

BURNING GHATS.

How They Dispose of the Dead at Benares.

I have been present at these burnings. The bodies are brought in a frail litter. A pile of logs is built up, held in place by four iron stanchions. The body with the head uncovered is placed on the logs, more logs are piled on top, the fagots underneath, and the fire-lighted.

How can you expect to be strong if the stomach is overloaded by sour, putrid, undigested food? There can be no nourishment supplied by any stomach that isn't working right up to full time all day long.

The first step towards relief is to flush out all wastes and unhealthy matter. Loosen the bowels—stir up the liver—stimulate the kidneys. Once this is done Dr. Hamilton's Pills will quickly manifest their health-restoring qualities.

"The best way to correct impaired digestion, to cure constipation, seasickness, liver trouble and other ailments of the stomach and bowels," writes Mrs. Uriah A. Dempsey, from Woodstock, "is by the frequent use of Dr. Hamilton's Pills. I didn't know what it was to enjoy a good meal for months. My stomach was sour, I belched gas, was thin, tired, pale and nervous. I simply house-cleaned my system with Dr. Hamilton's Pills, and have been robust and vigorous ever since."

To keep the machinery of the body in active working order, no remedy is so efficient, so mild, so curative as Dr. Hamilton's Pills—good for men, women and children, 25c per box, at all dealers or the Catarrhobone Co., Kingston, Ont.

THIN, FRAIL WOMEN WITH PALE CHE KS.

Now Rapidly Learning the Way to Health by Vigor by the Use of Dr. Hamilton's Pills.

Thousands of half-dead, emaciated, worn-out women are dragging out their weary lives simply because they don't know what ails them. Nine times in ten it's indigestion, which directly leads to anemia, poor circulation and eventually invalidism.

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A COFFEE RECIPE. Yes, a good chunk of money can be saved in a year by roasting your own coffee, and it is not so hard, at all. All that is needed is a good, big heavy skillet. Before roasting a pound of green coffee, put in a chunk of butter the size of an almond, mixed with a teaspoonful of sugar. Roast on the stove or flame, steadily shaking and stirring in the old-fashioned double-shuffle way until all is a uniform rich brown. Shake fast when coffee "pops" or smokes. Please don't burn. The butter and sugar barely help the flavor, aroma and bouquet of the delicious drink. But the butter must be good, and not too much used at one time; the smaller the quantity to do the job right the better.—New York Press.

Are You Subject to Lumbago? To watch an attack coming on makes one think lumbago is mischievous. The whole system is all but paralyzed—exercise or manual labor are impossible. The surest and speediest relief is found in Nerviline, which should be thoroughly rubbed over the back, sides and shoulders. Lots of Nerviline and plenty of rubbing can't do anything but good. Of course, if permanent cure is desired, a Nerviline Porous Plaster should be applied and the quantity to be used is found in the directions. It relieves the inflammation from the muscles of the sore part. This will absorb all the deleterious secretions through the relaxed pores and effect a certain and lasting cure. Every nurse and physician who has watched the Nerviline treatment succeed can't be beaten in Lumbago, Neuralgia, Rheumatism and all aches, pains and stiffness in the muscles.

NAMING THE BABY IN JAPAN. Such lovers of picturesque ceremonies as the Japanese do not let an important event like the naming of the baby pass without proper observance. The infant's birth is immediately announced to the relatives and friends, who hasten to send congratulations and presents. Visitors used to insist upon seeing the mother and child, but the spread of medical knowledge is gradually changing this. On the seventh day after birth the child is named. The first born son is frequently called "Ichiro," which means "First." Others, as in Latin, are named "Second," "Third," and so on. Girls are more lucky, receiving picturesque names like "Snow," "Chrysanthemum," "Glory," and the like.

IT WOULD, INDEED. "Pa, what is the height of folly?" "Oh, anything that is exceptionally foolish. For instance, if I were a candidate for office in a district where I should have to depend on the votes of the farmers and were to let it be known that I wore pajamas instead of a night shirt, that would be the height of folly."

THE LONDON FEATHER MARKET. The London market for the importation of plumage for ladies' hats is the largest in the world, and it is estimated that 5,000 persons are employed in the manufacturing and other work incidental to this trade. The value of the imports is said to be \$3,500,000 to \$4,000,000 a year.—From Forest and Stream.

