



Saved by Their Horses.

An Australian Anzac writing home describes the sagacity of his horse: "It's wonderful how a horse knows danger in the firing line. During a recent push in Palestine my horse, for instance, understood exactly the difference between a shell coming over and one likely to land anywhere near our lines. When the buzzing of a Taube's engine had been heard in the distance I've known them to stop and race for miles before they halted. But when the machine disappeared they returned back. I've patrolled close to Turkish positions on dark nights, and although there has been no sign of a hidden enemy my horse has suddenly reared, and the next second a shot from a nearby bush or cactus grove has rung out. Many a Light Horseman owes his life to this strange instinct amongst the hoofed Australians."

Worth Knowing.

Bread should be baked slowly and long if you want good, sweet bread. If it is baked too quickly it is apt to be sour.

When applying an ice bag a cloth should be wrung out of ice water and put between the patient's head and the ice bag.

Greens should be cooked in their own moisture in the double boiler or plunged into rapidly boiling water, salted, and cooled and drained while they are still green.

Strawberry shortcake with whipped cream colored green with pistache is attractive to behold and very good to eat. Never make strawberry shortcake with cake dough. The original shortcake mixture is like baking-powder biscuits. Roll out the dough and divide in equal parts. Spread one piece with butter, and place the other piece on it. Bake and while hot gently separate the two pieces. Spread with the berries and put together again. Serve with cream.

Minard's Liniment Cures Burns, Etc.

TO LIVE 1,000 YEARS.

All That is Necessary is to Eliminate Waste and Disease.

"Death under fifty or sixty years of age has got to be prevented or avoided," said Sir George Newman recently.

Why should Sir George Newman limit the age at sixty? Seeing that sanitation and preventive medicine have already raised the expectation of life at birth from forty years in 1834-64 to fifty-one in 1908-13, why should not people live normally to be 100 or even more?

Minard's Liniment Co., Limited.

Dear Sirs—I had a Bleeding Tumor on my face for a long time and tried a number of remedies without any good results. I was advised to try MINARD'S LINIMENT, and after using several bottles it made a complete cure, and it healed all up and disappeared altogether.

DAVID HENDELSON, Belleisle Station, Kings Co., N. B., Sept. 17, 1904.

Scientists have agreed that there is nothing to prevent the human body living and enjoying the full possession of its faculties for an indefinite number of years, 500 or even 1,000, providing disease and waste matter are eliminated from the frame.

Old age is caused by the gradual accumulation of calcareous matter in the veins, tissues and joints, which leads to stiffness, ossification, and eventually death, through the organs being unable to work. Eliminate this waste matter, which is mainly lime, and, if scientific theories are true, there is little to prevent you living indefinitely.

This is the base of all the methods of prolonging life, such as the drinking of sour milk, which has the property of dissolving lime in the system. The apple, which is curiously enough, is popularly supposed to be the "tree of life," the fruit of which Adam and Eve "did eat," has similar properties. Buddhist monks in Tibet undoubtedly live and retain their faculties to abnormal ages, which they attribute to their sparse diet of apples and rice. Hindu fakirs declare that youthfulness of body, not of mind, can be retained to any age by frequent baths in diluted glacial acetic acid. These acid baths certainly dissolve lime and calcareous matters, and it is noteworthy that apples contain a quantity of this chemical. Michael Angelo, who died through an accident at 83, declared that eating grapes and drinking wine was the secret of his unimpaird vitality.—Tit-Bits.

Minard's Liniment Cures Dandruff.

DROPPING A PICTURE. Traveller (on the aerial express)—"I want to drop into Hickville, conductor?" Conductor (looking at watch)—"Strap on your parachute—you walk the plank in seven minutes!"—Buffalo Express.

Advertisement for The Walker House, featuring an illustration of the building and text: "When you think of TORONTO always think of THE WALKER HOUSE. It is the Personal Service that Plases... The House of Plenty."

Catarhal Deafness Cannot Be Cured

By local applications as they cannot reach the diseased portion of the ear there is only one way to cure Catarhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. The inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by the inflammation of an inflamed condition of the Mucous Surfaces.

ONE HUNDRED DOLLARS for any case of Catarhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE.

All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

TIMELY RECIPES.

