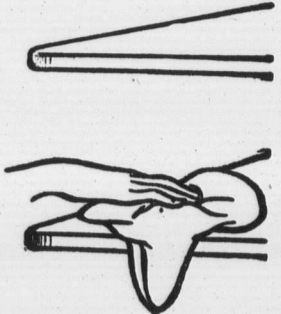


You'll always have nice clean pantry shelves if you go over them occasionally with Old Dutch



Phenomenal Strides Made By Canadian Northern Railway System In First Year As Transcontinental

New System in the Past Year Carried Approximately 131,000,000 Bushels of Wheat, an Increase of 125 Per Cent. Over Previous Year. Company's New Mileage on Pacific Coast and Northern Ontario Makes Astonishing Showing Right from Commencement of Operation. Company's Lines Most Favorably Located.

(From Our Own Correspondent) Toronto, Feb. 12.—The phenomenal growth that the Canadian Northern Railway reports for its year as a transcontinental line makes the statement one of the most important that has ever been issued by any railway in Canada. It is open to doubt whether the tremendous increase in business handled have even been duplicated by any system in the world. There are many features in the report that make it of special interest to every Canadian, owing to the interest the country has in the building up of this important transcontinental line and the attractive territory that has been developed through the completion of the system. The feature of the report that is likely to be especially gratifying is that which shows the prominent part the Canadian Northern, with its transcontinental system, has been able to play in handling such a large proportion of the grain requirements of the Mother Country.

come within hailing distance of earning its total fixed charges, the deficit for the year being brought down to less than a quarter of a million dollars, a reduction from the previous year of almost \$1,400,000. As was to be expected, a great proportion of the increased revenues come from the large crop gathered in the Canadian West in the fall of 1915, but since that time there has been a marked increase in the general freight traffic handled over the lines, and during the first four months of the current fiscal year gross earnings have continued to show large increases over the corresponding periods of the year now under review. Perhaps the most striking development in this connection is that it is in the month of October that the heaviest grain movement occurs, and yet in October, 1916 the gross earnings showed a gain over those of the same month in the previous year.

months' spinning season thousands of yards of web, which is wound upon metal frames and stored away until needed. A spider "at work" dangles in the air by its invisible thread, the upper end being attached to a metal wire frame whirled in the hands of a girl. The girl first places the spider on her hand until the protruding end of the thread has become attached. When the spider attempts to leap to the ground this end is quickly attached to the centre of the whirling frame, and as the spider pays out thread this line is wrapped around the frame. Several hundred feet of thread can be removed from a spider at one time. The spiders are kept in a large room under the supervision of three girls and a forewoman. When not spinning the little workmen are placed in a large wooden cage. Flies are the chief article of diet.

During the winter months the spider colony usually dies, so that an entirely new corps of workmen must be recruited. Not every spider will do only large, fat fellows that spin a tough round thread are suitable. Singularly enough, the girls who have charge of the spiders in this English factory are not in the least afraid of them or their bites. On the contrary, they regard the system with awe, able to tell them apart and to call them by nicknames which humorously describe their appearance or their peculiar habits of work.

Ever Feel "Cory" After Meals? At times we all feel dull and heavy. Just one thing to do, relax the bowels and cleanse the system with Dr. Hamilton's Pills. Unclean matter is flushed out, the liver is toned, blood is purified, and at once you feel better. Good health and jovial spirits are quickly found in this celebrated medicine. Enormous benefits follow the use of Dr. Hamilton's Pills in every case; they are very mild, very prompt and guaranteed by the makers. Insist on getting Dr. Hamilton's Pills, 26c per box every where.

Adam's Apple. O' Marse Adam! O' Marse Adam! Et de lady's apple up an' give her all de name; Greedy gut, greedy gut, whar is yo' shame?

O' Marse Adam! O' Marse Adam! Praised de lady's attitudes an' compliment 'er figur— Didn't have de principle of any decent nigger; O' Marse Adam, man, whar is yo' shame?

O' Marse Adam! O' Marse Adam! Et de lady's apple up an' give her all de blame; Greedy gut, greedy gut, whar is yo' shame? O' Marse Adam, man, shame on yo', shame!

Minard's Liniment Cures Dandruff. Islands in a Sea of Lava. The valley of the ancient Snake River in Idaho was flooded with great outpourings of black lava, which spread out sheet on sheet over the old land surface, and partly filled the valley with molten rock, which solidified and has remained to this day undisturbed except for the gorges that the streams have cut in it. In some places old mountains project through the petrified lava flood as islands projecting above the surface of the sea, and old ridges stick out into it as capes and promontories.

