

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for women's ailments I ever saw."—Mrs. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years experience is at your service.

WINNING AFRICA FOR THE ALLIES

(New York Sun.)

A despatch from London says that two railways have been built during the war in allied territory in Central Africa. The two roads referred to are evidently the line connecting Kambove with Bukama on the Congo and that joining Kabalo on the Congo with Albertville on the west shore of Lake Tanganyika. These names mean little to the outside world; yet the roads joining these towns in the vast area of tropical Africa, when considered with the possibilities offered by the allied conquest of German territory in that region, will be strong factors in deciding the future of Africa.

These two railways, by opening up many routes in Central and Eastern Africa, have afforded the white man an easy means of exploring a practically unknown land and of developing one of the richest tropical regions of the earth. They have made it possible to cross the once "Dark Continent" at the equator by railway and steamboat from the Indian Ocean to the Atlantic. By stages this route is

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINDO,
"Woodlands," Middleton, N. S.

from Dar-es-Salaam on the German East African coast, by the acquired German Central Railway to Ujiji, on Lake Tanganyika, across the lake by steamer to Albertville, then by the recently constructed road to Kabalo, thence by rail and steamboat down the Congo to the Atlantic coast. This route either passes through or tributary to the territory of Great Britain, Belgium, Portugal and France.

Besides furnishing this east and west line across Africa, the railroad builders have completed links in the Cape to Cairo line. The railway from Kambove to Bukama is really an extension of this project northward from Elisabethville. By the use of this road, the Congo steamer and the railway from Kabalo the traveler can reach Lake Tanganyika. The continuation of the British occupation of German East Africa after the war will solve a puzzling part of the projected line, the link between Lake Albert and the existing Central and South African system of railways. There are now three possible routes by which former German territory and former German railways can be made

available. Any one of these will more quickly realize the Cape to Cairo project than previous plans, and also at much less expense. At the same time these new plans provide for connecting lines to ports on both the eastern and western coasts of Africa. It is now asserted that a through communication from South Africa to the Mediterranean and with connecting east and west lines will be established in less than ten years.

With the completion of these means of communication the real development of the tropical resources of Central Africa will begin. It will be an entirely different development from that which the Germans contemplated. They had not looked upon their African possessions as possible homes for settlers, but as fields for the production of materials for German manufacturing through native labor. What the people of South Africa, England and other allied nations of Europe with African colonial possessions ask is that the men who have fought for their cause may have the land for homes, and that they may reap the advantages that will result from its development.

This is the practical working out of Cecil Rhodes' project for the formation of a federation of Africa States united by a common interest. But even he, great empire builder as he was, could never have conceived of the forces that eventually were to carry his masterful ideas to success.

Minard's Liniment Cures Burns, Etc.

Had a Slim Chance.

Being firm friends, Marie's two lovers decided that one must end his courtship to help the other. When Alex suggested "heads or tails" no coin was at hand. He agreed to the use of Sandy's pocketknife, but was ill prepared for his friend's words as the knife shot upward: "If the knife stays up you win!"

EVER FEEL "DOPY" AFTER MEALS?

At times we all feel dull and heavy. Just one thing to do—relax the bowels and cleanse the system with Dr. Hamilton's Pills. Unclean matter is flushed out, the liver is toned, blood is purified, and at once you feel better. Good health and jovial spirits are quickly found in this celebrated medicine. Enormous benefits follow the use of Dr. Hamilton's Pills in every case; they are very mild, very prompt, and guaranteed by the makers. Insist on getting Dr. Hamilton's Pills, 25c. per box everywhere.

Most Pertious Trade.

It is not the trapeze performers, the steeplejack or the old-time sailor who faces the greatest peril in his work, but the ship's rigger who combines all three of these callings. During the present war, with the reappearance of sailing vessels in our ports, the ancient profession of ship's rigger has been suddenly revived. The seaports have been scored to discover old riggers, for their service to-day is invaluable. The skill and daring of American ship's riggers was once as famous as that of the Yankee skippers, says Boys' Life.

When a sailing vessel comes into port in need of repairs the ship's rigger is the first man aloft. It may be impossible to tell if her rigging will support a man's weight. The ropes may be covered with ice. The rigger must judge the strength of the ropes with his eye and risk his life upon them. A trapeze performer in the circus must trust his weight to ropes high in air, but he is sure that they are strong and will bear his weight. The ship's rigger must swing himself in quite as perilous positions and remain there for hours, doing the hardest kind of work.

The sailing of the ship usually waits upon the rigger's make, and the expense of waiting the crew and delaying the ship makes it necessary for him to work with fearful haste day and night.

Minard's Liniment Cures Canker.

Lazy Larks.

Investigation has ruined the lark's reputation for early rising. That much celebrated bird is quite a sluggard, as it does not rise until long after chickens, linnets and a number of hedge-row birds have been up and about for some time.

"Never despair. Somewhere beyond the clouds the sun is shining." "Yes and somewhere below the sea there's a solid bottom. But that does not help a man when he falls overboard."—London Opinion.

