

MAGIC BAKING POWDER



IS THE MOST IMPORTANT ITEM
IN YOUR GROCERY ORDER
—SEE THAT YOU GET IT—
COSTS NO MORE THAN THE
ORDINARY KINDS

CONTAINS NO ALUM

Tuaregs of the Sahara

"In northern Africa there lies a true country, inhabited by a people, the masked Tuaregs, fascinating for the mystery and exclusiveness with which they have surrounded their life. These people, natives and rulers of the middle desert, are the allies of no one, but wage a fierce guerrilla warfare, with all who invade the inhospitable Sahara sands of their domain. They are the buccaners of the trackless sand, forever at war with all civilization and its restraints," says an article issued by the National Geographic Society at Washington, which describes the people always willing to fight for the maintenance of their power to levy tribute upon the ancient trans-Saharan caravan routes.

"Masked Tuaregs are Berber nomads, a white desert people, whose country is probably the most inaccessible on earth. Even before Egyptian civilization began to leave coherent records of its history the Tuaregs, or Berbers, were long established along northern Africa. The great Arab invasion of the eleventh century displaced them from their possessions upon the sea-coast and drove them into the savage area of the interior desert, where, with their hands raised against all who came into their pathless country, they have maintained themselves through the intervening centuries despite lack of water, sand storms and lack of farming land, requisitioning by force of arms from the Arabs and Egyptians to the north and east, and from the blacks of the Sudan in the south, such necessities and luxuries as their cheerless portion of Mother Earth cannot supply them.

"There are five main tribes in the Tuareg confederation, and they inhabit the desert from the Tunt to Timbuctu and from Fezzan to Zinder. Their homes are reared in the heart of arid wastes, where vast solitudes, unnatural heats and unmarked distances shroud everything in uncanny mystery.

"The Tuaregs wear the end of their turban cloth drawn over the face, allowing nothing but the eyes to be seen. It is worn for the purpose of protecting the throat and lungs from the cutting blasts of fine desert sand, and also probably as an element enhancing the mystery of their life, for they seldom or never remove these masks, whether roving over the desert or visiting in the cities on the coast. Due to these cloths they are called masked Tuaregs, while the Arabs call them 'people of the veil.' The masks are dark blue and white, the former being worn by Tuareg nobles and the latter by the serfs and slaves.

"Some centres of trade, Tuareg towns, are situated in the middle desert. These are Wargla, Timbuktu, Ghat, Ghadames, Murzuk and Inesgha. However, the Tuaregs have little care for trade and industry. He is a fearless, enduring, hard-fighting adventurer along the merchandise trails that cross the desert. Two important trails leave Tripoli, on the coast, and traverse 3,000 miles of sands and barren wastes to the Sudan, where rich cargoes of skins, gold, ivory and other interior African products are loaded upon camels and brought northward. Sometimes a single caravan consists of thousands of camels and merchandise to the value of hundreds of thousands of dollars. When passing through the Tuareg country the leaders of such caravans have had to pay a tribute to the chieftains by the way for safe escort or run the risk of losing all their goods.

"From Morocco to Tripoli the relentless ferocity, the cunning and the daring of the Tuaregs are mingled in all the traditions unpleasant to the more peaceful natives along the coast. The Tuaregs meanwhile openly spy upon the caravans in course of outfitting in the coast cities and thrive upon the tribute they are able to exact.

"The Tuaregs are of the purest Berber stock, the noble families unminged with other blood, and in their own language they call themselves 'the noble people.' Nominally they are Mohammedans, and some of their

number compose the most intolerant and warlike sect in Islam, the Senussi sect. Their hatred for the foreigner is greater even than that bred by their religion, and so they are more exclusive than ever were the Chinese or Japanese. Their social organization divides them into five classes—the nobles, the priests, the serfs, the cross-breeds and the slaves. All of these classes have this that is democratic—they form together the Tuareg family, which holds itself superior to all the other peoples of the earth."

Minard's Liniment Cures Garget in Cows.

Rain Tree of Tropics.

