

## A SICKLY WIFE NO FIT MATE FOR ANY MAN

**GIRLS AND WOMEN SHOULD  
LOOK WELL TO THEIR  
HEALTH AND  
STRENGTH.**

Never before was physical health and vigor so highly esteemed and so eagerly sought for as to-day.

No man finds happiness in a sickly wife, and the woman who wishes to enjoy the pleasures of life should spare no effort to maintain perfect health.

Is your daughter growing up strong and ruddy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks—or is she compelled to use the street car instead of enjoying the delightful exercise of walking—does she after the ball arise refreshed and vigorous, or is she exhausted, indifferent, and perhaps irritable?

When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks and elasticity to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health.

Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood, which imparts that power and surplus energy so earnestly desired by those in ill-health.

Stop and think what this means for your daughter—certainly a great deal, and it can be accomplished by Ferrozone.

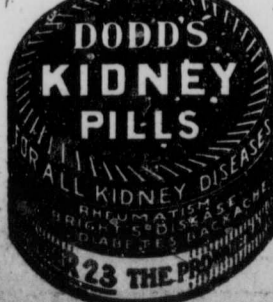
Every growing girl and young woman derives enormous benefit in many ways from their nutritive, vitalizing tonic.

It is especially suited for young women and is a guarantee of health and regularity as long as it is used.

Ferrozone is free from alcohol and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold in 50c boxes or six for \$2.50, at all dealers, or direct from The Catarrozone Co., Kingston, Ont.

## Caucasia In History

The average person, if called upon suddenly to explain what he understood by the Russian province of Caucasia might possibly agree with the school girl who described it as the land of beautiful Circassian women, whose menfolk spent all their days rescuing them from the clutches of the hated Turk. But the Circassian, or Adighe, as he calls himself, to whom many people vaguely attribute their good looks and their rosy cheeks, as parent of the European or Caucasia stock, occupies only the northwestern corner of Caucasia. To the Russian and the Turk he is Techerkess, which is merely a polite way of saying "thief" or "brigand," but this term should be avoided by the peaceably disposed stranger as an unpalatable cognomen, liable to provoke unexpected explosions. Caucasia the mountainous neck of land lying between the Black and Caspian Seas, is a land of many races and intermingled tribes, with no inter-racial solidarity to speak of. Only a few stand out as distinct nationalities. Their chains of Titanic mountains are practically unclimbable, and there are only two passes good for year-round traffic, so that the modern railway, seeking passage into Transcaucasia and Asiatic Turkey from Russia, has to hug the coast line, when not doubling upon itself to reach Kars, which, in the great Russian military advance into Armenia, was virtually the most southern jumping-off place for the armies. This railway line first extends through Circassia and crosses the Classic Phasis of the Greeks, now called the River Rion. The Greek merchants who explored that river to its source came back to tell of rivers running gold, and natives laying down sheepskins in which to enmesh the precious metal as it came down stream past the cataracts. Thus, the Greek imagination and fecundity of fancy was led to create out of Caucasia an Eldorado or Ultima Thule of dreams. Up to ancient Phasis Jason called the Argo to gain the Golden Fleece, and plowed his acres in the Field of Mars of ancient Colchis. Over the endless steppes I wandered, pestered by Juno's gadfly, through the land of gorges and caves, where fire-breathing griffins dwelt and one-eyed Arimaspians waged eternal war. Hercules journeyed to wrest from Queen Hippolyte the girdle which



made of the Amazons of modern Daghestan such redoubtable foes; and, somewhere to the north, on the foaming Terek River, by the eastern face of the romantic Kabak Mountain, Aechylus, the dramatist, chained his Prometheus, who had sought to restore the sacred fire to man.

When one has enumerated the Oesians, or "gentlemen of the mountains," the Khevsurs, who wear chain mail and helmets of the Crusader type, the Tebetichets, the Inouch, who are said to see their gods in the rocks or yerdas, the big, powerfully-built Daghestans, the Karbadans, the Spanetians or Soans of Stavbo, whose civilization has stood still for a thousand years, the much-scorned Mingrelian tribesmen, the Imeretians, the Pabavs, and the semi-Turkish Tartars, the light-fingered highwaymen who used to wait for wealthy strangers in the great waste places around Tiflis, there is still left the one great dominant race, or aristocrats of the Caucasus, the Georgians.

The Georgians were the real masters of the Caucasus until Peter the Great introduced the Russian, six centuries after their Gold Age under the Georgian Elizabeth, Queen Tamara. There will, therefore, be no more kings of Georgia; it is pleasant to think that, on his own proud showing, the Georgians' subjection has not robbed him of the distinction of possessing the bravest men and the most beautiful women in the world. The Russian has generously added his testimony, not without a sub-acid touch of irony that, no matter what the occupation of the Georgian, he is almost sure to be a prince. The title, indeed, is as amazingly common as baron in Germany, and recalls the judge and colonel of the Georgia of the new world. But behind the harmless boast is usually a hoary pedigree and a national patriotism which has become a fetish since the Russian occupation.

