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NING MILLS ELECTRIC LIGHT BERS EST.

"COULD NOT STAND UP STRAIGHT"

Cornwallis, Jan. 23. "About a year ago I was suffering from a dreadful lame-back and hips, so much so that I could not stand up straight by myself. A friend told me about

GinPills

FOR THE KIDNEYS I got a box; they helped me immediately. "I have taken about 12 boxes. The pains in my back and hips are all gone. I cannot speak too highly of the wonderful effect of your Gin Pills. You may use this if you see fit to.

Sincerely yours, R. O. David." All druggists sell Gin Pills at 50c. a box, or 6 boxes for \$2.50. Sample free if you write to NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED Toronto, Ont.

Mrs. Housekeeper

DON'T BE DECEIVED—IT HAS BEEN TRIED, and on 1 cwt. of flour you are just 7 loaves ahead of us, not counting your labor and fuel. You can't afford to bake your bread, use your fuel and do the work for that amount.

Fleischman's Yeast—Pure Malt Extract—Lake of the Wood Flour—Pure Salt and Sugar. These ingredients are bound to make you first-class bread, give us a trial.

LOVELL'S BAKERY

WANTED ---

MEN and WOMEN to Learn the Candy and Ice Cream Business in their spare time.

I teach you all and everything about the business. By my system you can not fail, if you follow my instructions, and you will soon own a profitable business. No capital is required to start. If you are dissatisfied and want to make a success you will write for further particulars. Address

Candy Trade Secret Co. 218 Front Street, Sarnia nv24m3

INSURANCE J. H. HUME.

AGENT FOR FIRE, ACCIDENT AND SICK BENEFIT COMPANIES. REPRESENTING Five Old and Reliable Fire Insurance Companies

If you want your property insured call on J. H. HUME and get his rates. ALSO AGENT FOR G. P. R. Telegraph and Canada Permanent Loan and Saving Co. Ticket Agent for C. P. R.—Ticket sale all points in Manitoba, Northwest British Columbia

THE LAMBTON Farmers' Mutual Fire Insurance Company.

(Established in 1875) J. W. KINGSTON President. JAMES SMITH Vice-Pres. JAMES ARMSTRONG, DIRECTOR. A. G. MINIELLY, DIRECTOR. THOS. LITHOW, DIRECTOR. W. GULLFORD BUTLER, DIRECTOR. W. G. WILLOUGHBY, MANAGER AND SEC. TREAS. J. F. ELLIOT, FIRE INSPECTOR. R. J. WHITE, FIRE INSPECTOR. P. J. McEWEN, AUDITOR. ALEX. JAMIESON, AUDITOR. PETER McPHERDAN, Wainstead P. O. Agent for Warwick and Plympton.

A delicious cake filling is made with sugar and cream boiled together and thickened with finely chopped nuts. Dates may be added to puddings, cakes and graham bread, and they will give both flavor and nourishment.

Bread should never be kept wrapped in a cloth, the cloth will absorb moisture and impart an unpleasant taste to the bread.

A little olive oil poured into the bottle of home made catsup after the bottle has been opened, will prevent it from spoiling so quickly.

By using soapy water when making starch the clothes will have a glossy appearance, and the irons will be less likely to stick.

THE NATIONAL SPORTS.

Splendid Tribute Paid to Hockey and Lacrosse by an Officer.

The following tribute to Canadian sport, particularly hockey and lacrosse, the national winter and summer sports of the Dominion, is contained in one of the latest books (The Red Watch) dealing with the great European struggle, written by Colonel J. A. Currie, M.P., and having for its subject the doings of the First Canadian Division in Flanders: "The work of organizing and equipping the Canadian Imperial battalions for overseas service was taken up with great vigor by the Minister of Militia and the officers of the department. Owing to the influence of the churches the best class of youth in the country came forward in large numbers. The clergy appealed to the athletes that had been trained in the gymnasiums of the Y.M.C.A., and the ranks soon contained a large sprinkling of Canadian lacrosse and hockey players.

