SANOL'S
ANTI-DIABETES

SANOL is the "RELIABLE CURE" for Gall Stones, Kidney Trouble, Kidney Stones, Bladder Stones, Gravel, Lumbago and all diseases arising from Uric Acid. Price $1.50.

SANOL'S ANTI-DIABETES is the only remedy which has a record of complete cures of Diabetes. Price $2.00.

For sale at all leading druggists.

Send for free literature.

The Sanol Manufacturing Co., Ltd. Winnipeg, Man.

FOR INGROWING TOE NAIL.

An ingrowing toenail is very painful and often requires surgical attention for the simple reason that people are inclined to think of it as "only an ingrowing toenail."

The first sign of this trouble is soreness in the flesh beside the nail. The skin becomes very much inflamed. The nail presses down into the flesh and the sufferer experiences great inconvenience in walking or even wearing a shoe.

This condition doesn't come all at once, however, and might usually be prevented if the individual attended to the nail as soon as the first symptom of soreness manifested itself.

Im proper footwear is the commonest cause of ingrowing toenail. Shoes too narrow across the toes, or not long enough, or those with high heels which throw the toes forward so that they are crowded by the toe of the shoe are all first aids.

A wrong method of cutting the toenails may start the trouble.

Toenails should be cut straight across, not trimmed away at the corners to follow the lines of the toes. If the latter method is used the flesh crowds in at the corners, and as the nail pushes forward its digs into the flesh.

The treatment for ingrowing toenails includes the wearing of broad-toed shoes; relieving pain and inflammation by the use of hot poultices of flaxseed meal or other soothing material; soaking the foot frequently in hot water.

If the condition is discovered early, push a very small bit of cotton batting under the side of the nail and keep the top of the nail cut very short.

STARFISH.

The starfish has a singular advantage over its human contemporary. Should it lose an "arm" or ray, it can straightway set to work and grow another. It is not infrequent for fishermen to find a starifsh which has lost all its rays but one, and it may lose all its rays without sacrificing its life. Indeed, one bright and particular star among these singular beings, being of a timid disposition, has a tendency to discard its rays at the approach of a foe. It is therefore natural that of that particular species it is almost imposible to find a perfect specimen. Then there are starfishess which have not the distinctive points of a star. One is like a pentagon; another like a sunflower. The starfish has not much sense. It cannot see or smell. To add to its spelndid isolation, it is deaf. The way it eats is not pretty. It folds its arms, when it has any left, around its prey. It then takes its own stomach bodily out through the mouth and wraps it round the object of its desires, and retracts the whole consignment into its interior with the utmost nonchalance. Its mouth, by the bye, is the geometrical centre of the rays. Its body is soft. As it travels along the bottom of the sea it adjusts itself to the irregular surface. If it tries to get through a small opening it puts one ray through first, and carefully holding up the rest into the smallest possible compass, it then forces its body forward. Soft as are their bodies, they can stand considerable pressure. They are found at a depth of one or even two miles.—Westminster Budget.

Keep Minard's Liniment in the house

WORKING WOMEN; IDLE MEN.

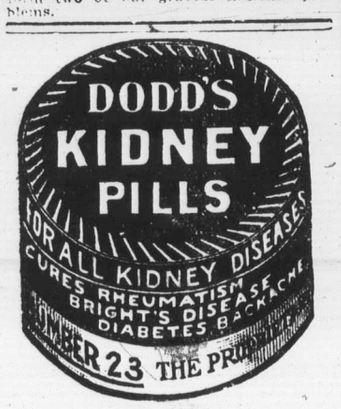
(Chicago Tribune)

About 500,000 women work in New York City. Of these 100,000 are married and 50,000 of the latter support husbands. On the face of it this looks like an indictment of American manhood. The superficial critic might jump to the conculsion that the American man is a drone, lazy shiftless, a good-fornothing, hugging his rocking chair while his wife works to provide for herself and him.

