

FIERY RED FACES and HANDS

Quickly Soothed and Healed by Cuticura... Bath freely with Cuticura Soap and hot water, dry and gently apply Cuticura Ointment.

Worth Remembering.

Hot water quick is the best treatment for a sprain till the doctor arrives.

A cut lemon rubbed across fish knives will instantly dispel the unpleasant odor.

To remove perspiration stain from linen, soak the clothing in strong salt 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 linoleum if you would have it smooth let it stay in place and be walked on for a few days before tacking it down.

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... never open the oven door after the cake is put in till cake is set and partly baked.

STIFF TRAINING OF AN AVIATOR

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

Some of His Studies Are Described.

Each week that passes sees a new batch of young men granted commissions in the Royal Flying Corps, men who possess the dash that disregards danger, men whose hearts have responded to the rolicking call of adventure.

Canada the man who would fly is sent for about six weeks to the School of Military Aeronautics, held in the halls of the University of Toronto.

Come to Toronto TO DO Your Buying

In addition to the outing and change, a shopping trip to Toronto will save you much money. The advantage of buying in a large metropolitan city are very many.

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.

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.

Then when the cadet has shown himself a master of these principles, he goes up alone in the air for the first time. He is watched with the most infinite care by the instructors below.

How Kidney Trouble Struck Uxbridge Man

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

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

Uxbridge, Ont., Jan. 21.—(Special).—Mr. R. J. Thompson, who lives on R. R. No. 2, near here, is loud in his praises of Dodd's Kidney Pills.

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

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 Greenway, who had tied justice in his native land, became a resident of Arabia, and settled near Aden with an Arab wife.

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 demonstrate his importance.

ANNUAL STATEMENT OF UNION BANK OF CANADA IS STRONG

Assets increased during the year by over \$1 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 ending November 30, 1917.

The balance sheet shows that the bank now has liabilities to the public totaling \$122,125,444, the figures for all classes of deposits and note circulation showing heavy increases.

Against these liabilities the Union Bank possesses, as already stated, assets to the amount of \$143,411,927, and of this amount \$77,001,391 consists of cash and promptly realizable balances and securities.

The Union Bank made very satisfactory earnings during the year, not surprising 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.

urgent business. About midnight the arsenal blew up with a tremendous roar which shook the earth, while flames ascended hundreds of yards to illuminate an inky sky.

The rest of the narrative tells of Greenway at his father-in-law's home at Mocha, slowly dying of dysentery. 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 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 burnings. His wife, whose English is very imperfect, made us understand that he had served for some twelve months with the British forces in Mesopotamia.

Mr. Thompson is only one of many in this neighborhood who look on Dodd's Kidney Pills as a remedy for kidney ills. They are purely a kidney remedy, and are used for all kidney troubles from backache to Bright's Disease.

King Honors C.P.R. Official

SIR ARTHUR H. HARRIS, who has been made a Knight Commander of the British Empire for his services in Canada as Director of Overseas Transport, is a son of the late Henry Wilson Harris of Devonport, Devonshire, England.



SIR ARTHUR H. HARRIS, Director of Overseas Transport. He is a member of St. James' Club, Montreal; Rideau Club, Ottawa; and the Montreal Royal Golf Club.

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 water heater that can be made to utilize garbage for fuel.

A tree has been discovered in Madagascar that produces coffee which is said to be free from caffeine.

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

A PRAYER

Lord watch o'er my boys to-night On the distant battle-field; 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 near, If it please Thee spare their life— They to me, Lord, is so dear.

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, Lord, when victory is won And at last the war is o'er, When my hero's duty done Grant that we may meet once more.

Worth Remembering.

For mildew, soak in weak solution of chloride of lime several hours. Rinse well and lay in the sun.

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

Soak iron rust stains thoroughly in lemon juice, then sprinkle with fine salt and bleach in the sun several hours. Afterwards, wash with soap 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 fish.

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

Take all odds and ends of soap, tie them up tightly in a piece of soft flannel 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.

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 marksmanship and the use of machine guns than the man who soars above the battle line in the swift, far-ranging scout airplane.

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.

ISSUE NO. 4, 1918

HELP WANTED.

WANTED—PROBATIONERS TO train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

WANTED—EXPERIENCED WEAVERS and apprentices; steady work; highest wages paid. Apply, Slingsby Mfg. Co., Ltd., Brantford, Ont.

LOOM FIXER ON CROMPTON AND Knowles looms, turning 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 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, Slingsby Mfg. Co., Ltd., Brantford, Ont.

MONEY ORDERS.

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

FOR SALE.

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

FARMS FOR SALE.

BARGAIN—FOR QUICK SALE ONLY—The 600 acres choice level wheat land, C. central Alberta; price \$25.00 acre; terms arranged; first crop should more than pay for the land; figure this out at 25 acres. Write for details to J. Leslie & Company, Farm Lands, Calgary.

aeroplane To train cadets in this unusual method of shooting, a chair was invented called the "Rocking 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 targets in the air, fighting duels with other cadets by means of camera guns which register hits on a photographic film, and chasing miniature balloons are other methods followed to make every aviator who goes into active service a first-class marksman fitted 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.

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.

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

It colored ginghams, cambrics, 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.

Worth Knowing.

Nothing looks worse than grumpy matting, and yet it is not difficult to keep it in good condition. First wash it well with soap to remove all dirt 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 alcohol will remove them.

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, the desire for endurance and efficiency and full achievement.

A FAMILY ROW.

Mrs. Higginson (during the row)—Phew! a full glass of water on my eye till I can't see before my wedding! Husband—Phew! O, wish you hadn't seen me till the day after.

END YOUR Catarrh TO-DAY!

Catarrh sufferers, meaning those with colds, sore throat, bronchial trouble, etc., can all be cured right at home by inhaling Catarrh-ozone. In using Catarrh-ozone you don't take medicine into the stomach—just breathe a healing vapor direct to the lungs and air passages. The pure balsams and the greatest antiseptics are thus sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance and cure comes quickly.