Templeton's

Capsules

Many doctors prescribe Write Templetons, 142 King St. W., Toronto, for Sold by reliable druggists everywhere for \$1.04.

ICE MINES

Found in Underground Caves in the States.

There are places in the United States known to science where and summer gets all mixed up and summer gets all mixed up and nature puts up ice in July and August instead of in January. Decorah, Ia., and Bixby's park, near Edge wood, are two of them. There are ice mines at both places.

A rocky hillside with a cave in it, whence issues a draft of icy air on the hottest day in summer, describes sach of these mines. Instead the caves there are walls of ice. The Decorah ice cave is much the larger of the two. How large is a matter of conjecture. Winding chambers lead back 100 feet to the big icebound chamber, but there are many evihamber, but there are many evi-ences that beyond this other cave assages penetrate deep into the hill.

It is even surmised that there may subterranean halls a mile or two in length, as in two different places distance from the ice cave blasts stance from the ice cave blasts cold air issue from the crevasses in the hills above Decorah.

son P. Black, of Philadelphia, has made a particular study of them, states that according to the theory evolved by investigators the formation of the caverns in such that the cold air of winter does not penetrate and settle in them until ate in the spring, at the time when the water from spring thaws is sweeping through the walls and roof. The water meeting the cold air freezes

and stays frozen all summer.

The Decorah ice cave remains as nature made it, up among the beetling rocks that wall the upper lowa river at that point. A climb up a steep path and a great triangular opening in the cliffs confronts the visitor. Chill air comes from it. On entering the cave it is necessary very soon to use a flash light as the winding passages are entirely cut off from the

Cook's Cotton Root Compound



A safe, reliable regulating medicine, Bold in three degrees c's trength—No. 1, 81; No. 2, 83; No. 2, 85 per box. Bold by all drugsists, or sent prepaid on receipt of price. Froe pamphlet. Address: THE COOK MEDICINE CO.

light that enters the cave opening. There are evidences that the redman knew of the ice cave and brought his venison to it in the summers.

The ice mine at Bixby's park is

comparatively new in origin. Some years ago a prospector ran a shaft into the hillside in the park, thinking there was lead in the rocks. The lead was not found, but the opening he had blasted in the rocks was discovered the following season, ter the mine had been abandoned, to be Decorah mine is explained. There are a number of springs near the Bix There by cave that give forth real ice water.

New York Sun.

Minard's Liniment Cures Burns, Etc

CHOOSING A HOBBY.

Make It One That Will Relieve the Tension of Business.

Writing on the advantage and en-joyment that a busy man will de-rive from a hobby, Arnold Bennett says in the Metropolitan: "In choosing a distraction—that is

to say, in choosing a rival to his bus -he should select some pursuit whose nature differs as much sible from the nature of his business, and which will bring into activity another side of his character, it his business is monotonous, de naroing care and solicitude rather than irreg-ular, intense effort of the brain, then let his distraction be such as will make a powerful call upon his brain. But if on the other hand the course of his business runs in crises that

string up the brain to its tightest strain, then let his distraction be a foolish and merry one. "Many men fall into the error of asthat their hobbies must be as dignified and serious as their vocations, though surely the example of the greatest philosophers ought to



have tau ht them better! They seem to imagine that they should continually be improving themselves in either body or mind. If they take up sport it is because the sport may improve their health. And if the hobby is intellectual it must needs be employed to improve their brain.

"The fact is that their conception of a -improvement is too narrow. In their restricted sense of the phrase they possibly don't need improving they possibly are already improved to the point of leing a nuisance to their fellow creatures, possibly what they need is worsening. In the broad and full sense of the phrase self improvement, a course of self worsening might improve them.

"I have known men—and everybody has known them—who would approach nearer to perfection if they could only acquire a little carlessness, a little absentiningedness, a little labsentiningedness, a little infantile gaiety, a little unscrupulousness in the matter of the time of day. These considerations should be weighed before certain hobbies are dismissed as being unworthy of a plain man's notice."

You Can be Cured of

Catarrh

The Pure Balsamic Essences of Ca tarrhozone Afford Surest and Quickest Cure.