In reality, however, these figures are not an indictment of our manhood, but of industrial cases, indices or compel discrimination against men in favor of women. While 500,000 women and girls jam subways, elevators, and cars in their rush for the shops and factories every morning, 300,000 men in New York City and state are jobless. The New York department of labor has just made public figures to that effect. Many of the 50,000 husbands who are being supported by their wives probably would be found in the ranks of this army of unemployed men.

Still others of the husbands who are being supported by their wives are probably victims of industrial diseases or of the system which makes, or considers, a man of 40 old and refuses to employ him. It is a deplorable fact that in many mechanical trades the average period of a man's activity has been shortened to but fifteen years.

Th husband who is being supported by his wife is most not to be scorned, but to be pitied. Too often we read of middle aged men who commit suicide because they have reached the age when industry no longer wants them, and they cannot bear to be a burden upon their wives and children. The underemployment of men and the overemployment of women form two of our gravest national problems.



SOME HEN, THIS.

Braddock, Pa., Bird Lays Them Boiled.

There are chickens and chickens, and the famous goose that laid the golden egg of the fable, but Bradddock has produced a hen that promises, if the breed can be perpetrated, to pull down the high cost of living.

Postmaster Christian H. Sheets, of Braddock, who is now closing a service of 20 years in the office, is the discoverer of the remarkable chicken that has done the trick, and now he is the envied of early morning housewives and other early-to-rise business men who are compelled to swallow their eggs whole and uncooked, for Postmaster Sheets has always been an early riser, getting to the postoffice anywhere from 5 to 5.30 in the morning.

The hen that laid the eggs bought by Mr. Sheets decided she would go the ordinary cackler one better, and consequently is now delivering them hard-boiled and ready for serving. When the eggs were first discovered by Postmaster Sheets in that condition it was thought by him and his family to have been a practical joke, but when others of the same character followed, it at last dawned upon the owner of the eggs that he had found a bird that rivaled the fabled one that laid the golden eggs.

"No more exorbitant gas or coal bills, no more boiling over a hot fire in the kitchen in the summer mornings, to say nothing of the time lost in waiting for cooking," said Mrs. Sheets to her husband. The cackle of the hen that laid Postmaster Sheets' eggs not only announces that an egg has been laid, but is also the signal that breakfast is ready.

The eggs were bought from Charles Seewald, one of the letter carriers of the Braddock post office. Recently Mr. Seewald added some additional laying hens to his flock. Now he is swamped with orders for the eggs, as all the clerks and carriers in the Braddock office went them. The price has mounted, but Postmaster Sheets holds him to his contract.—Pittsburg Gazette-Times.

Ask for Minard's and take no other.

PROFIT-SHARING PLANS.

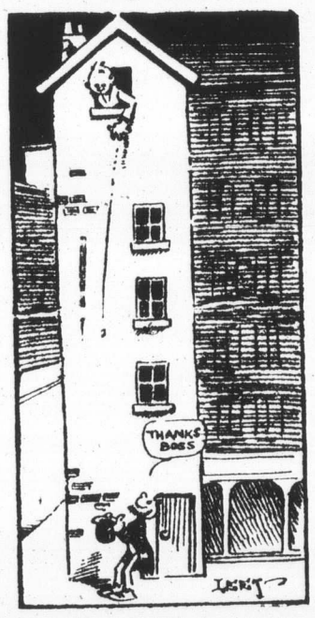
(Philadelphia Record)

Profit-sharing plans have been adopted by many important corporations, among which are the Steel Corporation, the United States Rubber Company, the National Biscuit Company, the duPont Powder Company and Procter & Gamble. The last concern began experimenting with profit sharing plans twenty-six years ago, but derived no particular benefit for merely adding a bonus to the yearly earnings of the workmen. What was desired was to enlist their interest in the prosperity of the company. A majority of the employees are now taking advantage of the present plan, which is limited to persons who own common stock to the amount of a year's wages. But if they can't pay all of this in cash the company will advance the greater part. On his purchase a man gets 16 per cent. dividend on the shares. After five years he may subscribe for 25 per cent. more of the common stock and get 20 per cent. of wages dividend besides what is paid on the shares. After ten years he may subscribe for a further 25 per cent. and get 24 per cent. dividend on his wages and the regular dividends on the shares held by him.

