

## AMERICAN COLONEL GIVES FREE ADVICE TO RHEUMATICS

SAYS IT'S SHEER FOLLY FOR ANYONE TO SUFFER THESE DAYS.

Rheumatism can't be cured so long as your system is weak and run down. You must first build up and get strength to fight off the disease.

Ferrozone cures because it builds up, because it renews the blood and dissolves the Uric Acid and the poisons that cause rheumatism.

It is proved right here that Ferrozone does cure.

Col. H. M. Russ, of Edwards, St. Lawrence Co., one of the fine old heroes of the Civil War, was completely restored by Ferrozone. Read this statement:

"I couldn't get around without a cane, and then only with difficulty."

"Rheumatism took complete control of my limbs."

"Suffering was more intense than hardship on the battlefield."

"When my doctor had done his best I got Ferrozone."

"Then came a quick change."

"Ferrozone gave me comfort at once, eased the pain and took the stiffness out of my muscles."

"I am well to-day. Ferrozone cured me completely. I can jump and run like I did forty years ago."

Be sensible about your case. If your present medicine is useless give it up.

Don't experiment again. Ferrozone is known on all sides to be a cure that does cure. Why not get a supply to-day.

The sooner you begin Ferrozone the quicker you'll get well. Price 50c per box or six for \$2.50, at all dealers, or direct by mail from The Catarrhozone Co., Kingston, Ont.

Another "Scrap of Paper."

Twenty-seven years ago settlers at Olympia, Wash., made a treaty with the Indians allowing them to fish anywhere and at any time, says Commerce and Finance. Now the State game laws prohibit them from the sport during the closed season.

Saluskin, big chief of the Yakimas, with a number of other Indians, later protesting in vain to the local game wardens, went to the city to protest against the violation of their rights.

Imagine a chieftain, 30 years old, straight as an arrow, yet half blind and enfeebled, entering a court room in a modern city. This man had been the victor of civilization in its struggle against the wilderness. He had seen his race pass control of the land to the white man. Still believing in the honor of the white man, he came to protest against the infringement of a treaty made a quarter of a century before.

Saluskin was informed by an interpreter that the district attorney could not change the state game laws. "Hoh!" was his only comment.

Minard's Liniment Cures Distemper.

LAUNCHED INTO SPACE.

Projectiles Mounted Fourteen Miles Into the Air.

If, as reckoned, and as there seems no reason to doubt, the projectiles thrown into Paris by the new German guns from a distance of seven-four miles mount fourteen miles into the air, they reach further into the vault of blue than any point hitherto attained by human effort.

Next comes a "free" balloon that was sent up from Berlin carrying eight automatic instruments to record temperature and air density, a number of years ago. It attained an elevation of eleven and a half miles.

Mainly by the use of such instrument-carrying balloons much has been learned within recent years about the "sea of air" at the bottom of which we dwell. So rapidly does it "thin out" as one passes upward through it that no human being can survive for long beyond an elevation of four miles for lack of sufficient oxygen.

Half of the total volume of the atmosphere is below the three-mile level, and its density, roughly speaking, is halved for each three miles of ascent. The air contained in a box three feet cube at sea level weighs twenty ounces; at an elevation of fourteen miles it would weigh less than one ounce.

The highest level ever reached by a human being was attained by Dr. Berzon, who, in 1893, voyaged in a balloon to a height of nearly six miles—the elevation of the loftiest clouds, such as we call "mares' tails," which are believed to be composed of snow-crystals or ice-crystals. He was enabled to accomplish this feat by taking a tank of oxygen with him, and his thermometer recorded a temperature of 54 degrees below zero.

The above-mentioned free balloon sent up from Berlin, which was called the Cirrus, noted with its automatic thermometer 75 degrees. Meteorologists are of opinion that at twenty-five miles above the earth's surface the temperature is never less than 200 degrees below zero, and that at fifty miles it is not far from the absolute zero of the outer void of space—525 2-5 degrees below zero.