Catarrhozone is certain to cure be-cause its healing vapor is carried with the breath direct to the seat of the the breath direct to the seat of the chest, nose or throat trouble. Being composed of the purest balsams and pine essences it immediately allays irritations, facilitates the ejection of mucus, soothes and stimulates the lungs and bronchial tubes. The marvel of the sea in curing nose throat vel of the age in curing nose, throat and bronchial troubles, that's wha thousands say about Catarrhozone that's what There is nothing so sure to cure, and to those in fear of changeable weather—those who easily catch cold—those who work among lung-chilling sur roundings, or where dust, impure air fog, or damp can affect them—let them get Catarrhozone and use it several times daily - it will cure every

Large size Catarrhozone, sufficient for two months' use, guaranteed, price \$1.00; smaller size, 50 cents; sample size. 25 cents. Sold everywhere.

PRINCIPLE OF TELEPATHY. How Information is Conveyed From One Mind to Another.

Not only is it possible to transmit messages from on place to another by means of wireless, but it is possible on occasions for one mind to communicate with another distant mind without the employment of any appar-atus whatever, writes Elliott O'Don-

nell in Pearson's Weekly.

That is what we mean by pathy.

Telepathy i. purely mental. It is carried on quite independently of all the organs of the body, saving the brain, and yet it enables us to re-ceive from afar expressions of thoughts, feelings, visions, taste and sounds. It is entirel a matter of con-centration.

One of the most remarkable case of what certainly appears to have been telepathic communication was that of Mrs. Hawker, wife of the famous airman. It will be remembered that when news first came to hand that the daring aviator was missing the whole country, with one excep-tion, feared the worst, and that ex-ception was Mrs. Hawker.

Mrs. Hawker vas never in doubt as to her husband's safety, because at the very critical momen' when his walled with ice. The condition has prevailed ever since. Science explains it in the same way that the there was certainly no medium for transmitting them.

A curious case was that of a certain priest who disputed the rights of any-one in a village near Paris to a particular field. A farmer bought it, and the priest determined to make him relinquish it through the instrumentality of what was in reality telepa-thy. Accordingly, he put up a wooden cross in the field to which he affixed a paper, bearing on it the words: "If you put your spade into this field a spectre will "ome and torment you in

The farmer, taking no notice of the cross, overturned it, and sure enough that night and for many subsequent nights was tormented by a figure in

Spanish Flu Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., Ltd.

white that entered his room and said: "Give me back mr field." Finally, the farmer grew ill, a doctor was summoned, and it then trans-pired that it was all due to the priest who at the very time the former used who at the very time the former used to see and hear the rision, was parading his own house in a white sheet and repeating the very words, "Give me back my field," that the farmer had hear so continually. It was done solely by concentration.

But it is not only ounds that can be conveyed by telepathy, but teste

be conveyed by telepathy, but taste

Dr. Elliotson narrates how, in the presence of the Archbishop of Dublin and several other persons, he exper-imented on a certain Mrs. Snewing. Standing behind Mrs. Snewing, so that she could not see him, Dr. Elliotson put various substances in his mouth -salt, sugar, cinnamon, ginger, and so on, all of which -ere carefully con-

The "Quality" Character of this brand has an International Reputation.



A Trial Packet will bring speedy conviction

every time her description tallied exactly with what Dr. Elliotsor had in

Worth Knowing.

"If nervous women would only drink more water they would not be so nervous." remarked a trained nurse the other day. "Nearly every physician will recommend a woman who is suffering from nervous prostration or nervou exhaustion to drink lots of water be tween meals, but many women who do not come under a doctor's care would feel better, and look better, :f they would drink, say, a quart of water in the course of a day. Water is a nerve food. It has a distinctly sooth-

nerve food. It has a distinctly soothing effect when sipped gradually, as
one can test for herself."

Cabbage is a popular vegetable in
many families, yet, unless it be eater
in larger quantities than would be relished, it is of little nutritive value.
Its occasional use, however, to supplement other foods is advantageous. To ment other foods is advantageous. To cook cabbage, plunge into salted boiling water, bring quickly to a boil, then move to the back of the range and simmer 30 minutes. Rapid and prolonged boiling renders cabbage unsightly in appearance and robe it of its

Minard's Liniment for sale everywh

NATURAL STEAM SPRINGS. Curious Freak of Nature Useful in Italy.

