



GILLETTS LYE
MIGHTY MAUNA LOA.
This Gigantic Volcano is Worthy Rival to Vesuvius.

The lofty volcanoes of the Hawaiian Islands, rising above the ocean from 5,000 to nearly 14,000 feet, are only the summits of gigantic mountain masses that rise abruptly from the bottom of the Pacific. Mauna Loa, on the island of Hawaii, stands 13,675 feet above sea level, but its slopes descend beneath the sea, as shown by deep sea soundings, with a grade fully equal to if not greater than that of the visible slopes. The same is generally true of the submarine slopes of other islands, and the depths attained by these continuous slopes, within thirty to fifty miles of the shores, vary from 14,000 to 19,000 feet. —Mauna Loa and Mauna Kea, if their true bases are considered to be at the bottom of the Pacific, are therefore mountains of as great an altitude as Mount Everest, or approximately 30,000 feet. In general the Hawaiian island group consists of summits of a gigantic submarine mountain chain which projects only its loftier peaks and domes above the water. On the island of Hawaii the volcanic forces are still in operation. The one continuously active volcanic vent of the island is Kilauea, far down on the eastern flank of Mauna Loa—"the great mountain." No other volcano in the world approaches Mauna Loa in the vastness of its mass or in the magnitude of its eruptive activity. There are many volcanic peaks higher in the air, but most of them are planted upon elevated platforms where they appear as mere cones of greater or less size. It is not yet known at what level the base of Mauna Loa is situated.

Minard's Liniment Co., Limited.
Mrs.—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours. If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.
Yours truly,
J. G. LESLIE.
Dartmouth.

but it is below the sea, probably far below.
Mauna Kea—"the white mountain"—is also a colossal among volcanoes. Its summit, 13,825 feet, is a trifle higher than that of Mauna Loa, but its slopes are steeper, and its base is therefore much smaller. The magnitude of Mauna Loa is due chiefly to the great area of its base, which is nearly elliptical in shape, with a major diameter of seventy-four miles and a minor diameter of fifty-three miles, measured at sea level.

In the aggregate of its eruptions Mauna Loa is also unrivaled. Some of the volcanoes of Iceland have been known to disgorge at a single outbreak masses of lava fully equal to those of Mauna Loa. But such outbursts are infrequent in Iceland, and a century has elapsed since any of such magnitude have occurred, though there have been several minor eruptions. The eruptions of Mauna Loa are all of great volume and occur irregularly, at an average interval of about eight years. In view of the total quantity of material it has disgorged during the last century no other volcano is at all comparable to it.—From a Bulletin of the United States Geological Survey.

Minard's Liniment Cures Diphtheria.
All-Sufficient Reason.
A very pompous army surgeon was sent to a recruiting depot in the Highlands to examine a batch of lads who had taken the king's shilling. The abrupt, overbearing manner of the doctor so frightened one nervous recruit that he was unable to answer the first question as to his name and place of birth. "Why don't you answer?" roared the doctor. "What's your name, I say?"
Still the panic-stricken lad could only

ly stare open-mouthed at his questioner, who exclaimed:
"Why, I believe the fellow's stone deaf!" and, taking his watch from his pocket, he held it to the left ear of the recruit, saying: "Can you hear that ticking?"
The youth shook his head. The watch was applied to the other ear with the same effect, and then the doctor opened the vials of his indignation on the head of the would be soldier.
"What do you mean by enlisting when you are stone deaf? Why, you can't even hear the ticking of a watch when it's held within an inch of the drum of your ear!"
And then the worm turned.
"She's no' gaun," said the recruit, finding his tongue at last.
And when the doctor, holding the watch to his own ear, found that it had indeed stopped, his feelings were too powerful to be expressed in words, extensive though his vocabulary ordinarily was.—Tit-Bits.

Finest Thing Ever For Chronic Catarrh!
Gets Away From the Medicine Habit, Cures by Novel Method.