The rain tree of the tropics has been wrongly credited many times with the quality of shedding water in such great quantities that it takes the place of an artificial irrigation plant. The common English name, rain tree, and its Spanish equivalent, arbol de la lluvia, probably owe their origin to the fact that the "sleep," or closing of the leaflets, is a very conspicuous phenomenon at the approach of and during rains, as well as at night. In the Philippines, where it is by far the commonest shade tree found in the larger towns, the rain tree is commonly known as "acacia." In Hawaii it is called "monkey pod."

Nearly Every Girl Can Make Herself Pretty and Attractive

SOME WHOLESOME TRUTHS EVERY GIRL SHOULD THINK ABOUT.

Probably you know just such a girl.

Perhaps she is sixteen—good to look at, and pretty—quite interesting because she reflects the graces and charm that give promise of happiness to herself and others. But she is not strong. The color in her cheeks, once so rosy, has faded away—her eyes are listless—the buoyancy of spirit and vigor she once possessed are sadly lacking. Parents, friends, this girl needs Ferrozone—needs it that her blood may be renewed—needs it to restore the nerve force that growth, study and the development of her fresh youth have exhausted. This girl will become a queen with Ferrozone—which will restore her color—bring back her old-time energy—give brightness to her eyes and vivacity to her spirits. In Ferrozone every girl finds strength—then she can do things. In Ferrozone there is endurance—and vigor—away morning tiredness and languor. For the girl or woman that wants to be happy, healthy, winning—who values rosy cheeks, laughing eyes and abundant good spirits, nothing can compare with Ferrozone. 50c. per box, or six for \$2.50. Get it to-day from any dealer in medicine, or by mail from The Catarrhzone Co., Kingston, Ont.

One Gladstone Interview.

An amusing glimpse of the famous statesman Gladstone was once given by John Murray, of the publishing house which issued many of Mr. Gladstone's writings and speeches. "The last time I was at Mr. Gladstone's house," said Mr. Murray, "I had breakfast early and alone, as I was going to Scotland. When I had finished I was told that Mr. Gladstone did not know that I was leaving so early, and that he wanted to have another talk with me. I went to his bedroom—a very large room, with a double bed in it. Mrs. Gladstone was in her dressing room.

"Gladstone was dressed in a nightgown with a brown shawl round him. He was lying flat on his face, his head at the foot of the bed and his feet on the pillows. In one hand he held a cup of coffee, and there was a book in the other. I shall never forget that interview and the comicality of the great lion head popping up as I went toward him."

Wigwag—Last night I dreamed I was married. Hennecke—I told you not to eat that last Welsh rabbit.

Mystifying Chemical Trick.

"A plain blue handkerchief is shown to the audience. When the handkerchief is warmed it turns white and when cooled resumes its former color.

Make a starch paste and add enough water to the paste to thin it. Then add sufficient tincture of iodine to color the liquid blue. A few drops will be enough. Dye a white handkerchief with this blue liquid, and when the handkerchief is dry it is ready for the trick.—Popular Science Monthly.

Minard's Liniment Co., Limited.

Gentlemen—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of Lumbago, and I have frequently proved it to be very effective in cases of inflammation.

Yours,

W. A. HUTCHINSON.

TENDER MEAT.

And How to Have It From the Cheaper Cuts.

It would seem that the last word had been said on cheaper cuts of meat. But the increase in the high cost of living makes the meat problem still as tough (no pun) as ever.

What are much maligned and equally much praised cuts called "cheap cuts"? To know this we must know the architecture of the animal in question. First, the most tender pieces are the less exposed parts of the animal. Whatever portions are subjected to muscular exercise (thus the loin) are tougher because the muscles have been used more. This does not mean that there is not as much nourishment in tough muscles as in tender ones. The cheaper cuts have tougher fibres, and the whole problem is to prepare and soften the fibres and thus put them on a par with more tender parts. The muscles of the abdomen are also tender, but give a very coarse meat.

The structure of the muscle fiber must be studied in order to apply the best methods of cooking. Each fiber is like a thin section of orange, being surrounded by a firm tissue and containing juice within. If we cut the fiber across the juice will escape. If we heat the fiber in a high temperature we will harden it still more and prevent the escape of juices. If we cut it and soak it in water the juices again will escape. But if we pour scalding water or liquid on the fiber it will have much the same effect as heating it rapidly to a high point.