BETWEEN DIFFICULTIES. (Washington Star.) "You don't like modern statuary?" "No," replied Miss Cayenne; "if a modern statue's trousers aren't creased it isn't neat looking, and if they were creased it wouldn't be artistic."

A TERRIBLE REPRISAL. (Lippincott's Magazine.) Presbyterian Elder—Nae, my mon, there'll be name o' thep new-fangled methods in Heaven. Listener—I don't know how you can be sure. Elder—Sure? Why, mon, gin they tried it, the whole Presbyterian kirk wad rise up and gang out in a body.

OLDEST CHAIN BRIDGE. The largest and oldest chain bridge in the world is said to be at King-Tong, in China, where it forms a perfect road half a mile in length, from the top of one mountain to the top of another.

Mrs. Muggins—"My husband is a perfect crank. Mrs. Buggins—All husbands are, my dear. Mrs. Muggins—But fancy a man who complains that my husband's plasters are not as strong as those his mother used to make.

MINE FATALITIES.

Death Rate in America Less Than Any European Country.

It has long been the general impression that American mine owners are grasping individuals, careless of the safety of their workers and thinking only of profit. Their methods, are compared with foreign methods, usually greatly to their advantage.

The following reports taken from an article published in the January 7th issue of the American Engineering and Mining Journal tell quite a different story. They prove conclusively that the United States system, measured in human life, is apparently far in advance of that of the old world.

For every million tons of coal mined the loss of life in the various countries is estimated as follows:

Table with 2 columns: Country, Death Rate per million tons of coal mined. United States: 3.84, Great Britain: 4.15, Germany: 4.15, France: 6.35, Belgium: 5.71, Austria: 8.16.

With the evidence so overwhelmingly in favor of the United States, European contemporaries might study American mining practice to great advantage. Mining is necessarily a hazardous business, but it always has been conceded that wage and working conditions were far more favorable in this country than abroad. It is a satisfaction to know that American owners are succeeding in cutting down casualties to the minimum.

THE MODERN WAY OF HOME DYEING. It is to use ONE DYE that will color either Wool, Cotton, Silk or Mixed Goods Perfectly. You will find this in DYOLA. Send for Sample Card and Booklet. THE JOHNSON CO., LIMITED, Montreal, Canada.

ON SKIS IN THE ALPS 6 DAYS. Two young Swiss Alpinists, Fritz Pfeiffer, of Geneva, and Fritz Strasser, of Zurich, members of the Alpin Club, have concluded a splendid feat of climbing on skis, remaining six days and nights in the Alps of the Bernese Oberland. They ascended the Jungfrau (13,670 feet) for the first time this year and several other peaks.

They returned safely without having seen a human being for 144 hours. They were equipped to fight against the great cold. Each carried fifty pounds of food and drink in his haversack, as well as ropes, ice axes and crampons, and they were warmly clad. The Alpinists were on their skis from ten to fifteen hours a day, and the average temperature was between 25 degrees and 30 degrees below freezing point. Messrs. Pfeiffer and Strasser started from Gampel, in the Valais, and ended their Alpine holiday at Andermatt. They crossed numerous passes and glaciers.—From the London Express.

MOTOR MILLINERY. There are plaited straw. They may be in but two colors. And they may show many shades. Green and reds are good together. Blues, grays and mauves mix well. Brown and green and copper combine nicely. Leather bonnets and leather trimmings retain favor. In shapes, the bonnets, turbans and toques have it all their own way.

PILES CURED IN 6 TO 14 DAYS. Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

TWO REASONS. (Buffalo Express.) "Why is your friend staying so long in New York?" "I don't know—haven't heard which of the two reasons is keeping him." "Which of the two?" "Yes; whether he is having too good a time to come away, or has spent all his money and can't get away."

THE STRANGER. Serious-minded little maid, Wandering and half afraid, Half inclined to speak with me, Half disposed to let me be, Hesitating yet, and shy, Half a twinkle in your eye, Half in doubt and half in fear, Staying neither far nor near, How I wonder what you see With those eyes that question me; What the instinct bids you know If I may be friend or foe; Fawnlike, full of grace and sweet, Ready to make any sacrifice In the orchard's deepest shade To find cover, little maid, Grave and curious little lass, Like a wild bird in the grass, Half intently watching me, With your wings half spread to see If my smile bodes good or ill, Willing to make a friend, and still Undecided if they stay, Here and near or fly away.

