



Many women with disfigured complexions never seem to think that they need an occasional cleansing inside as well as outside. Yet neglect of this internal bathing shows itself in spotty, and sallow complexions—as well as in dreadful headaches and biliousness. It's because the liver becomes sluggish, and waste matter accumulates which Nature cannot remove without assistance. The best



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remedy is Chamberlain's Stomach and Liver Tablets, which stimulate the liver to healthy activity, remove fermentation, gently cleanse the stomach and bowels and tone the whole digestive system. Sure, safe and reliable. Take one at night and you feel bright and sunny in the morning. Get Chamberlain's today—druggists 25c., or by mail from Chamberlain Medicine Company, Toronto



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Atrocities

From a number of sources there have come stories of children, girls as well as boys, who have been brought to England with their hands cut off, or with their wrists hopelessly mutilated. We daily meet people who know people who have seen it, or who know people who are harboring such. We do not, however, see this charge among the official formulations of German brutality. There was one story current of a child so maimed, whose mother told those who inquired that it had been done by the German soldiers, who, on finishing their work, had boasted that he will not now be able to use a rifle against the fatherland. Exceptionally brutish men from the slums of some German city, possibly a man who had at home been a robber and a highwayman, may have, in drunkenness, done such a deed, and there are possibly men in the French and English armies who are capable of duplicating it, but because of occasional atrocities we need not attribute brutality to all German soldiers. It must be borne in mind that just as horrible stories are told in the German camp about the atrocities committed by the English, Belgian and French as we hear about the Germans, and that there is nothing that will so tend to make brutes of our own soldiers and help them to commit such deeds as the publication in undue perspective of alleged barbarities committed by the enemy. Whatever the other side do, we must act as civilized beings, not returning barbarity for barbarity, but showing always kindness to the captured and wounded of our enemy. It is satisfactory to know that these alleged savageries are being recorded

and investigated, and come into judgment against those who have committed them. It will probably be found that the fountain of cruelty is in the military system.

A Doctor on Bravery

(London Morning Post.)

Dr. Ludwig Taskar, of Alexandra Park, London, who is with the R.A.M.C. at the front, in the course of further letters just received, speaks in eulogistic terms of the bravery of the British soldier.

If the people of the United Kingdom could see the conditions under which our fellows fight, how they fight, and how they die, I swear that every head would uncover to the colors of any regiment bearing the name of a battle, because that name had been won through the blood of real heroes. Believe me, the Victoria Cross is won over and over again in a single day. They are brave! What if you were to see how the wounded act after the excitement of battle! They suffer their wounds, great and small, without a murmur; they get their wounds dressed, take chloroform, give consent to have their limbs amputated, just as if they were going to have their hair cut. They are gloriously brave. Men who have been in the thick of the fight all day, seen their chums wounded and killed, their own lives not worth a second's insurance, still these men cook their food and go off to sleep, and, most wonderful of all, go back to the thick of it next day.

An officer of the Bedford while in the trenches was opening a parcel and a letter from his wife, and in the excitement of the moment I suppose the poor fellow forgot his cover, and was shot through the heart. A pathetic incident also occurred in the case of a Tommy whom we picked up. He had been shot in the chest. By a curious coincidence the bullet which killed him also passed through a corresponding spot in a photograph of his wife which he carried with him.

It is Sunday, and we have had Holy Communion administered in a cow-shed, and very impressive it was under the circumstances. In the evening we had another service in a barn, conducted by the chaplain and the Wesleyan minister. A great crowd of officers and men collected. Some of the familiar soul-stirring hymns were sung, and the commanding officer read from the Book of Samuel about Jonathan going up against the hosts of the Philistines. The scene was very impressive, with the room lit with only camp candles, the soldiers rough and dirty with the work of war, some of them just returned from the trenches, and others going there the same night—some who in all probability would be dead before another night came along.

