Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders. 50 Cents a Box, all Dealers, or

Edmanson, Bates & Co., Limited,

Dr. Chase's Nerve food

DEGREES OF COOKING.

What is Meant by Rare, Medium and Well Done Meat.

Perhaps a word may be said about the degree of cooking, as indicated by the words rare, medium and well done. used in reference to the cooking of

meat.

Some people interpret "rare" as meaning meat seared a little on the outside, but with the whole interior raw. This is far from a correct interpretation. The albumen should be coagulated, the fibres really cooked, but the juice may be yet red or pink. In "medium" there is still some pink left in the meat, though the red color has left the juice, while well done means no pink color in either juice or means no pink color in either juice or fibre, but not the stringy, overcooked, tasteless product so often served as "well done" meat.

The quantity and kind of meat used by any family depend upon its living habits, its appreciation of food values and the money available for food. The excessive use of meat means an unwise expenditure of money as well as an unnecessary tax upon the kidneys and liver, of it is a most important factor.—Woman's World.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when cholera infantum, tery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the

It was only about noonday, but the commuter yawned. He yawned heav-

Force of Habit.

"Funny things happen, even street cars," stated old Dad Bing. "Tuther day I got on one that was entirely empty, and at the next corner it stopped and let another gent on. He was a middle aged person with a faraway look in his eye, and instead of taking his choice of seats he grabbed a strap and hung there, swaying and flapping like a fresh caught fish.
"'I don't aim to be inquisitive, pod-

ner, says I, but if it's a fair question why don't you set down?
"'Why—why,' says he, 'I could do that, couldn't I? But, no, alas! It is too late to change the habits of a lifetime. I never saw an empty seat before!"

"So saying, he clung and swung clear downtown, and I went along just to look at him."—Kansas City Star.
"Coard's Liniment Cures Colds, Etc.

Winding Puttees.

There are two kinds of puttees, the spiral and the straight. The former are cut in the shape of a half circle, and they fall in natural folds when wound round the calf. It is the straight military puttee which sometimes troubles the raw recruit, but its adjustment should present no difficulties if the following simple rule is carried out. In commencing to roll the cloth round the leg the end should he first placed against the one the in cloth round the leg the end should be first placed against the one the inside of the foot. When the puttee has been twice wound round the legt it should be turned completely over That is to say, the eack of the cloth should be twisted round to the front. The cloth should then be wound in the The cloth should then be would in the ordinary way until the fifth turn is reached, when the puttee should be twisted as before. The effect of reversing the cloth at the third and fifth turn is to neatly fold the straight puttee round the calf without fear of it slipping when the wearer is running

The Largest Reptile.

The largest existent reptile is the The largest existent reptile is the man-eating sait water crocodile of southern Asia and Australia, which, when full grown, measures thirty feet in length from end of noos to the of tail. One man makes hardly more than

TOUCH AND GO WITH DEATH

Foreman Fell Into Vat for Boiling the Raw Silk.

Fell On Bale and Floated Till Relieved.

A man who is now at the head of one of the largest establishments for dyeing silks in this country telis a story of a strange and thrilling adventure that he passed through when he was still only the superintendent of the "boiling room."

"Silk," he says, in telling the story, "has been the means of my living and once it saved my life. Have you ever been in a room where they boil the raw silk? It's a hot, steaming place, with great bubbling vats that are sunk to a level with the floor. The raw silk, in bales, all fluffy and sticky, comes in on rolling trucks, and is dumped into the vats. The mass has to be stirred about a good deal before it gets soaked through and goes under

"Just before the noon hour one day a truck came in with two bales on it.
"'Dump them into No. 6 vat,' I told
the men. 'I'll stir them if you felthe men.

lows want to go to dinner.'

"When they had gone I began to look around for the stirring fork. I couldn't find it anywhere. 'Confound Bill!' I said to myself. 'He loses ev-Bill!' I said to myself. erything.

"I had hardly got the words out of my mouth when my foot went off the edge of the vat. I felt myself falling, and I was seized with the full conviction of death.

"I had time to think over just how terribly hot the boiling water would be and to wonder how much of me would be left when the men came back from dinner. Then I felt myself land flat on my back on the mass of floating silk.

"To this day I can see the very look of the old smoky roof as I lay on the island of silk with the boiling water on all sides. It was horribly hot there. The perspiration started out all over me, and I felt that I must

'First, however, I shouted as loudly as I could. When no one answered I cautiously tried to turn on my side. The bale of fibre began slowly to roll over. Nearly paralyzed with terror, threw out one arm. It was just shough change in balance. I felt the rolling motion stop. Then I knew it wouldn't do to move. I lay on my back, poised on the middle of the bale, and wailed for help. After a minute or two 1 began to realize that the silk was slowly sinking into the vat.

