FIERY RED FACES and HANDS

Quickly Soothed and liealed by Cuticura

Trial Free Bathe freely with · Cuticura Soap and hot water, dry and gently apply Cuticura Oint-

W ment. Use night and morning. For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, itchings and chafings, these fragrant, super-creamy cmollients are wonderfully effective.

Sample Bach Free by Mail. Address post-card: "Cuticura, Dept.N, Boston, U. S. A." Sold throughout the world.

Worth Remembering.

Hot water quick is the best treatment for a sprain till the doctor ar-

A cut lemon rubbed across fish knives will instantly dispel the un-

To remove perspiration stain from linen, coak the clothing in strong sal. water before laundering. Never open the oven door after the

cake is put in till cake is set and partly baked; never jar the oven or cake will fall.

In laying lineleum if you would have it smooth let it stay in place and be walked on for a few days before tacking it down. This will re-move the undulations and keep it flat.

When using stale bread for puddings always soak it in cold liquid. If soaked in cold milk or water it is light and crumbly, but if put into hot liquids it becomes very heavy. The oven of a gas range was mist

if it is not properly cilca co some lime on a bot Y in the oven after baking, it will absorb the steam and prevent the rast from forming.

Minard's Liniment Cures Garget in

STIFF TRAINING OF AN AVIATOR

Finished R. F. C. Flier Passes in Six Months.

Some of His Studies Are Described.

Hach week that passes sees a new batch of young men granted commissions in the Roya! Flying Corps, men who possess the dash that disregards danger, men whose hearts have responded to the rollicking call of adventure. The training that has made full-fledged aviators of these men from green cadets-in any cases after a course tasting less than six months
—has a thoroughness, interest and
fascination that stamp it as unique even among all the novelties that

is sent for about six weeks to the School of Military Aeronautics, held School of Military Aeronautics, held in the shalls of the University of Toronto, the begins cat this grand school with gaining an understanding of engines. Then comes the theory of flight, including the planes Scampeles and the principles of the right including the wings in place and how to repair it. The student must learn enough of astronomy to deep his course at night by the stars. steer his course at night by the stars. Then he must know how to operate a

Thuman and the same and the sam Come to Toronto TO DO Your Buying



In addition to the outing and change, a shopping trie to Toronto may save you much money. The advantages of buying in a large metropolitan city are very many. Wider choice, newer goods, fresher commodities, special bargains, all of which mean a saving in money, is additionate a pleasurable trie. of which mean a saving in induce, in addition to a pleasurable trip. And all this is doubly enhanced by the fact that you can stay at the most home-like and comfortable hotel in Canada, and at moderate dost, and have your parcels sent direct to our eneck room. There is no extra charge. no extra charge.

The Walker House The House of Plenty TORONTO, ONT.

Anteren menergen bereite berei

camera under unusual conditions, and how to read the meaning of a mile-high photograph. The classes study topographical maps from the tops of sixteen-foot ladders in lieu of look-ing down on the earth from two miles ing down on the earth from two finites up. Upon these maps the instructors locate batteries and give problems in spotting. The student from his perch gives corrections for the operation of hypothetical big guns. These corrections are given with 'a wireless key, the use of which is a part in the thorough mastery of the Morse code.

h.naii. the student takes his buddy, the machine gun, unto himself, and comes to know its every impulse. The second stage in the cadet's training is at the big new flying fields, where he first goes into the air and applies the theoretical knowledge gained at the ground schools and conthrued in advance instruction here The cadet's first joy ride and his earlier trips generally are taken in company with the instructor, who has ful control and responsibility for the mawith the instructor, who has full chine, and whose main purposes are first, to estimate the cadet's coolness and second, to accustom him to the feel of the air. As soon as his skill warrants it, the cadet is allowed to direct the controls himself, always subject to the check of the instructor, in order that he may learn with safety just how to manage the wings, rudder and engine. This early prac-tice consists largely of short flights with many starts and landings, the most difficult phase of flying.