At Larderello, in Tuscany, Italy, a very interesting experiment has been made with satisfactory results. At this made with satisfactory results. At this point there is an area of about 36 miles where, from time immemorial, natural steam springs have existed. As early as 1790 the presence of boric acid in the water condensed from the steam was detected, and for many years, the Secieta Boracifera di Landersello which is a complication. dereilo, which is a combination of small companies formerly in opera-

cealed with blooms paper and handed to him by a Mr. Scarlett, eldest son of Lord Abingc Each time an article was put in his mouth and he began to taste it, Mrs. Snewing called out ard described what she fancied she tasted, and was the her description talled except the her description talled except. SALT CODFISH

Canned Variety is Handy to Have in Pantry. -

Serves as Base for Many Dainties.

One of the most useful things to have on the emergency shelf is a box of the nice, white, boneless salt cod-fish that is put up now by several concerns. One has no idea of the many delicious dishes for breakfast, dinner or supper that one can make of this, for if it is freshened properly it is almost as good as the fresh fish. The best way to do this is to put the fish into a dish and cover with cold water. Then set on the back of the stove. Let it come to a boil very slowly an change the water as soon as it reaches the boiling point. Do this three times. The pieces may then be dip-ped into melted butter and broiled over a hot fire until they are a deli-cate brown. Put on a hot platter and pour a little hot cream over it. A CODFISH PIE

To make a codfish pie, line a baking dish with a pie crust and bake. Bake a round circle on a plate for the cover at the same time. Cook an onion cu s in boiling water until ten Mix a teaspoonful of butter with one of flour and pour over it cup of hot milk. When it has this ened add the onion, and a cup of the freshened fish, flaked into small pieces. Pour it all into the crust, put on the cover and send very hot to table.

SCALLOPED FISH.

Freshen a pint of the fish and flake. Butter well a deep pudding dish. Put in a layer of bread crumbs, then a layer of fish, det with butter and season with pepper and salt if necessary. Cover with the

DON'T LET THAT COUGH CONTINUE!



SPOHN'S DISTEMPER COMPOUND

will knock it in very short time. At the first sign of cough or cold in your horse, give a few doses "SPOHN'S." It will act on the giands, eliminate the diseas germ and prevent further destruction of body by diseas "SPOHN'S" has been the standard remedy for DESTEM PER, INFLUENZA, FINK EYE, CATARRHAL FEVER COUGHS and COLDS for a quarter of a century. At all drug stores.

SPOHN MEDICAL COMPANY. Goshen, Ind., U.S.A

tion, has been producing boracic acid bake until brown en top

on a large scale.

The natural steam was first used for evaporating the water from which the boracic acid is obtained. Wells are drilled and dry steam at a pressure of three atmospheres is found at a depth varying from 195 to 390 feet. At Lardarello some of these have had an initial production of 154,-000 pounds of steam an hour. In 1897 the natural steam was first used 1897 the natural steam was first used for heating the boilers of the company, and in 1905 a further step was taken when experiments were conducted with the steam in a piston engine. The results were so satisfactory that a large engine was installed. Having a very large surplue of steam in excess of that required for its own uses the Societa Boracifera decided to utilize this excess steam for producing electric power. In 1912 a 250 kilowatt turbo-generator was installed—the natural steam being employed not directly in the turbine.

a 250 kilowatt turbo-generator wasinstalled—the natural steam being
employed not directly in the turbine,
but as a means of heating water for
the production of the steam required;
and in 1916 a large power plant containing three units of 2,500 kilowatts
each was completed. A fourth unit
will soon be added which will give a
capacity of 7,500 kilowatts, one unit
being held in reserve. The boilers
which are used are on the principle
of the sordinary tube boiler and consist of aluminum tubes contained in
a shell of sheet iron. The natural
steam at a pressure of about one atmosphere circulates outside the tubes,
within which the pure steam is generated at a pressure of about onehaif atmosphere. Each element is
calculated to produce 13,200 pounds of
pure steam an hour. The turbines,
which was creately made by Erance pure steam an hour. The turbines, which were specially made by Franco Tosi, of Legnano, have a miximum output of 3,000 kilowatts at 3,000 revolutions a minute.