The men sang heartily, but when the prayer for dear ones at home was being offered there were few dry eyes among those brave men who faced death daily, and all through the service we could hear the roar of the cannon sending forth their messages of death and sorrow. It was terrible in its impressiveness.

Requisite on the Farm.—Every farmer and stock-raiser should keep a supply of Dr. Thomas' Electric Oil on hand, not only as a ready remedy for ills in the family, but because it is a horse and cattle medicine of great potency. As a substitute for sweet oil for horses and cattle affected by colic it far surpasses anything that can be administered.

Culinary Notes

When Preserving Fruit.

The secret of preserving fruit is simply the killing of ferment germs and bacteria by intense heat and the exclusion of air.

Fill jars brimful—this excludes air—then see that the lids are screwed down just as tight as possible. After screwing the lids on tight place the jars upside down until cool. Any leak caused by cracked cup or faulty sealing rings will be instantly discernible.

Be sure your jars are well sterilized—that is, heated through and through by placing in hot water and let come to a boil. This sterilizes and also toughens the jars, so they are not so apt to break when filling with hot fruit.

Don't take any chance of losing your fruit by using sealing rings from the previous year. Rubber is very susceptible to climatic conditions and rots very easily. Provide yourself with new rings each year.

If jelly does not "set" well a few days in the rays of the hot sun will improve it.

To seal jellies pour melted paraffin over the jelly in each glass. Fruit jars may be sealed in practically the same way. After filling jars with fruit screw lid on as tight as possible, turn upside down till cool, then dip tops in melted paraffin, using care that the caps and rubber sealing rings are completely covered.

Fruit may be kept several years in this way.

German Potato Salad.

The Germans excel in the art of preparing potato salad in a variety of combinations. Their first consideration is the potato, which must be just right. They use a hard little potato, which boils tender, but does not crumble. These potatoes may often be bought in delicatessen shops in your city and are usually called German salad potatoes or Hamburg potatoes. Blend them with onions, green peppers, beets, string beans, radishes, okra, carrots, cucumber, tomato, parsley, cress and lettuce for a vegetable salad.

With salt or smoked fish, shrimps, salmon, sardines, oysters or scallops you may have a different potato salad every day, so well do they combine with other good things to eat. All cooked meats, fresh or salt, make most excellent salads combined with potato. Poultry and fresh fish, except those mentioned, are an exception.

Potato salad is the one exception to the rule of serving salads as cold as possible. They are very good served hot and oftentimes should be served in this way, particularly for luncheon or supper with cold meats, or, if combined with meat, as a warm supper dish. Potato salad should never accompany a regular dinner of roast and vegetables, as it is too hearty a dish in itself.

Dried Fruit.

Unquestionably sun dried fruits and vegetables are better than most preserved foods. Yet the many difficulties in drying them out of doors in this climate prevent most people from considering it. But nothing is easier if you own a hotbed, such as where you start vegetables or flowers. Lay a floor on top of the earth; spread a clean cloth over the boards and put the fruit or corn, peas or beans on the cloth. After placing the articles to be dried in the frame put the covering sash back on it, taking care to raise both ends about two inches to give free circulation of air over the fruit, for the air carries off the moisture and prevents the fruit burning. Insects cannot stand the heat in this frame, and rain cannot reach the fruit, although it is advisable to put the sash tight on the frame in case of storm.

Cooking Fresh Vegetables.

Some cooks use a little vinegar with green beans, spinach or cabbage to soften the cellulose. A small onion sliced and cooked with peas is the method employed by another cook. But it is very necessary that the water be soft, and therefore in case you must use hard water a very tiny bit of soda may be added in the water. When peas are cooked in the soda water, after fifteen or twenty minutes pour off this water and finish with fresh boiling water. A few green mint leaves added at this time will increase the palatableness of the peas.

Making Cabbage Digestible.

Cabbage that is crisped in cold water before it is cooked or served raw will agree with almost every one if you do not commit the error of overcooking it. Overcooked, water soaked cabbage is an unpalatable sign against the powers of digestion. If you find that the peas, green beans, cabbage, etc., have grown beyond their tender

youth you may resort to the use of a little baking soda added to the water in which they are boiled. But use soda very judiciously. The slightest excess will injure their flavor.