Then when the cadet has shown

himself a master of these principles the goes up alone in the air for the first time. He is watched with the most infinite care by the instructors most infinite care by the instructors below, surrounded with the most rigid instructions to prevent accidents, and fully coached upon landing as to any errors he may have made. By the end of his instruction he is doing the more simple evolutions at a height of the housand feet or soaring off on of ten thousand feet or soaring off on of ten thousand feet or soating off on thirty-mile cross-country flights. By this time he will have completed the tests, and will receive his commission as an officer of the Royal Flying Corps, and will be ready to go abroad great flying fields on the other side for his final training in the more comple xevolutions and in

How Kidney Trouble Struck Uxbridge Man

MR. R. J. THOMPSON WAS SEIZED died: WITH CONVULSIONS.

His Life Was Despaired of, But After Using Dodd's Kidney Pills He Feels Himself Again.

Uxuruge, Ont., Jan. 21.—(Special.)
-Mr. R. J. Tnompson, who lives on R. R. No. 2, near nere, is loud in his praises of Dodd's Kidney Pills.
"I am denghted with Dodd's Kidney

Pills," he says. "The doctors said I could not live, and if I did I would never be able to do anything again, as I had chronic Bright's Disease. But, thank God, I am doing my own work

"My trouble came on very suddenly. I had just finishd my dinner, and was taking a man home when I was taken with a convulsion fit. I had fourteer that afternoon, and the third day had nine more.

"I have taken only eleven boxes Dodd's Kidney Pills, and I feel like myself again.' Mr. Thompson is only one of many

in this neighborhood who look on remedy for kidney ills. They are purely a kidney remedy, and are used for all kidney troubles from backache to Bright's Disease.

BLEW UP ARSENAL.

Adventures of Daring Englishman Among the Turks.

A recent number of "Blackwood's" contains an account of the activities in the war of an Englishman, Walter in the war of an England.

In the war of an Engl an Arab wife. The man served as a spy in the Mesopotamia campaign, emered the Turkish lines, was captured and put to torture, being burnt about the body and suffering the loss of one arm, and, after performing invainable service to the British force, escaped. The narrative has been summarized in the Spectator. been summarized in the Spectator. Greenway visited Aden one day, and there climbed a water-pipe on a high building to rescue a mewing kitten. As the one-armed adventurer descended among a breathless crowd he overleard some Germans speak disparatingly of his folly. He tracked them and overheard other things of more importance. They had a store of "clocks" (which were really infernal machines) for placing in British trading vessels. He acted as burglar once more and at night carried at Bagdad, the existence of which he off the clocks as well as a German officer's uniform. He determined to use the clocks to blow up the arsenal at Bagdad, the existence of which he had alsow heard mentioned. He went had also beard mentioned. He went to the Persian Guir, and there bor-rowed a motor-boat which his fatherin-law had bought from an Engishman before the war. From Basra his objective was 300 miles away up the Tiggs. He completed the dangerous journey with his clocks to a spot near Baydad:

"Marching to the Turkish colonel in charge, he was received with true Oriental courtesy, but little real favor. A few German junior officers who hung about enabled him to dem-ons'rate his importance. They were sussicious at first. It was fortunate the remembered German tastes and the remembered German tastes and bad brought strong drink with him. By nightfall he was master there. None, he knew, would dare to disobey certain directions he gave for the safe-keeping of his additions to the stores. He was not disappointed when he paid a visit of inspection at eight o'clock. The day had passed pleasantly. His clocks were wound up and going beautifully, and the guard slept off their liquor. He betook himself to Bagdad for an hour or two, as he said, on

ANNUAL STATEMENT OF UNION BANK OF CANADA IS STRONG

Assets increased during the year by over 31 per cent. to \$143,400,000, and all departments of business show corresponding growth.-Note circulation's great expansion-Earnings showed good increase.