"It was afterwards to be shown that the manly and strenuous native Canadian sports, lacrosse and hockey, practised by almost every boy in the country from the time he is able to walk, are of a character admirably suited to produce bold and courageous soldiers. Boys who have been accustomed to handle lacrosse and hockey sticks, develop arm and shoulder muscles that make the carrying and use of the rifle easy. Firing for hours during a hot and sustained engagement does not fatigue or exhaust them as it otherwise would. In the rough work of the bayonet charge, they keep their heads, and have confidence in their ability at close quarters to overcome their antagonist. They do not dread a blow or a bayonet, for they have been accustomed to roughing it all their lives. When it comes to 'cold steel' it is the man who has the courage and confidence in himself that wins, for nineteen times out of twenty the other man is dominated before blades are crossed, and at once either throw up his hands or runs."

ONTARIO DEAREST PROVINCE.

Workman's Weekly Outlay for Necessities \$15.01 in September.

The Labor Department's October publication of the cost of living figures shows that the average weekly budget of a workingman's family, for staple foods, fuel, lighting, and rent, had by the end of September risen to \$15.01, as compared with \$14.63 for August last, \$13.67 for September of last year, and \$13 for September of 1911.

The average is made up from prices obtained from sixty cities in Canada, and the items included concern practically only the essentials of very plain living. Nothing is included for clothing, doctor bills, amusements, church or contingencies.

The increase in the cost of living for the wage-earners, on the modest scale measured by rent at \$16 per month, is \$1.54 per week during the past twelve months, and \$2 per week since September of 1911. If the increased cost of clothing is also taken into account the total increase in the workman's weekly bill for necessities will be considerably greater. Unless his wages have gone up by more than twenty per cent. within the past four or five years he is worse off now than he was in 1911.

Rent is the only item which shows any downward tendency. The average weekly cost of rent is now put at \$4.08, as compared with \$4.58 in September of 1914, and \$4.75 in September, 1913.

Food costs \$8.69 per week now, as compared with \$7.73 in September of last year, \$7.32 in September of 1914, and \$7.13 in September of 1911.

Ontario is the dearest province of the Dominion for food. The average weekly budget for the province is given at \$9.18, as compared with \$8.64 for Quebec, and \$8.65 in Manitoba.

"Kitchener Square."

An interesting suggestion for the utilization of the old courthouse grounds in Vancouver, as a site for a soldiers' monument, is made by Mr. J. W. Weart, member-elect for South Vancouver. Mr. Weart prefaces his proposal with the suggestion that the new Government should, as one of the first acts in office, make a grant of this square to the city of Vancouver, in trust for the people of Greater Vancouver, including North Vancouver and New Westminster, who could erect thereon a suitable monument to the memory of the gallant soldiers who have fallen in this war. "In my opinion," said Mr. Weart, "the name that should be given to the square which will undoubtedly be turned over by the Government to the city, is Kitchener square, as a tribute to the memory of Kitchener, the man and soldier, who will be given by history the credit of organizing that magnificent army of citizen soldiers, which is destined to uphold British institutions and be the means of bringing everlasting peace to the world."

Someone Ought to Tell Her.

Dear little Willie was only recently married, and for the last forty

Redpath SUGAR has sweetened half a century with the same crystal purity that makes it the favorite to-day. Buy it in original packages and be sure of the genuine. "Let Redpath Sweeten it." Made in one grade only—the highest!

IN THE FIELD MAKING MONEY—KENDALL'S SPAVIN CURE Mr. David Yerex, Sonya, Ont., writes—"I have used your Spavin Cure for fifteen years, and know it to be a good cure." Be ready for emergencies, keep a bottle of Kendall's in the barn. Then, if a horse goes lame, you have the remedy on hand to cure the trouble quickly. It is a bottle—6 for \$3. at druggists. Ask your dealer for free copy of book—"Treatise On The Horse"—or write us direct. Dr. E. J. KENDALL CO., ENOSBURG FALLS, VERMONT, U.S.A. 110

night he had been wearing that famous smile which a man wears on only two occasions—when he is first married and when the first baby arrives. That smile, which suggests a codfish in paradise is extremely annoying to the onlooker. Therefore, Willie's friends were relieved to see him appear one morning looking very glum. "Hallo, Willie! What's the matter?" they cried in chorus. "Oh, don't chaff, boys—don't chaff! Marriage isn't what I thought it was! My wife can't sing!" "Can't sing? Why, you ought to be thankful for that!" "Yes, I dare say. And I might be—only, you see, she doesn't know it!" ACTING SUDDEN DEATH.