A DISH OF PINEAPPLE. Pineapples are coming into market, and by the middle of the month the small strawberry pines will be plentiful of good quality and not expensive; the larger ones are not likely to appear in quantity before June. In using this fruit as a dessert it must be remembered that in combination with gelatine pineapple always cooks. The fruit contains a powerful ferment which, like pepsin, will digest and liquefy gelatine and other nitrogenous products. A very pretty way to serve the fresh fruit is here illustrated. After brushing, washing and drying, the pineapple, rind and all is laid on the lengthwise, then cut into slices with a sharp knife; the edible portion is cut out, leaving the rind intact; each slice is cut evenly by carefully slipping a knife into the rind and all put together on a serving dish, so that apparently it has only been halved, the central portion serving as the "eye" in position, adding the finishing realistic touch.

RAISIN PUFFS.

Cream one-half cup butter, add two tablepoons sugar, two well-beaten eggs, one cup milk, two cups flour, one-quarter teaspoon baking powder and one-quarter teaspoon salt, one cup seeded raisins cut in small pieces and dredged with one-quarter cup flour, turn into buttered cups. Steam about 35 minutes. Serve with plain or whipped cream, sweetened and flavored to taste.

OXFORD JOHN.

This is an old English dish that offers a simple but delectable way of reheating cold meat. Brown well in butter slices of cold mutton; add one cup rich stock or gravy, and a teaspoonful of currant jelly, and season with salt and pepper, onion juice, a little chopped parsley and a blade of mace. Simmer for five minutes. Arrange the slices on a platter, surrounding a low mound of mashed potatoes. Strain the gravy over the mutton, garnish with a large spoonful of jelly.

TONGUE FILLETS.

Cut cold beef salted tongue in pieces about four inches long, two inches wide and half an inch thick; dip in melted butter and in flour; for eight fillets put two tablepoons of butter in the frying pan and when hot put in the tongue; brown on both sides; remove and put one more spoonful of butter in the pan and add one teaspoonful of minced parsley and one teaspoonful of lemon juice; let this boil up and pour over the tongue, which has been placed on thin strips of toast; garnish with parsley and serve. This is one of the best ways known for serving left-over tongue. Fresh tongue may be used, in which salt will be required.

FRIED APPLES.

Slice some ripe tart apples; beat two eggs, sweeten and flavor; dip in the slices of apple and fry in butter.

CRACKED WHEAT.

Stir a teacup of cracked wheat into a quart of boiling water; boil slowly one hour; serve with sugar, cream and nutmeg.

CHICKEN CROQUETTES.

Take one cold boiled chicken, chop fine, with a teacup of suet, two prigs of parsley chopped, one nutmeg grated, a table-spoonful of minced onions, the juice and grated rind of one lemon, salt and black pepper to taste; mix all well together; add a teacup of cream; mold into croquettes, dip in beaten egg, and roll in pounded cracker; fry in boiling fat.

When mixing thickening for gravies, tomatoes or soups, beat it with a fork instead of a spoon. It will take only about one-third of the time and the thickening will be much smoother.

Keep a clean scrub brush on hand, and after using baking board put it under faucet and scrub it, also the rolling pin. Takes less time and is much easier than the old way.

For salad, croquettes, soufflé or loaf, a veal forequarter and neck are cheaper than and fully as good as the hindquarter used for roasts and cut-lets. A meat pie of rump steak and other inexpensive portions of beef is more juicy than if made of the drier roast.

Dry ends will be left from roasts, steaks and chops. These, however juiceless, may be made into delicious mixtures with the use of savory sauces and a few slices of ham, bologna or tongue, or a slice or two of each minced fine.

A piece of ice in the refrigerator is worth two freezes on the wall.

Bits of soap are often a nuisance when they are kept for future use. They may be used up at once if they are put in a little dish as in a jelly-mould and boiled with a small amount of water for two minutes, then cooled in the mould. A cake of soap in which these bits are held together will result.

He—Dearest, we must be practical and economical these times. Can you make bread? She—Yes, Harry; can you furnish the dough?—Baltimore American.