The highest elevation attained by land was reached in 1892 by W. M. Conway, who scaled the summit of Pioneer Peak in the Himalayas. It is the loftiest point ever trodden by human foot—nearly 23,000 feet above the level of the sea. But Mount Everest, in the same great backbone of Asia, is more than a mile higher and presumably can never be climbed. There is not enough air on or near its top.

In the upper regions of the sea of air there is not only no air (adequate for human purposes) to breathe, but the cold is such that no warm-blooded creature could survive for a minute. The climate is an eternal winter. Its temperature uninfluenced by the warmest rays of the summer sun.

But (supposing that we could survive there for a brief time) at a level of 100 miles above the happy spot where at present it is our privilege to dwell. We look above us, and what do we see?

The blue sky? There is no such thing. The sky is jet-black—the stars scintillating in it with a brilliancy wholly unfamiliar. And how about the sun? It is inconceivably dazzling, but in color it is not yellow or red. It is a brilliant blue. The aspect in which ordinarily it appears to us is due to interference with its blue rays by the atmosphere.

WHAT THE RED FLAG MEANS

(The Equitable Public Bulletin.)

Americans who are encouraging the entering wedge of state socialism in our country and those who consciously or unconsciously give aid and comfort to the red flag propaganda in Europe may learn what it means when carried to its logical conclusion by noting the following items taken chiefly from the comment of an eminent American editor recently returned from abroad.

European Russia this coming winter will be the world's most awful graveyard. Famine is not a possibility. It is a certainty. It is today an actuality. Pestilence is reaping the first crop of a gigantic harvest.

The working people are simply predestined victims of hunger and disease. Productive labor has been annihilated and no nation can live without it.

All financial systems have vanished. Debts have been repudiated, banks abolished, and the gold reserve of the nation largely stolen.

Commerce, even from the standpoint of 1917, does not exist.

The available fuel supply has largely disappeared. The oil fields still unburned are not working. The coal mines have been flooded.

Railroad tracks and rolling stock are rapidly going to pieces. A few railroads are operating, but as private concerns in the hands of enterprising bandits. Each station has its own tariff for passengers and freight payable to the currency of that particular piece.

Cotton fabricating is practically a memory—large quantities of cotton were burned, because it was believed to have belonged to the blacks.

It is estimated that only twenty per cent. of the tillable lands of European Russia were put into crops this year. Many large agricultural estates have been burned or destroyed. Live stock and implements of prosperous farmers

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were stolen and divided among the looters.

Of the 2,000,000 population of Petrograd before the war, 1,500,000 have disappeared. The city looks dreary, desolate. Bolshevist soldiers and their families are living in the deserted homes of the well-to-do. Hotels, restaurants, cafes, offices are closed. The middle classes are excluded from public eating places and are starving by thousands. Many well-known persons have been shot or starved to death. In addition to enduring the terrible famine conditions the Russian people must submit to a reign of violence, brutality and murder at the hands of the armed minority, and all in the name of the freedom of the masses through the socialist state.

Our lesson is obvious and so is our duty. The Russian people sacrificed over 3,000,000 of their men in holding several German armies out of France during the first two years of the war. Why then are we not and the allies not on our way in large force to rescue these helpless millions of Russians from the horrible tortures they are now enduring.

Minard's Liniment Cures Diphtheria.

Elfin Miners.

All over Europe a popular belief prevails that elfin miners are constantly laboring in the bowels of the mountains, where they have accumulated enormous stores of precious metals. In Wales they are called "knockers." They make strange noises, and the tapping of their picks may often be heard in ore bodies not yet reached by the human workmen.

Warts Disfigure the Hards

But can be painlessly removed in twenty-four hours by the use of Putnam's Wart and Corn Extractor. Fifty years in use and still the best. Insist on getting "Putnam's" Extractor, 25c at all dealers.

Worth Remembering.

A little baking soda added to some fruits such as cranberries or plums about half a teaspoon to a quart of the fruit just before sweetening will avoid the use of as much sugar, as would be otherwise necessary.

To make a good stove polish, boil equal quantities of stove polish and hard soap together; boil slowly with enough water to dissolve and let it become a thick paste. Put into jar or tin box and use just as you would any stove polish.