The area covered by the Snake River lava is about 20,000 square miles. So far as is known there is but one lava field in North America of greater extent, the Columbia River lava field, which covers about 200,000 square miles. In Snake River canyon below Shoshone Falls nearly 700 feet of horizontal sheets of lava are exposed, but whether this is the maximum thickness or not cannot be told.

Corns Applied in 5 Seconds Cured Quick Putnam's Extractor. Sore, blistering feet from corn-punctured toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly the feet feel good at once. Get a 25c bottle of "Putnam's" to-day.

SCIENTIFIC JOTTINGS. There are five quarts of blood in the human body, half of which may be lost without loss of life. When a woman of the Philippines marries, the name of her husband is added to her maiden name, and in the event of his death she discards his name.

A mouse can bore a passage through an inch board in three hours. One of the most durable woods is sycamore. A statue made from it, now in the museum of Gizeh, at Cairo, is believed to be nearly 6,000 years old. It is entirely sound and natural in appearance.

So far as value of heat unit is concerned, pound for pound, ripe olives contain almost as much food value as bread, and in the case of very large olives the value may be increased to approximately the same as that of bread.

There are more than 2,500 Red Cross dogs in the war fields doing a marvelous work for the wounded. Florida and New Mexico are thunder storm centres. The Pacific coast is freest from them.

The amount of standard tungsten ore used in the manufacture of incandescent lamps in the United States in 1915 was in the neighborhood of 4 1/2 tons.



Never dust electric globes while unlighted. The static electricity generated will break the filaments. Sound travels through dry air at the rate of 60 feet per second; through water at 240 feet per second, and in steel wire at 17,130 feet per second.

In the near future wireless apparatus will be installed in all important police stations. New York city eats two and a half million dollars' worth of food daily.

The country's which head the list in number of savings bank accounts are Switzerland, Norway, Denmark, Sweden, Japan, Tasmania—countries not of great national wealth; yet the average savings banks deposits per depositor of Switzerland, Denmark and Norway exceed that of the United States.

The fermenting power of brewer's yeast has been increased by five minutes' exposure to ozone. The baby seal, being snow white, is invisible on the ice, one of the protective provisions of Nature.

Minard's Liniment Cures Burns, Etc. Locating Icebergs. The captain of an ocean steamer in most cases finds out when his vessel is approaching an iceberg from the men down in the engine room. That sounds queer, but it is a fact, nevertheless. It appears that when a steamship enters water considerably colder than that through which it has been going its propeller runs faster.

Such water usually surrounds the icebergs. When the propeller's action therefore is accelerated without the steam power being increased word is passed up to the officer on the bridge that icebergs may be expected, and a close lookout for them is established. There are natural reasons for the propeller setting in this way, and sea captains will assert the same thing.

I was cured of Acute Bronchitis by MINARD'S LINIMENT. Bay of Islands, J. M. CAMPBELL.

I was cured of Facial Neuralgia by MINARD'S LINIMENT. Springhill, N.S. WM. DANIELS.

I was cured of Chronic Rheumatism by MINARD'S LINIMENT. Albert Co., N.B. G.E.O. TINGLEY.

LOWER MEAT BILLS. Cheaper Cuts Give Excellent Satisfaction When Properly Prepared. Do you know, Madame, that a 1,600-lb. steer "dresses" only to 500 pounds. And that out of these eight hundred pounds only 200 pounds of meats can be classed as choice cuts?

Do you know that so many people insist upon having the choice cuts always that the butcher has had to offset the loss which he must sustain from the great surplus of cheaper stuff that often has to be thrown away as refuse?

And yet all the cheaper cuts need proper treatment to make them tender, nutritious and fine flavored. Here are some high-class "cheap dishes" as prepared by M. Lepere, que, a \$10,000 per year Parisian chef: Chuck Pot Roast.—This dish will give good satisfaction if the recipe is followed with care.

Have your butcher cut a chunk of a shoulder and remove the bone. Do not have this too small, as a pot roast should always be of size. Fry it in beef or pork drippings in a deep earthen, iron or granite pan. When brown add to a four-pound pot roast two tablespoons of flour, let it cook three minutes. Add three pints of water, two bay leaves, a large onion in which are stuck four cloves, a pinch of pepper and three tablespoons of catsup. Let cook gently for one hour and a half, set aside and then skim all fat which arises. Slice meat and serve with gravy strained.

Sliced Chuck Meat, Minute Sauter.—Ask your butcher to give you a quantity of round necessary for your wants of lean chuck as near the shortrib part as possible. Slice it across the grain of the tissue very thin; have some onion also.