FREE To Asthma, Hay Fever and Catarrh sufferers. Write to-day and get a trial treatment of the world's greatest remedy, Buckley's two bottle mixture; nothing ever made like it... One bottle gives instant relief, while the other drives the poison from the system. Something different; no burning or nerve wrecking drugs, but two scientific mixtures that will conquer any of the above ailments. Don't hesitate a minute longer. Fill out the blank below and get started on the road to health. W. K. BUCKLEY MANUFACTURING CHEMIST, 97 Dundas St. East, Toronto.

CANADIAN CHEMICALS

Survey of Industrials by Dominion Bureau.

At the request of the Honorary Advisory Council for Scientific and Industrial Research, the Dominion Bureau of Statistics has completed a special survey and directory of Canadian chemical industries. The chemist in charge was Mr. S. J. Cook, B. A., A. I. C., who has introduced the report with a summary of war-time enterprise and accomplishment which must rank as a proud chapter in the development of Canadian industry. Mr. Cook refers to the construction of Shawinigan Falls, Quebec, of one of the largest power reservoirs in the world, second only to the great dam at Gatun. A city with great industries has grown up at Shawinigan and there the world's largest glacial acetic acid plant was built for war purposes, an entirely new process beginning with acetylene having been developed. Other important chemical products of the highest grade are being manufactured there, while two plants at Shawinigan are producing aluminum.

Mr. Cook reports that salicylic acid and its derivative, aspirin, are now made in Canada, as are many other chemicals. New disinfectants, closely resembling former German products, are appearing from Canadian factories. Mr. Cook enumerates a large number of other chemicals which are now being produced in Canada for the first time in commercial quantities. He also tells of the expansion in lines of production which, before the war, were comparatively undeveloped. But public support is essential if this progress is to be maintained. War demands built up in Canada a number of large industries employing thousands of workers and unless many of these factories can find peace-time uses for their products much of the advantage will be lost. Already many of the plants operated by the Imperial Munitions Board have been closed and, in some instances, dismantled, but there remain many plants in the chemical field which are still operating and there is room for others. Mr. Cook points out that "in every land where an industry of national importance is to be built up, the people must be educated to its importance and value."

ON THE MARRIAGE DAY

Romance ceases and history begins—and corns begin to grow, too, when "Putnam's" is applied—it takes out roots, branch and stem. Nothing so sure and painless as Putnam's Corn and Wart Extractor; try "Putnam's," 25c at all dealers.

WORTH KNOWING.

Custard can be sweetened with honey.

Apples will form the basis of almost any jelly.

Use raisins for sweetening in rice pudding.

Any banana can be used for making narmalade.

Good salads can be made of potatoes and saltmackerel.

Uneaten cereals can be used to thicken soups, stews or gravies.

If it is necessary to keep beef for a time immerse it in sotm milk.

When mixing thickening for gravies, tomatoes or soups, beat it with a fork instead of a spoon. It will take only about one-third of the time and the thickening will be much smoother.

Keep a clean scrub brush on hand, and after using baking board put it under faucet and scrub it, also the rolling pin. Takes less time and is much easier than the old way.

For salad, croquettes, soufflé or loaf, a veal forequarter and neck are cheaper than and fully as good as the hindquarter used for roasts and cut-lets. A meat pie of rump steak and other inexpensive portions of beef is more juicy than if made of the drier roast.

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He—Dearest, we must be practical and economical these times. Can you make bread? She—Yes, Harry; can you furnish the dough?—Baltimore American.

ROSE TO OCCASION.

Novel Method of Hustling Land Agent to Force a Sale.

America is known as the home of the enterprising land agent, and probably no feat performed elsewhere in the line of selling lots has been equaled by the exploit of one Los Angeles man. He had almost convinced a customer of the merits of a certain suburban lot, but the prospective client demurred at signing a contract without seeing the property for which he was expected to pay out his good money.

It was a little too late in the afternoon to go out, and, besides, the agent's motorcar was in use, but it would never do to let his customer get away, as he might change his mind or see some other agent.

The salesman had an idea. A showman's captive balloon makes frequent ascents just a few streets away from his office, rising to the end of a 1,000-foot cable and carrying passengers at \$1 a trip.

With a little urging the customer was induced to make the aerial journey, and from that altitude the agent pointed out the suburban lot, showing its exact location and the character of the surrounding property quite as clearly as if they were actually on the ground. Before they descended the man had agreed to buy the lot.—Los Angeles Times.