Minard's Liniment Cures Dandruff.

DID SHE MEAN IT?

Hub (at breakfast): "I've got a ' d head this morning." Wife: "I'm sorry, dear. I do hope you'll be able to shake it off."

Man is the only animal whose trils open downward. Even in the highest apes the nostrils open to the

NOTHERS OWN

PRESCRIPTION DEMERAL TONIC PO

buttered crumbs, pour milk over it and CODFISH BALLS

Codfish balls are the usual Sunday morning breakfast all over New England. The secret of making them is not to get them too stiff. Mix a cup of the codfish with three of mashed of the codfish with three of mashed potatoes. Then add two tablespoonfuls of butter, four tablespoonfuls of milk, one beaten egg, pepper and gait, if necessary. Drop from a spoon into the hot fat and fry a deep brown. Serve with mustard pickles. FRITTERS

Fritters are another breakfast dish. Beat four eggs well and add a cup of mil kand a cup of freshened codfish, in small flakes. Season well. Fry out a slice of pork in the frying pan. Put the fish and potatoes in and spread wel land evenly over the bottom of the pan. When it is cooked a good, crisp turn it over like an omelet and

CHEESE SANDWICHES.

One level teaspoonful butter, one-half level teaspoonful mustard, onemair level teaspoonful paprika, one-third cupful grated cheese. Cream the butter, add the mustard anr paprika and stir in gradually the cheese. This is good on crackers or in sandwiches.

Minard's Liniment Relieves Negralgia

Steel and Bronze Bells. The Vochum Verein, the well-known

German stee! works which specialize in the manufacture of bells, has taken exception to a statement by one Prof. Dethleffen shat steel bells were merely a "war substitute" for bells of bronze and that their disadvan-tages outweighed the advantages. This assertion, the Bochum Verein states, is nothing but a repetition of old statements which have already been

disproved.

So far from the bell founding being a "war substitute" industry the Boshum Verein has made steel bells for sixty years, and before the war norse there are more there are more than sixty needs of there are more than sixty peals of steel bells. They are more durable

IF YOU HAVE A FRIEND IN ILL HEALTH

Pass this general female tonic along, they will b grateful.

A general tonic for women, growing wom
child bearing, change of life, etc.

Sold at all Druggists or sent direct in plain
per on reciept of price, \$1.00 per box.

than bronze bells, and with an equal volume of sound can be heard at a greater distance. Under normal conditions, with steel about one-third the price of bronze, steel bells are at least 50 per cent cheaper than good bronze bells.

Exception also is taken to his statement that the cost of maintenance of steel bells is greater than that of bronze bells owing to their being so much heavier. Up to one ton apiece weight steel bells are not heavier than bronze, and above that weight they are considerably lighter; hence it is incorrect to say that they require specially constructed belfries or an increased staff of ringers. The bronze bells in the Kaiser Wilhelm Memorial Church at Berlin, which weigh thirty and a half tons, would only weigh twenty-four and three-quarters tons if they were made of steel.

She's Up and at Her Work Again

THAT'S WHY MRS. KARGUS RECOMMENDS DODD'S KIDNEY PILLS.

Lynedoch Lady states that she was so

Lynedoch Lady states that she was so weak she could not get out of bed till she found relief in Dodd's Kidney Pilis.

Lynedoch via Wolfe, Ont., March 27th, (Special.)—"I feel like telling everybody about what Dodd's Kidney Pills did for me." This is the joyful exclamation of Mrs. Frank Kargus, a well known and highly respected resident here. Mrs, Kargus gives splendid reasons why she is so enthusiastic over Dodd's Kidney Pills.

"I don't know the cause of my trouble" she says, "but I know it dragged along for over a year. I had a bad pain in my back and I was so weak that I could not get out of bed. My heart troubled me very much and my sleep was broken and unrefreshing.

"I was always tired and nervous and sometimes I was so bad I thought I could not live much longer. I tried two doctors and they did not do me much good, so I tried Dodd's Kidney

"They have done me a lot of good "They have done me a lot of good.
I can do ', housework again and I am getting alon; fine."