HOW HE CONTRACTED IT. (Philadelphia Record.) Wigg—Flubbaud complaining of a frost-bitten ear. I wonder how it happened? Wagg—I believe a Boston girl once whispered in it. TWO OF A KIND. "Oh! George," sighed the lovelick maiden. "I'm sure I'm not worthy to be your wife." "Well," replied George, wearily, "I'm not worthy to be your husband, so we're just about matched."—The Catholic Standard and Times.

HEBREW HOSPITAL TRAINING SCHOOL FOR NURSES

In connection with one of the finest equipped hospitals in the East, offers exceptional opportunities to young women to train for the profession of nursing. The course is three years and includes all branches. Hospital has capacity of 100 beds and a large dispensary service. For further information, write Supt. of Nurses, Hebrew Hospital, 200 Montserrat St. and Eastland Ave., Baltimore, Md., U. S. A.

THE BLACK SLEEVE BAND.

The custom of wearing a black band on the sleeve as an indication of half or second mourning invites remark. Black bands were first worn by living servants in England, when it was not thought necessary to fit them out in complete uniform of black. It is usually considered better form to adjust strictly the liveries of grief if one cannot afford or does not approve of wearing black, and as nearly every one has at least one black suit, or should have, the necessity of the band is not quite apparent.—From Browning Magazine.

Minard's Liniment Cures Coughs in Cows.

I CANNOT WEAR THE OLD HAIR.

(Lippincott's Magazine.) I can't wear the old hair. I wore some months ago by. I've laid it on the topmost shelf. We have many a way of sign. No longer are wearing puffs. And rats are quite de trop; I can't wear the old hair—Oh, who's a cruel blow! I can't wear the old hair, For which good old I paid, Red hair is so expensive when One gets the proper shade. I felt so dreadful when it was coiffed, All little puffs and curls; But I can't wear the old hair, Alas for Fashion's whirls! I can't wear the old hair, For switches I must buy And wind them round and round my head. As flat as they will lie, My face is far too plump for this; My nose is much too high, But I can't wear the old hair, It's altogether wrong.

AN INVALUABLE MEDICINE FOR ALL BABIES.

Mrs. R. McEwen, Thornloe, Ont., writes: "I think Baby's Own Tablets an invaluable medicine for little ones. I used them for my own child when he was almost a last summer when I had a baby visitor whose food did not agree with him, I sent for another box of the Tablets and they quickly helped him. It is testimonial such as this that have made Baby's Own Tablets popular—pleased to relieve a sick or a cup of water on your head; you may walk with arms folded behind you; you may try to keep the upper section of the backbone perfectly flat; you may try to push against your collar with the back of your neck. You may practice any of the 17 other schemes of stand erect. Undoubtedly one of the best habits is that of deep and leisure breathing. To be round-shouldered is to be guilty of moral failure, since it can be cured—Collier's Weekly.

MOVING PICTURE SHOWS.

(Kingston Standard.) To deprive the children, therefore, of attendance at these moving picture shows would be wrong. The remedy does not lie in that direction, but rather in making regulations that shall prevent the showing of pictures which may have a bad influence upon children. Repressive legislation is never good when it aims at killing rather than curing. Let us by all means have these moving picture shows, but let us have them properly regulated. If that is done they can be made a very potent influence in improving the children both intellectually and morally.