A splendid exhibit of progress and expansion is made by the fifty-third annual report of the Union Bank of Canada, for the year ended November 30, 1917. The assets of this great Institution have now attained the figure of \$143,411,527, and show on increase of more than 31 per cent, for the year. In the three years since the first war-time balance-sheet that of 1914, the assets flave increased by the sum of approximately \$31,600,000 or 75 per cent. Since the beginning of the war. That the year 1917, should have eclipsed its predecessors in respect both of business growth and of profits is particularly interesting, in view of the fact that it was the first year of office of the new General Manager, Mr. H. B. Shaw, and also the first year of operation of the bank's New York Agency, established early in 1917, with an advisory committee including such prominent American financiers as Messrs. Stuyvesant Fish, Cornelius Vanderbilt and Gilbert G. Thorne.

Gilbert G. Thorne.

The balance sheet shows that the bank now has liabilities to the public totalling \$133,162,444, the figures for all classes of deposits and note circulation showmig heavy increases. The note circulation is especially interesting, as it has
reached the figure of \$12,779,662, the highest in proportion to capital of any Canadian bank, which is a good indication of the confidence reposed in the Union
Bank all over Canada and of the profitable nature of its connection. The noninterest-bering deposits are \$44,388,394, and the interest-bearing deposits \$73,568,157,
while the balance due to the other banks total about a million and a half. There
are also conditional liabilities upon acceptances under letters of credit totalling
\$2,586,609.

Against these liabilities the Union Bank possenses, as already assets to the amount of \$143,411,927, and of this amount \$77,00,391 consists of cash and promptly realizable balances and securities. Current coin and Dominion notes alone account for \$23,46,736, the deposit in the Central Gold Reserve (the basks for the bank's large excess note issue) is \$8,200,000, notes of other banks are \$770,599 and cheques on other banks \$3,912,030. Bank balances in Canada \$82,934 and abroad \$5,132,637. Circulation fund deposit \$299,000. The bank's large holdings of gilt-edged securities are classified as follows: Dominion and Provincial Governments, \$9,351,729. Canadian municipals and British, foreign and colorial public securities, \$16,244,670 (this 'tem includes the bank's holdings of Eritish Treasury bills and other similar securities, subscribed with a view to supporting the financing of the Empire for municious and food supplies from Canada, and railway and other securities, \$2,333,212. The call loans in Canada are \$6,534,800, and call loans elsewhere \$2,322,000. The total of cash and liquid asset comprised in these items is equivalent to \$7 per cent. of the public liabilities, which is even stronger than the excellent showing made last year.

Chief among the non-liquid assets age, of course, the current loans and dis-

Chief among the non-liquid assets ale, of course, the current loans and discounts, of which the total in Canada is \$5.791,493, and outside of Canada \$3.154,481. Real estate other than bank prem ses amounts to \$7.70,603, mortgages to \$99,-974, overdue debts to \$250,294, and bank premises to \$1,166,299.

974, overdue debts to \$250,294, and bank premises to \$1,105,229.

The Union Bank made very satisfactory earnings during the year, not surprisingly large in relation to the volume of business, but substantial in relation to the capital of the bank, which has not increased since the days when the bank's business was only about one-half of what it is to-day. The earnings were \$753,463. Dividends and bonus, totalling 9 per cent. took \$450,000, and \$150,000 was transferred to Contingent Account, and \$50,000 paid in war tax. Contributions to various patriotic purposes and to the pension fund took \$55,000 and \$75,000 was written off bank premises, real estate and alterations, with the result that the balance of profits carried forward was increased from \$93,160 to \$106,624.

urgent business. About midnight the arsenal blew up with a tremendous roar which shook the earth, while

It is known that he died. The story of his last days is contained in a letter to Mr. Holmes from a doctor at the mission hospital where Greenway died:

"A fortnight.

In time of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MIN-ARD'S LINIMENT.

