.)

Let me go over the four principles of scientific management, which is the development of science to replace the old rule-of-thumb that was in the heads of the workers. The first principle is the study and selection of the progress development of the workmen; the third the bringing of the workmen to the work; the fourth the division of work between workmen and management.

There is an application of the principles even to pig iron handling, because that is a most elementary form of human effort. A man steps up, takes a piece of iron and puts it on another implement than his hands, walks a few steps, and drops it on a pile. I can see you show me that that is science in handling pig iron, a science so great that no workman can understand it. The story is too long, then, to tell you the gradually go to it to begin with the most elementary form of human effort.

GRAY HAIR

Dr. Tremaine's Natural Hair Restorative will positively restore gray hair to natural color and keep it so. IT IS NOT a dye and will not injure the scalp. Satisfaction guaranteed or money refunded. PRICE ONE DOLLAR. Send post paid. Address: THE TREMAINE SUPPLY CO., Dept. 27, Toronto, Ont.

ONLY RESPECTABLE COURSE.

(Montreal Herald)

Former Vice-President, Charles W. Fairbanks has joined the ranks of prominent men in the United States who insist that their country shall live up to the terms of the Hay-Pauncefote treaty. President Wilson will be compelled to strike the toll exemption clause as applying to United States' coasting vessels if he wishes to have the respect of the best class of citizens.

Paradise of the Lazy.

If you are just awfully tired of working for your living and have about decided that life is altogether too strenuous for comfort, then go to the islands around Madagascar. For there you would only have to work about twenty hours a year and could support yourself and family in all possible comfort.

People do not need to work so hard if they are only willing to try something new, says an English historian. There are other places where the necessities of life can be had for practically nothing, and many of the luxuries, too, for a little effort. Now there are the islands around Madagascar. For there you would only have to work about twenty hours a year and could support yourself and family in all possible comfort.

And the best things to eat are yours—all kinds of the finest fruit—bananas, melons, oranges, figs, pineapples, and berries—and you don't have to go with such delicacies as figs and citron. There is plenty of tobacco to be had and all the other things that you could possibly want.

Then there is domestic poultry in great numbers. Fat tailed sheep and goats that you could cook up into all sorts of luscious dishes.

You wouldn't have to be afraid of your life all the time for fear that you were going to be run over the next moment, either, for there isn't a single automobile in any of the islands.

THE PREACHER THAT FAILS (Kingston Whig)

The world is not to be impressed and won by the jarring notes of disputing Christians. The preacher who is absorbed in disputation over the quality or meaning of certain passages in the Bible is not calculated to win support or favor or make converts of the people he meets.

HOW THE JINGO FIGHTS.

(Buffalo News)

The most diverting reading of the day is hardly that of the professional tester, but rather that of the jingo spoiling to have some one fight Japan, Mexico, Cuba and all creation at once, while the jingo shouts and waves his arms to everybody.

AT TARGET PRACTICE.

(London Opinion)

Sergeant—I don't know what to do about these men. There hasn't been a hit signalled this half hour.

Subaltern—Have the order to charge the targets with fixed bayonets.

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Could't Breathe Through His Nose Stuffed With Catarrh

Catarrhoxone Inhaler the One Means of Relief, and it Cured quickly.

The extraordinary efficacy of Catarrhoxone is without a parallel. A sneezing cold is cured in ten minutes, a harsh cough is eased in an hour, the most offensive catarrh is thoroughly drawn from the system. In case of asthma and bronchitis the relief and certain cure that comes from the healing balsam extracts in Catarrhoxone is simply wonderful.

"For more than twenty years I suffered with a cough, bronchitis, asthma, and nasal catarrh," writes J. F. Fenwick, of Staunton, P. O. "Every attack

I had seemed to grow worse and I could hardly breathe on account of an accumulation of phlegm in the nose and throat. One day I tried Catarrhoxone and in ten minutes was wonderfully relieved. I could breathe freely and naturally through the nose, and blood spitting was stopped—the phlegm was cleared away and my regular breathing restored. No remedy can do more than 'Catarrhoxone.'"

There is no remedy so certain and safe as Catarrhoxone, but being a good remedy it is imitated. Beware of the substitutor. Large Catarrhoxone lasts two months, price \$1.00. Small size, 25c and 50c. At all storekeepers and druggists, or The Catarrhoxone Co., Buffalo, N.Y., and Kingston, Canada.

WHEN HUMANITY SHOWS.

(Toronto Star)

When you read the names of the men who fought the floor in Ohio, and names of those who fell in the fight, you will observe that they were people who came of various races. Their names show that they were of English, Scotch, Irish, German, Scandinavian, French and Italian descent, but instead of seeking to destroy each other they waged the common fight of humanity.

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 for 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 to Mrs. M. Summers, box P, Windsor, Ont.