Mrs. Kargus troubles are all symptoms of diseased kidneys. That's why she got such prompt relief. Ask your neighbors if Dodd's Kidney Pills do not relieve all kidner ills.

The Sheep and the Goat.

O, sheep, whose days are so demurely spent,
I wonder if it's past your compre-heading
That you and I between us represent

The starting of a process and its On you the wool, on me the cloth and swings the cycle from its start

But, not dir ct, old thing-O not direct! "Twixt shearing you and my "spring suiting" choices

suiting" choices There intervenes a host of the elect Who jazz around in Daimlers and Rolls-Royces;
Well-nourished coves, with apoplectic

necks, Who drink champagne and sign col-A-down the path from you to me they

(Who tries to dodge them only comes a cropper).

And each with outstretched and expectant hand

Collects the tribute that he thinks is proper. Your wool would stand on edge if you could see The final price at which it's charged

Therefore I call you "Comrade" from

my heart,
Aithough we two adorn a different
genus;
If you and I are plainly 'n the cart, At least we share the vehicle between We have one point in common, Bro-

ther Beast—
We both exist in order to be fleeced
—Manchester Guardian JUST AT THE LIMIT.

Her Husband—Do you mean to say you're actually going to wear that new evening gown? Why, they pinched a vaudeville woman for less than that.

Mrs. La Mode—I should think they would Less than this would be quite

A GENTLE LAXATIVE FOR THE CHILDREN

Mothers—the surest way of keeping your little ones well and happy; whether it is the new-born babe or the growing child, is to keep their bowels regular and their stomach sweet. Ninetenths of all childhood aliments are the result of clogged bowels and sour stomach. The most necessary and the best medicine for little ones is a gentla larative—something that will rebest medicine for little ones is a gentle laxative—something that will relieve constipation; eweeten the stomach and promote rest and natural sleep. Such a medicine is Baby's Own Tablets. They are a gentle but efficient laxative; are absolutely guaranteed free from opiates or other injurious drugs and may be given to the youngest infant with perfect safety. They banish constituation and indigestion; break up colds and simple fevers and give the baby that health and happiness which all children and happiness which all children should have. They are sold by medi-ine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

IDENTIFICATION REMOVED.

A Scottish tradesman stepped into a barber's shop the other day, and, whilst he was being shaved, the barber was wondering if this was a new customer. "Have you ever been here for a shave before?" asked the barber. "Yes, once," was the reply. "But I do not remember your face, sir."

"Weel, I dare say ye don't," said the customer, "ye see, it's a healed up noo."

ISSUE NO. 14, 1920

FARMS FOR SALE

FARM FOR SALE-130 ACRES-IN-cluding 10 acres of timber; fall buildings and fences; 1½ miles from vil-lage of Scotland. Apply Box 62, Scot-land, Ont.

\$3800—TOMATO GREENHOUSE—\$

Steam heat or hot water, fully equipped, and 1½ storey \$7 roomed frame house, hardwood floors, cement foundation, sood cellar, wired for electric light. Frame barn Bx 2 with stable 12 x 18, drilled well, near H. G. &. B. line and & mile from Grimsby. This property is an exceptional bargain, buildings cannot be built for anything like price asked. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent \$34.)

54 ACRES. ON THE RIDGE ROAD, east of Grimsby, 19 room frame house, terraced lawn and tennis court, frame out-buildings in good repair, 13 acres in assorted fruits, balance of the land excellent vegetable soil. Will take good city property as part payment. J. D. Birgar. 295 Clyde Block, Hamilton, On. (Regent 334).

10 ACRES, 1 MILE FROM VINELAND, on Provincial Highway, would make a fine fruit and poultry farm. Good new house 6 rooms) and barn. 4,230.
Owner L. McEwen, Besmsville, Ort.

\$4,000 -NEAR BEAMSVILLE, 30 acres clay loam, including \$ acres bush and pasture land, 7 room brick house, stone foundation, good cellar, frame kitchen and wood shed, verandah, good barn \$8 x \$6, 9 acres fall wheat, schools, churches, etc., in Campden Village, % mile away. Will take city property in exchange, J. D. Biggar, 25 Clyde Block, Hamilton, Ont. (Regent \$34).