CABBAGE PLANTS

Of all leading early and late varieties, 50c per hundred, mail prepaid, \$2.50 per thousand, express collect.

Also Cauliflower, Brussels Sprouts and Onion Plants.

Plants are being shipped successfully to all parts of Canada.

Ask for price list, Dept. "H."

HEROLD'S FARM,

Fruitland, Ont. Niagara District

Only a Dad.

(Detroit Free Press.)
Only a dad, with a tired face,
Coming home from the daily race,
Bringing little of gold or fame,
To show how well he has played the game,
But glad in his heart that his own re-joice
To see him come and hear his voice.

Only a day, of a brood of four,
One of ten million men or more,
Plodding along in the daily strife,
Bearing the whips and scorns of life
With never a whimper of pain or hate
For the sake of those who at home await.

Only a dad, neither rich nor proud,
Merely one of the surging crowd,
Tolling, striving, from day to day,
Facing whatever may come his way;
Silent, whenever the harsh condemn,
And bearing it all for the love of them.

Only a dad, but he gives his all
To smooth the way for his children small.
Doing, with courage stern and grim,
The deeds that his father did for him,
This is the line that for him I pen
Only a dad, but the best of men.

Minard's Liniment for sale everywhere

Household Leaks.

Cheese permitted to mould.
Lemons left to dry up.
Dish towels used for holders.
The kerosene can left open to evaporate.
Soap used without first being allowed to dry.
Too much starch made and thrown away.
Corks left out of vinegar and molasses jugs.
Pails and wash tubs left to dry and fall to pieces.
Soap left in the dish pan or bath tub to dissolve and go to waste.
Pieces of bread and cake allowed to dry and mould, then thrown away.
Dried fruits left uncovered and consequently allowed to become wormy.
Buying articles because they are cheap, and "may come in handy sometime."
Leaving a silk umbrella in the case, thereby causing it to split in the folds.

BABY'S BATTLES FOR HEALTH

Mothers you can win the battle for the health of your little one if you will fight it with Baby's Own Tablets—the ideal childhood medicine. The Tablets are a mild but thorough laxative which never fails to banish colic or simple fevers or any other of the minor ills of little one. Concerning them Mrs. J. P. Hypell, Causapscal, Que., writes: "Baby's Own Tablets are a great medicine for children. They quickly cured my baby of constipation and I can highly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Williams' Medicine Co., Brockville, Ont.

SCIENTIFIC JOTTINGS.

The Yukon is said to be about 200 miles longer than the Mississippi.

American dolls are now equal to the best imported ones.

One-half the gasoline product is used for pleasure riding.

Italians take the lead in human hair traffic, the main source of their supply being obtained from the peasant women of Italy, Dalmatia and Switzerland.

Out of a total world production in 1914 of 150,000,000 tons of rubber Brazil contributed 35,000 tons, or about 23 per cent.

Dogwood root is said to be the source of the "Indian Red" which the original Americans used for dyeing their feathers and plumes.

It is said that the Philippines could supply 100,000 soldiers.

The hansom cab, now almost extinct, was invented by John Alloysius Hanson, who was born in York, Eng., in 1803, and died in London, in 1882. The invention was called "patent safety cab."

The origin of the tankard took place many years ago, when the water used in the city of London was carried in by men who made use of ironbound buckets of wood holding three gallons.

The kangaroo is not naturally a fighter, but he is not defenseless. The long hoof of his free hind leg is his weapon; and with this—having by good fortune trapped an unwary antagonist to his breast with his sharp-clawed forelegs—he deals a terrible fashion of death.

The rate of growth of the nails depends directly on the length of the finger; thus the nails on the two middle fingers of men grow more rapidly than those on the first and third fingers, respectively, and these in turn are more speedy in growth than those of the little fingers.

Minard's Liniment Relieves Neuralgia

THE SCRIBE

Who is it feeds you all the thrills,
And clothes your weaknesses with frills,
And makes your words sound sane and true?
(Which is far more than you can do).
Who takes your compliments and jibes
With equal grace—just us—the scribes.

Who hastens at the beck and call
To hear a would-be sage enthrall,
Or here an audience at length?
When weakness is imagined strength,
Who doth all majesty ascribe,
And saves your skin?—O, just the scribe.

Who knows your motive from the start,
Also your reticence of heart?
Who holds your future in his palm,
And ofttime smooths your soul with balm
Of flattery? You might ascribe
This mercifulness to the scribe.

Sometimes the scribes may go astray
In quoting what you meant to say,
Why swear at them "if you are ill"?
Like you, they're not "infallible."
Come down from off your high estate!
The scribe can make you small or great.

—G. W. Lublin.

CORNS PEEL OFF, SHRIVEL RIGHT UP

It's a corker the way Putnam's Extractor goes after the kernel of a sore corn. You simply paint on a few drops of Putnam's and relief comes at once. The pain all goes, the corn shrivels up, and soon drops off. Wonderful—you bet it is. No other corn remedy can touch the quick, sure action you get with Putnam's Painless Corn Extractor. When a quarter buys a dead-sure cure like Putnam's why pay more? Get Putnam's to-day.