The above facts of writing the writing of the mission hospital where Greenway died:

"A fortnight yesterday an Arab woman brought her husband, an Englishman, to this hospital. He was suffering from acute dysentery, from which he died on August 26th

He had lost an arm recently, and his body was badly scarred by burn-ings. His wife, whose English is that he had served for some twelve months with the British forces in Mesopotamia. She had a letter which you had written to her husband, but she showed it to me so lealously that I was unable to make much of it. It was evident the poor creature prized it too highly to let it leave her hands. As far as I could make out, it told of toys or dolls sent out for their children, and it must include a reference to a necklace or apron, or ribbons-all of which she wore, and kept per petually fingering, with great pride and gratitude while she allowed me to glance at the letter. No doubt, though, she intended me to thank you frough, she intended he to thank your for gifts to the children if not for the things she kept fingering. I am dreadfully sorry for the little woman—very pretty and refined for an Arab. She was devoted to her husband—she must have been-for she carried him somehow, since he was far too weak to walk, or to sit on horseback (at best she must have held him on a horse) for more than seven miles. She was the picture of despair when he died, and four eighteen hours she mourned at his grave."

Minard's Liniment Cures Colds, Etc. QUALIFIED.

(Life)
Captain-Are you familiar with trench warfare? Recruit—Well, sir, I have ridden in New York subways for some years.

You never can tell about a man's ge. The fellow who boasts that he understands women must be younger

Sir Arthur H.
Harris, who
has been
made a Knight
Commander of
the British Em-

pire for his services in Canada as Director of Overseas Transport, is a son of the late Henry Vinton Harris of Devangert. Dev

Devonport, Dev-onshire, England. Educated at the

Devonport and Grammar

School he came to this country in

the seventies, en-

the seventies, en-tering the ser-vices of the Grand Trunk Railway, and ris-ing to the posi-tion of General Freight Agent Through Trails.

Through Trailic.

In 1902 he joined the Canadian Pacific Railway since which date to August 1914, he was actively engaged in initiative traffic for

His Majosty.

Stoke

Minard's Liniment Co., Limited.

tomer of mine, was completely cured

writing to him, to the parish priest or

St. Isidore, Que., May, '98.

ODDS AND ENDS.

Bolivia has five banks.

Vinegar and salt will polish brass. Paris tea rooms now substitute cof-

Carrots and peas mixed make a very

Hawaii has two mountains 14,000 feet high.

Mutton is one of the most easily digested meats.

Add a pinch of baking powder to

the pie crust. The Erie Railroad has discontinued

United States received 298,000 immi-

grants last year. The largest settlement in Green-land has a population of 800.

Southern California is gathering \$1,-

Bethlehem. Pa. is constructing 1,500 new homes for workingmen.

United States last year exported glass bottles valued at \$2,500,000.

Bracelets were worn by women in Egypt at the time of the Pharaohs.

One iron mine only has been discovered in Egypt which was worked by the ancients.

Official

Fruit jars can be easily opened if you will take hold of the top with a piece of sandpaper.

Of recent invention is a household heater that can be made to uti lize garbage for fuel.

A tree has been discovered in Mada gascar that produces coffee which is said to be free from caffein.

Wayne, Pa., has a hospitable farm of 160 acres for convalescents, dor by several wealthy persons.

A PRAYER

Lord watch o'er my boys to-night On the distant battlefield, And when dawns the morning light Be thou still their stay and shield; By their side be in the strife,
May they feel Thy presence nea
If it please Thee spare their life—
They to me, Lord, is so dear. near.

If Thou be their guard and guide Then to them can come no harm, They are safe what'er betide If encircled by Thine arm. Oft times they must lonely be Far from home and dear loved ones; Keep their mind, Lord, stayed on Thee, E'en amid the booming guns.

When the battle rages long Grant that they may firmly stand; in Thy strength they will be strong If Thou hold them by the hand, ord, when victory is won
And at last the war is o'er, When niv hero's duty done

Grant that we may meet once more MOTHER. Minard's Liniment Cures Diphtheria.

Worth Remembering.

For mildew, soak in weak solution of chloride-of-lime several Rinse well and lay in the sun.
To whiten yellow linens or lace
boil them in water to which a little bluing and the juice of a lemon has been added.