OVERLOOKING DUNDAS—19 ACRES fruit and garden land, beautifully located, substantial 7 room house, with appropriate barn and out-buildings; approached by a driveway bordered by veri-green trees and shrubs, Fruit consists of praches, plums, pears, grapes, etc., and soil is especially adapted for gardening. Will sell enbloc or sub-divide. This is a most desirable and profitable suburban home, J. D. Biggar, 26 Clyde Block, Hamilton, Ont. (Regent \$40).

\$4,500—TOWNSHIP OF CLINTON, County of Lincoln, 3½ miles from Beamsville and Smithville, macadam road, 2 within half a mile either way, 50 acres clay loam, some timber, wire fence around outside, balance straight rail, 25 apple trees, 15 pear, 6 acres wheat, 8 acres stubble, balance seeded, frame house, 8 rooms, verandah, wood house, cement cellar good well, frame barn, 38 x 50, pig pen, hen house, J. D. Biggar, 26 Clyde Block, Hamilton, Ont, (Regent 534)

NORFOLK COUNTY ORCHARD.
Thirteen hundred apple trees, best varieties; just beginning to bear; frame house and barn; excellent water; natural gas available; good garden soil; on Provincial highway, four miles southeast of Delhi; seven thousand dollars; twenty-six acres. H. Frank Cook, Simcos, Ont.

MISCELLANEOUS

REMIT BY DOMINION EXPRESS
Money Order. If lost or stolen you
get your money back.

SEED CORN. ABOUT 75 BUSHELS well selected seed corn. Minnesota No. 13. This corn resembles Golden Glow. Gives strong stand of stocks; yielded over 100 bushel cobs per acre last year. Was planted May 18th, and ripened before Sept. 1st. Matures in 60 days and gives very heavy yield. Price of seed per bushel \$5. Address Geo. A. Trusler, Camiachie, Ont.

KNITTING YARNS Beautiful soft KNITTING YARNS Beautiful soft to the control of the

POR SALE—A NUMBER OF ENG-crates with fillers; also 66-pound but-ter boxes; all in good condition. May-pole Dairy, 379 Ottaws St. North, Ham-iton, Ont.

HELP WANTED

WANTED

F IRSTCLASS KNITTER, EXPER-senced on Dubled Flat Fashloning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Hamilton, Ont.

WOOLLEN MILL HELP WANTED—
We have several good openings for
experienced and inexperienced male and
female help. We require girls for weaking and winding. Every assistance gives
to learners, and good wages paid during apprenticeship. Workers in this
line earn very high wages, and are always in demand. Only a couple of
weeks time necessary to learn. Several good openings for steady men. Special
consideration shown to family of workers. Rents and costs of living reasonable in Brantford. Moving expenses advanced to reliable families and housing
accomodation arranged. Full particulars
cheerfully furnished disparaguest. Wide
us. The Slingsby Hanuifacturing Co.
Ltd., Brantford, Ontario.

WANTED—SPOOLERS FOR COTTON mill. Steady work. Highest wages, Slingsby Mfg. Co., Ltd.. Brantford, Omt.

BUSINESS CHANCES GRAM, PLOUR AND FEED, SEED, coal, grain, grinding and crushing business. Fine town, close to Toronto, Money maker. Sickness. Might exchange, P.O. Bex 472, Whitby, Ont.

HELP WANTED-MALE.

L COM FIXER—KNOWLES LOOMS, on heavy Woollens. For full particulars. Apply, Slingsby Mfg. Co. Ltd., Brantford, Oht

PROPERTIES FOR SALE.

FACTORIES IN OSHAWA. Solid briek building, one storey, 40 ft by 80 ft; also two other farme buildings in connection. Also a two storey brick factory having 20,000 sq. feet floor space all well equipped. Both these factories are well located and can be bought right. Full particulars given and prices quoted upon application to Bradley Bros., Oshawa, Ontario.

BRIGHT CON.

Jocular Old Party (about to board a tramcar on a pouring wet day):
"Ah, conductor, is this Noah's Ark of

yours full?" Conductor: "No, sir; ther's just rea in for the donkey. Come on, sir!"