TO CURE A COLD IN ONE DAY.

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

Making a Little Go a Long Way



NEW HIGH COLLAR.

It's Elizabethan.

No longer is it over-stiff.

And it does not spread absurdly.

It is to be worn for evening and daytime.

It is really but a dainty frill extend-down the front.

And it is attached to a collarless bodice, which is turned in to a point at the front.

DEER BEFORE MEN.

(Medicine Hat Call)

It is reported that two thousand Scotchmen per week have come to Canada since the opening of the year. The last census showed that for the ten years between 1901 and 1911 the population of Scotland has practically stood still, the result no doubt being largely due to immigration. This is the fruits of the landlordism that puts deer in a higher place than men. Of course they lose the men.

THE CAUGHT FISH.

(Philadelphia Record)

There are fish in the sea good as ever were caught.
'Tis a lesson that mankind has ever been taught.
On the other hand, likewise we all must agree
That a fish that is caught is worth two in the sea.

"Do the younger members of the family join in these barnyard dances?" "Not exactly," replied Mr. Corntossel. "None of 'em dance the turkey trot, but the boys all wall pigeon toed."—Washington Star.

Ever Have Cramps, Nausea, Vomiting?

THEN USE NERVILINE

For Stomach Pains and Cramps, No Remedy So Prompt as Nerviline.

A Westerner's Experience Related.

"It's in an unsettled part of the country like our far West that proves how valuable Nerviline is in the home'," writes Mr. Patrick M. Dehaney, from Fort Saskatchewan. "Chills are frequent—a hot drink of Nerviline sends life circulating through the body in three minutes. Cramps or sudden illness at night is one of our terrors. No druggist or doctor is near, but if Nerviline is handy you can get relief. The worst cramps Nerviline has cured in my children in half a minute. I don't think any farmer's wife has any right to be without the protection of Nerviline. In our family we use it for a hundred ills, and it cures them all. One night one of my kiddies had earache and another toothache. Without Nerviline no one could have slept—I applied it as directed, and the children's pains disappeared. My husband uses Nerviline for lame back, rheumatism, aching joints and all sorts of muscular pains. It is as good inside as outside, and is as much a part of my home as my kitchen stove."

You find a thousand uses for a good family remedy like Nerviline. Get the 50c family size bottle; it's more economical than the 25c trial size. Sold by all storekeepers or druggists or The Catarrhozone Co., Buffalo, N. Y.

MAY DO THEM GOOD.

(Detroit Free Press)

We are not at all certain that under any circumstances it was wise for the immigration authorities to raise a question concerning the English woman's entrance into the country. She may be an undesirable in her own land but she will be harmless here, and it is possible that a sojourn in America, where suffragists are sane and reasonable might do her considerable good. We recollect that the Pethick Lawrences came to America, billed as the most rabid of militants; they went home to break off all active connection with the fire-eating Pankhurst branch of the movement.

Dr. Morse's Indian Root Pills

owe their singular effectiveness in curing Rheumatism, Lumbago and Sciatica to their power of stimulating and strengthening the kidneys. They enable these organs to thoroughly filter from the blood the uric acid (the product of waste matter) which gets into the joints and muscles and causes these painful diseases. Over half a century of constant use has proved conclusively that Dr. Morse's Indian Root Pills strengthen weak kidneys and 41

Cure Rheumatism

LIGHT IMPROVEMENT.

(Engineering Record)

Meanwhile there has been such rapid growth in the improvement of the illuminants themselves that sacrifices of light for decorative effects have much less significance then they would have had a few years ago. Metalic filament lamps, and gas mantels as well, have been immensely improved and steady lights at an efficiency that is astonishingly great. It is quite certain, for instance, that the ordinary arc lamps between carbon terminals is on a swift downgrade toward oblivion except insofar as a certain proportion of intensive arcs, valuable for their color approximating daylight, are concerned. A high power incandeccent lamp works at an efficiency considerably greater than that of the ordinary arc, requires much less attention, and is infinitely steadier. The only are illuminants that seen marked for continued usefulness are those of greater power depending on metallic vapors for their efficiency. Such, for instance, are the intense flame and luminous arcs and the mercury arc, together, perhaps, with some others not yet well known. In gas lighting the high-efficiency mantel operated often under high pressure leaves no further excuse for the older forms of burner. From now on, therefore, the art of illumination can advance in almost any direction with improved material and with improved material and with the certainty that even if some efficiency has to be sacrificed for more desirable things the economy will not be left out of sight.