"You could hardly notice the motion If not promptly treated. During the At first I could look out of the corsummer the mother's best friend is her of my eyes and see the edge of Paby's Own Tablets. They regulate vat No. 8. A little later, when I Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why He Got Up.

It was only about noonday, but the temperature of the command of the mind plays.

Why The Got Up.

It was only about noonday, but the temperature with the scalding water below.

"I can remember that I became a little hysterical. It's funny what tricks the mind plays.

"This is dyeing with a vengeance."

"This is dyeing with a vengeance,' I said aloud, and I even laughed as I

It was only above commuter yawned. He yawned accommuter yawned. He yawned at t.

"It was growing hotter. S.eam had begun to percolate through the silk, and I was wet through with the stif-ling clouds that rose from the surface of the water. I had no idea of time. By and by, however, some one answered my shouts. The door opened and two men came running across the room.

These peaches are peeled, pitted and halved, then packed in large hospital sanitary cans in heavy syrup, then crated, (six cans in each sould an each year.)

slightest push and I would roll over into the steaming stew.
"'Boys,' cried I, "don't touch me or it will be all over. One of you turn off the freed plan.'

off the feed pipe."
"I could hear the chug, chug of the

steam being cut of from the vat. moment later I could see the wet rim that broadened round the edges, and I knew the water was falling. It took half an hour to empty No. 6. For a while the two men ran round like excited June bugs. Then they got a excited June bugs. Then they got a rope and sat on the edge of the vat watching me with great staring eyes.

"As the water ran out the silk

sank now on one side, now on the other. Could it start to roll. Both the men grunted and sat un very straight. Suddenly one of them cried

"I felt the mass of silk settle against something. I heard the last water guin as it ran out. Then I fainted away."-Youth's Companion.

An Awful Shock.

Once upon a time a man remembered that the day was the tenth anniversary of his wedding, and he brought home some flowers and candy to his wife and gave her a kiss. And it took eight doctors nine days to restore the poor woman from the effect of the shock.—Cincinnati Enquirer.

HAVE YOU A BAD SORE?

If so, remember these facts-Zam Buk is by far the most widely used balm in Canada! Why has it become so popular? Because it heals sores, cures skin diseases, and does what claimed for it. Why not let it her your sore? Why not let it heal

Remember that Zam-Buk is alto gether different to the ordinary ointments. Most of these consist of animal fats. Zam-Buk contains no trace of any animal fat, or any mineral matter. It is absolutely herbal. Remember that Zam-Buk is at the

Remember that Zam-Buk is at the same time healing, soothing, and antiseptic. Kills poison instantly, and all harmful germs. It is suitable alike for recent injuries and diseases, and for chronic sores, ulcers, etc. Testhow different and superior Zam-But really is. All druggists and stores at 50c. box. Use also Zam-Buk Soap Relieves sunburn and prevents freekly Best for baby's bath. 25c. tablet,



ICE CREAM BRICKS

Ice cream frozen in boxes-enough in each box to serve five or six-is a method of shipping that the City Dairy has developed until discrimingting dealers everywhere have them on sale.

A pail of chopped ice and a little salt will enable you to serve Ice Cream at that picnic.



We want an Agent in every town.

THE SPENDTHRIFT.

(Detroit Free Press) endthrift assumes that in scat-The spendthrift assumes that in scattering the money and properties failing into his hands he is exerting some sort of an inallenable right to which he was born. "It's my money," he says, "it's nobody's business what I do with it." With the increasing knowledge of the value of wild birds has come a demand for a larger measure of program to think it another inallenable right to demand and to receive support from and at the expense of other, thriftier persons who are taxed to maintain refuges for broken down wastrels.

Long ago the principle was laid down that "no man liveth unto himself." This is true in respect of the disposal of the means which fall into the hands of each individual. It is a right of the thrifty that the spendthrift shall not impose on him the penalty of paying the costs of wastefulness.

Few of Our Feathered Friends Injure Grain or Fruit.

With the increasing knowledge of the value of wild birds has come a demand for a larger measure of program of the rection for them in their anual migrations as well as during their source have the principle was laid down that "no man liveth unto himself." This is true in respect of the disposal of the individual. It is a right of the thrifty that the spendthrift shall not impose on him the penalty of paying the costs of wastefulness.

