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Bird Families

Did you ever stop to think that birds are grouped into families, just as human beings are; that they have such marked family characteristics and resemblances that, if you see an unfamiliar bird, you may still be able, at a glance, to tell his family name by recalling some of hi

may still be able, at a glance, to tell his family name by recalling some of his relatives with whom you are acquainted. Not only is this true, but each bird family has its own habitat or favorite locally, such as high treetops, marshes, deep woods, or orchide; so you may often name a bird by the place, as well as by the company, he keeps.

When you think how many, many birds there are—land birds, water birds, birds of the air, birds of the tropics, of the seashore, of the Avetic regions—you may realize how helpful even a slight knowledge of the most important bird families is; for, otherwise, we should never be able to remember them, once identified.

Every one in the northern United States knows our cheery robin redbreast, who is an own cousin to the bluebird, as well as to the thrushes. There is little resemblance among them in dress, but the former two live in much the same localities, and the songs of all three have something of the same loveliness, though that of the thrush is considered the sweetest.

something of the same loveliness, though that of the thrush is considered the sweetest. Whether you live in town or country, you have met at least one member of the sparrow family; so you should be able to recognize other sparrows nearly anywhere, for they dress very much alike, in coat of Quaker brown and gray, with a white vest beneath. The largest member of this family is the fox sparrow, whose coat is sometimes a bright red-flish brown, with large red-brown spots along the sides of his vest. This is a large family, including perhaps eighteen different sparrows found in the United States, besides the dear little goidfinches, the bright cardinal of the south, as well as the rose-breasted grosbeak of the north. If you have observed goldfinches closely, you may have noticed that they are seed eaters; so you will not be surprised to learn that other seed-eating birds belong to the big sparrow family—among them a number of our winter birds, such as the purple finches, crossbills, snowbirds, and the quaint little funcos.

bills, snowbirds, and the quaint little funces.

There is one group which I always call the mendow family, as so many of its members live in grassy fields and meadows. The correct name is letefidae, and pur bobolinks, red winged blackbirds, meadow larks, orioles, and grackles belong here. Of course it is quite proper to call them leteridae—if you can remember it; but, if not, just say the meadow family, and they will not mind. Nearly all of them have some gay marking or patch of bright color, which harmonizes well with the sunlight and blossoms of their meadow homes and gives the birds a happy, dressed-up feeling.

Of course you have the swallow family? Some of the swallow do not stop. best, and prove it by returning ever spring to bring up their children there. They are friendly birds, and all of ther



The Razor for the Road

Shaving in swaying, jerking Pullmans has taught the travelling man the value of "safety first," and so he uses an AutoStrop Razor.

Stropping saves his blades and keeps them in perfect condition. He is never at a loss for a keen blade for he loss for a keen blade for he always has one. This and the fact that the AutoStrop Razor sharpens its own blades and doesn't need to be taken apart for cleaning has lead thousands of travelling merieverywhere to speak highly of the AutoStrop Razor to their friends.

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Auto Strop

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-bank, barn, cliff, tree awallow, and purple martin-seem to prefer to nest near human beings, as if they liked company. The purple martin will gladly accept a bird house, if one is put up for him, but the entrance must be so tiny that the quarrelsome English sparrows cannot enter and drive out the pretty martins.

cannot enter and drive out the pretty martins.

Then there is the warbler family, several of whom you may glimpse during a week or two in the spring and fail. They are even greater travellers than the swallows, as most of them nest in Canada though a few stay in the cool woods of New England all summer. Such tiny birds as most of them are! It seems hardly possible that their small wings can carry them so, many hundreds of miles but they make their journeys leisurely, stopping whenever they choose, to find food and rost. The warblers vary in size from 4½ to 5½ inches in length; and, as they filt shyly about high in the leafy treetops, their bright colors blend so well with the foliage and sunshine that may persons are not at all aware of their presence. This is a pity for they are interesting little birds with sweet songs and dainty, attractive ways. In fact, all birds are interesting, once one begins to get acquainted with them. There is no easier way to know them well than to think of them as divided into big, distinct families, like human ones, and then try to group your new bird acquaintances, as you meet them, into the families where they belong.

"What are that young man's pros-pects?"
"Well, father, he belongs to a union that intends to keep on striking for high-er wages."



TWELVE MISTAKES.

One Dozen Popular Fallacies Regarding Good Values.

Most of us are wont to accept the often-stated as proven truth in diete-tic matters. The common fallacies about food are repeated from generation to generation. Scientific ar-alysis disproves many suppositions.

Here are instances:-1. It is often said that beef is more nourishing than bread and cheesa. There is, however, far more nutriment in one shilling's worth of breach cheese than in beef of the value of one shilling. Lean beef is very inferior to cheese as nutriment

2. Skim milk is supposed to be valueless as food. This is an error. Skim milk taken with bread consti-

tutes a sustaining med.