PILES CURED IN 6 TO 14 DAYS.

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

Housecleaning Time.

Would that we lived in air castles!

An air castle might simply be blown away.

Once evaporated, another could be speedily conjured.

Spring house-cleaning would then be a soap-bubble frolic.

But, alas! mundane spring cleaning is at this season a painful reality.

Even if managed one room or one floor at a time, it is nevertheless upsetting.

Then there are those dreadful decisions to be made—what to keep and what to discard.

Sanitation must precede sentiment.

FOOLED THE MILLIONAIRE.

(New York Herald)

Sometime ago an American millionaire coveted a noble painting by Raphael that hung in the gallery of a pricely Italian home. The family refused to part with it, declaring that the government would not allow the priceless treasure to leave the country. But the millionaire determined to buy it, and then the owner offered to paint a snow scene over the canvas and ship it to New York, where it could be cleaned and restored. This was done but the cleaners used turpentine, which removed not only the snow scene but the Raphael painting as well, and revealed a fine portrait of Marconi underneath.

INHERITANCE TAXES.

(Philadelphia Record)

The Astor estate will yield to New York State more than $3,000,000. Inheritance taxes are now so important a source of State revenue that public treasurers look enviously upon the plutocrats, whether malefactors or unobjectionable; greedily study mortality tables, and welcome disease like spendthrift heirs who have borrowed all they can on "post obits" and must face privation unless death comes to their relief. The fines for what Carnegie describes as the disgrace of dying rich are growing numerous and heavy.

It's good to be cheerful; but one way to make this old world better is for the fellow that can't sing to stop trying.—Washington Post.

WOULD BE TALLEST.

Belgian Visits America to Gain in Inches.

There was much speculation among the inspectors at the immigration station when the Prinz Adelbert began discharging passengers. One of the male passengers was apparently coming down the gangplank on stilts, and the inspectors wondered at such a strange procedure. Towering high above the heads of the other passengers, the man slowly made his way as though he found the art of walking down an incline on stilts a delicate proposition. When the object of their curiosity neared them, the inspectors found that he was not only minus the stilts, but was very much bow-legged.

The man is Julius Laubach, seven feet two inches tall, of Brussels, Belgium, and the object of his visit to America is to increase his height. Julius wants the kinks in his lower limbs eliminated, and he is on his way to consult a specialist in Chicago, who makes a business of straightening deformed limbs. Physicians at the immigrant station told Julius that if he can have the curvatures removed he will be about four inches taller. This brought a smile to his face, for, he explained, he will then be the tallest man in continental Europe, a distinction which he has long sought.

Laubach's description of how he became bow-legged caused a faint smile to spread over the faces of the inspectors. He said that he was the beliringer in the Cologne Cathedral and that one day while he was tolling the big bell the rope broke and he was hurled through a window in the tower. When he struck the ground he landed on his feet, and his legs have never been straight since. He is the tallest man that ever landed at this port.—Philadelphia Record.

Forty years in use, 20 years the standard, prescribed and recommended by physicians. For Woman's Ailments, Dr. Martel's Female Pills, at your druggist.

TREATMENT OF THE IMMIGRANT.

(Chicago Tribune)

A Supreme court justice in New Jersey rebuked a number of manufacturers in that state the other day for the attitude they take toward the immigrant men and women they employ. It is important, the court declared, that these men be treated as American citizens and not as so many foreign hands.