Tremendous Offering of Peaches to the Canadian Red Cross Society.

The Jordan Harbor Peach Ranch The Jordan Harbor Peach Ranch will commence Sept. 1 to pack and ship 100,000 gallon hospital size sand tary cans, each containing six and one-half to seven pounds of Superbabrand peaches for distribution through the Canadian Red Cross Society to overseas hospitals in British Isles, France and Belgium.

This undertaking is of great magnitude, representing fifty car loads of fresh fruits and the employment of over two bundred men and women

crate) to be forwarded to destination through the Canadian Red Cross Society. The tctal cost is fifty cents per can. This charge includes all expenses. These fruits are packed exclusively for the Canadian Red Cross Society and cannot be purchased by the general public as they are prepared and delivered to the Canadian Red Cross Society at actual cost

tual cost. By remitting 50 cents through the Canadian Red Cross Society or direct to the Jordan Harbor Peach Ranch, Jordan Station P.O., Ont., it ensures one of these large cans of beautiful Superba brand peaches going forward 20 our sick and woundgoing forward to our sick and wound-

The "squeak" in shoes is caused by the inside and outside soles rubbing together in walking. To overcome this disagreeable trouble make an opening disagreeable trouble make an opening at the edge of the inside of the shank of the shoe and work a screwdriver between the soles to the tips, thereby loosening the inner and outer soles. Then work in a little French chalk, soapstone or talcum powder through the opening. By bending the soles back and forth or slightly tapping the edges the powder will work itself between them. The opening can then be closed with one or two tacks, and the squeaking will be permanently stopled. Such an emergency repair is very led. Such an emergency repair is ver much better than the soaking or oil-ing frequently resorted to and yet does no harm to the shoes, provided the job is done by a competent shoe repairer.—Technical World.

It is just as well not to let your left leg know that your right leg is being pulled.

pulled.

The one occasion when a man will probably refuse to be paid back is when someone has borrowed his wif-

BIRD PROTECTION.

Few of Our Feathered Friends In-

value of birds as enemies of destruc-tive insects. Careful investigations have shown that by far the greater number of our birds subsist on a diet of insects, and only on rare occasions do they attack fruit. Still further education is required

Edinburgh Park.

As the result of an unequal fight waged in the bear pit at the Scottish Zoological Park, Edinburgh, the smallest of the brown bears, a favorite among the juvenile visitors to the park, was killed.

Seven bears in all—five brown and two black—were accommodated in the pit, and the fight originated through cked the small brown bear grabbing a bis-Red cuit which a larger bear considered was intended for it. The beast attacked the smaller one with deadly

Some laborers hurled stones at the attacker, but the stones had little effect, and an attendant, who was hastily summoned, gamely went into the pit to the assistance of the over-borne animal. He got hold of one of the large bear's hand legs, but was unable to pull the bear off its victim

going forward to our sick and would going forward to our sick and would ed soldiers.

Don't delay in accepting this opportunity. These fruits are urgently needed and will be much appreciated by our galant defenders.

All subscriptions will be duly acknowledged and should be completed by Sept. 1. Remit now.

Contributions are being received from all parts of Canada. Think of our sick and wounded defenders in overseas hospitals. It's up to your overseas hospitals. It's up to your answer?

Many answer?

Off the attacker, but the fight continued in the water, but the stop water for some time, until the big bear was oventually beaten off. Badly mauled, the victim got into a cage, and its wounds were dressed and restoratives applied, but without avail, for the animal died later in the evening.

An examination of the carcass showed the terrible power in Bruin's claws. From the manner in which the big bear commenced to beg from the but the fight continued in the water, but the fight continued in the water, but the fight continued in the water, but the water, but the water, but the water water and the wa In deadly grips the two bears rolled into the water, but the fight continued for some time, until the big bear was eventually beaten off. Badly mauled, the victim got into a cage, and its "What the victim got into a cage, and its "Wall" "Well".

big bear commenced to beg from the spectators immediately after the fight had ended, the unequal nature of the special property of the appeared. combat was evident, for he appeared to have suffered little hurt.

The supply of well-turned companents is never equal to the demand.



THE CUNNING OF CROWS.

In India These Birds Have Been Labeled "Shreds of Satan."

