

Strength Will Return To Weak People Using This Treatment

You are discouraged. You feel old and worn. You are sick, but not aware of the fact. You can drag yourself around—but work is impossible. With your stomach crying out for assistance and the nerves all on edge why not try Ferrozone?—It will surely do you good. Ferrozone is a wonderful combination of vegetable extracts, fortified by excellent tonics for the nerves and stomach. When you feel despondent, Ferrozone cheers you up. When languor and oppression weigh you down, Ferrozone braces you up. When sleep is impossible Ferrozone calms the nerves and gives you rest. For bounding health, good looks, good spirits, nothing equals Ferrozone; makes the weak strong and the sick well. Good for men, women and children; try Ferrozone, it can work wonders, as it did for Mrs. Mary Melong, of Harbor Bouche, N.S., who writes: "Ferrozone built me up. "Before using it I scarcely knew what good health meant. "I was just as miserable and weak as any woman could be. "Tired from morning to night, bothered by trifles, unceasingly nervous. "The first box of Ferrozone improved my blood, gave me appetite. In a short time I was like a new person. Now I rejoice in abundant good health. "Try Ferrozone. It will make an unexpected improvement in your looks, your feeling, your health. "Whether anaemic, nervous or suffering from secret disorders.—If you want cure, use Ferrozone. Price 50c per box, or six boxes for \$2.50, at all dealers or direct from The Catarrhose Co., Kingston, Ont.

Clearing Seas of Mines

Announcement that the British Government is about to place on exhibition a German mine-laying submarine, calls attention to a phase of the war that has been almost unchanged in the past two years, namely, the laying of mines by Germany. She was never more reckless in laying mines than now. There being no German commerce or German warships on the seas, she has argued that every ship that is destroyed by a mine will not be a German ship. It may be a British or a French ship, or it may be a neutral. If it is a neutral, then the probability is that she was engaged in some business that might help the Allies; and the certainty is that her destruction could not be actually proved against Germany. Therefore, the seas have been strewn with mines as far as German mine-layers have been able to operate, and scarcely a day passes that some vessel does not fall a prey to this invention. Germany has employed unusual shifts to get her mines laid. She uses when possible her own vessels, which are built for this trade. They lay mines at entrances to German harbors, for they dare not venture far from shore. They also lay the mines that will be carried by wind and tide into the open sea. For laying these death-dealing bombs nearer the enemies' coasts she has employed neutral vessels, submarines and even Zeppelins. Although she sets many mines adrift with only a vague idea where they will be struck by a ship, she also places them in certain well-known ocean pathways, just as a poacher sets his snares in the runways of the game. Therefore, while the floating mine is a difficult thing to detect and remove, the British Admiralty, like the keeper on the poacher's track, knows that certain parts of the sea are favored by the German mine-layers. These parts, therefore, are more than carefully examined by the sweepers, hundreds of which are working every day in the waters near the British Isles. Recently the Admiralty lifted for a moment the veil that conceals the operations of the mine-sweepers, and correspondents were permitted to accompany the mine-sweeping fleet in order that they might learn just how the work was done. One of the correspondents, an American named Gordon Bruce, says that he came back from his trip with a real idea of what the British navy is. "Duty, courage, efficiency," he says, "are the summary of a week's trip in the North Sea." The night before he set out he messaged with a number of visiting officers from various branches of the service. These men told of the most

thrilling experiences in the most casual way. Each one seemed to consider the other fellow's job the more dangerous; each seemed unaware that he himself was called in to risk his life daily or hourly in his own particular branch of the service. These representatives of the British navy spoke and acted as though from the cradle they had been at war with Germany, and as though they expected to be at war with her when the time came for them to retire from the service or to meet their death. It was all in the day's work.

The mine-sweepers hunt in pairs over certain parts of the sea where they are almost certain to come across a mine. The fixed mine is nothing more or less than a huge bomb anchored to the ocean's bottom, and floating below the surface in such a position that it will be just concealed at low tide. It is not once in a thousand times that an approaching ship can detect a bomb. So it is the business of the mine-sweepers to do the work for them. The boats advance slowly over the sea at a distance of several hundred yards apart. Between them is a wire cable, but one judges that it is a special kind of cable which will cut the bomb loose from its anchor when it strikes.