Now, the ideal in handling all cheaper cuts is first to harden the fiber either by pouring on boiling water or by heating it to a high degree in order to avoid the escape of the juices, and second, to cook it slowly so that the fiber will eventually be very soft, the juices dissolved and the flavor as much as possible retained. None of these meats should be covered at first with cold liquid or cooked slowly before the outside fiber is seared.

What are some of these cuts by name? Perhaps this partial list will give suggestions which your butcher can help you carry out:

Cheaper cuts of beef:

Rump—Roasts, braising, a la mode, stewing.

Chuck ribs (1 and 27)—Roast, steak, Chuck ribs (last 3)—Stewing, braising.

"Plate"—Soup, stew, rolled pieces.

Brisket—Corned and pot roast.

"Skirt"—Steak—Rolled, stew.

Planked Steak—Rolled, stew, a la mode, soup.

Cross Ribs—Pot roast.

Short Ribs—Soup, stew, sliced cold.

Cheaper cuts of mutton:

Breast—Stew, braising, soup.

Neck—Soup, stew, meat for croquettes, etc.

Veal:

Breast—Soup, stew, made dishes, veal loaf.
A slow oven, which is also used in cooking other foods, can be used, or, above all, the "fireless cooker," which cooks without heat. Here, too, the fireproof or earthenware dishes can be used to best advantage, for then the food may be cooked and served in the same dish.

Flower of the Air.

There is a plant in Chile and a similar one in Japan called the "flower of the air." It is so called because it appears to have no root and is never fixed to the earth. It twines around a dry tree or sterile rock. Each shoot produces two or three flowers like a lily—white, transparent and odoriferous. It is capable of being transported 600 to 700 miles and vegetables as it travels suspended on a twig.

Corns Drop Out

Paint on Putnam's Corn Extractor to-night, and corns feel better in the morning. Magical, the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c bottle of "Putnam's" Extractor to-day.

Kiddies' Height and Weight.

Do you know the average height and weight of children?
The average 5-year-old boy weighs, including clothing, 41.2 pounds.

At 7 years he has gained 8 pounds and his height has increased from 41.7 to 46.2 inches.

At 5 the average girl weighs 39.8 pounds and at 7 her weight is 48 pounds—a little less than the boy.

The average boy gains six pounds a year between the ages of 8 and 11, when he weighs 72.4 pounds—two pounds more than the average girl of 11.

The height of the average boy increases two inches each year until 11 when he measures 54 inches, as compared to the average girl 53.8 inches.

Minard's Liniment Cures Diphtheria.

Cholera Morbus.

"Cholera morbus" is a term with a curious history" said the London Chronicle. "To our forefathers 'cholera' meant not necessarily a disease, but one of the four 'humors' present in every human body, as the bilious humor, excess of which made a man choleric." "Cholera" and "cholera," in fact, meant just the same thing. So the comparatively mild ailment which we know as 'English' cholera was referred to as 'the disease' cholera or 'cholera morbus,' in order to distinguish it from the other sense of the word. Much later, when Asiatic cholera was introduced to the alarmed natives of England 'cholera' got transferred to it."

GET MORE VIM! RENEW YOUR STRENGTH!

If you are tired, languid, sleepless, have headaches and languor, you need Dr. Hamilton's Pills; they tone the stomach, assist digestion, brace you up at once. Taken at night—you're well by morning. Sickens and tired feeling disappear instantly. Vim, spirits, hearty health, all the joys of life come to everyone that uses Dr. Hamilton's Pills. No medicine so satisfactory. Get Dr. Hamilton's Pills to-day, 25 cents per box at all dealers.

A Handful of Hints.

Screw eyes placed in the tops of handles of brooms, brushes and mops, so that they may be hung on hooks in a closet, will allow a neater arrangement of the cleaning utensils.

If you wish to turn your pink hyacinths into a blue one, bury an old iron close to the roots. Planting it in a small zinc tub will bring about the same result.