Wool's Fibroplasia.

The Great English Remedy. It cures all diseases of the blood, such as Rheumatism, Gout, Gravel, Dropsy, Neuritis, Neuralgia, Sciatica, Palsy, Paralysis, St. Vitus' Dance, Epilepsy, Hysteria, and all other nervous diseases. It is the only medicine that cures these diseases. It is sold by all druggists and chemists. Price, 25c per bottle. Sold by all druggists and chemists. Price, 25c per bottle. Sold by all druggists and chemists. Price, 25c per bottle.

A Horse's Devotion.

A touching story of a horse's devotion to its master comes from a Bedfordshire correspondent. Soon after the war broke out a horse, of which the owner (a farmer) was very fond, was requisitioned by the military authorities, and was shipped to France.

For two years it played its part in the great war, but apparently it never forgot the master at home. Eventually it was sent back to England, where it was re-offered for civilian purposes.

Curiously enough, it was another Bedfordshire farmer who bought it. There some chagrin in the animal's memory seems to have been touched, and its thoughts turned toward its old master. Anyhow, the original owner was disturbed one night by a noise at the garden gate, accompanied by the stamping of hoofs.

Going out, he saw a horse poking its head over the gate. He tried to frighten it away, but the animal would not budge, and on going up to it he was amazed to find it was his old horse.

All the horrors of war, coupled with two years' separation, had not killed the animal's love for its old master, and at the first opportunity it had made its way home.—London Chronicle.

Minard's Liniment Relieves Neuralgia

BUDDA'S TOOTH.

Famous Relic Caused International Strife.

To make full confession I had not even known that the festival would fall in the year of our visit, not to speak of the very week. Of course every lover of the East has learned that the Sacred Tooth is exhibited every five years for the adoration of the faithful, and that in the interval neither prince nor millionaire can obtain a glimpse of its venerable form.

Both the official head of Buddhism in Ceylon and the British representative would have to agree to my departure from this usage, so the relic is strictly observed. One instinctive by asks why the relic is so sacred. The history of this solemnly guarded treasure, as narrated by the Sinhalese priests, may be summarized as follows: When Buddha's body had been buried, an Arahant took an unconsumed fragment from the ashes of the funeral pyre. This was the left canine tooth, destined to become the most celebrated of the many wondrous relics of the founder of the faith.

After a rather peaceful existence of about eight centuries in the southern peninsula it became so famous and created such disturbance in the Bramanic community that it was surreptitiously carried to the Buddhist cen-

tre in Ceylon concealed in the tresses of the Princess Kalinga. Naturally, such a priceless possession proved the cause of international strife. Once, at least, it was carried back to the mainland of India, but was recovered by Prakrama Bahu the Third, to become once more the source of untold blessings.—F. R. Hellems, in Asia.

Fashion's Pet.

The separate shirt. For glorified sports wear. It's often transparent. One finds it accordion pleated. And the latest is ticked from hem to belt. Inch-wide are the tucks, and each piped with metal cloth.

Helps a Weak Throat Strengthens the Voice Cures Bronchitis

By Breathing the Healing Balsams of Catarrhoxone You Are Cured Without Using Drugs

You breathe through the Catarrhoxone inhaler medicated air that is full of healing, soothing balsams, full of piney antiseptic essences that resemble the air of the pine woods in the Adirondacks. This piney vapor has a truly marvelous action on weak throats. It brings strength and health to the bronchitic, stops that hacking, irritating cough, prevents hoarseness and difficult breathing. You can't find anything for weak-throated people on earth more beneficial than Catarrhoxone. It means heaven on earth to the man that has had bronchitis, catarrh or throat irritation. You will realize this the first time you use Catarrhoxone which is a scientific preparation specially designed for diseases of the nose, throat and bronchial tubes. Get the large size, it lasts two months, costs \$1.00; medium size 50c; sample size, 25c. All storekeepers and druggists of the Catarrhoxone Co., Kingston, Canada.

PROTECTS BIRDS.