HER SCHOOL COAT. Hoydens Like Best Plain Clothes That Are Comfy. Prune brown broadcloth is here used for this durable garment. The skirt is corded on to a round yoke closed



THE MONITOR. with ball buttons, and the narrow belt is tucked to simulate the cording. Interesting pocket lids smarten up the effect. The hat is a brown velours.

Fair Enough. "You are the fourth tramp who has come here begging today," said the lady of the house, "and I'm all out of patience."

"I'm all out of vittles myself," replied the tramp. "Couldn't we make a trade?"—Exchange.

Hope for the Chronic Dyspeptic.—Through lack of consideration of the body's needs many persons allow disorders of the digestive apparatus to endure until they become chronic filling days and nights with suffering. To these a course of Parmelee's Vegetable Pills is recommended as a sure and speedy way to regain health. These pills are specially compounded to combat dyspepsia and the many ills that follow in its train, and they are successful always.

BIBLE MANUSCRIPTS.

The Sinaitic, Alexandrian and Vatican Are the Oldest Known.

The oldest Bible manuscripts now in existence date from about 300 to 450 A. D. and show us the Bible as it existed soon after apostolic days. All the earlier manuscripts were either lost or destroyed in the terrible persecutions which were directed not only against the Christians, but against their treasured sacred writings, their enemies thus hoping to stamp out even the slightest traces of Christianity. The three oldest manuscripts now in existence are known as the Sinaitic, the Alexandrian and the Vatican manuscripts.

The Sinaitic was found by the eminent Bible scholar Tischendorf in a convent on Mount Sinai in 1844. It contained the Septuagint, other parts of the Old Testament, the New Testament complete and some of the apocryphal books. The writing, after a lapse of more than 1,500 years, is still clear and legible.

The Alexandrian manuscript, which came to light in 1628, is not quite so ancient as the Sinaitic. It has the Old Testament complete, except that ten leaves are missing, and the New Testament lacks nearly thirty leaves. It is in the British museum.

The Vatican manuscript, the most ancient of all, is a great treasure, consisting of about 700 leaves of vellum bound in book form. Part of Genesis is missing and also a number of the Psalms. The New Testament is complete up to Hebrews, ninth chapter.

Other early Bible manuscripts of great value, but inferior to the three mentioned, are the Codex Ephraem and the Codex Bezae, besides which there is a long list of later manuscripts. —Christian Herald.

THEY SAW THE DOCTOR.

And After the Interesting Visit the Physician Also Saw.

A Chicago specialist got, on a certain morning, the card of one of the richest of our western millionaires. He went down instantly and found a well dressed man, who said:

"I am here, sir, on a delicate and painful matter. My wife is a victim of kleptomania, and, knowing your skill in mental diseases, I have brought her on for treatment under you."

"Bring the lady to see me tomorrow morning," said the physician. "It will be best not to bring her to your office," faltered the millionaire. "The sight of other patients might excite her. I suggest—"

"I'll receive her in my drawing room. Will that be better?" asked the physician.

"Oh, much better!" said the other in a relieved tone.

And the next day the western millionaire led into the physician's drawing room a young woman of singular beauty. She was magnificently dressed, but her eyes were furtive and restless, and when she thought no one was looking at her she secreted under her coat three or four very valuable ornaments. The physician and westerner smiled slightly at one another.

The physician, after his examination of the patient, told the husband to return next day alone.

"And when I come," the husband answered, "I'll bring back these things that she has taken."

"Do," said the physician.

"I will," said the westerner.

But he didn't and he won't.

Crocodiles and Alligators.

The true crocodiles are distinct from the alligators. Among the points of distinction the following are the most noticeable: In the crocodiles the so-called canine tooth, the fourth counting from the front, fits into a notch in the side of the upper jaw and is therefore visible when the mouth is closed, while in the alligator it is received in a pit in the upper jaw and is therefore invisible or nearly so. Again, in the crocodile the hind legs have a fringe of fattened scales which is wanting in the alligators, whose legs are round.