

MURINE
Night
Morning
Keep Your Eyes
Clean - Clear - Healthy
Write for Free Eye Care Book, Murine Co., Chicago, Ill.

LAYING A CABLE

A Costly and Troublesome Operation.

When we reflect that the world is served by no less than 1,050 distinct telegraph cables, sunk beneath the waters, costing £120,000,000, and that nearly the whole were made in London and belong to British capitalists, it may be worth while to consider for a moment the operations involved, says Answers.

First, the route of the proposed cable must be determined. In most cases this can easily be done by reference to the existing charts. If, however, no reliable charts of the region exist, a special surveying expedition is sent out to determine a path for the cable.

The object is to secure, at the least possible depth below the surface, a fairly level platform, free from ridges, which might chafe and cut the cable; and from hollows or ravines, across which the cable might not be able to support its own weight. At the same time, it is of the utmost importance to have the cable route as short as possible, for every extra mile means an expense in round numbers of \$1.00.

Then the cable has to be made. This is a very long business. First there are the copper wires—forming

the conductor of electricity—which are covered with four distinct coatings of gutta percha. Over this are wound two layers of tape—sometimes metallic tape is used where attacks from insects are feared. Then come two layers of Russian hemp. After this comes a covering of steel wire. And over all these are two coatings of very strong canvas ribbon, coated with a mixture of pitch and gutta percha. The average rate of cable making is three miles a day from each set of machines, or, say twenty miles a day from the whole factory. The cable near the shore is protected by additional thicknesses of steel wire to prevent injury from anchors, etc.

As fast as the cable is made it is coiled down in immense tanks of water and tested continually to see if its electrical condition is perfect. When complete, the cable is coiled away on board the ship that is to lay it in its ocean bed.

Cable ships are twin-screw steamers

Catarrhal Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the Blood on the Mucous Surfaces of the System. Catarrhal 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. Unless 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 Catarrh, which is an inflamed condition of the Mucous Surfaces.

ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

ASTHMA

Templeton's RAZ-MAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templeton, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box. 70

of very great size, with their holds occupied by immense circular tanks. A very large number of men are carried—fishermen and the like—at low rates of pay, for the rough heavy work; while for the electrical and navigating work a large staff of highly paid officers are carried.

All being ready, the cable ship proceeds to the point where the laying of the cable is to begin. The shore end is landed, spliced on to the deep sea portion, and connected up to a set of instruments in a hut on the shore. Part of the electrical staff is left in this hut, and a series of signals is passed to and fro between the ship and the hut all the time that the cable is being paid out. As the cable often is two thousand miles long, it may be imagined that unrelenting attention is necessary on the part of the electricians.

Meanwhile the ship is steadily proceeding onward to her destination at the rate of five miles an hour. It is not possible to go faster, or else it would endanger the lives of the men in the cable tanks, who are handling the cable and seeing that it runs out freely. The work, of course, proceeds night and day. Meanwhile the electricians take their turns at testing the electrical qualities of the cable, and exchanging signals with those on the shore.

At last the farther shore is reached, and the second shore-end spliced on and landed.

Landing these shore-ends is very disagreeable work. It may be that on a ship to strip and wade up to one's neck in water infested with sharks while carrying or dragging the heavy cables ashore.

The Death Warrant Delivered

No defence can be offered when you apply Putnam's to a sore corn—the offender has to die. Nothing so certain to quickly cure corns as Putnam's Corn and Wart Extractor; try Putnam's, it's free from acids, and painless. 25c bottles sold by all dealers.

VEGETABLE FOOD.

It Gives Health When Cooked Properly.

Fresh vegetables, served freely, mean vigor and freedom from sickness for those who eat them. They keep the blood as it should be and the whole body in good condition. A second helping will be asked for if the vegetables are cooked so they are refreshing and palatable. Vegetables just out of the garden taste best when simply cooked—

steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with very strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as possible, in order to preserve the flavor. If they must be kept over keep in the ice box or some other cool place.

Let wilted vegetables soak in cold water or freshen them. If vegetables

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 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.)

must stand after paring, cover with cold water to prevent wilting and discoloration.

Before cooking put head vegetables and greens in cold water for one hour with a tablespoon of vinegar to remove insects, then wash very carefully.