To keep fresh meat in hot weather, as soon as you get it, cover it with a muslin cloth wrung out of vinegar

a musin cloth wrang out of vinegar and put in a cool place. When boiling eggs, wet the shells of the eggs thoroughly in cold water before dropping in boiling water and

they won't crack. An envelope scaled with the white of an egg cannot be steamed open. Soak iron rust stains throughly in lemon juice ,then sprinkle with fine

salt and bleach in the sun several hours. Afterwards, wash with scap and rinse well. Don't waste a morsel of food, even the crumbs, when a loaf of bread is

cut. Gather up the crumbs, put them on a pan and brown in the oven, then into a paper bag and keep for frying

Grease spots-Hot water and soap generally remove these. If fixed by long standing ether, chloroform or naphtha. All three of these must be cept a safe distance from either fire or artificial light.

Take all ouds and ends of soap, tie them up tightly in a piece of soft liannel and dip them in boiling water until soft. Then place in cold water until firm and hard. Remove the flannel and you will have a nice ball of soap ready for immediate use.

WHEN BABY IS ILL

Mothers, when your baby is ill; when his little stomach and bowels are out of order; when he is troubled with constipation , colic, colds or his teething is painful give him Baby's Own Tablets—the perfect medicine for little ones. Concerning them Mrs. Alphonse Pelletier, St. Damase, Que., says: "Baby's Own Tablets are a grand remedy for little ones. I used haby with wond sults." sults." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

R.F.C. AVIATORS TRAINED SHOTS

Cadets Get Best Schooling of Any Service.

Strange Ways of Teaching Described.

Probably no soldier on the firing line in France receives a more thorough training in fnarksmanship and the use of machine guns than the man who soars above the battle line in the swift, far-darting scout aero-plane. His very value as a fighting plane. His very value as a fighting machine is measured almost entirely by his skill in using the Lewis or Vicker's gun with which his aeroplane is equipped. Consequently long before a cadet in the Royal Flying Corps has mastered flight he begins to learn to sight both of these deadly weapons. He studies the mechanism and construction closely—knows them so completely that in the moments of combat he will not be at a loss when his gun jams, because he has been taught to adjust it almost automati-

cally in a few seconds. cally in a few seconds.

Every aspirant to the great privilege of fighting the nation's battle above the clouds first learns the use of the machine gun—his only weapon of offence—by target practice on the ground. The guns are fitted with compensating sights, which in actual air fights allow for the speed of both speed of both aeroplanes. Special targets have been devised to test the cader's aim through these sights. To det's aim through these sights.. To quicken the 'eye, every cadet also takes practice in shooting clay pige-

ons.
The modern scout machines, incredibly swift machines, which hover above the lines, driving off the pry-ing eyes of the enemy—carry vicker's machine guns. These guns are fixed.

ISSUE NO. 4, 1918

HELP WANTED.

WANTED - PROBATIONERS TO train for nurses. Apply, Wellandra Hospital, St. Catharines, Ont.

WANTED-EXPERIENCED WEAV-ers and apprentices; steady work; highest wages paid. Apply, Slingsby Mig. Co., Lid., Brantford, Ont.

L GOM FIXER ON CROMPTON AND Krowles looms, running on heavy woollens and blankets. Good, steady position for right man. Advise age, and full particulars to Slingsby Mfg. Co., Ltd., Brantford, Ont.

WANTED FOR WEAVE ROOM-MAN WANTED FOR WEAVE ROOM—MAN with some experience in weaving department, to assist loom fixer; good opportunity to learn fixing; steady job and good wages; immediate or early engagement. Apply, stating age, experience, etc., to Slingeby Mig. Co., Ltd., Brantford, Ont.

MONEY ORDERS.

EXPRESS SEND A DOMINION EXPRESS Money Order. They are payable everywhere.

FOR SALE.

RIGLET CABINET AND WOODEN furriture. Assorted sizes. Never used. Will be sold at a bargain. Address Canada Ready Print Co., Hamilton, Ont.

FARMS FOR SALE.

C ARGAIN-FOR QUICK SALE ONLY-640 acres choice level wheat land in C entral Alberia; price \$25.00 acre, terms arranged; first crop should more than pay for the land; figure this out at 25 bushels per acre. J. C. Lesile & Company, Farm Lands, Calgary.

aeroplane To train cadets in this unusual method of shooting, a chair was invented called the "Rooking Nacelle." This device is moved about like the aeroplane with rudder and "joy stick." If anything aiming the "Rocking Nacelle" is more difficult than the actual aeroplane.