With the many remedies you have tried you surely know that no liquid medicine can cure your throat or nose. Even a gargle only bathes the entrance of the throat—it can't really get inside, nor can it reach the inflamed bronchial tubes.
With Catarrhazone, it's so different from medicine-taking—you simply breathe its healing vapor, inhale its balsamic fumes, which carry cure and relief to the minutest air cells in the lungs, nose, throat, and bronchial tubes.
In this scientific way the soreness and inflammation is rapidly allayed, relaxed cords are toned up, the entire mucous membrane invigorated. Every trace of catarrh disappears, the disagreeable dropping of mucus in the throat, hawking, spitting and stopped-up nostrils—all these sure signs of catarrh and bronchitis are permanently cured by Catarrhazone. Large outfit lasts two months, costs \$1.00; small size 50 cents, trial size 25 cents, at dealers everywhere.

THE DAY!
"Civilization's Reply," to the toast, "Der Tag," that has been on every German officer's lips these many years. The poem is by Henry Chapell, a railway porter of Bath, Eng., and appeared in the early months of the war.

You boasted the Day, and you toasted the Day.
And now the Day has come, Blasphemer, braggart and coward all, Little you reck of the numbing ball. The blasting shell, or the "White Arm's" fall, As they speed poor humans home.
You spled for the Day, you lied for the Day.
And woke the Day's red spleen; Monster, who asked God's aid divine, Then strewed the seas with the ghastly mine— Not all the waters of all the Rhine Can wash thy foul hands clean.
You dreamed for the Day, you schemed for the Day, Watch how the Day will go; Slayer of age and youth and prime, (Defenceless slain for never a crime) Thou art steeped in blood as a hog in slime— False friend and coward foe.

ASTHMA INSTANTLY RELIEVED WITH ASTHMADOR
OR HONEY REFUNDED, ASK ANY DRUGGIST or write Lyman-East Co., Montreal, P.Q. Price 65c.

You have sown for the Day, you have grown for the day, Yours is the harvest red; Can you hear the groans and the awful cries Can you see the heaps of the slain that lie And sightless turned to the flame-split skies The glassy eyes of the dead?
You have longed for the Day, you have wronged for the Day That lit the awful flame, 'Tis nothing to you that hill and plain Yield sheaves of dead men among the grain; That widows mourn for their loved ones slain, Add mothers curse thy name.
But after the Day, there's a price to pay, For the sleeper under the eod, And He you have mocked for many a day—

HIRST'S PAIN EXTERMINATOR
STOPS THE PAIN—AND ACTS QUICKLY
Rheumatism, lumbago, neuralgia, sprains, lame back, toothache, earache, sore throat, swollen joints and all similar troubles are quickly relieved by Hirst's Pain Exterminator. It has been sold for 40 years, and should be in every household—has a hundred uses.
All dealers or write to: HIRST REMEDY CO., Hamilton, Canada. 35c BOTTLE

"SALUDA"

In infusion is worth every cent of its cost, the flavor is Delicious and the strength Abundant.

Beyond All Question ... The Most Economical Tea Obtainable Anywhere.

Listen and hear what He has to say: "Vengeance is mine, I will repay." What can YOU say to God?

Worth Remembering.
Hamburg steak is cheaper and better when mixed with bread crumbs soaked in milk and seasoned with grated onion. Try it.

Stockings or socks, after being soaked in warm water for two hours and dried before being worn, will last much longer.
Keep all left-over tea to wash varnished woodwork. It improves the appearance of the wood and does not impair the appearance of the wood as does soap.

When washing hair brushes, or any brush for that matter, do not dry with bristles upward, for when turned up the water soaks into the back of the brush and rots the bristles.

When you wish to save on butter at the table, make small butter balls, and have them very hard, by placing upon the ice just before using.

To keep cabbage all winter, pile it on dry grass and cover it with old carpet and put grass on top of that again.

In doing up muslin curtains, starch just the lace and hem.

A box of fresh sand is an excellent thing to have in a corner of the pantry. If apples or lemons are packed in it, they will keep fresh and unshrivelled for months.

Iron-holders that will last for years are made by putting a strong piece of leather between two pieces of material. The tops of women's shoes are good for this purpose.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are extremely hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that the baby is confined to overheated, badly ventilated rooms; takes colds and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They regulate the stomach and bowels and prevent or cure colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cellulose Yarn.