Drain all boiled vegetables as soon as tender—they become soggy if allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables are better when cooked in a small amount of water because a part of the mineral salt dissolves out into the water and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed enough water will cling to the leaves to prevent burning.

Delicately flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils.

Strongly flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the water changed several times during the cooking.

Starchy vegetables should be put on and cooked in a sufficiently large amount of boiling water to cover them. Boil gently and keep kettle covered.

The time required for cooking vegetables depends on the kind, size and age of the vegetables. Judgment must be used in deciding when they are quite done but not overdone.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

Mrs. M. Summers WINDSOR, Ontario

THE NUTHATCH.

(London Free Press.)

Shrewd little hunter of woods all grey,
When I meet on my walk of a winter day—
You're busy inspecting each cranny and hole
In the ragged bark of you hickory bole;
You intent on your task and I on the law
Of your wonderful head and gymnastic claw!

Perhaps of all the winter bird friends the nuthatch is most interesting, not because he wants to be chums as does the friendly little chickadee, but owing to the unique and distinctive man-

Cause of Early Old Age

The celebrated Dr. Michalekoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

ner in which he roams where he will, up or down the trunks of trees, or under and over its branches. There is impudence and daring in the very length of his bill and the tilt of his head as he lifts it on a downward journey of a tree to peer at one with inquisitiveness and disinterested curiosity. He is timid about accepting the hospitality of the window feeding board, and makes many experimental visits before he decides to partake of the feast outspread. His food consists largely of eggs and larvae of insects and spiders, which he seeks on parts of trees that cannot be reached by other birds. His claws are provided with sharp little hooks that catch in the bark and make it quite as possible for him to run down the trunk of a tree as to climb upward, and very cleverly he avoids snow or ice on the limbs of the trees by running nimbly along underneath.

The nuthatch is a wise provider for a hungry day and has a most surprising habit of carrying food to a nearby tree, and in the holes and crevices of the bark he hides his unneeded food against times of want. This is the origin of his name. He hides nuts in tree trunks, and often in hammering his treasure securely into its hiding

place, he breaks the nutshell with his strong, sharp beak, and perhaps as a reward of his labor tastes a morsel of the meat. It is interesting to note a tree hiding-place of a home nuthatch, with the bark pierced in so many places with bits of food. The colder the day the busier and happier he is, and though there is nothing appealing in his queer little chatter, he has an interest of action and a striking beauty of plumage that make the winning of his notice well worth while. The white-breasted nuthatch has a glossy black crown strongly contrasting the snow-white of the breast and blue-grey upper body and wings, the latter beautifully touched with line of black, and the red-breasted nuthatch, also one of Canada's winter birds, has a rusty tint over his breast and curiously pencilled black lines extending from his bill to the soft grey of his body. These little winter friends are ours to help us pass the grey days of the shut-in season. There is something very beautiful in the knowledge of their presence to "snow-weary hearts and eyes" until the spring sends them into their retreats in the dark cool woods, to make their nests in holes of trees and brood over their nestlings in a secluded green world.

WOOD'S PHOSPHODINE. The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Worry, Dependancy, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

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SUN LIFE SHOWS BIG GAINS IN ALL LINES

49th Annual Report is Issued, Showing Tremendous Gains in New Business Obtained.

Some new and interesting records in the insurance business were made by the Sun Life Assurance Company of Canada during 1919. The 49th annual report of the company has just been published and shows that the new business actually issued and paid for during the past year was \$86,548,850, being an increase of \$34,957,457, or 67.7 per cent. over 1918. The tremendous business of the Sun Life will be realized when it is stated that applications for new assurances retained during 1919 exceeded one hundred million dollars. The figure creates a distinct record in the insurance business of the Dominion, as no Canadian company has ever before approached this total.

The business in force amounted to \$16,358,462, showing an increase of

\$75,548,805. The assets of the company were increased by \$8,091,089 and now amount to \$105,711,468, while the report shows a net surplus of \$8,037,440 over and above all liabilities and capital stock which indicates the importance attached by the company to safety and protection. The company paid out to policy-holders and their beneficiaries \$12,364,000, bringing the total amount paid out in this connection since organization to \$91,227,532. Another record was made in regard to income with a total of \$25,704,201, or an increase of \$4,043,101 over the previous year.

Owing to the remarkable development in the business of Canada's greatest life assurance corporation, the directors feel that the business in the Dominion is due to enormously expand during the present year.

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