TRY MURINE EYE REMEDY

For Red, Weak, Watery Eyes AND GRANULATED LIDS. Murine Doesn't Smart—Soothes Eye Pain. Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve, in Aspic Tube, 25c, \$1.00. EYE BOOKS AND ADVICE FREE BY MAIL. Murine Eye Remedy Co., Chicago

THE HEALTH CHILD. We're sleeping on the northeast porch, and when the blizzard flies The neighbors have to dig us out before we can arise. The drifted snow they shovel from our breezy beds and cool— No heat for ours since Mary brought the health pad home from school. We haven't had a slice of steak since I can't get you when. We'll never get potatoes fried or sausage meat again. And pie and cake and candy now are barred by household rule. We're sticking to the bill of fare that Mary brings from school. "Take time," she says, "about your food and don't forget to chew, Don't make your stomach do the work your molars ought to do. You mustn't nibble all the day, like horse or cow or mule; Eat one square meal and stop awhile, the teacher says at school." We run the window curtains high to leave the sun come in. We never eat an apple till we've washed out the skin. We take no chance of poison germ or deadly molecule. We've even cut the growler out since Mary's gone to school. The old man's pipe is put away and grandpa's quit her frets. And if you think we're silly and fit for ridicule, You ought to hear those health talks the Mary brings from school. —Newark News.

EDDY'S "SILENT" MATCHES ARE THE MOST MODERN AND PERFECT A SURE LIGHT, THE FIRST STRIKE They make no noise or spatter—a quiet, steady flame. The match for the smoker, the office and the home. All good dealers keep them and Eddy's Woodenware, Fireware, Tube, Pails and Washboards. The E. B. EDDY Co., Limited, HULL, CANADA

LITTLE HELPS FOR FURNACE MAN; HOW TO HEAT THE "COLD ROOM."

In these winter days the home with the furnace heat, the hot water radiator, or the steam radiator may find the heating apparatus, of whatever kind, balking occasionally and leaving the house cold.

Traditionally, every house that is heated by the hot air furnace has "one cold room." This cold room most frequently is that particular upstairs room against which the cold winds are blowing most directly. Likely this room is the northwest room upstairs, as the northwest wind is keenest. What should be done to bring up the hot air from the furnace?

The simplest thing is for the furnace attendant to discover the cold pipe leading to the room and cut off for a few minutes the heat to every other pipe leading from the furnace. At once this forces the combined heat from the furnace into the one open delivery pipe whose cut-off remains wide open. This body of heat forces out the heavy, cold air that has been blocking the particular pipe as effectively as if the pipe were full of frozen water. After a few minutes in which the pipe warms and warmth permeates the room, the "cold" room is rendered comfortable thereafter.

Presuming that one has an electric fan, however, the fan is one of the easiest instruments for correcting the stubborn hot air register, the hot water radiator, or the steam radiator in the cold room.

To use the electric fan on the hot air register, place the fan with its back close to the register and turn on at full speed. This acts as a suction pump, pulling the cold air from the furnace pipe and drawing the heat into the room. In the case of a balky steam radiator, especially, open a window and turn the fan blast of cold air against the radiator. Whatever slight heat is in the radiator will be contracted by cooling and the tendency toward a vacuum will serve to draw upon greater warmth down the pipe. As the steam (or water) moves up into the radiator, the continuation of the cooling and contraction forces the further impetus of the heat until the desired warmth is attained.

One further statement may interest the reader. Hot water and steam heat are the driest of all forms of heat diverted into the modern house. The hot water and hot, moist steam in the radiator are not there. One cannot get artificial heat of 70 degrees, Fahrenheit, by means of the hot radiator without making the Chicago winter atmosphere too dry. Evaporating water on these fixtures alone will make the atmosphere of the house moist enough to be satisfactory to the lungs. And in moistening the atmosphere, it becomes a more constant and effective deliverer of the heat from fuel. Dry air is the least capable of retaining heat, even if the air's dryness otherwise were satisfactory to the lungs and breathing apparatus generally.

No Excuse for Round Shoulders. Being round shouldered is a moral flaw. It is caused, maybe, by poor eyesight, wrongly constructed chairs, and heredity, but the ways of curing it are manifold. You may if you choose practice walking with a back, or a cup of water on your head; you may walk with arms folded behind you; you may try to keep the upper section of the backbone perfectly flat; you may try to push against your collar with the back of your neck. You may practice any of the 17 other schemes of stand erect. Undoubtedly one of the best habits is that of deep and leisure breathing. To be round-shouldered is to be guilty of moral failure, since it can be cured—Collier's Weekly.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child; the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

ROYALTY IN A BUS.