Useful Kitchen Set.

Something just imported and useful for kitchen work is a set of imported wooden utensils. It consists of a bread board, two scoops, two smaller spoons, a meat pounder—useful also as a potato masher—two whisks, useful in baking, and a butter former. These, carved of smooth white wood and bound carefully on the bread board, are only \$1 a set.

HIS HEAVY CROSS.

It Was Only a Chalk Mark, But Was Too Cumbersome to Carry.

There is a story of an envious tailor or current with the French peasantry. He fancied that his neighbor, who received a pension for the loss of an arm incurred while fighting for his country, was better off than himself. Both men went to pay their rent on the same day.

"That's a lucky man," said the tailor to the landlord. "He gets well paid for his arm."

"But who would be willing to part with an arm, even if he were paid for it?" said the landlord.

"I would," declared the tailor.

"You!" cried the landlord. "Why, man, you wouldn't be willing to bear anything of the sort, no matter how much you were paid for it."

"I wish some one would try me," said the landlord.

"So the chalk mark in the form of a cross was made on the back of his coat, and the delighted tailor sallied forth upon the street.

Strangers and acquaintances hailed him to tell him of the mark on his back. Jokes were made at his expense, children laughed and pointed at him, and his wife annoyed him with questions and with conjugal familiarity told him he was a fool. The usually amiable man grew surly and morose. He shunned men, women and children and frequented back streets. Before the week was up the tailor found himself embroiled in a quarrel with his best friend, his wife had threatened to leave his house, and he considered himself miserable and ill used.

Finally one night he took off his coat and rubbed out the chalk mark and said: "There! I would not wear that cross on my back another week, no, not if I could have all the money there is in Paris!"

Aroused Her Curiosity After All.

"Don't want any," said a housekeeper from her second story window to a street vendor whose covered wagon was standing a few steps away and who had just pulled the bell.

"Don't want any what?" gruffly asked the vendor, who hadn't had even a chance to tell what his wares were.

"What have you got?" asked the housekeeper, whose curiosity was getting the better of her annoyance.

"Oh, never mind. You don't want any. Git up, Bob!"

"Now, I wonder what that exasperating man is selling, anyhow!" she exclaimed as the wagon disappeared around the corner.

Relieves Asthma at Once.—If you could read the thousands of unsolicited letters received by the makers from grateful users you, too, would realize the remarkable curing powers of Dr. J. D. Kellogg's Asthma Remedy. All cases, incipient and chronic, are benefited by this great family remedy, and many of them are cured. Why suffer or experiment with worthless preparations when the genuine Kellogg's can be purchased everywhere.

New Orleans has 234 Catholic churches. There are 550,000 Catholics in that archdiocese.

In Russia bricks made of coal dust are used for paving; the coal is combined with treacle and resin.

German child labor laws define children as boys and girls less than 13 years of age and those older who still attend school.

Way down in Florida two darkies were discussing the color of certain Biblical personages. One of them asserted that as Palestine was about in line with Africa, the people all must have been colored. "Lor' bress your heart!" said the speaker, "St. Peter an' St. Paul an' the rest of the apostles was as white as that North'n gen'l'man ober dere." "No, sah," said the man in opposition, "Paul may ha' been, but St. Peter—no sah. St. Peter was a culer'd gen'l'man." "You're wrong; for if St. Peter'd been culer'd dat cock wouldn't ha' crowed more'n once't."

Miller's Worm Powders never fail. They immediately attack the worms and expel them from the system. They are complete in themselves, not only as a worm destroyer, but as a highly beneficial medicine for children, correcting weak digestion and restoring the debilitated system to healthfulness, without which the growth of the child will be retarded and its constitution weakened.