Then when it is cut free it will rise to the surface, whereupon the men in the sweepers, armed with rifles, will fire at the bomb until they penetrate the air chamber and the mine sinks, or until they explode it. It was explained to Mr. Bruce that under The Hague conventions signed by Germany, mines were of certain prescribed kinds; each of them is supposed to be fitted with a device which renders it harmless should it break from its moorings. This is in order that innocent vessels shall not be injured. The German mines are all found thus equipped, but also it has been found that the apparatus that is supposed to render the drifting bombs harmless has been tampered with, so that they are as deadly a hundred yards away from where they had been anchored as when they were first set out. The mine-sweepers run the risk of striking a mine while they are searching for one, and on this account all the crew work in pneumatic lifebelts. They are also liable to be fired upon by a prowling submarine or any other German ship-of-war. Their work is not spectacular but it is as dangerous and as efficient as any work being done by the British navy.

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No More Corns

Guaranteed Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Pettam's Painless Corn Extractor. Sold everywhere—25c per bottle.

UNEXPLORED GEORGIA.

Huge Swamp Has Strange Race of Whites, Negroes and Indians.

One would scarcely think there were any blank spots on the map of the United States, but in Georgia there is a vast area, nearly seven hundred square miles of it, which has not been officially explored, or explored by any except perhaps some of the few half-breeds who inhabit it.

This is the great swamp of Okefinok. On the government map of Okefinok there are many parts marked "Impenetrable" and "Unexplored." In the depths of this swamp live white people, colored people and a few Indians. Nearly all of the Indians and colored people have so mixed races as to make it almost impossible to locate full-blooded Indians.

Slaves used to hide in this great swamp. Later many deserters from the Confederate army, and men who escaped enslaving, went into the swamp and their descendants are living there to-day. They call the swamp ground "trembling earth." Only the experienced natives can go about in it. The white men living there, about seven people to the square mile, are a sturdy race. They hunt and trap and fish, and also go outside and work with the cypress lumbermen.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Clever Reasoning.

Rather an original lesson in political economy was that once taught by the Japanese nobleman Awoto and thus translated by Sir Edwin Arnold in "Foes and Lands."

One evening as he was going to the palace to take his turn in keeping the night watch he let 10 cash drop out of his tinder case into the stream and then bought 50 cash worth of torches to search for the lost coin. His friends laughed at him for spending so much in order to recover so little, and he replied, with a frown: "Sir, you are foolish and ignorant of economics. Had I not sought for these 10 cash they would have been lost forever—sunk in the bottom of the Namerigawa. The 50 cash which I have expended on torches will remain in the hands of the tradesman. Whether he has them or I is no matter, but not a single one of the sixty has been lost, and that is a clear gain to the country."

Why abuse Carranza when Carranza has been a perfect godsend to the preparedness movement in which we believe?—Charleston News and Courier.

WEAR FLEET FOOT SHOES FOR EVERY SPORT AND RECREATION. SOLD BY ALL GOOD SHOE DEALERS WORN BY EVERY MEMBER OF THE FAMILY.

Capturing Elephants.

Rounding up elephants is in progress in several places in India. At Sukna nine elephants have been captured and one of them a huge beast, refused to eat in captivity. Six were sent on to Chalsa, where one of them charged the other elephants, and bowing over one of them, killed the mahut. The other day a tusker charged the only camping ground in the Tendu forest, but fortunately a European assistant prevented a panic. Not long ago a herd took possession of the short branch line from Latiguri to Ramsdahl. The driver did his best to frighten them off, but at the last moment one of the animals made for the engine and damaged it slightly, though it was itself thrown off the line, and is believed to have broken a leg.

Minard's Liniment Relieves Neuralgia.