3. Most persons imagine that butter is considerably more nourishing than margarine. The fact is that the best fresh butter and the best kinds of margarine contain almost exactly the same amount of margarine. the same amount of nu ... ment per pound.

4. It is believed that cosily cheese is the most nourishing. The cheaper cheeses are mostly richer in proteid

than the expensive sorts.

5. That potatoes are a cheaper food than bread is incorrect. If potatoes are eaten as substitutes for wheaten bread the quantity must be very large and the cost will not be less than that of bread. of bread.

We are often told that natmen is not so nutritive as wheatmeal. On the contrary, oats contain more fatty ingredients than wheat and are the most nutritious of grain foods

Most people think that rice is indigestible. Experiments prove that well cooked rice is easily digested.

8. Maize is thought to be inferior indigestible.



to wheat as human food. Mazie uncontains more fat than wheat.

wheat.

9. A Dover sole is esteemed as more valuable food than a dried herring. Generally speaking, cured fish is more nourishing than fresh. A kippered herring is better food than a sole of first quality.

10. Nuts are regarded as dessert dishes and not as nourishing food. Brazil nuts, almonds, and walnuts have 50 per cent, of fat and are very good foods. Butter made from nuts is nearly as nourishing as milk butter.

11. It is thought that fruit is not a food. This depends on the kind of fruit. Dates are a staple diet in parts of the east, and figs and raisins in a dry state are very nutritive.

12. Tea and coffee are supposed to be "sustaining." Neither of these beverages contains nutriment. Milk and sugar give a small food value to the ordinary cup of tea or coffee.

AFRICAN STYLES.

Natives of Rhodesia Show Striking Variety.

Although we have not thought the people of Airica to be much concerned about clothes and fashions, yet styles, such as they are, have entered the villages of the dark continent and are beginning to cause the people much anxiety. Miss Pearl Mulliken, Methodist missionary to Rhodesia, writes of the African dress as seen in a day school, according to the Centenary Bulletin.

'Many of the pupils, who range from the kindergarten age to grandparents, are dressed in store clothes. Their store clothes, however, have largely lost their teachity beneath a covering of many colored patches. Weather has nothing to do with clothes in this part of Africa. It may be a real summer day and you are wondering how you can keep cool, but not so these boys who have been to town to work and have clothes to exhibit to their less fortunate brothers. If these riches consist of somebody's cast-off overcost he is sure to have it on and perhaps a bath towel around his neck, while most of the small boys are content with a yard of unbleached cotton for heir entire outfit. But sometimes the big boys are quite generous with their little brothers and divide with them; such is the case of one little fellow who is the proud possessor of a vest which about covers him. Two or three othera, wear their brother's shirts, which is quite sufficient for all purposes.

"Some of the girls are dressed principally in beads, brass bracelets and ank-

What COMFORT LYE

Comfort Lye is a very powerful cleanser. It is used for cleaning up the oldest and hardest dirt, grase, etc. Comfort Lye is fine for making sinks, drains and closets sweet and clean. Comfort Lye Kills rats, mice, roaches and insect pests.

Comfort Lye will do the hardest spring cleaning you've got. Comfort Lye is good for making soap. It's powdered, perfumed and 100% pure.



is splendid

Lawyers On Strike.

Lawyers, as well as policemen, have been known to strike. Some years ago the barristers practicing in Sierra Leone were so dissatisfied with the judge who was acting as substitute for the chief justice while the latter was on leave that they unanimously elected to give up pleading before him. Legal business in the colony was, therefore, at a standatill until the chief justice returned. France, too, affords an instance of a legal strike. One of the judges at St. Amand accused the local lawyers of deliberately promoting disputes in order to fill their pokets with fees. Thereupon all the lawyers in court departed in a body, declaring that they would not return until this insulting statement had been withdrawn. Eventually the judge apologized, and the lawyers resumed practice.—London Daily News.

HEALTH FOR THE BABY

woman of to-morrow. Thus the suc-cess of the future man or woman depends upon the baby's present welfare. If the baby is sickly and ill nourished it is not to be expected that he will grow into a strong, active man who will bold his own in the business world a few wars home. who will hold his own in the business world a few years hence Mothers it is a duty you owe the future to keep your little ones well now. This can be easily done of Baby's Own Tablets are kept in the house. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus make baby healthy and strong. Concerning them Mrs. W. Orser, Eighnburg, Ont. writes: "I have a fine healthy boy three years and have used Baby's Own Tablets for him ever since he was a Tablets for him ever since he was a small baby. I certainly think them a splendid medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Out

DRUMS AND DRUMMERS.