Cellulose is new. It is a war-time product. Cellulose is a novelty of fibres. It takes the place of jute, cotton and other yarns. The cloth made from it has proved to be extremely strong. This is surprising, as the fibre itself is nothing but wood pulp. There are several ways of making cellulose, one being to press the wood pulp through small holes in plates. Another process takes the roving (a solid mass of cellulose) from the drum by means of a special apparatus. The surface of the drum is divided into parallels corresponding to the number of the yarn to be produced, and the yarn is finished on spinning machines.

Many cellulose factories, it is reported, have sprung up in Central Europe, where the development of the new yarn and the experiments with it are being closely followed by manufacturers.

Minard's Liniment Cures Distemper

Heavy Demand for Rubber.
The world discarded 183,000 tons of automobile tires during 1916. Adding to this the large number of bicycle tires thrown away every year by their owners, it appears that the world spends every year at least \$600,000,000 for pneumatic tires alone. Nearly 5,000,000 automobiles are now in use in the United States. To supply these with tires nearly 88,000 tons of india rubber are needed every year, and the American automobile owners pay every year as much as \$200,000,000 for tires.

Do Corns Lead to Cancer?

As yet this has not been proved, but interested parties will find nothing better for corns than Putnam's Corn Extractor, 25c, at all dealers.

English Hereditary Offices.

Conventional epithets have once more been used in the English newspapers about the late Lord Londesborough's hereditary office as vice-admiral of the Yorks side coast. In reality there are many similar appointments in force elsewhere. The Lord Mayor of Bristol is vice-admiral of the Channel as far down as Holmes, and possesses an ancient silver ear, which he is entitled to have borne before him in virtue of his office. By a fiction of medieval law all dead persons washed up by the tide were considered to belong to the parish in which the Mer-

chant Venturers stand, and births at sea were registered there. Before the organization of the royal navy had been fully developed it was convenient to intrust the interests of the crown in regard to the duties of the admiralty to local gentlemen, like the Denisons of Scarborough, from which the Earls of Lonsdale derive, of sufficient standing to be immune from sympathy with smuggling, which was the chief difficulty of early times. For handling maritime questions special qualifications were necessary, which the lord lieutenant, if he were seated inland, might not possess.

Minard's Liniment Cures Garget in Cows.

Science Jottings.
Last year the cut of timber in British Columbia amounted to more than 1,500,000,000 feet board measure, which is an increase of 45 per cent. over the total for the preceding year, and about 100 per cent. more than the cut three years ago. The increase has been caused by the demand for material for airplanes and ships.

All building records were broken recently at Grasmere, S. I., where a United States base hospital is located. In five hours a force of 300 men erected a building 230 feet long and 36 feet wide. In the finished building, when the workmen laid down their tools, were a steam-heating plant, sewer connections, electric lights and a bathroom with tiled floor. The work started at 7 o'clock in the morning, with men digging post holes. When the whistle blew at noon the last workman in the building was putting on his coat, with the task completed.

As a substitute for copper in transformer windings, it has been suggested the aluminum might be used, but, dealing with heat dissipation temperature rise comparative costs of the different materials and other important factors, it appears that he advantages are still with copper. If all railways were converted to electricity a saving of 16.2-3 per cent. of the total coal consumption could eventually be made—far more than could be achieved by suppressing lighting altogether.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surface of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials, free.
P. J. CHENEY & CO., props., Toledo, O.
All Druggists, 75c.
Hall's Family Pills for constipation.

Salted Herrings.

Centuries ago William Buckels, a Hollander of Beverich, made the then astonishing discovery that salt would preserve fish and that salted fish could be packed and exported. Before his time herrings had to be consumed within a few days of their capture. Buckels salted them. In 1336 William Buckels salted the first hundred of herrings, and, having salted them, he packed them in barrels. This exercise of common sense resulted in a singular development of the resources of the country. The English fisheries were not as prominent 500 years ago as they are now, and Holland had for a time almost a monopoly of a market which she was able to create and to supply. Buckels had not to wait 500 years to have his claim to public gratitude recognized. Charles V. had a statue erected to the mackerel salted by him. Queen Mary of Hungary, however, paid him even greater honor. During her residence in Holland she discovered his tomb and, seated upon it, ate a salted herring.

Minard's Liniment Cures Colds, Etc.

PHYSICAL EXERCISE.