HANDY WITH THEIR FEET.

Many Animals Use Them Cleverly in Taking Their Food.

Kangaroos use their hands very readily to hold food in and to put it into their mouths. As their forelegs are so short that they have to browse in a stooping position, they seem to be pleased when able to secure a large bunch of cabbage or other vegetable provender and to hold it in their hands to eat. Sometimes the young kangaroo, looking out of its mother's pouch, catches one or two of the leaves which the old one drops, and the pair may be seen each nibbling at the salad held in their hands, one so to speak, "one finger" above the other.

The slow, deliberate clasping and unclasping of a chameleon's feet look like the movements which the hands of a sleepwalker might make were he trying to creep downstairs. The chameleons are almost deformed hands, yet they have a superficial resemblance to the feet of parrots, which, more than other birds, use their feet for many of the purposes of a hand when feeding. To see many of the smaller rodents—ground squirrels, prairie dogs and marmots—hold food, usually in both paws, is to learn a lesson in the extremely dexterous use of hands without thumbs.

Nothing more readily suggests the momentary impression that a pretty little monkey is "a man and a brother" than when he stretches out his neat little palm, fingers and thumb, and, with all the movements proper to the civilized mode of greeting, insists on shaking hands.—London Graphic.

Making Bulgarian Milk.

The milk of the Bulgarians, well known all over the world for its superior nutritive quality, is made by exposing it to the sun, the rapid development of the germs under the action of the ultra violet rays being such that when it becomes dry they are in highly concentrated form.

The average man is content to strike while the iron is hot, but the baseball player often takes three strikes.

MAKE PERFECT BREAD



ROYAL YEAST CAKES
MADE IN CANADA
BAKING POWDER COMPANY LIMITED

ISSUE NO. 27 1918

MISCELLANEOUS.

DOMINION EXPRESS MONEY ORDER are on sale in five thousand offices throughout Canada.

BUSINESS CHANCES.

FOR SALE—STANDARD HOTEL—IN Lindsay, with good lunch room, and boarders trade. Apply Box 69, Lindsay.

\$2,000 WILL BUY A SAW MILL complete, with all modern machinery; only ran a few years; situated in a good belt of hemlock and hard-wood timber; good reasons for selling; only those who mean business need apply. For particulars apply to Box 455, Parry Sound, Ont.

FOR IMMEDIATE SALE—30 ACRES well timbered with maple, beech, birch, basswood and hemlock; frontage on Lion Lake, county of Peterborough; lots can be floated below Purdy's Mill, and saw lumber shipped via C. N. Railway. One bill or would sell the timber only. H. Johnson, Coe Hill.

FARMS FOR SALE.

SASKATCHEWAN WHEAT LANDS—In famous Goose Lake district. Communicate with W. M. Roberts, 50 College street, Toronto, or Zolindiana, Sask.

State of Ohio, City of Toledo, Lucas County—

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1918.
(Signed) A. W. Gleason, Notary Public.
HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Druggists sell. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Worth Knowing.

When sewing on buttons do not pull the thread through the button very tight, as this often causes the button to cut the thread.

To make lettuce crisp and tender wash and let stand in cold water for a few moments, then put in a cheese-cloth or clean brown paper that has been dampened and place on the ice until ready to use.

To remove ink, wash at once in cold water while the ink is still wet. If obstinate wet with milk and sprinkle with salt.

To ascertain the freshness of egg, place in a pan of cold water. Those perfectly fresh will at once sink to the bottom, while those not so fresh will show a tendency to rise or stand on one end.

No flowery road leads to glory—La Fontaine.

Greatest Labor Saving Invention of the Age For the Farm and Private Home

This Wonderful Automatic Churn makes perfect butter in from one to three minutes. You may not believe it, but it's an absolute positive, provable fact just the same.

Most sanitary churn in the world. Nothing but glass touches the cream. No dashers, paddles, wheels, etc. Self-cleaning in 10 seconds. No corners, cracks or crevices to harbor dirt. Operates with a slight pressure of finger. No strength or power required—vibration of steel springs does the work. A child can operate this churn successfully, making churning a pleasure. Takes all the drudgery out of butter-making.

You should investigate this marvelous line of trouble and labor-saving churns. Write to-day for free, descriptive literature. Don't wait—get yours NOW.

FREE

THE HAMILTON AUTOMATIC CHURN COMPANY
One Minute 44 King William Street Hamilton, Ont.

THIS IS T & B WEEK

Fill up your pipe with T & B—rich, mellowed, sun-ripened Virginia.

This genuine Southern-grown leaf has a flavor and aroma all its own.

Full bodied, yet soothing, Mother Nature's best.

No pipe smoker should go through "T & B. Week" without a package.

No word is necessary to old T & B smokers. They smoke it always.

But you—if you have never tried it, smoke T & B this week and realize the satisfaction of using a genuine Virginia tobacco.

Fill up your pipe with "T & B."

SMOKE T & B TACKETTS