The question of "attitude" is at the bottom of a good many of our social problems. The contemptuous attitude which organized labor in this country has in years past taken toward the unskilled immigrant workers has forced the birth of the Industrial Workers of the World and the introduction of syndicalism into this country.

Many of our slum problems are directly traceable to the false attitude which not only citizens but the public officials take toward the immigrant population. In the foreign sections of this city the streets and alleys are often not given the same attention by the city employes that is given to street and alleys in the sections occuied by Americans. Dead horses, cats and dogs, time and again, are allowed to lie in congested streets for days. In an American neighborhood they would have been cleaned up in a few hours. The immigrant frequently is what we make him.

Minard's Liniment Co., Limited.

Yarmouth, N. S.

Gentlemen,—In January last, Francis Leclare, one of the men employed by me, working in the lumber woods, had a tree fall on him, crushing him fearfully. He was, when found, placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain and with the use of three bottles he was completely cured and able to return to his work.

SAUVEUR DUVAL.

Elgin Road, L'Islet Co., Que.

FUN IN FETTERS.

(New York Herald)

Humor and satire—who shall say where the one begins and the other ends?—die hard in the human breast. From his "mattress brave" Hein breathe will to the very last, and died with an epigram on his lips. Almost the last utterance of Tom Hood was a jest in his characteristic vein.

That stone walls do not a prison make for the divine spirit of humor is shown by some of the contributions to the Star of Hope, printed in Sing Sing State Prison. An advertiser asks:—"What will you offer for a rich and rare collection of promises made by departing friends?" adding that "concelled postage stamps will not be spurned." "Down and Out" announces that his latest book, "How to Get Rich Without Working," is a "veritable mind of information and wisdom Another advertiser, whose address is the weaving shop, offers to "swap a quick, nasty temper for a mild, forgiving disposition," and still another bargain hunter is willing to exchange "a beautiful set of New Year's resolutions for a headache powder.

Minard's Liniment Lumberman's Friend.

TO SETTLE PANAMA DISPUTE.

(Philadelphia Record)

There is one certain way to terminate the canal toll dispute, or, rather to prevent it from actually arising. Remove the cause and there can be no quarrel. Ambassador Bryce has given intimations to his Government that the Wilson Administration looks with disfavor on any ship subsidies, and regard the free-to-coasters provision of the Panama Canal act as being in effect a bounty to coastwise vessels. Moreover, the Administration does not consider that discrimination in favor of American shipping is compatible with the terms of a treaty which requires absolute equality in tolls for the vessels of all nations. All of which is gratifying as assurance that this Government will scrupulously keep its engagements.

BOYHOOD MEMORIES.

(St. Thomas Journal)

It is quite true that there have been countless thousands of "human wrecks" and "missed callings" in that generation which scrubbed its slates in violence of sanitary science, colored the pictures in Lovell's readers with mineral pigments, drank water by preference from the edge of the well bucket, took off its clothes a half mile before its reached the swimming hole, played with gunpowder, ate green apples, carved sled runners out with a dull hatchet, saved up pennies to buy rubber bands for slingshots, threw the wood into the woodbox in such a way that the box was deceptively full, dodged school an spring days, went barefooted too soon and took chances with the ruffian who guarded the sidewalls of circuses. The growing generation, thanks to scientific culture, may escape the perils of failure. But it is a safe wager it will never compare with the fathers for orthodox health, [illegible] appetite.

SLIPPING FOALS

On account of some form of distemper among Brood Mares may be prevented if taken in time, and the mare and foal be the better for it, if given occasional doses of

SPOHN'S CURE

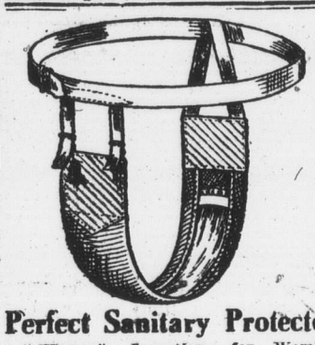
It acts directly on the blood and glands, expelling the poisonous germs from the body. Always safe, any age or condition. Seventeen years' use. All druggists.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

ISSUE NO. 18, 1913

HELP WANTED.