When the screw top of a bottle refuses to turn, try putting the top of the bottle between the door-jamb and the kitchen floor. Close the door so that the bottle top is held securely, then twist the bottle and it will usually yield readily.

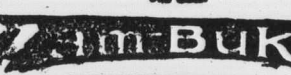
Chinese glass starch is made of two tablespoonfuls of raw starch and one tablespoonful of borax dissolved in one and one-half cups of water. Garments are dipped in this, rolled tight, and left in a dry cloth for a few hours before ironing.

Any woman who owns a sterling or German silver purse will be glad to know that common baking soda will clean it in a few minutes. It is used by many jewelers for this purpose. Just take plenty of soda and a little water and wash between the hands or with a brush. Rinse dry.

All the eye specialists in the world wouldn't enable some women to see through their own husbands.

PILES

You will find relief in Zam-Buk! It cures the burning, stinging pain, stops bleeding and brings ease. Persistence, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores—No Excuse.



Used Like Solder.

A soft alloy, which adheres to metal, glass and porcelain, and can be used in the same manner as soft solder, is prepared from powdered copper (copper dust), which may be obtained by stirring a solution of blue vitriol with granulated tin. The solution becomes considerably heated, and a brown powder is precipitated. Of this copper dust 20 or 30 parts by weight, according to the desired hardness of the solder, are mixed in a cast iron or porcelain mortar with sulphuric acid of 1.85 specific gravity, to the consistency of paste, and 70 parts of mercury added with constant stirring. When the amalgam is thoroughly mixed it is carefully washed with water to remove all trace of acid, and then cooled. In 10 or 12 hours the mass becomes very hard. When the solder is to be used it should be heated to about 400 degrees Fahrenheit, in which condition it can be kneaded like wax in an iron mortar. In this plastic state it is applied to the broken surfaces, which are then pressed together and when cooled the amalgam adheres very firmly.

Listen for the Bronchial Wheeze When You Breathe Deeply

It means that disease will soon attack the lungs. Wheezing is distressing to the sufferer and annoying to his friends. Nothing half so certain in bronchitis and throat trouble as "Catarrhzone"; it gives instant relief and cures even the worst cases. Bronchitis fairly flees under the magic influence of Catarrhzone, which cures so thoroughly the disease never returns. Other remedies may relieve, but Catarrhzone cures bronchitis, catarrh and throat trouble for all time to come.

Beware of dangerous substitutes meant to deceive you for genuine Catarrhzone, which is sold everywhere. Large size, containing two months' treatment, costs \$1.00; small size, 50c; sample size, 25c.

Did as He Was Told.

One evening, just as it was getting dusk, a laborer walked down the main street of the city. Coming to a poultry dealer's place, he stopped and gazed admiringly at the fowls and game displayed on the window slab. One turkey of about fifteen pounds weight took his fancy. After running his fingers through the coins in his trousers pockets a few times he decided on having that turkey. Picking it up he entered the shop. The shopman was very busy. "Just weigh this bird for me, will ye?" said he. "Why don't you take your bird somewhere else to be weighed?" snappily replied the poultryer without looking up. "Oh, I kin do that all right," he replied, cheerfully picking the bird up and walking out with it.—London Tit-Bits.

Minard's Liniment Cures Distemper.

Saurian Delicacies.

Could you eat a lizard? Many tribes in Africa eat lizard with relish. The gray lizard is baked and fried in South Portugal.

Those who have eaten lizard say it tastes like chicken.

The great aquatic lizard (the crocodile) is said to taste like veal.

Crocodile flesh is publicly sold in the meat markets of Senar, in Africa.

Carcasses of crocodile are hung up for sale to consumers in the butchers' shops in Siam.

Crocodile and alligator eggs taste like duck eggs, and are much prized as a table dainty by the Siamese, it is said, and also by the natives of Madagascar.

Certain inhabitants in South America value the alligator, or cayman, as food, broiling it and frying it in butter, the flesh being not unlike that of rabbit.

Minard's Liniment Cures Colds, Etc.