Origin of Blotting Paper. Blotting paper was discovered purely by accident. Some ordinary paper was being made one day at a mill in Berkshire when a careless workman forgot to put in the sizing material. It may be imagined what angry scenes would take place in that mill, as the whole of the paper was regarded as being quite useless. The proprietor of the mill desired to write a note shortly afterwards, and he took a piece of the wastepaper, thinking it was good enough for that purpose. To his intense annoyance the ink spread all over the paper. All of a sudden there flashed over his mind the thought, that this paper would do instead of sand for drying ink, and he at once advertised his wastepaper as "blotting." There was such a big demand that the mill ceased to make ordinary paper, and was soon occupied in making blotting only, the use of which spread to all countries.

Facts for Health Seekers To Ponder Over

Nearly every disease can be traced to clogged or inactive stomachs, livers or intestines. Indigestion, biliousness, headaches and insomnia all emanate from this cause. Keep these organs in working order and you'll have continuous good health. No case was ever treated with Dr. Hamilton's Pills and not cured; their record is one of marvelous success. Dr. Hamilton's Pills are very mild, yet they cleanse the bowels promptly, and establish health regularly. You'll eat plenty, digest well, sleep soundly, feel like new after using Dr. Hamilton's Pills—one a dose—25c a box everywhere. Be sure you get the genuine Dr. Hamilton Pills, in a yellow box always.

Nature the Healer.

The influence of the forms and actions in nature is so needful to man, that in its lowest functions it seems to lie on the confines of commodity and beauty. To the body and mind which have been cramped by noxious work or company nature is medicinal and restores their tone. The tradesman who stooped comes out of the fin and craft of the street and sees the sky and the woods and is a man again. In the eternal calm he finds himself. The health of the eye seems to demand a horizon. We are never tired so long as we can see far enough.—Emerson.

The Eyes of the Musk Ox.

The skull of the bull musk ox is remarkable for the development of the eye orbits which project sufficiently beyond the plane of the frontal bones to compensate for the interruption the horns would otherwise make in the range of vision. The musk ox, however, does not seem to rely greatly on keenness of sight, far less on acuteness of hearing, for the ears are of small dimensions and are completely covered by the heavy growth of fur about them. The organs of scent are evidently more highly developed, and they exact of the hunter his greatest cunning.

DIVISION OF NUMBERS.

Rules That Will Simplify Some Examples in Arithmetic.

It is often convenient to know whether a given number is divisible by another without going through the usual process of division. Almost every one knows that however large a number may be, it is divisible by 5 if the last digit is 5 or 0. The following gives the rule for some other numbers:

A number is divisible by 2 when the last digit is divisible by 2; by 3 when the sum of the digits is divisible by 3; by 4 when the number represented by the last two digits is divisible by 4; by 5 when the number ends in 5 or 0; by 6 when it is divisible by 2 and also by 3; by 8 when the number represented by the last three digits is divisible by 8; by 9 when the sum of the digits is divisible by 9.

For example, the number 1728 is divisible by 2, because its last digit, 8, is divisible by 2; by 4, because 28 is divisible by 4, and by 8 because 728 is divisible by 8. It is also divisible by 3 and by 9, for the sum of its digits total 18, a number divisible by 3 and by 9. Since it is divisible by 2 and by 3, it is also divisible by 6. To find whether a number is divisible by 7 you must go through the usual process of division.—Youth's Companion.

LIQUID CATARRH REMEDIES USELESS ONLY RELIEVE—NEVER CURE

They go direct to the stomach, have very little effect on the linings of the nose and throat, and entirely fail to cure. Only by cleansing the air passages, by relieving the inflammation and killing the germs is cure possible. No combination of antiseptics is so essential as Catarrhose. In breathing it, you send the richest pine balsam right to the seat of the disease. Irritating phlegm is cleared out, hoarseness, coughing and hacking are cured. For a permanent cure for catarrh, nothing equals Catarrhose. Get it to-day, but beware of dangerous substitutes meant to deceive you for genuine Catarrhose. All dealers sell Catarrhose, large size, containing two months' treatment, costs \$1.00; small size, 50c; sample size, 25c.

TREES IN BOOKS.

Probably the Most Curious Collection of Volumes in the World.

There is perhaps one of the most curious collections of books in the world to be found in a small town on the continent of Europe, says the London Tit-Bits. It is really a botanical collection. Outwardly each volume presents the appearance of a block of wood, and that is what it actually is. But an examination reveals the fact that it is also a complete history of the particular tree which it represents.