WANTED—GIRLS FOR FINISHING Room. Good wages and constant work. Apply to Kingston Hosiery Co., Ltd., Kingston, Ont.



Perfect Sanitary Protector

A Woman's Invention for Women. Many thousands have been sold. Eliminates worry, protects linen. No chafing; no trouble; cleanly and sanitary. Can be worn next to flesh or under corset. Designed to meet every need; holds securely. Elegantly made of neat material and pliable rubber, soft as silk; gives with every motion of the body, wears indefinitely. Send waist measure and 50c or write for particulars. Ladies' Dept.

TOILET MAIL ORDER HOUSE

2175 Queen St. E. Toronto, Ont

MOTHERS' PENSIONS.

(Toronto Star)

The Senate of Michigan has passer a bill to give mothers a pension of three dollars a week. One of the peculiarities of a good idea like this is that its goodness is so obvious. We wonder why none of us thought of it long ago. How stupid and cruel it is to break up a real home and keep children at great expense in a State home, when the same money should keep the family together.

It's the CLEANEST, SIMPLEST, and BEST HOME DYE, one can buy.--Why you don't even have to know what KIND of Cloth your Goods are made of.--So Mistakes are Impossible.

Send for Free Color Card, Story Booklet, and Booklet giving results of Dyeing over other colors.

The JOHNSON-RICHARDSON CO., Limited, Montreal. Canada.

AN OLD DODGE.

(Philadelphia Record)

Already there is talk from disgruntled manufacturers about closing up their factories and starting foreign plants if the tariff is revised on the lines proposed. Two small concerns in Connecticut claim to have already secured factories abroad in anticipation of this event. Perhaps they prefer Belgium, where some 500,000 workers are expected to go on a strike to-day, or England, which has gone far beyond this country in legislation providing insurance and old age pensions for employees, allowing proper compensation for injured workmen, fixing minimum wages, etc. Or possibly they have selected France or Germany, where business is in a perpetual state of unrest because of the talk of war and the imposition of new taxes. When the present little flurry is over we predict that the Connecticut manufacturers will be found right where they are now, as prosperous as ever. This old bluff has been played many times, and it is about time that it was called.

LOOK

A Splendid 10 cent Household Specialty is being Introduced all over Canada. It is Appreciated by the Thrifty Housewife who wants things "JUST A LITTLE BETTER." Send Post Card to-day. Simply say:

"Send Household Specialty advertised in my Newspaper."

That's all! You will be Delighted! Pay if Satisfied, We take the risk. Send to-day! Address P.O. 1240, Montreal.

DON'T MISS THIS OFFER.

Very Latest in Petticoats.

The petticoats for the present season are so closely fitting that free movement of the limbs is hampered, and closeness of fit is secured by the absence of much trimming.

The hobble petticoat of last year, with its fullness gathered into a broad band between the knee and the ankle, has apparently disappeared.

It at least allowed a certain amount of looseness about the hips, and in thin materials this could not possibly have increased the apparent width of the figure below the waist, but the petticoat of the moment is fairly tight the whole way down.

And every mother expects to pick a better husband for her daughter than she did for herself.—Chicago News.

CITY OWNS PAPER.

Dresden Publication is Now Municipal Property.

It is an interesting fact that a newspaper is owned and administered by the city of Dresden, the property having been bequeathed to the municipality.

In the year 1858 Dr. Justus Guentz, publisher of the Dresdener Anzeiger and proprietor of an advertising bureau with a concession from the Saxon Government willed the bureau and the right of publishing the Dresdener Anzeiger as a special foundation for the common welfar under the condition that the profits should be used for beautifying Dresden and for charitable purposes. During his lifetime he retained at first fifteen-sixteenths, later two-thirds and finally one-half of the net profits. After his death his heirs received and will receive until their death one-third of the profits. The head of the city of Dresden and his representative, with equal rights, were designated as administrators of the foundation for all time.