Never wash a rolling pin. Scrape the dough from it and rub thoroughly with a towel and it will never stick.

When washing greasy dishes, if you have no soap powder at hand use a little baking soda and it will cut the grease.

If you have stained your silk blouse by perspiration, moisten stain with cold water, cover with French chalk and let it remain for 24 hours.

A little powdered borax and glycerine added to the suds in which baby flannels are washed will keep them soft and white.

To clean black silk, use a teaspoonful of ammonia and a teaspoon of turpentine in a pint of tepid water. Sponge the goods with it.

Hamburg steak is cheaper and better when mixed with bread crumbs. The crumbs should be soaked in milk first, then added to the grated onion and minced parsley and meat.

RUNNING NOSE COLDS STOPPED INSTANTLY

Throat is Cleared, Headache Stopped, Sniffles Go For Good.

CATARRHOZONE NEVER FAILS.

Dripping from the nose is one of the foulest and most disgusting symptoms of a Catarrhal cold. By using Catarrhozone you cure this quickly—cure it because you bathe the lining of the nose and throat with that powerful antiseptic of the Blue Gum of Australia.

So healing is Catarrhozone that you feel wonderfully benefited in five minutes' use of the Inhaler. Nothing ever devised cures a cough, cold or sore throat so quickly. No drugs to take, nothing to upset the stomach—you follow nature's own plan in using Catarrhozone, which supplies healing essences and soothing balsams in vapor form to the places that are needing treatment.

Results talk—that's why thousands rely solely upon Catarrhozone to prevent and cure their winter ills. Get the complete \$1.00 outfit; it lasts two months; small size, 50c; sample size, 25c; all dealers and the Catarrhozone Co., Kingston, Canada.

Ships' Dogs Are Sea Heroes.

Many dogs have received decorations during the war—not from the government, of course, but from soldiers and sailors, according to a London dispatch in the European edition of the New York Herald.

A naval officer just returned from the Mediterranean tells an interesting story of the pet on his ship. The dog, taken young, was rated as "puppy", which it seems, in naval estimate, is a pretty humble rating. However, the dog conducted himself like a gentleman and a scholar, the officer declares, and was in due time decorated with the insignia of A. B. dog.

He misbehaved on various occasions and failed to do his part in one or two brushes with submarines, so he was marched on the quarterdeck and solemnly remitted to "puppy." Every since, the story goes, he has been striving to retrieve himself, but thus far he has not recovered his rank.

It is said that the dogs on the ships which fought at Jutland—and there were many of them—have all been decorated by their shipmates. The animals during the battle, it is asserted, played the part of real heroes without a cowardly hair upon one of them.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address MRS. M. SUMMERS, WINDSOR, Ontario.

NATURE'S DISGUISES.

Colorings and Markings of Wild Life Important.

The colorings and markings which Nature has given to animals are very important to them in their daily struggle for existence.

The protective coloring of an animal will often allow him to creep close to his prey without detection before making the final spring. An animal that is being hunted tries to deceive his enemy by cowering against a protective tree or undergrowth, with which the color pattern of his skin harmonizes. Animals are thus continually playing hide-and-seek with each other, and the one most adept in deception has the greatest success.

The pattern of the animal's coloring depends on the prey he has to seek for food and the enemy he has to avoid. The polar bear, for instance, has to make his dinner principally on seals, which are very intelligent animals, and so even with his deceptive white coat, the polar bear finds it hard to make a living.

The jaguar, whose mottled black and gold covering harmonizes with the light and shadow of leaves in sunlight in his native jungle; the striped zebra, who slides into the thicker and instantly becomes a part of it, and the lion, in his khaki suit, who cannot be seen against the sand of the desert, are other examples of protective coloring.

But Nature does better than this. Many deer, for instance, are gray and spotted in youth and plain in later years—a state of things which is not unknown among ourselves. The spots disguise the helpless doe crouching in

the undergrowth, and the plain brown coat of the parents harmonizes with the shadows of the forest.