ZAM-DUK CURED IN 2 MONTHS After 2 Years' Useless Treatment. The healing power of Zam-Duk is so much greater than that of other ointments, that it has cured in many cases when all other ointments have failed. One such instance is that of Mr. Earle E. Gardner, of Marquis, Sask., who writes: "For two years I suffered with a bad attack of salt-rheum on my feet. During those two years I tried every known remedy, but could find nothing that would cure the disease. Then I heard of Zam-Duk and commenced using it. After the first few applications I noticed an improvement, and this encouraged me to continue. Although I had suffered for two years, after only two months' treatment with Zam-Duk I am completely cured."

Zam-Duk is equally good for eczema, cleers, abscesses, blood-poisoning, piles, cold sores, chapped hands, chilblains, eruptions, etc. At all drug stores, 50c. box, or from Zam-Duk Co., Toronto.

sliced very thin, some sliced cooked potatoes, chopped parsley, salt and pepper and proceed as follows: In a shallow skillet have drippings very hot, drop in the sliced meat, fry very quickly, add the onions, potatoes, salt, pepper and parsley. Drain well and add a little cider vinegar to give it a tart taste. Flank A'Enter.—The flank steak has never been accorded proper recognition. Of course, the secret of satisfaction depends on its preparation. The steak must be freed from all sinews and fat and sliced cross ways a half an inch thick. Sprinkle with salt and pepper, baste with a little olive oil and set to boil over a very hot fire, turning only once and keeping it very rare. Serve hot with some fresh butter, a little chopped parsley and a tiny bit of lemon juice.

ANTIQUE'S Have you any old articles of merit which you are desirous of disposing of—such as Antique Furniture, Old Plate, Brassware, Prints, Engravings, Old Arms, Armour, Curios, etc.? If so, you will find it of interest to you to consult us.

ROBERT JUNOR 62 KING ST. E., HAMILTON, ONT. THE HOUSE FOR GIFTS. Importers and Dealers in China, Glass, Fancy Goods and Antiques.

A Mysterious Boy. The inquest was on the body of an Italian. The only witness was a small boy of the same nationality, who spoke no English. The coroner asked him: "Where do you live my boy?" "The boy shook his head." "Do you speak English?" "Another shake of the head." "Do you speak French?" "Another shake." "Do you speak German?" "Still no answer." "How old are you?" "No reply." "Do you speak Italian?" "The boy gave no sign." "Well, gentlemen," said the coroner to the jury. "I have questioned the witness in four languages, as you have seen for yourselves, but with no result. It is therefore useless to proceed. The court is adjourned."

The Barrel Effect. It's new. It's ugly. It's Paquin's. It began with muffs. It has ended with cloaks. Dresses and skirts feel this influence. In moderation it is really a harmless fad. In excess it makes the wearer altogether absurd.

Minard's Liniment for sale Everywhere. Boiling. There's much waste. And fuel costs money. First bring water to boiling point. Then the heat may be very much reduced. It takes little fire to keep a pot boiling. And water boiling violently is no hotter than boiling slowly. In a double boiler a little salt will give more heat with no more fire. In cooking meat thus, put the meat into wildly-boiling water; then let it down to a simmer.

AN EXCELLENT MEDICINE FOR LITTLE ONES Baby's Own Tablets are an excellent medicine for little ones. They sweeten the stomach; regulate the bowels; break up colds and simple fevers; cure constipation and make feeding easy. Concerning them Mrs. B. Quinn, Paramo, Que., writes: "Baby was troubled with constipation and nothing helped him till I began using Baby's Own Tablets. They are an excellent medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE LOST DISCORD. (Clarence Lucas in the Musical Courier.) Scated one day at the organ, I was waiting for Dr. Carl To straighten a pedal passage That tied my feet in a snarl. I know not what I was playing, But that did not worry me. Though I struck one snag of note Which was not in any key.

It flooded the crimson twilight With fears of a lingering death, And floated away into silence Before I recovered my breath.

It seemed the harmonious echo Of filing a dozen saws; It ruptured the golden silence Without an apparent cause.

I seek, but I seek it vainly, That one lost chord of pain Which came from inside the organ— And drove me quite insane.

It may be that Death's fright-angel Will speak in those tones again— Those tones so supremely fitted To tighten the souls of men.

Those tones burst the pipes and the bellows, And left not a rivet or nail! It may be that elsewhere than heaven I shall hear that grand mired wall.

ISSUE NO. 7, 1917. HELP WANTED. WANTED—WOOLLEN SPINNERS ON Mules, Spindles and Furler and English work. Men and heavy yarns night take. For full particulars, apply to the Slingsby Manufacturing Co., Ltd., Bradford, Ont.