Travelers in the orient have much to say about the Indian crow, a bird that for uncanny knowingness and practical audacity has perhaps no equal. Corvun splendens—thus have ornithologists flatteringly labeled him. But a naturalist who knows the Indian crows at first hand has called them "shreds of Satan, cinders from Tartarus." To give the impish creatures their due, however, it should be said that life in India is not a little enlivened by their presence. A correspondent witnessed the following incident:

incident:

A small hawk had seized a little bird and perched on a leafless branch to devour its prey. The spectacle drew two crows to the spot. They hopped and flapped from branch to branch, noisily discussing the strategy of their intended raid.

Then one of them galedy alleged.

their intended raid.

Then one of them quietly slipped away through the surrounding foliage. At the same time his mate flew in front of the perching hawk and, hovering within a foot of his beak, maintained a bustling menace of spatching the titbit. That effectively compelled the attention of the flawk. His prey firmly grasped beneath his beet, he angrily hissed and lunged at the hovering nuisance. So lively was the skirmish that the human onlocker forgot the existence of the second the skirmish that the human onlocker forgot the existence of the second crow. But now that willy bird reappeared some distance in the rear of his destined victim. With stealthy sidlings and short, noiseless fights, he drew near. Then he made a swift dash, seized the hawk's long, barred tail by the tip, hung on it with his dash, seized the hawk's long, barred tail by the tip, hung on it with his full weight and toppled the luckless hawk in a complete somersault from the branch! The released tithit was instantly seized by the first crow, and the claver hair house of the claver hair. the clever pair hore off their triumphant cawing .-Youth's Companion

Why He Was Careful.

A man who believed in pedestrianism coaxed a friend to accompany him on a little jaunt. Every time they crosses the road his friend looked first one was and then the other and refused to budg if there chanced to be a motorcar in the company of the coare of the coar prices and terms.

if there cannot sight.
"I's all well enough to be careful," as and the pedestrian, "but you seem be have let automobiles get on your nerves.
"I've good reason to be careful," ar swered his friend. "The insurance polic I carry is void if I get run over by one.

Drooping, Tired, Weary, Try This Remedy!

Don't give in to that depressed, played out, don't care sort of feeling. Better days are ahead. Cheer up, do as the other fellow is doing, tone and strengthen your blood, and you'll feel like new again. You'll dance with new found energy once you use Dr. Ham-ilton's Pills. They will quickly fill your system with energy, bring back the old appetite, restore that long lost complexion, make you feel like a kid again. A wonderful medicine, chuck an English investigator, finds that an full of health bringing qualities. You need Dr. Hamilton's Pills. Get a 25c. box to-day at any dealer's.

CIVILIZATION'S DEBT TO WOMAN

(Rochester Post-Express)
In spite of war and politics, the influ-In spite of war and politics, the influence of women is very scan in the civilization of our day. In every family the spiritual power of women is scientify left, woman is the inspiring force where by the wheels of progress are set in motion. Nam is too often a radical and a revolutionist, but woman is the conservative element that keeps society from going to pieces.

The mother is by natural law an uncrowned queen. The majority of the world's methers are not concerned about woman suffrage, as they waste their preclous time in the agitation.

It would not the public which is most appreciative of literature and art is largely account to the public which is most appreciative of literature and art is largely account.

In the promotion of the great ideals which make for human perfection wowhich make for human perfection wo men play a prominent part. If men dithings, the moving force that makes then deers, to use Carlyle's favorite word comes from woman's irrepressible enthus issm. Women have been the mortal in struments of human progress. Florenc Nightingale saved the lives of thousand of wounded men. Harriet Beecher Stow helped more than any man to stir up in dignation against slavery among the American people. At the present moment we may be sure that Cemiline influence will be felt in securing for humanity a peace which will be in harmony with the freedom demanded by every human being.

Minard's Liniment Cures Garget in

The Oldest Warfare.

They are talking of the great wars fought in the days when this old world was considerably younger.

"But, you know," said Pant, "It always seems to me that those old warors were very much like our modern

What on earth co you mean?" ask-Well, they were always investing some one else's capital, weren't they?

—London Mail.

Minard's Liniment Cures Diphtherla.

Where Leaders Stand.

There is one Asiatic idea as to the right place of the commander in warfare which is altogether different from the frigid scientific Japanese Principle. Sir Francis Younghusband has told us that when the British expedition to Lhasa first met the armed host of the Tibetans and a fight was provoked, with consequences asastrous to the primitive warriors, the lamas protested against the wicked-ness of the British attack. The Tibetans, they insisted, had never meant resistance, and for proof they pointed to the presence of the leaders with the troops. If, they said, any fighting had been intended all those in authority would of course have moved a day's If, they said, any fighting had arch to the rear! - Manchester Guar-

One is Enough. "Before she narried him, you know, she used to say there wasn't another man like him in the world."