There are other animals whose power of dissimulation depends not on a color pattern on their skin, but on the absence of it; whose outer covering is made up of formless blotches, as in the case of the penguin, which fades away against the background of rocks, and the black and red skunk, which disappears against the sky line so that misguided rats and mice blunder right into him.

One of the most curious forms of disguise is that assumed by the mauls or African ant-eater. It not only deceives his enemies, but serves as a protection against them in case he is discovered. At the first sign of danger the ant-eater bends himself double and wraps himself in his tail. The agglutinated hairs which cover the tail form a protective armor of horny plates, and they look so little like a part of any living thing that the ant-eater is often able to pass himself off the bark of a tree.

But although the general rule in the animal world is to hide, there are some members of it which do not seek to disguise themselves.

There are caterpillars, for instance, which are very disagreeable to the taste, and they realize that their protection lies in advertising this fact. So they adopt the most flaunting colors possible. An unwise bird just out of the nest may gobble up one of

## How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Heiser's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

ISSUE NO. 2, 1919

MISCELLANEOUS.

SEND A DOMINION EXPRESS MONEY ORDER. Five dollars costs three cents.

COAL shortage will trouble you! Then quit. Use the Wonder Oil Gas Burner. It has been on the market for nearly eleven years. It burns gas made from coal oil and air. Positively gives more heat than coal. It is safe, odorless, simple and sufficient. Use it in your cook stove, heater or furnace. It is complete for \$30.00. If no agent in your town send size of firebox with price, to the wholesale distributors, BLUNT, WOOTTON CO., 181 Church Street, Toronto.

FOR SALE.

FOR SALE—BUSH LOT 84—LOT 3 concession 10, Tecumseh; 100 acres near Beeton. Apply John McCoy, 46 King Street East, Hamilton.

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

FARMS FOR SALE.

TOWNSHIP OF MARKHAM—CLOSE TO Elgin Mills postoffice; one mile from Metropolitan car line; containing 100 acres; good buildings and barns; price \$12,000.00; must be sold to close an estate; terms arranged.

COUNTY OF NORFOLK—CLOSE TO town of Waterford; we offer to close an estate three farms, two of 100 acres each and one of 400 acres; fair buildings and houses; price \$50.00 per acre; terms arranged; immediate possession can be given.

UNION TRUST COMPANY, LIMITED, Richmond and Bay streets, Toronto.

these highly-colored creatures, but the taste is so bad that the next time he sees a caterpillar he will recognize the flamboyant colors and remember.

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1888. A. W. GLEASON, Notary Public.

Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O. Sold by all druggists, 75c. Hall's Family Pills for constipation.

Training the Croupiers.

There is at Monte Carlo a school of croupiers. It is held during the six summer months in the club-room of the Tiraux Pigeons and the Salle d'Escrime, in the Casino building. Here are tables similar to those in the Casino gaming room, and each pupil in turn takes the role of croupier, while others personate players and stake money over a table. At a given instant the croupier must calculate and pay out the winning stakes. There are usually between forty and fifty pupils in this school, and a six months' course is generally sufficient to turn them into finished croupiers.

ADDED YEARS.

Wife—To-morrow will be my twenty-sixth birthday.

Hubby—Why, a year ago, just before our wedding, you told me you were twenty-two.

Wife—Yes, but we women age rapidly after marriage.

Minard's Liniment Cures Garget in Cows.

Classifying Them.

Jane has classmates in kindergarten named Brown, White and Green. Her mother asked her what their names were and Jane answered: "Mary, Jean and Louise, and their last names is just different colors."

Minard's Liniment Cures Colds, Etc.

The mournful and wholly unhappy "widow" entered the restaurant and took a seat at an empty table. "Wait-

DRS. SOPER & WHITE

SPECIALISTS

Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.

Call or send history for free advice. Medicine furnished in tablet form. Hours—10 a.m. to 1 p.m. and 5 to 8 p.m. Sundays—10 a.m. to 1 p.m.

Consultation Free. DR. SOPER & WHITE, 25 Toronto St., Toronto, Ont.

Please Mention This Paper.