GIVE THAT PUNY CHILD THIS GUARANTEED REMEDY

If your child is under-weight, listless, ailing, liable to get sick easily, it needs a medicine to build its weight and strength. For this purpose there is nothing else we know of that we can so strongly endorse as **REXALL OLIVE OIL EMULSION**. The remarkable success of this splendid medicine is due to the fact that it contains ingredients that tone the nerves, enrich the blood and furnish to the entire system the strength, weight and health-building substances it needs. And, it does all this without injuring the stomach. In fact, **REXALL OLIVE OIL EMULSION** is not only pleasant to take, but even the most sensitive stomach is benefited by it, and the digestion improved. On the other hand, it contains no alcohol or habit-forming drugs, which most parents object to giving their children. It does its good work by taking hold of the weakness and builds the body up to its natural strength, at the same time making it strong to resist disease.

If **REXALL OLIVE OIL EMULSION** doesn't build your child up, feed the stunted, puny muscles, and make the little one lively, strong, well, and full of the animal spirits children are meant by nature to have, come back and tell us and get your money back. We don't want you to lose a cent. We think this is no more than fair, and it leaves you no cause to hesitate. For old people also—for convalescents—for all who are nervous, tired-out, run-down, no matter what the cause—we offer **REXALL OLIVE OIL EMULSION** with the same guarantee of entire satisfaction or money back. Sold only at the 7,000 **REXALL STORES**, and in this town only by us. \$1.00.

J. W. McLAREN.

Watford The **REXALL STORE** Ontario

There is a **REXALL STORE** in nearly every town and city in the United States, Canada and Great Britain. There is a different **REXALL STORE** for nearly every ordinary human ill—such especially designed for the particular ill for which it is recommended.

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A simple, safe and effective treatment avoiding drugs. Vapo-Cresolene stops the spasms of Whooping Cough and relieves Spasmodic Croup at once. It is a boon to sufferers from Asthma. The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy; soothes the sore throat; stops the cough, assuring restful nights. It is invaluable to mothers with young children.

Send us postal for descriptive booklet sold by druggists VAPOR-CRESOLENE CO. Learning Miles Bldg., Montreal



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WEST HALF OF LOT 3, CON. 4, S. E. R., Warwick, 100 acres, all under cultivation. On the premises is a good frame house, frame barn with stable and granary, all new. Well fenced and the drained. Two acres orchard, very best of loamy farm land, well watered by creek running through it. Situated in one of the best localities in the township for cultivation or grazing purposes. For further particulars apply to J. P. ELLIOT, Watford, July 25th, 1914.

Dad's Dope

(Vancouver Sun)

The trouble in South Africa is revolving itself into a small bore affair. The Germans, who were on their way to Calais, are now nearing their end at Ostend.

There is said to be fifty-seven different ways of making apple sauce. This number just ties the pickle record.

Canada can now import wool from England providing it is sent back in the form of sweaters and socks.

Although the fighting is hot at the front German soldiers are reported frozen to death in the trenches.

The Turks do not observe Christmas but a neat and workmanlike carving set is likely to be a feature of the sultan's tableware on or about that date.

The sultan declares that he was dragged into the war against his own convictions. He will be dragged out of it by something less pliable than his convictions.

There is no entry fee or weight and age stipulations for the big European fight. It is a free-for-all with the odds in favor of the longest liver.

Swimming collars are being provided for the British tars, but they would much prefer a chance to wade into the enemy.

As soon as the allies are in possession of the key of "The Watch on the Rhine" they will proceed to wind it up good and tight.

Coming from a champagne country the French naturally put more spirit into their fighting than the beer drinking Germans.

We read in the war despatches about "wedge movements." To make them effective they should be hammered in with a sledge.

A novel milking pail has projections at each side, so that it may be supported by the knees, and is entirely covered with fabric so that the milk is strained before entering it.

According to a recent issue of the Statist (London), British capital invested in Mexico at the end of 1913, exclusive of a large amount of private capital, aggregated \$481,875,950.

Children Cry FOR FLETCHER'S CASTORIA