In 1895 the print-house woner, Clemens Blochmann, who had printed the Anzeiger from 1848 until that time, enlarged the foundation by the gift of his well-equipped printing establishment without retaining for himself or heirs any shares of the profits which are employed for the same purpose as those of the original Dr. Guentz foundation. The annual profits of the united foundations amount now to about $60,000.

Is Your Wife Bad Tempered?

Chances are she has corns that ache like fury. Buy her a bottle of Putnam's Corn Extractor. It acts painlessly, gives instant relief, and cures every kind of corn. Insist on getting only Putnam's Extractor, 25c. at all dealers.

WHAT BECAME OF THE FARM HANDS?

(Detroit Free Press)

The immigration figures for last year, now published, fail to bear out a theory that is often suggested when the cost-of-living problem is discussed. They show anything but the reputed inability to secure farm labor which is frequently said to underlie the rise of prices.

Over 33,00 persons came from abroad to Michigan during the year, but nearly a third of these were women and children without occupations, so that the total of workers of all kinds was less than 23,000. In the classified list of these 23,000 it is noticeable that only three kinds of labor rose above the thousand mark, being farm laborers with a total of 6,590, laborers—meaning unskilled laborers, we assume—to the number of 5,875, and servants, presumably domestic, 3,564. Not a classification of skilled workers shows any aproach to these figures, 562 clerks and accountants being the next highest in the list.

The two classes of service, farm and domestic asistants, are thus by far the highest in the list of our immigrants, yet it is these very classes in which there is most complaint of extreme shortage. What becomes of the new farm hands and house servants? Do they remain in their ascribed fields of toil only long enough to seek employment in the factories? Some further light on the point seems necessary.

BABY'S OWN TABLETS USED FOR TEN YEARS

When one medicine is used in a home for a number of years it is the strongest testimony as to the value of that particular remedy. Thousands of mothers have been using no other remedy but Baby's Own Tablets for years—in fact, many of them say they would have no other medicine in the house. Concerning them Mrs. Jas. H. Konkle, Beamsville, Ont., says: "I have used Baby's Own Tablets for ten years and would not be without them as long as there are children in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

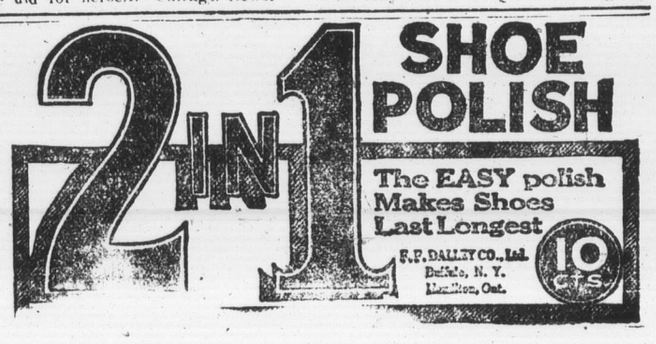
ONE OF YOUTH'S ERRORS.

(Pittsburg Gazette-Times)

The mistake many men and women make is in taking it for granted that mere years impose no penalty of the flesh. This is commonly the error of youth, though on occasion it is persisted in far beyond that period when hard sence is supposed to have supplanted the follies of unwisdom. But they do thus proceed invariably answer for their indifference to the gift of health and life by losing both prematurely, or by dragging along their length of days in physical distress and mental depression. Such has been the history of the world. The exceptions prove the rule, and happily these are numerous. He is fortunate, indeed, who have been forsighted enough so to order his ways that when he passes his three scores and ten it is his years only and not some malady which he is called upon to resist.

Minard's Liniment Used by Physicians

Soda Lake in Africa.

In English East Africa is the richest bed of soda in the world. Engineers say thatit contains 200,000,000 tons. The lake has a surface of more than fifty square kilometres. During the rainy season, when in this locality is short, its surface is covered with a shallow layer of water. When a block of soda is taken out another forms, and the natives say that this occurs so quickly that an equal amount of soda may be abstracted for a number of years from the same place.

A delicious filling for tomato salad is to fill the tomato shells with minced pineapple, celery and chopped nuts. Mix with mayonnaise and garnish iwth green.