

Rheumatism Left Him As If By Magic!

Had Suffered
Over 50 Years!

Now 83 Years,
Yet a Big
Surprise
to Friends

Regains
Strength
Goes out
Fishing,
Back to
Business,
Laughs at
"URIC
ACID"
How the
"Inner
Mysteries"
Facts Overlooked
By Doctors and
Reveals Startling
Scientists for Centuries



"I am eighty-three years old and I doctored for rheumatism ever since I came out of the army over fifty years ago," writes J. E. Ashelman. "Like many others, I spent money freely for so-called 'cures,' and I have read about 'Uric Acid' until I could almost taste it. I could not sleep nights or walk without pain; my hands were so sore and stiff I could not hold a pen. But now, as if by magic, I am again in active business and can walk with ease or write all day with comfort. Friends are surprised at the change."

HOW IT HAPPENED.

Mr. Ashelman is only one of thousands who suffered for years, owing to the general belief in the old, false theory that "Uric Acid" causes rheumatism. This erroneous belief induced him and legions of unfortunate men and women to take wrong treatments. You might just as well attempt to put out a fire with oil as to try and get rid of your rheumatism, neuritis and like complaints, by taking treatments supposed to drive Uric Acid out of your blood and body. Many physicians and scientists now know that "Uric Acid" never did, never can and never will cause rheumatism; that it is a natural and necessary constituent of the blood; that it is found in every new-born babe; and that without it we could not live.

These statements may seem strange to some folks, who have all along been led to believe in the old "Uric Acid" humbug from "The Inner Mysteries," a remarkable book now being distributed free by an authority who devoted over twenty years to the scientific study of this particular trouble.

NOTE: If any reader of this paper wishes the book that reveals these facts regarding the true cause and cure of rheumatism, facts that were overlooked by doctors and scientists for centuries past, simply send a postcard to the author below, and it will be sent by return mail without any charge whatever. Cut out this notice and fasten it to the newspaper, and send it to the author of this remarkable "Inner Mysteries" that has brought relief and happiness to so many who have suffered from this terrible disease. Write to: H. P. Newwater, No. 55-D Street, Hallowell, Maine.

TEST THE WEATHER.

How Every Man Can Be His Own Prophet.

Adam may or may not have tried his hand at weather prediction, but it is written that as far back as the time of Noah that gentleman prophesied a long, wet spell, and, unlike a lot of later weather prophets, he had such faith in his own prognostications that he took measures to meet the situation. Further than that, subsequent events proved that Noah was a 100 per cent. prophet. Many of his successors, however, showing a lower batting average, it became increasingly apparent as time went on that in view of the frequency with which the prognostications failed, the subject should be placed on a scientific basis in order to obtain accuracy in the results, or at least to spread a sort of halo of learning and philosophy about it, and thus minimize the curse, as it were, of possible errors. So weather bureaus were instituted, which came have been in more or less successful operation now for many years, with attendants on the Government payroll, and everything. Entirely apart from scientific weather observations, however, home-made weather forecasting has persisted as a pleasing pastime all these years, and on this very day there is a set of rules governing it, more or less recognized by all amateur weather prophets. For the benefit of those who may be unfamiliar with these rules, the New York Sun has obligingly made a compilation of them, and they are set forth as follows:

When standing on high ground and the horizon is unobstructed from all quarters, if the sky is absolutely cloudless, look for a storm within forty-eight hours.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three doses: No. 1, 2, 3. No. 3, 5¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)



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.

Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer.

NAME _____

If it starts to rain after 7 o'clock in the morning it will continue to do so all day, and very often it is the indication of a three days' rain.

When it is raining and it brightens and darkens alternately you can count on an all-day rain, with a chance of clearing at sundown.

When the rain ceases and the clouds are still massed in heavy blankets one sure sign of clear weather is the patch of blue sky that shows through the rift large enough to make a pair of "sailor's breeches."

Another sign of continued rain is when the smoke from the chimney hovers low around the houseposts. When it ascends straight into the air this indicates clearing weather.

A foggy morning is usually the forerunner of a clear afternoon. A thunderstorm in winter (usually in January or February) is always followed by clear, cold weather. It is not, as many think, the breaking up of winter.