"Yes, and now she says she'd hate think that there was."

ISSUE NO. 34, 1915

HELP WANTED.

WANTED—EXPERIENCED WEAV-ers and apprentices, Wages paid to apprentices while learning. Apply to the Slingsby Mfg., Co., Brantford.

FARMS FOR SALE.

EXECUTORS' SALE OF STOCK AND Grain Farm, 23 acres; clay, brick house; basement barns, 96 x 40; cement sile, and hog pen; near towns, villages, depots, schools, churches, creameries, condensers (Borden's), hydro power, telephone, and rural mail installed. Write for printed description and price. J. McNally, R. R. No. 1, Otterville, Ont.

TIMELY TIPS.

The Ten Commandments of Summer Health.

rnou shalt not overeat, and impose too great a task upon a stomach that is naturally more delicate in the summer than in the winter.

Thou shalt not eat more than two full meals per day during the summer Thou shalt not eat. Thou shalt not drink ice water to ex-

months.

Thou shalt not hurry thyself into a white heat, but take all things deliberately and quietly.

Thou shalt not sleep indoors if it is possible for thee to sleep in the open air.

possible for thee to sleep in the open air.

Thou shalt not wear much clothing or tight clothing. Avoid wool fabrics and dark colors as much as possible.

Thou shalt not neglect a certain amount of daily exercise of a light, pleasant nature.

Thou shalt not neglect thy daily bath or swim. Thou shalt not negrect the or swim.

Thou shalt not enter into war arguments, quarrels or other brain-heating activities.

Thou shalt not fail to let cold water run upon thy wrists when overheated, as this will reduce thy temperature more quickly than anything else.

GREAT SALE OF ORGANS AND PIANOS

Ye Olde Firme of Heintzman & Co., corner King and John streets, Hamil-ton, Ont., are offering 50 organs at a great reduction in price. Instruments bearing the names of such well-known makers as Bell, Donerty, Karn, Dominion and Uxbridge are being sold as low as \$15 to \$30.

Good practice pianos from \$50 to \$100. Write for complete list of

MAKING PLANTS GROW.

Yield of Tomatoes Doubled by Use of Carbonic Acid Gas.

The value of carbonic acid gas as a plant nutrient has been the subject of considerable recent literature, in-cluding an interesting paper by H. Fischer, describing experiments in Europe. The author found that the development of both foliage and flow-ers was stimulated by an excess of ers was stimulated by an excess of carbonic acid in the air, while the yield of tomatoes was doubled, and that of cucumbers increased 12.5 per cent. by carbonic acid treatment. It has generally been held that .03 per cent. of carbon dioxide in the air is sufficient for plant growth, but Mr. Fischer thinks that more than this can be utilized provided there is armle

be utilized, provided there is ample light, and that experiments in this di-rection might give valuable results. On the other hand, Mr. I. F. Kidd. excess of carbon dioxide in the at-mosphere retards or inhabits the ger-mination of seeds, but without injuring them. He suggests that the production of carbon dioxide in nature by the decay of vegetable matter may play a part of analogous to that noted

St. Joseph, Levis, July 14, 1903. Minard's Liniment Co., Limited. Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg, nothing would do. My leg was black as jet. I was laid up in bed for a fort-night and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so

in his experiments.

JOS. DUBES. Commercial Traveller.

The Ancient Greek.

that I could start on the road.

greater gift could be made to our rn world than the rediscovery of the physical supremacy. The secret e method by which, for one brief they realized perfection was long lost, no one knows how. At pres-bittle do, we understand the prin-of training which guided the Creaciples of training which guided the Greek in his games, in his battles and his dances, and made the proportions of his figure different from ours of to-day, that Greek sculpture is in reality a puzzle to us. Certain postures fixed by the Greek sculptor seem to us contortions, bordering on physical impossibilities. There is always a terrific controversy over the restoration of Greek sculpture, and even then the arms and heads and legs we supply never look right.—New York Times.

Appropriate Emblem.

"You women ought to organize a society for the encouragement of pick-

What do you mean?" "And adopt as your insignia the dangling hand bag."—Louisville ('our-fer-Journal.

OWING TO HOW YOU LOOK AT IT. (Florida Times-Union) "What's become of that young paper anger who opened up a shop here last nonth?"

"'Oh, he's going to the wall."
"'Well, what of it—ain't a paper hanger
upposed to go to the wall?"



SPECIALISTS

Consultation Free

DRS. SOPER & WHITE

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