In these democratic days, when a royal personage, as I once heard a country girl say of the late King, "walks about just like a gentleman" or a lady, it is interesting to note a quaint little story in the current number of that useful magazine National Health. Referring to the desirability of travellers by tube railways and other popular means of conveyance, being particular about cleanliness in their dress and habits, the writer says: "Lords and laborers must travel side by side. Not very long since we ourselves saw the Duchess of Argyll riding in a Hammermith bus, and her Royal Highness was so familiar with such conveyances that when she reached Kensington Palace, the conductor being engaged in collecting fares, she herself gave the correct pull to the bell to notify the driver to stop."—Lady's Pictorial.

Even the froth on a glass of beer seems to realize that there is plenty of room at the top.

ISSUE NO. 11, 1911

AGENTS WANTED. CANASSERS WANTED. WEEKLY salary paid. Alfred Tyler, 25 Clarence Street, London, Ont. Chicago despatch: Cattle—Receipts—

MEN AND WOMEN WANTED TO REPRESENT US locally. Two dollars per day salary and commission. No experience necessary. Write J. L. Nichols Co., Limited, Toronto.

Agents Wanted Two new lines. Apply, Bellery, 228 Albert Street, Ottawa.

MOSES OIL FOR PAIN, ASTHMA, Bronchitis, Coughs, 25c and 50c. Druggists or Prof. Castle, Hamilton, Ont.

CERTIFIED AUDITORS, Accountants, Etc. Special Rate on all outside audits. Apply for terms, dates, etc. RALPH O. MURTON & COMPANY, 5 KING STREET WEST, TORONTO, ONT.

Every Woman We will give you a Handmade Wash or Towel for \$1.00 Cash, whichever you wish, for the name and address of our splendid Post Office. You may also receive all-wool suits for more than \$10.00. Send your name and address and we will send you the name and address of our splendid Post Office. You may also receive all-wool suits for more than \$10.00. Send your name and address and we will send you the name and address of our splendid Post Office.



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THE LAND OF OPPORTUNITY. It is a mighty stride from labor in a wire mill, at \$4.65 a week, to the presidency of the United States Steel Corporation at \$100,000 a year. The man who has accomplished it is James A. Farrell, who was elected the other day to succeed William Ellis Corey. In his career Mr. Farrell has given another proof that ours is still the land of opportunity for the poor boy with grit and determination to succeed—the boy who has a cool head and an honest heart and is not afraid to soil his hands at honest work, no matter how humble.—The Christian Herald.

Shiloh's Cure quickly stops coughs, cures colds, heats the throat and lungs. 25 cents.

UNLIKE MOST. (Puck.) Willis—Bumpus is one of the oddest men I ever saw. Willis—How so? Willis—Why, when a fellow borrows a quarter and doesn't pay it back, Bumpus finally admits that it is the quarter he cares about, and not the principle of the thing.

Minard's Liniment Cures Colds, Etc. GERMANY RAILWAYS. It is now 75 years since the first railway was introduced into Germany. The experiment was naturally on a modest scale, from Ludwigsbahn joining up Nuremberg to Paris. The six kilometers of 75 years ago have increased to-day to 60,000 kilometers, a kilometre being five-eighths of a mile; and it is claimed that Germany to-day possesses the finest railway system in Europe. The first locomotive used on the Nuremberg-Furth line was named the Adler, and was made under the superintendence of Stephenson in England. It cost \$4,300.

ONLY ONE "BROMO QUININE" THAT IS LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Get the World over to Cure a Cold in One Day. 25c. ROYALTY IN A BUS. In these democratic days, when a royal personage, as I once heard a country girl say of the late King, "walks about just like a gentleman" or a lady, it is interesting to note a quaint little story in the current number of that useful magazine National Health. Referring to the desirability of travellers by tube railways and other popular means of conveyance, being particular about cleanliness in their dress and habits, the writer says: "Lords and laborers must travel side by side. Not very long since we ourselves saw the Duchess of Argyll riding in a Hammermith bus, and her Royal Highness was so familiar with such conveyances that when she reached Kensington Palace, the conductor being engaged in collecting fares, she herself gave the correct pull to the bell to notify the driver to stop."—Lady's Pictorial.

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DODD'S KIDNEY PILLS. CURES ALL KIDNEY DISEASES. RHEUMATISM, BRUISES, BURNS, SCALDS, DIABETES, BACKACHE. 23 THE PR.