People living near the seashore say a storm is "brewing" when the air is salty, caused by the wind blowing from the east.

A red or copper-colored sun or moon indicates great heat. A silvery moon denotes clear, cool weather.

The old Indian sign of a dry month was when the ends of a new moon were nearly horizontal and one of them resembled a hook on which the Indian could hang his powder-horn.

Many people troubled with rheumatism and neuralgia naturally are excellent barometers and can predict changeable weather by "feeling it in their bones."

And the advice of the old weather sage is "never go out during April month without being accompanied by your umbrella."

And then, for the special benefit anything they read in prose, but do have a faculty for retaining jingles, the following important formulas are set out in verse:

Red in the morning the sailor's warning;
Red at night the sailor's delight.

When you see a mackerel sky,
'Twill not be many hours dry.

When the saguils inland fly
Know ye that a storm is nigh.

A ring around the moon
Means a storm is coming soon.

When it rains before seven
'Twill clear before eleven.

It Tempted Inspection.

I have a friend in East Africa who writes from a remote village that he was much puzzled recently by the marked interest in himself shown by the natives. First the "Mayor," in a much-worn dress-coat and a fancy red waistcoat (worn outside the coat), arrived and walked round and round the Englishman at a spot where he was superintending the erection of a "wireless."

Later the native gentleman requested that in the afternoon he might bring his friends, which he did, to the number of a dozen; and they, like he, proceeded to walk round the soldier, peering curiously into his face. In the evening they returned with food offerings. And the reason of this flattering attention turned out to be a gold tooth, which they imagined must have grown in my friend's mouth.—Fall Mail Gazette.

Fertilizers Close at Hand.

Peruvian farmers enjoy rare opportunities to fertilize their lands. Off the coast of Peru is a group of islands containing guano deposits that form a valuable fertilizer for the soil on which sugar cane is grown.

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. All Druggists 75c. Testimonials free. \$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

THE CACTUS

Is One of the Most Useful Plants to Man.

We are accustomed to think of the giant cactus of southwestern deserts (which few of us have seen, though often we have read about it) as a mere freak of vegetation.

It is all of that. But it is also one of the most useful of plants to man. There is no telling how the Indians of Sonora, in Mexico, would get along without it.

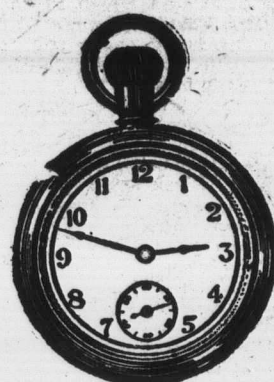
To begin with, its fruit in the bearing season (June and July) is the principal food of the natives. What they cannot eat fresh they boil to a syrup for winter use. Some of the syrup is fermented, yielding an intoxicating drink for occasions of festival.

The fruit harvest yields incidentally great quantities of seeds, which are collected in sacks for storage, like grain. These seeds are pounded to meal in a stone mortar and utilized for making bread; also for feeding chickens, which fatten rapidly on the diet.

Free to Any Boy This Watch

This "Railroad King" Watch is an absolutely guaranteed timekeeper. It is stem-wind and stem set, double dustproof back, nickel case. Regular man's size. Send us your name and address and we will send you 40 sets of lovely embossed Halloween, Birthday and Xmas cards to sell at 10 cents a set (6 beautiful cards in each set). When sold, send us the money and we will send you the watch all charges prepaid.

HOMER-WARREN CO.
DEPT. 57, TORONTO, ONT.



The giant cactus has a skeleton composed of riblike elements that furnish a light, strong and elastic material for building purposes. They are used for the construction of chicken coops, chairs, traps and many other things. A single rib serves for a long stick, by which to knock down the ripe fruits from their lofty elevation—the huge plant sometimes attaining a height of fifty feet.

Woodpeckers peck holes in the trunk and branches of the cactus, eating the pulp. As a means of self-protection the plant lines these cavities with woody fibre, and owls and other birds find them most convenient for nests. When the cactus dies the linings drop out, furnishing ready-made wooden cups and water bottles.