Quebec Sets Aside Perce Rock for Them. It is an encouraging sign when grave politicians like those who make up the Parliament of Canada and the Legislature of Ontario and Quebec forget politics and consider the welfare of the birds of the nesting ground. The Bird Rocks, these neighbors was the passing of an act by the Legislature of Quebec, establishing Perce Rock, the Bird Isles of Bonaventure Island, and Bird Rocks, in the Gulf of St. Lawrence, as sanctuaries for the sea birds that abound in that region. In 1918 the Federal Government set aside Pointe-a-la-Peine as a national park and bird sanctuary, and in 1917 the Ontario Government set apart two Crown game preserves and bird sanctuaries, one located near Collingwood, known as Peasehawk farm, and the other a district in Essex County, surrounding the farm of Jack Miner, who has, perhaps, the largest private sanctuary in the world. Perce Rock, which forms one of the scenic features of the Bay of Chaleur contains about six square miles and rises to a height of over 300 feet, and upon its ledge thousands of birds nest without fear of molestation. This rock, it is believed, is the sole refuge of the herring gull and the crested cormorant. The Bird Rocks, a group of three, belong to the Magdalen Islands, and lie 100 miles off the coast of Gaspe. On Great Bird, which contains about seven acres, is situated the lighthouse, and here the auks, the Solan eases, and kittiwakes in great numbers have their nests.

Minard's Liniment for sale everywhere

The Coldstream Guards.

The Coldstream Guards is a regiment of footguards in the British army, forming part of the royal household brigades. It is one of the oldest regiments of the British service, dating from 1659. In that year Gen. Monk, who, after the death of Cromwell, took sides with the Parliament and the army, organized the regiment at Coldstream, a border town of Berwickshire, Scotland, whence the name of the regiment, and marched with it into England. It has seen service in every British campaign of any magnitude, and has emblazoned on its regimental colors the names of many of the most brilliant victories of British arms.

Scan Well the "Printed Age."

The fact that we read from a printed page sometimes gives a false authority to the thoughts expressed. We remember Rhinegold's indignation in King's story, when he discovered that Yates had lied "in print." "Have a vigilant eye," says Milton, "how Books demean themselves as well as men, and do sharpest justice on them as malefactors."

The Arena.

The arena palm is useful. It grows wild in the Dutch East Indies. Its leaves are covered with long, black fibres. These fibres appear after the old leaf-stalks have withered. The arena fibre is known by the natives as "gemutu," "duk" and "indjuk."

They use it for roofing their huts, in making small stiff brushes, in house and boat building.

The arena fibre has great resistance to water, and consequently makes a fine coating for submarine cables.

Sago and palm sugar are also obtained from the arena, which is known to botanists as "Arena saccharifera Labill."

A THEORIST.

"I always believe in saving something for a rainy day."

"How much have you saved?"

"Oh, I haven't saved anything, but I believe in it."

HELP WANTED—FEMALE

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

FARMS FOR SALE

IF YOU DESIRE TO SELL YOUR farm send me full particulars and have description published in my new Catalogue. No expense whatever to you unless I effect a sale. J. D. Biggar, 235 Clyde Block, Hamilton, Ont.

200 ACRES, FINE STOCK AND grain farm, in Township of Arthur County of Wellington, with bank barn 56 x 80, stone house, good orchard, well watered and fenced, 20 acres hardwood bush, and 120 acres under cultivation, for further particulars for price, send stamp. Apply to Jas. McMillan & Sons, Mount Forest, Ont.

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington, Lot 17, Concession 7, all cleared and in good state of cultivation, new bank barn 56 x 66, log house, two good wells, one mile from Kenilworth, church, school, and good market. For particulars, apply to owner, Mrs. Lynch, 900 Crawford St., Toronto, Ont.

OR SALE—96 ACRES, NORTH HALF Lot 6, Concession 1, Beverly, 5 miles east of Galt, good buildings, well fenced, well watered, in first class condition. Big phone, rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 6.

FARM FOR SALE—50 ACRES, NORFOLK COUNTY, 14 miles from Simcoe; close to electric railway; soil sandy loam, all clear, natural drainage. Frame house, two barns, two good wells, spring creek through farm; will sell with or without improvements. Price falling. This is a first class farm, in a splendid district. Dreher Bros., R. R. No. 6, Simcoe, Ont.