ONE CAUSE OF DIVORCE.

(Detroit Free Press)

The truth is that the discontent that is sapping the life of the women to-day is because husband and home mean so little to her. Of course it is delightful to have so much money that she can buy the most expensive things and live in a big house, but after all one cannot get the highest happiness out of life by money. What a solid fact must be to be money-grubber to a woman who has an expensive appreciation of the material side of life and no conception of the other part of it. But as long as the man and woman are together, the man must be a man, and the woman must be a woman, and they must be content to share the same life.

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NO TRAMPS THERE.

Switzerland Won't Stand for Any Loafers.

All lovers of leisure and haters of work would better beware of Switzerland. For the man who is out of work and doesn't make a tremendous effort to find it is tolerated there just about one month. Then he is picked up bodily and "littered away," or life is made so unpleasant for him he sets out for other parts without much delay.

From recent towns are growing even more strict than they used to be. This is what happens to a man who says he is down and out and applies to local authorities or private individuals for help.

First, the authorities find him a job. The work is hard and they rather make a point of having it so. If he takes it and stays at it until he can find something better, all well and good. But if he refuses he is promptly sent to the workhouse. These places are under police supervision, the work is extremely hard, and the wages 4 pence a day. The man is not let out, either, without the consent and recommendation of those in charge.

It might seem there would be difficulty determining between those who are lazy and those who are merely out of work, but every precaution is taken against making such mistakes. All conscientious workmen have papers given them by the town in which they work, giving references in regard to their character and ability.

Then, too, there are relief stations in all parts of the country for the unemployed, who are out of a job through no fault of their own. Only those are admitted who have had regular work during the previous three months and who have been out of work at least a week. These men are not pampered, either. They must be on the alert for a position and accept anything that is offered them. Once a chronic idler has been found his papers are marked and he cannot apply for relief at any of the stations in Switzerland.

For Women's Ailments

Dr. Martel's Female Pills have been the Standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists.

WHOM THE WORLD HONORS.

(New York Sun)

To the reflecting mind it is painful to note that the world honors the destroyer of life far more than the savior of life. History records the deed and perpetuates its consequences on the field of canvas and imposing monuments perpetuate the memory of the soldier. Monuments to those who have striven valiantly and often with sacrifice of life and health to save life are meagre in numbers and size.

History proclaims the military achievements of Miltke, and his country is dotted with monuments to him, and the name of his physician is far greater than that of the hero. Sir James Y. Simpson is barely mentioned; although this humble son of a baker in Edinburgh has freed woman from the primal curse, there is but one modest monument to perpetuate his memory, when every mother in the world may receive the boon he has bestowed upon woman.

Minard's Liniment Co., Limited.

Dear Sirs,—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments. It never fails to relieve and cure promptly.

CHARLES WHOOTEN, Port Mulgrave

TRAINED MOTHERS NEEDED.

(Chicago Tribune)

The child is a delicate and highly sensitive machine. To understand the child, to ascertain and keep his sympathy, the mother must be able to follow the work of his growing mind. This requires scientific training of the mother. She must have a fair idea of psychology. She must be equipped with a training which enable her to understand the type of her child, his moral and esthetic qualities. At present mothers are not so equipped and trained. They shift the burden of understanding the child to the school teacher, who is generally an untrained woman.

JUST LIKE TORONTO.

(Chicago Tribune)

The murky appearance you sometimes observe in the drinking water is due to certain ingredients that are not really necessary and for which the city authorities make no extra charge. If a sample of the water be allowed to stand in a glass a reasonable length of time, either before or after boiling, these ingredients will settle upon the bottom of the glass and the real water may be poured off.

A PUBLIC NUISANCE.

(Montreal Herald)

It is a great pity that, in all countries and in all political parties, men of the Sisson type cannot be quieted and effectively muzzled when great questions arise. Such men are by no means confined to the United States; they flourish everywhere, and everywhere they are, if not a public menace, at least a public nuisance.

Teacher—And now who can tell me why we should always be neat clean?

Little Lizzie—In case of accident—

Cleveland Leader.

ISSUE NO. 20, 1913

HELP WANTED.

WANTED—GOOD PIECE NEEDLE for night work. Apply, The Singsby Manufacturing Co., Limited, Brantford, Ont.

WANTED—EXPERIENCED CONDENSOR Minder or Cleaner for night work. Apply, The Singsby Manufacturing Co., Limited, Brantford, Ont.

WANTED—SPINNING AND CARBONING help. Experienced men preferred. Apply, The Singsby Manufacturing Co., Limited, Brantford, Ont.

MISCELLANEOUS.

THOUSAND FOX CUBS WANTED immediately for breeding purposes. Highest prices paid, according to color. Darkest foxes command most money. correspondence solicited. Miradaban Wild Animal Agency, Prince Edward Island.