The thirsty traveler in the desert can obtain all the drink he needs by firing a rifle or pistol bullet into the trunk of a giant cactus. Thereupon a fluid exudes that is an acceptable equivalent for water, though it does not taste good.

New French Slang.

The language of the Polli is as double Dutch, to the uninitiated. Any one familiar with the slang of the Quartier Latin would probably feel more at home than most. But there are many other ingredients—some patois, some picked up in Morocco, and some are survivals of the old slang of the First empire. Such a word is "cleber," which apparently means to eat after one has been on the point of starving. An explanation given of the origin of the word is that it is a corruption of "kleba," the Russian for bread. It is said that the French soldiers on the great retreat from Moscow called out "Pape, kleba," to Napoleon.

How to Become a Nurse

Any woman with intelligence and "motherly" instinct can learn to be a practical nurse and earn from fifteen to twenty-five dollars per week. If you cannot spend three years in a hospital or are past hospital age, study a common-sense book, called "Nursing in the Home," by Lee H. Smith, M.D. This book is written in a way that is easy to comprehend. It will teach you how to recognize different diseases; how to take temperature; how to take baths; all about the sick-room, broken limbs, bleeding from wounds, (bandaging), drowsing, fainting—almost every contingency covered.

Many pages are devoted to Hygiene, Anatomy, Physiology and Medicine. It contains advice for mothers and tells how to care for infants.

This 500-page book, bound in hand-tinted red cloth, is worth \$2.00, but for some red cloth, is worth \$2.00, but for a limited time can be procured by sending fifty cents to the publishers, World's Medical Press, 652 Washington street, Buffalo, N.Y.

GETTING THE BEST OUT OF THE BERRY.

"Everything is so high," complains one housekeeper, "that it is all I can do to feed the family, let alone store away jellies and preserves for next winter. They will just have to do without those delicacies. However," she added, "I am going to do up a few quarts of berries here and there to have when company comes."

"For instance, gooseberries," she continued. "I have such a good gooseberry jam recipe I can't bear not to use it."

"How do you make it?" I inquired. "Why," she commenced, "I melt six pounds of sugar in a quart of red currant juice, then I let it boil for five minutes and next I add eight pounds of washed and stemmed gooseberries. I cook it for 40 minutes, skim well and set aside until the next day. Early next morning I skim the berries out into jelly jars, boil down the syrup until very thick and pour over the fruit. Last I cover the jars with paraffin when cold."

RASPBERRY VINEGAR.

"That sounds interesting," I said. "Have you a recipe for raspberry vinegar? I have been wanting one for a long time."

"Yes, indeed," she answered. "For raspberry vinegar I put four quarts of raspberries into an earthenware bowl, pour over it four cupsful of vinegar and leave this mixture covered in the icebox until the next day. Then I strain off every particle of liquid and vinegar from the berries and pour it over four additional quarts of berries that have been placed in a clean bowl. If you are economical, you will save the berries and make spiced raspberries from them. Again I let the berries and vinegar stand overnight and in the morning strain off the liquid and heat to the boiling point. Then I add 12 cupsful of granulated sugar and boil for 20 minutes. Next I seal it hot in air-tight bottles."

SPICED RASPBERRIES.

"If you want to make spiced raspberries this recipe is a good one," said

MURINE Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they are Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists in Canada. Write for Free Eye Book. Murine Company, Chicago, U.S.A.

The Clocks We Wear.

The three marks on the back of a glove and the clocks on a stocking are due to similar circumstances. The glove mark corresponds to the fourchette pieces between the fingers, and in other days these pieces were continued along the back of the hand, braid being used to conceal the seams.

A somewhat similar origin is assigned to the ornamental clock on the stocking. In the day when stockings were made of cloth the seams occurred where the clock do now, the ornamentation then being used to conceal the seams.

The useless little bow in the leather band lining a man's hat is a survival of the time when a hat was made by taking a piece of leather, boring two holes through it and drawing it up with a piece of string.



JAP. RICE GARDENS

So Small They Are Almost Laughable.