At the back of the book the bark has been removed from a space which allows the scientific and the common name of the tree to be placed as a title for the book. One side is formed from the split wood of the tree, showing its grain and natural fracture. The other side shows the wood when worked smooth and varnished. One end shows the grain as left by the saw and the other the finely polished wood. On opening the book it is found to contain the fruit, seeds, leaves and other products of the tree, the moss which usually grows upon its trunk and the insects which feed upon the different parts of the tree. These are supplemented by a full description of the tree. In fact, everything which has a bearing upon that particular tree secures a place in the collection.

Mirard's Liniment Cures Dandruff.

Told of the War Office.

A certain officer of the Royal Horse Artillery, having his battery divided into half-batteries, which were garrisoned over forty miles apart by road, applied that he might have an allowance granted him for an extra charger, it being his duty to frequently visit both portions. The War Office ruled that this allowance was inadmissible, saying: "Measured by the ordnance map, as the crow flies, the distance is found to be only thirty-three miles and a half." For a time the officer was nonplussed, but an idea struck him, and he seized his pen and wrote: "There would appear to be some misunderstanding regarding my application. I am asking for allowance for an additional charger, not an additional crowd. I do not ride a crowd; I ride a horse!" He got it.

THE FAMOUS PRODUCTIONS OF FLORENCE AND ROME ARE REPRODUCED IN THE NEW ART STONWARE NOW ON VIEW AT ROBERT JUNOR'S 62 King St. East HAMILTON, ONT.

MUSIC IN THE BALKANS.

A Player Who Startled His Hearers and Unnerved Himself.

People will tell you in the Balkans that a gypsy camp is to be avoided, yet I used to hail them with pleasure. They added to the wildness and savagery of the nature about us. One day several miles from Uskup our horses raised their heads and listened to something we could not hear. At first we thought they were smelling human blood, but we came to the conclusion that something different caused their interest since no tremors of fear were passing through them. Reining them in, we listened, but hearing nothing, started to ride on. After awhile a sound like a faint moaning of a torment came to us. The effect on our horses was very peculiar. They seemed to have forgotten their fatigue and were sitting along in a way that made me nervous.

Finally we made out that it was wild strains of music that reached us. "We are nearing a gypsy camp," my brother said, with relief. "Some one is playing with more fire than usual." Within sight of the camp the music came to us in its full beauty or its full horror, I do not know which. Since then I have heard many great masters play, but such music as that I have never heard. It was heavenly; it was hellish. Our horses were as much affected as we. They pranced as if they were steeds of great metal instead of poor, scrawny Balkan ponies. As for me, I began to dream of things unheard, unknown, only dreamable.

Sitting on a wagon, a youth was hanging over his violin, playing—playing like mad. Presently, without interrupting his music, he sprang from the wagon and paced back and forth, still playing furiously. We sat fascinated both by the player and his playing, trying all the time to quiet our horses.

At last the music seemed spent. The boy let his violin fall to the ground, where he, too, threw himself, and the music was succeeded by heart-breaking sobbing. His weeping, like his music, was as torrential as a storm. Like it, it ceased when it had reached its climax.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly, T. B. LAVERS St. John.

Cape of Good Hope.

In 1487 Bartholomew Diaz sailed far enough south along the western coast of Africa not only to describe but to double the Cape of Storms, as it was then called, and as the coast was ascertained to run toward the northeast the prospect of success in the direction of India seemed now so clear that the Portuguese monarch renamed the cape Cabo de Boa Esperanza, or Cape of Good Hope. The "good hope" was realized in 1498 by Vasco de Gama, who doubling the southernmost point of Africa, sailed on to Calicut, thus opening up the long dreamed of route to India.

Mirard's Liniment Cures Burns, Etc.

Where Plato Taught.

The famous academy of Plato was in a suburb of Athens, about a mile north of the Dnyplum gate. It is said to have belonged to the hero Academus; hence the name. It was surrounded with a wall and adorned with walks, groves and fountains. Plato possessed a small estate in the neighborhood and for fifty years taught his "divine philosophy" to young and old assembled in the academy to listen to his wise words. After Plato's death in 348 B.C. the academy lost much of its fame, but the beauty remained for centuries after the great teacher was no more.