When running dates, figs or raisins through a food chopper add a few drops of lemon juice to prevent the fruit from closing the chopper.

Billy—Will you marry me? Milly—No! No. A thousand times no. Billy—Better be careful with that stuff. I might not ask you again.

An ounce of mirth is worth a pound of sorrow.—Richard Baxter.

ISSUE NO. 37, 1916

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear—seamers and finished stitchers preferred. Also teach learners, any girl with good knowledge plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED—HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland", St. Catharines, Ontario.

WANTED—BY THE END OF SEPTEMBER—good competent general servant; no objection to child over 6 years. Apply, Mrs. Alex. Murray, 84 Duke St., Hamilton, Ont.

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCATION to teach 50 pupils. Apply, Welland Hospital, St. Catharines, Ont.

LADIES WANTED.

TO DO PLAIN AND LIGHT SEWING at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

GIRLS WANTED

Experienced knitters and loopers, also young girls to learn. Clean work and highest wages.

CHAMPMAN-HOLTON KNITTING CO., LIMITED, HAMILTON, ONTARIO.

RABBITS FOR SALE.

RUFUS REM BELGIAN HARES; Grey Flemish Giants. Fully pedigreed. All ages. D. C. Waters, 175 Jackson street west, Hamilton, Ont.

FOR SALE.

FOR SALE—PLANING SAW AND Chop Mill, doing good business; also motor truck, 1 1/2 ton capacity, in No. 1 condition. Apply to John McCormick, Lawrence Station, Ont.

Quietly Vanished.

The advantages of a glass eye give the point to the following joke:

A few days since a traveler for an optical instrument house called at a shop in Manchester, and while exhibiting his samples produced a box of artificial eyes of all colors and began to decant upon their superiority.

While enlarging pompously upon the beauty of his goods, a little man broke in with:

"You may talk about your goods being the finest in the market, but can you prove your assertions? No, sir, you cannot. Just look at this left eye of mine if you would see perfection."

The optical man examined it closely and with a half sneer in his voice asked:

"Where did you get that eye?"

"Got it in London."

"Well, sir, I can assure you that you didn't get it from our house."

"No, I got it at another place."

"Exactly; such boot work as that is never allowed to leave our factory. The least defect of an eye condemns it, and yours is full of blemishes. In the first place, it is of too light a shade to match the other one and anyone can see that it is a size too small for your eye. Again, it is not natural in its appearance. It will deceive no one. Its artificial points creep out on every side, and it has not one single aspect of the natural eye. How long have you worn it?"

"Ever since I can remember. You see, I was born in London, and this eye was born with me. It's a natural one, and a mighty good one, too."

The eye man picked up his samples and faded from view.—Tit-Bits.

Constant Headaches

When the nervous system gets run down one of the most persistent symptoms is headache. Nervous headache has been described as the cry of the starved brain for more blood.

Because of its remarkable blood-forming and blood-enriching qualities, Dr. Chase's Nerve Food ranks first as a means of overcoming nervous exhaustion, nervous prostration, headache, indigestion, sleeplessness, irritability and all the annoying symptoms of nervous breakdown.

It is not a mere relief, but thorough cure; for it rebuilds and reconstructs the wasted and depleted nerve cells.

50 cts. a box, 6 for \$2.50.

Dr. Chase's Nerve Food

The Artist and His Work.

The great artists, like the great heroes, have always done whatever came to hand.

Michelangelo grumbled and said he was a sculptor when Julius II. set him to paint, but he painted the roof of the Sistine chapel. Shakespeare chafed at the popularity of the fool in the drama of his time and then produced the fool in "Lear."

If either of them had waited for perfect conditions and an inspiration untrammelled by circumstances, he would have done nothing. They produced masterpieces because they made the best of things as they were. And this is the business of the artist in life.—London Times.

Heaven never helps the men who will not act.—Sophocles.

Some housewives make the iced tea so weak that guests think it best to let it rest.

2 in 1
SHOE POLISHES
BLACK · WHITE · TAN
KEEP YOUR SHOES NEAT
10c F. F. Dalley Co. of Canada Ltd., Hamilton, Canada 10c