Almost one-half of the land capable of cultivation in Japan is planted in rice. Handkerchief gardens would perhaps best describe the little rice fields, many of which are no larger than a tennis court are equally flat and are surrounded by rims of earth to hold the water when the fields are flooded.

The average rice field in Japan is about one acre and a half in size; but large or small, each field must be leveled and each must have its rim or dike. There must be a system of canals to bring water to the fields and another system of ditches to take it away when it is no longer needed.

It is said that there are 12,000 square miles of rice land in Japan, the greater part of which has been prepared with an almost infinite amount of labor. That area of land cultivated in rice virtually feeds a nation of 50,000,000 people.



Wood's Phospholine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worry, Depression, Loss of Energy, Fatigue, of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or sent plain pkg. on receipt of price. No pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

The Spider's Web.

One of the simplest of nature's barometers is a spider's web. When there is a prospect of wind or rain the spider shortens the filaments by which its web is sustained and leaves it in this state as long as the weather is variable. If it elongates its threads it is a sign of fine, calm weather, the duration of which may be judged by the length to which the threads are let out. If the spider remains inactive it is a sign of rain; if it keeps at work during rain the downpour will not last long, and will be followed by fine weather, says an exchange. Observation has taught that the spider makes changes in its web every 24 hours, and that if such changes are made in the evening just before sunset the night will be clear and beautiful.



CLARK'S

Spaghetti

with

Tomato
Sauce

and

Cheese
is really
delicious.

Ready to serve.
Just heat and eat.

W. CLARK, LIMITED,
MONTREAL.

Metric Denominations.

The metric denominations and values for measures of capacity are as follows: Kiloliter or stere, 1,000 liters, equals one cubic meter; hectoliter, 100 liters, equals one-tenth of a cubic meter; dekaliter, ten liters, equals one cubic decimeter; liter, equals one cubic decimeter; deciliter, one-tenth of a liter, equals one-tenth of a cubic decimeter; centiliter, one-hundredth of a liter, equals ten cubic centimeters; milliliter, one one-thousandth of a liter, equals one cubic centimeter.

Princely Publicity.

In the vicinity of 50,000 words were telegraphed from St. John to various papers the world over on the day of the prince's arrival here. One English newspaper correspondent carried 1,000 words, the toll on which would cost about \$250. Five other English pressmen sent lengthy cables to their papers. Pressmen from New York, Boston, Montreal and other points, kept the wires hot throughout the day. It was one of the biggest day's publicity that St. John has ever received.

A Time and Labor Saver.

In boiling rice it is well to plan to have some left over. With an egg, milk or a little fruit juice added it will make a delicious pudding, or it may be made into croquettes or cream of rice soup.

Why not use the best?



It's cheaper and sold everywhere

There's no better coal oil than Imperial Royalite. It is the highest grade coal oil for heat, light and power.

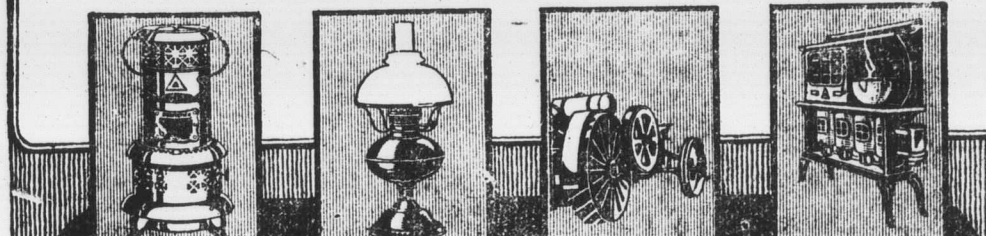
Imperial Royalite is highly refined; every drop is full strength. It is the same high quality fuel every day, everywhere you get it. Sold in village, town and city—by small dealer and big.

Burns without soot or smoke. The best fuel for stationary engines, tractors, oil heaters, oil cook stoves and lamps.

Why pay more for fuel that does no more? Use Imperial Royalite and save money.

For sale by dealers everywhere.

IMPERIAL ROYALITE COAL OIL



IMPERIAL OIL LIMITED

Power - Heat - Light - Lubrication
Branches in all Cities.