IMPROVED GRAIN, STOCK, FRUIT, Garden lands, Norfolk County. Get description. W. Lewis, Waterford, Ont.

MUSKOKA FARMS—ONE TO TWO hundred acres; wood, stock, or crops. Farms, buildings, fences. Address Realty Co., Box 229, Bracebridge.

300 ACRES EXCELLENT GRAIN, Stock or Dairy farm, Esquimaux of Halton County. Very fertile. Three stations within three miles. Will sell half separately. H. G. Cockburn & Son, Guelph, Ont.

200 ACRES LOAM—LOT 5, 5TH CON-CESSION, Township Ernestown, county Lennox, between Napanee and Kingston; 120 acres cultivated, 80 pasture, small timber, new granary, two pig pens, chicken house; school opposite corner; rural mail; telephone. Benjamin Davis Estate, Odessa, Ont.

38 ACRES—ALL PLANTED TO FRUIT, except about 5 acres. Good 10 roomed house, large barn, stable, Fruit house and poultry house. Soft and new granary, well best of soil. On Barton Street, eight miles from Hamilton, sell as a going concern. Horses and implements. Ill health prevents selling. Will sell for some exchange. Address P. O. Box 65, Hamilton.

MISCELLANEOUS

DEMIT BY DOMINION EXPRESS Money Order. If lost or stolen you get your money back.

FOR SALE—FIFTY SHARES ANZAC Gold Mines at sixty cents each. W. Hayland, 27 George street, Toronto.

THE MARKET PLACE

AUTO OWNERS AND MECHANICS. Don't lose your tools. Stamp your name on every one and be insured against loss and theft. We will make for you a stamp hand cut from tool steel; it will last a life time; send 3c for each letter of your name and the postage. If only your initials are required send 2c. Stamp & Die Works, Waterdown, Ontario.

HOME BUILDERS.

Write for Free Book of House Plans, and information telling how to save from two to four hundred dollars on your new home. Address, Halkley Company, 21 Jackson Street East, Hamilton, Ontario.

BUSINESS CHANGES

TO LET—A BLACKSMITH SHOP AT Carleton Place; a good opening for a good tradesman; first class business stand. Apply J. B. Calder, R. R. No. 3, Glanford Station, Ont.

POULTRY WANTED.

POULTRY WANTED, ALL KINDS. Poultry alive 25 cents a pound, any kind, any size, no deduction for shrinkage. I pay express in Ontario. Samuel Lewis, 600 Dundas West, Toronto.

EDUCATIONAL

PARK Business College

The school for best results. 72 James St. N., Hamilton, Ont.

Thorough courses—Shorthand, Clerical, Bookkeeping and Secretarial. Excellent opportunities for Public School teachers and High School graduates. For full particulars, rates, etc., send for free Circular "A." In estimating value, you must consider service, quality and price—not price alone. It is not so much what you pay; it is what you receive, that is vital to you. We give personal attention, individual instruction, and prepare our students thoroughly for superior positions.

Write us to-day. New students enrolled every Monday.

The best is the cheapest in the end.

Park Business College

A. J. Park F. W. Park HAMILTON, ONT.

DODD'S KIDNEY PILLS

ALL KIDNEY DISEASES. RHEUMATISM. BRIGHT'S DISEASE. DIABETES. GRAVEL. NEURALGIA. MIGRAINE. HEADACHE. BACKACHE. STIFFNESS. SWELLING. PAIN. ITCHING. BURNING. STINGING. BRUISES. SCALDS. BURNS. SORES. WOUNDS. CANKERS. FISTULAS. HEMORRHOIDS. PILES. BRUISES. SCALDS. BURNS. SORES. WOUNDS. CANKERS. FISTULAS. HEMORRHOIDS. PILES.

They use it for roofing their huts, in making small stiff brushes, in house and boat building. The arena fibre has great resistance to water, and consequently makes a fine coating for submarine cables. Sago and palm sugar are also obtained from the arena, which is known to botanists as "Arena saccharifera Labill."

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SEND YOUR CREAM To the Best Market in Canada. We supply cans and pay express. Cash weekly. Write for cans now. Don't let your biggest month go by without taking advantage of our prices. Representatives wanted in every locality; write us. H. N. CARR & CO., Ltd. 193 King St. East Hamilton, Ont.