Inducements to Matrimony.

There prevails in some parts of Brittany a curious marriage custom. On certain fete days the marriageable girls appear in red petticoats, with white or yellow borders around them. The number of borders denotes the portion the father is willing to give his daughter. Each white band denotes 100 francs per annum; each yellow band represents 1,000 francs a year.

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear, seamers and finished stitchers preferred. We also teach learners, any girl with good knowledge of 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.

MISCELLANEOUS.

WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply, Wellandra Home, St. Catharines, Ont.

PERSONAL.

\$25.00 REWARD WILL BE PAID conditionally, where Croala falls to prevent Appendicitis. Positive cure for Indigestion, Constipation, Dyspepsia. Write for particulars and testimonials. John Galbraith, 31 Cronyn Ave., Toronto.

GIRLS WANTED Experienced knitters and loopers, also young girls to learn. Clean work and highest wages. CHIPMAN-HOLTON KNITTING CO., LIMITED, HAMILTON, ONTARIO.

RABBITS FOR SALE.

RUFUS RED 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, 1-4 ton capacity, in No. 1 condition. Apply to John McCormick, Lawrence Station, Ont.

The Oyster's Meals.

Oysters are most exemplary in the matter of diet. They were well-nigh vegetarians, living almost exclusively on seaweed. The oyster is a most methodical feeder, always dining between the hours of twelve and two in the afternoon. When he wants his meals, he simply opens his gills and lets the water flow in, allowing it to run out again. Only in frosty weather does the oyster go off his feed. In order to protect himself as much as possible from the cold, he lies with bulging shell uppermost. In this position he cannot open his shell, and must perform go short of food; but he would sooner starve than let the cold water in to chill his delicate flesh.

Be Natural.

Holmes says that there are six people present whenever two meet in conversation—the real A, the real B, as he sees himself, B as he sees himself. A as B sees him and B as A sees him. The remark comes back when one goes out upon the street and considers himself and the other people who pass, particularly those who seem on the slippery road to success. It is what they themselves who go by; it is what they would have other people think them. If they are young and inexperienced, they must tighten up their faces with an artificial solemnity; if they are getting on in years they must affect an artificial snappiness. They wear their outward aspects like clothes.

Light as a Cure.

Professor E. C. Titus in an address states that light is a much better cure for disease than a hot water bag or poultice. He says that when rays of light fall on the skin some are arrested by one layer of skin and some by another, while some are not stopped until they have penetrated the subcutaneous tissues. When the light is thus arrested it produces radiant heat, which has a higher penetrating power than convection heat, such as generated by poultices, etc. Radiant heat penetrates two inches or more, while convection heat is excited principally on the surface.—Exchange.

Miss Cutting—You evidently have a pleasant disposition, Mr. Sapleigh. At least, you are easily pleased. Sapleigh—Why do you say—think I am—aw—easily pleased? Miss Cutting—Well, I judge so by the fact that you laugh at your own remarks.—Indianapolis Star.

Your "Get-Away" Power in Summer is low. Summer brings mental and physical lassitude. The spirit is languid, the liver is lazy. Nature is trying to unload the toxins that come from heavy foods and lack of outdoor exercise. Help Nature to restore natural vigor and vim. Get an eight-cylinder stamina by eating Shredded Wheat Biscuits with fresh fruits and green vegetables. Cut out meat and potatoes—eat these delicious, nourishing little loaves of baked whole wheat and be cool, contented and happy. For breakfast with milk or cream; for luncheon with berries or other fruits. Made in Canada

KEEPS BABY'S SKIN HEALTHY. ECZEMA Results from neglected chafing and skin irritation. As a preventive and cure there is no treatment to compare with Dr. Chase's Ointment. Use it after the bath. 60 Cents a Box, all Dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample free. Dr. Chase's Ointment

TRAVEL THE BRIGHE WAY. ZIN Shoe Polishes. BLACK WHITE TAN. KEEP YOUR SHOES NEAT. F. F. DALLEY CO. OF CANADA, LTD., HAMILTON, CANADA