It is said the drum was introduced by the Moors in Europe from the east after the Crusaders, but under various forms it was certainly known to the Greeks and Romans, for the tympanum is frequently alluded to in the classics, which probably in-cluded the tambourine and kettle drum.

In the modern orchestra principal forms of the drum are The common or side drum, the

bass or Turkish drum, and the kettle

The first is usually composed of a cylinder of wood or metal. Each end is covered with vellum or parchment, the tension being regulated by strings. It is worn at the side of

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lets; while others have cloth draped around them forming a skirt and they are without a waist. One girl wears a silk waist with a dirty calleo skirt. They often appear in evening dresses, the cast-off finery of the town women, and they may be seen diging in their gardens with these on. One came to school draped in a white bedspread."

Styles in names changing as well as in clothing. The following are some of the names which the African mothers have given their children: Spoon, Saucepan, Hotel, Pumpkin, Gingerbeer, Cigarette, Shilling, Sixpence, Penny, Coffee, Sweet Pudding, Very Nice, Office, Tomato, Fifteen, Vinegar, Sugar.

Lawrence On Strike.

is, however, the kettle drum in all orchestral or distinct from military music. This instrument is hemispherical in shape, its bason is made Lawyers, as well as policemen, have been known to strike. Some years ago the barristers practicing in Sierra Leone was acting as substitute for the chief was acting as substitute for the chief ustice while the latter was on leave that they unanimously elected to give up pairs one being tunned by screws, though its limits are, of course, narrow. Kettle drums are always used in pairs one being tunned to the latter.

These three drums are always used in pairs, one being tuned to the key note, the other a fourth below.

These three drums are essential in every orchestra, while for any special music, the gang, tom tom, or some other similar instrument is

It takes years of practice, writes H. H. Kinzett, in the Montreal Star, to acquire the suppleness of wrist required by the side drummer if he wishes to excel, so it is necessary to commence the study early or the abor will be in vain.

GARNISHES

Now that people have learned that

rounded meal. Fill cup-shaped leaves of crisp lettuce with cold left-over peas with a bit of French dressing over them, and put them around a platter of cold sliced lamb, and your family will think you are getting ready for real company. Nothing is hetter with holled fish cold on het better with boiled fish, cold or hot, than rounds of tomatoes with a spoon-ful of tartare sauce in the middle of each slice. To make the sauce simply add a spoonful of chopped pickle, another of capers and a tea-sponful of grated onion to a cup of your own favorite mayonnaise, whether it be home-made or purchased from RICE OR HOMINY BALLS

Rice or hominy made into little balls and fried a golden brown in deep fat make a delightful garnish for fried

If you want to glorify a common or garden stew, cut the potatoes into garden stew, cut the potatoes into balls with the little cutter that comes for the purpose, and when you put your stew on the platter arrange the balls in a border around the meat, sominkle with chopped parsley and the performer who beats the upper end, called the "batter head," with sticks, the under or "snare head," contains a set of cat-gut strings called "snares," which add to the sharp crisp tone of the instrument. risp tone of the instrument.

The bass drum is a large instrument of the same kind, the cylinder oval on your platter, shaping it nice-

ly with a spoon, then brush over with the white of the egg. Brown in a hot oven and put the stew in the centre.

FOR LEFT-OVER FISH. If you have a little left-over fish or meat that you want to use up, com-bine it with an appropriate vegetable, make a cream sauce and serve it at the main course of your meal in little

the main course of your meal in little croustades made by cutting out circles of stale bread, hollowing out the centres and frying in deep fat a delicate brown. Or you can make shells for it by covering patty pans with pastry and baking them.

A delicious garnish for a salad, when salad is the main course of the luncheon, as it is so often on hot summer days, is made by turning a mound of your best jelly out into the centre of a glass plate, surrounding it with little balls of cream cheese sprinkled with paprika, and passing with it common round crackers that have common round crackers that have been split, soaked in ice water and then baked in a hot oven until brown.

UNREASONABLE.

Creditor-How often must I climb these five flights of stairs before I get the amount that is due me?

Debtor—Do you think I'm going to rent place on the ground floor just to ae

Cook's Cotton Root Compound.



The Englishman Won.

A good story concerning a conversation between an American and an Englishman, in which the latter scored, was told by General Pershing while he was in Longon recently. "My countryman (said Pershing)

was telling one of yours a tall story about the wonderful sausage-making machines they had in Chicago. "It's a big affair," he explained, "but quite simple. All you have to do is to drive a pig up a plank, through a hole in a machine, and five minutes later out come thousands of

'What becomes of the hide?" quer

ies the Englishman.
"The hide, sir?" retorted the American.
"Oh, that falls out of another ican. "Oh, that falls out of another slot in the machine, and out comes portmanteaux, purses, or if you like, shoes or saddles—merely a matter of turning a screw."