It Pays in Both Beauty and Health.
I weighed 140 pounds when I began getting in condition and in eight weeks I lost nine pounds, without dieting, or any of the strenuous exercises that go with the usual training, says a writer in Physical Culture.
I began by walking to the village, Mount Kisco, three miles from our farm, every day to do my marketing. The six miles did not tire me, for I was used to walking. Then I started my ex-

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COAL shortage will trouble you! Then quit. Use the "Wonder Oil Gas Burner." It has been on the market for nearly eleven years. It burns gas made from coal oil and air. Positively gives more heat than coal. It is safe, odorless, simple and sufficient. Use it in your cook stove, heater or without. It is complete for \$20.00. If no agent in your town send size of firebox with price, to the wholesale distributors, BLUNT WOOTTON CO., 161 Church street, Toronto.

FOR SALE.
ONE FRUIT BASKET OUTFIT COMPLETE, also SHEDS, etc., \$150.00. One 67 inch Solid Saw, 80 teeth, practically new, \$65.00. 1 Solid Tooth Saw, about 45 inches, suit small timber, \$25.00. All loaded on O. T. E. Apply John Hassan, Seguin Falls, (Parry Sound Dist.).

GALLOWAYS—COWS WITH CALVES at foot; also young stock for sale. D. McCrae, Guelph, Ont.

WATER WHEEL FOR SALE. One fifty-horse power turbine, also shafting and gearing in good condition. For full particulars apply to the Blingsby Mfg. Co., Ltd., Brantford, Ont.

FARMS FOR SALE.
FOR SALE—150 ACRES OF LAND clay and sand loam. Brick house, basement barn, Cement silo, and other outbuildings. 2 1/2 miles from Thamesville. Good water, Gravel road. Apply Geo. Dowdell, Thamesville, R. R. No. 6, Phone 665.

TWO ACRE FRUIT FARM, SANDY Loam, excellent house and barn. Electric Light, all conveniences, two minutes from Radial, with furnace and furniture. Owner going abroad. Box 643 Grimby, Ont.

FARMS AND RANCHES FOR SALE. In Alberta. Write for our New Catalogue. J. C. Leslie & Co., 301 Beveridge Block, Calgary, Alta.

FOR SALE—NINETY-EIGHT ACRES— close to Ridgeway, near Crystal Beach; good house; fair barn; stone roads; wire fences; spring creek near barn; fifteen acres wheat; plowing done; county phone; mail delivery; natural gas; consider sixty-five hundred; reasonable terms. David Elsie, Ridgeway, Ont.

AT \$0 PER ACRE—TWO HUNDRED acres heavily wooded; in Lambton County; good wheat land; 6 miles from railroad station. C. Gonder, Welland, Ont.

LOST.
ESCAPED, BLACK FOX, SUITABLE reward paid. Reid Bros. Bothwell, Ont.

AGENTS WANTED.
OUR PRODUCT A WINNER, USED in every home. Whirlwind sales. Agents making five to eight dollars daily. Either sex. Write at once. Craig Bros., Niagara Falls, Ont. Can.

ercises. I practiced before a mirror, and went at them very slowly at first, getting limbered up. Every day I would kick a little higher.
The two exercises I think most important are a bending back movement, which I also started very early, bending the whole body back with hands above the head, until I could touch the bed with the tips of my fingers. This movement absolutely removes all superfluous flesh on the abdomen. The other exercise was a bending forward movement until the palms of my hands touched the floor.
This movement as it is usually taken is of small value because most people bend from the waists to do it. The torso should be raised, lifted high and the bend should be far below the waist from the hips. This exercise loosens the muscles and the knees and makes every muscle in the back and leg flexible. The knee of the hip and the back are the three points of attack in training. The two movements I give melted away any flesh I had to lose, and made me as supple as I was when I left the stage.
I did not diet.

Well is it known that ambition can creep as well as soar.—Burke.

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Experimental Tests show that Fertilizers Increase Wheat Yields
Gains from Fertilizers obtained in Experimental Tests:
Ontario Agricultural Experimental Station—
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"Exactly what should be used will depend upon the local conditions, but in any case it should be remembered that it will pay better to use liberal amounts of fertilizer on wheat now than in ordinary times, because wheat prices are likely to remain high and it will not require much increase in the yield to pay for liberal fertilization."—Prof. A. T. WIANCO, Purdue University, Indiana.
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