PATENTS IN ALL COUNTRIES. Book "Patent Protection" Free. BABCOCK & SONS Formerly Patent Office Examiner, Estab. 1877 99 ST. JAMES ST., MONTREAL. Branches: Ottawa and Washington

Blood Drops of Heroes. When the woods at Kilmorie are scarlet and gold, And the vines are like blood on the wall; I dream of the faces all pallid and cold, Of our great ones who answered the call; And the bright autumn leaves, Of the rich, garnered sheaves, For my heart beats in Belgium, or far Where France's motto, and the true, When the woods of Kilmorie are scarlet and gold.

When the woods at Kilmorie are scarlet and gold, I see but the beauty of God;— Not the same way of men and the mean falls they hold. Like the land wind under the cloud;— but the brave and the true, Who knew but to do, Like those glorious banners of God, Arise on his hills, or at rest on His mold, When the woods at Kilmorie are scarlet and gold.

When the woods at Kilmorie are scarlet and gold, There's another dread harvest afar, Where our greatest, our truest ones, struggle to hold. Back the heart world's Juggernaut car;— And my heart only sees, That horrible jagged of war, Where God's men for righteousness strive as of old. When the woods at Kilmorie are scarlet and gold.

When the woods at Kilmorie are scarlet and gold, And the vines are like blood on the wall, I hear of the wilds on the wood and the wall, A bitter insistent call;— 'Tis the cry of our slain, Appealing, in vain, For help where the brave souls fall; And its tragic demand doth the whole world hold. When the woods at Kilmorie are scarlet and gold,— Willard Campbell, in The Civilian, Ottawa.

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 to you a 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.

Oysters. (Recipe for Little Pigs in Blankets.) First drain them. Then dry each one. Wrap each in a slice of bacon. This slice must be very thin. After wrapping fasten with a wooden skewer. A toothpick will answer the very same purpose. Just before serving time heat a large tray. Licking pan. Throw in a few oysters at a time, cooking till they are browned. The shells should also be carried. Take out and drain in a colander. They are pictureque in the eating—one picks each up by the skewer.

Things Worth Knowing. The heavy flavor of bananas is improved by slicing and mixing them with currants. When washing pudding cloths throw some orange peelings into the water; this collects the grease and helps to make the cloths white and clean.

If you wish to iron your clothes immediately after you sprinkle them, try dampening them with hot water. Roll them tightly for a moment or two, shake them out well and iron with a hot iron.

A teaspoonful of cold water added to the white of an egg causes it to whip more quickly, and increases the quantity as well.

Garment Gossip. Spring fashions alluring. Blouses sp. lacers for fastenings. Combinations of materials are considered smart. Champagne, tan, biscuit, beige are "its". Brims and sashes galore, and usually a bit high-waisted.

"Come Out of the Kitchen" into the world of brightness and beauty. No need of spending all your time in the kitchen, however attractive it may be, when you know Shredded Wheat. It is made of the whole wheat and is ready cooked and ready-to-eat. With Shredded Wheat you can prepare a delicious, nourishing meal in a few moments for husband who must hustle off to school—a meal that supplies all the nutriment for work or play at a cost of a few cents. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

SPIDER FACTORY HANDS. Spinning Delicate Threads for Use in Telescopes. Spiders are probably the most industrious workmen in one of the largest English surveying instrument factories. It is their duty to spin the delicate thread which is used for the cross hairs to mark the exact centre of the object lens in the surveyor's telescope. Spider web is the only suitable material yet discovered for the cross hairs of surveying instruments. Almost invisible as this fiber is to the naked eye, it is brought up in the powerful lens of the telescope to the size of a man's thumb, so that all defects, if there happened to be any, would be magnified to such a degree that the web would be useless. Human hair has been tried, but when magnified it has the apparent dimensions of a rough hair lamp post. Moreover, human hair is transparent, and cross hairs must be opaque. The spiders produce during a two

Men Wanted for the Navy The Royal Naval Canadian Volunteer Reserve, wants men for immediate service Overseas, in the Imperial Navy. Candidates must be from 18 to 38 years of age and sons of natural born British subjects. PAY \$1.10 per day and upwards. Free Kit. Separation allowance, \$20.00 monthly. Experienced men from 38 to 45, and boys from 15 to 18 are wanted for the CANADIAN NAVAL PATROLS. Apply to COMMODORE AEMILIUS JARVIS, Naval Recruiting Officer, Ontario Area, 103 BAY STREET, TORONTO, or to the Department of Naval Services, OTTAWA.