Aiming at pictures of aeroplanes painted on the ground or at towed tar-gets in the air, fighting duels with other cadets by means of camera guns which register hits on a photographic film, and chasing ministure balloons are other methods followed to make every aviater who goes into active service a first-class marksman filled with every confidence in his skill in using the machine gun. And these "sports" are but one phase of the many interesting studies the cadet in the Royal Flying Corps takes up. His training also includes a complete course in map-reading, and he must also become a past-master in the use of wireless telegraphy, for both these features of his training are essential when he is called upon to direct artii-

lery fire.

It can be said without exaggeration that any man who passes the tests imposed on applicants to the Royal Flying Course enters a course of training that is full of fascinating experiences and packed with ever-new interest.

YOU CAN MAKE \$2 TO \$75 WEEKLY, writing show cards at home. Easily learned by our simple method. No convassing or soliciting. We sell your work. Write for particulars,

AMERICAN SHOW CARD SCHOOL, 801 Yonge Street, Toronto.

Worth Knowing.

Stale sponge cake may be transformed into an excellent sweet by cutting it in slices, toasting is delicately and spreading whipped cream on each slice, into which drop a teaspoonful of quince jelly.

If colored ginghams, cambries, dimities and the like are soaked in a solution of sugar of lead for 15 minutes or so before washing, the colors will not fade. About a heaping teaspoonful to two or three gallons of tepid water will be sufficient.

Nothing looks werse than grimy mat-ting, and yet it is not difficult to keep it in good condition. First have it well shaken to remove all dust and then wash it with salt and water. It must not be made too wet, and well dried afterward with a cloth. If there are any stains alcehol will remove them.

One of the safeguards to health is frequent flushings of the various drains and waste pipes in the house. Hot water is better than cold for the purpose, and at least once a week a solution of sal soda or potash should be sent down all the sinks to remove the grease that adheres to the sides of the pipes.

Think Health.

It is not a fear of illness or of death that we should encourage, but a love of health, a sense of responsibility for the care of our bodies, a desire for bud-ily endurance and efficiency and full achievement.

and the mind is fixed on these ideals and the already known means of approaching them are utilized the needless miseries that emitties the lives of so many be left to take care of themselves. It is not so much necessary to fight disease as to cultivate health for the happiness, contentment and moral gain that it brings

A FAMILY ROW.

(Besten Transcript.)

Mrs Heddhan (during the row)—Phwat a full Of west of never saw yez till th' day before he unforcimit marriage.

Houlihae—Faith, Or wish ye hadn't seen me till th' day afther.

END YOUR atarrh TO-DAY!

Catarrh sufferers, meaning those with colds, sere throat, brenchial trouble, etc., can all be cured right at name by inhaling "Catarrhozone."
In using Catarrhozone you don't take melicine into the stomach—you

just breath a healing biny vapor direct to the lungs and air passages.

The purest balsams and the greatest artisoptics are thus sent to every spot-where catarrial trouble exists—germs are killed foul secretions are destroy-ed, nature is given a chance and cure

comes quickly.

Colds and throat troubles can't last
if the pure healing vapor of Catarrhis breathed-sneezing and ozone

coughing coase at three, because irritation is removed. Use Catarrhozone to prevent-use it to cure your winter ills-it's pleasant,

To aim them the aviator must aim the safe, and guaranteed in every case.



SIR ARTHUR H. HARRIS, Director of Overseas Transport.

engaged in initiating traffic for the Company's rail and ocean services.

On the outbreak of the war, the President of the Canadism Paolic offered Mr. Harris' services to the Imperial and Canadism Governments for the purpose of organizing and directing an Overseas Transport Department, the successful administration of which is new recognised by His Majonit's. colser-General of Canada, and nicce of the late Hon. Alexander Morris, fract Gevernor of Mantheba and the Tarritories.