"Oh, is that all?" said the English "On, is that all?" said the Englishman. "We've used that machine in England for the last thirty-five years. What's more, we've improved on it. Sometimes we found the sausages not up to the standard. Well, what happened? All we had to do was to put them back in the machine, reverse the engine—
"Go on" cried the American. "What happenes?"

happens ?"
"Out walks the pig as fit as a fid-dle!"

If Breath Comes Hard If Nose is Plugged You Have Latarrh

Perhaps you haven't heard of the new remedy—it's so pleasant to use—fills the nose, throat and lungs with a healing balsamic vapor like the air of the p'ne woods. It's really a' wonderful remedy—utilizes that marvelous antiseptic only found in the Blue Gum tree of Australia.

The name of this grand specific is Catarrhozone, and you can't find its equal on earth for coughs, colds, cat's no longer necessary to drug the tarrh or throat trouble. stomach—that spoils digestion—just simply inhale the baisamic essences of Catarrhozone, which are so rich in healing that they drive out every trace of Catarrh in no time.

For speakers and singers and persons troubled with an irritable throat, hypothetic asthmac catarrh or la

bronchitis, asthma, catarrh or la grippe, Catarrhozone is of inestim-

able value.

The inhaler can be carried in your pocket, and may be used at any time

or in any place.

Large size, guaranteed, and sufficient for two months' use, costs \$1;
smaller sixe, 50c; sample size, 25c. Sold by all storekeepers and druggists.

THE ANTIPODES.

Canadians Have Absurd Notion That They Are Opposite China.

On the other side of the world, exactly opposite to the spot where you happen to be at the present mo-ment, is a geographical point very interesting for that if for no other

Supposing that from where you are standing or sitting a hole was bored straight down through the centre of the earth, and that you could drop through to the other side. Where ould you come out?

Most people, in response to that

uestion, would say China; but that is absurd when you come to think of it. Often one hears China spoken of as the "antipodes." But how could that be the case for anybody in Can-ada, considering the fact that both countries are in the Northern Hemi-

Nobedy is walking about just op posite you on the other side of the earth. If any one tried it he would certainly get his feet wet, for he would be in the midst of the lndlan ocean. Transfer Canada to the opposite side of the world, and the entire country would form an island in

tire country would form an island in that vast expanse of sea.

London and Paris, if similarly transferred, would be in the Southern Pacific, south of New Zealand.

Denver would be near the middle of the Indian ocean, between Australia

Behring Strait would be in the far South Atlantic. The Panama Canal would find itself near the west coast of S. natra. The Straits of Magellan



Lake Baikai, across which the trains of the Siberian Railroad are ferried.

Australia would be an island in the Atlantic ocean, with Bermuda off its northwest coast and the Azores off its southeast coast. The city of Shanghai would be in the Andes, be tween Chile and Argentine. Pekin would be south of Buenos Aires. The Phillippines would be in the heart of Brazil. Cape Horn would be in the region of the Himalayas.

The whole of Africa, if transplanted to the opposite side of the globe, would be in the Pacific ocean. The once-mysterious city of Timbuk-tu would discover itself to be sur-rounded by the Fijiislands, inhabited by people blacker than its own. The Sahara, if one drew upon it a map of its antipodes, would be sprin-kled with many of the island group

Military Searchlights.

The military searchlight has proved of enormous usefulness during the war for a great variety of purposes, and, as a result, it has undergone very important development.

There has appeared, as one product of its evolution, a portable electric searchlight, weighing only 143 pounds,



which can easily be carried by which can easily be carried by a couple of men or by a mule. Provided with a powerful arclight, it throws, with the help of a bowl-shaped mirror or glass, a beam of brilliant intensity. There is a tendency, however, to get

There is a tendency, however, to get rid of glass mirrors for war searchights. They have two important disadvantages. One is that a chance bullet will put them all out of commission; the other, that properly made glass reflectors cannot be quickly, or easily obtained. Nothing short of a first-class mirror-making plant is capable of turning them out. Accordingly, since we entered the

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war, our army has taken to using re-flectors which are simply shallow bowls of thin sheet iron plated on the equal to mirrors, but they can be turn-ed out quickly in indefinite numbers anywhere that silver plating is done A rifle bullet will not break them, and they have the additional advantage of cheapness. Glass reflectors are very expensive.

.The French during the war have been making trial of searchlight re-flectors plated with gold, which, it is claimed, have great billiancy. They are most costly, of course, but do not require daily polishing.

Even when a man cleans up a for-tune it may still remain filthy lucre.

HOW MRS. BOYD AVOIDED AN

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.
"My mother, who had been helped by -l.ydia F. Pinknam's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from, my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. Marie Boyd, 1421 5th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other handsom many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.



OPERATION