For the first time these Caucasian peoples are ruled by the power under a viceroy, including almost plus royal que roi. Their country, or countries, including as they do Baku of the oil and cotton fields, the Black and Caspian seaports, and the fine city of Tiflis, have a great economic future. It is sincerely to be hoped, however, that the question of self-determination and rights of small nationalities in the Caucasus will not find its way to the coming peace conference. If ever the delegates to that epoch-making assembly are to dispose of their Herculean task. It would be nothing less than an interminable wrangle, and the world might be tempted to wish that the many and various nations of the frosty Caucasus were back in that condition of which Herodotus speaks when he describes them as "living mostly on the fruits of wild trees." Pliny tells of 800 distinct languages in ancient Colchis, and it is on reliable record that the Romans had to employ 130 interpreters to conduct affairs satisfactorily.—Christian Science Monitor.

### \$100—REWARD—\$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is Catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System, thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

Whatever goes up must always come down, but it ought to come down right side up.

## CUTICURA

Heals Pimples With One  
Cake Soap and One  
Box Ointment.

Face never free from them for two or three years. Were sore and often became large and hard. Left dark red blotches that disfigured face. Nothing did much good till tried Cuticura. Healed from first application and now face is healed.

From signed statement of Miss Lorena Kennedy, R. R. 1, Williams-town, Ont., March 7, 1917.

Use Cuticura Soap for toilet purposes, assisted by touches of Cuticura Ointment to soothe and heal any tendency to irritation of the skin and scalp. By using these fragrant, super-creamy emollients for all toilet purposes you may prevent many skin and scalp troubles becoming serious.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

### Great Men Refused Titles.

The current discussion regarding titles recalls the fact that many big men have refused not only titles, but university degrees and other honors.

Carlyle wrote a famous letter in declining an honor offered him at the hands of Disraeli. Barrie declined a similar distinction before accepting a baronetcy, and Herbert Spencer put aside even the honors which academic bodies in various parts of Europe desired to confer upon him.

Examples of the kind are, of course, more numerous in the wider field of political life. Gen. Botha and Gen. Smuts have, like Mr. Deakin and other colonial statesmen, begged to be excused titular distinctions, so following the lead of Campbell-Bannerman, Gladstone, Chamberlain and others of our own times.

In matters of this sort it may be difficult to say "No," but the late King Edward had once to decide, in circumstances much more delicate than those of an ordinary man, that he could not accept a proffered dignity. In 1864 he had to refuse the Prussian Order of the Black Eagle. Public opinion was dead against Prussia, and the then Prince of Wales privately held as decided opinions on the subject as the man in the street.

Minard's Liniment Cures Distemper.

### BARN-DOOR POPULARITY.

What Gave Distinction to Boys  
a Generation Ago.

In simpler times, and in parts of the United States where simple customs prevailed, the popular small boy of the neighborhood was not necessarily the son of the richest or most prominent family, but, more likely, the boy in whose yard there was a good rain barrel, a smooth cellar door, or a barn. A boy who would now and then, from pure favor, or in return for marbles or some other valuable consideration, permit other boys to "holler" down his rain barrel or slide down his cellar door, or great privilege of all, play in his father's barn, was the boy whose friendship was best worth cultivating. Some boy, in the small community

of a generation ago, was sure to have a father who possessed a barn, and, generally speaking, he intuitively felt his power and exercised it over the other boys on his street or in his part of the town. Whenever he went the barn stood back of him and gave him support and influence. He could say and do things to the other boys that they would not dare say or do to one another, simply because the boy he said or did things to could see the barn door behind him, open or closed, as the case might be.

To be one of those entitled to admission to the barn was to be in the right set; to be denied the privilege of playing in the barn was to suffer social ostracism.

Sometimes the boy whose father had a barn enjoyed a monopoly. Then he was the recognized aristocrat among the boys of the street of the neighborhood. Sometimes a rival appeared in the person of a new boy whose father had put up a new and larger barn than had before been seen in that quarter, or sometimes the father of a boy who had no barn to begin with became better off and put one up. In such circumstances prestige went with the barn that has the greater attraction. Usually it was felt by the boy whose father had the greatest number of horses, or the largest number of vehicles, or a buckboard buggy, or a surey. Some boys were won by the number of box stalls. There were boys who would turn their backs

Minard's Liniment Co., Limited:  
Sir—I have used your MINARD'S LINIMENT for the past 2 years and whilst I have occasionally used other liniments I can safely say I have never used any equal to yours. It rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the best for bruises, sprains, etc. Yours truly,  
J. G. LESLIE,  
Dartmouth.

In ownder through the trap door at the hay loft. A great deal depended also on whether the hired man was a friend or a foe.

No better place than the barn could be found for a game of "peggin' in"; the marbles could not run away from the retaining wall, and it was sport, beyond words to tell, when a "feller" found a newly laid egg in the manger. Take a bright June morning, after the horses and wagons had been sent to town or into the fields, and the sun was shining through the leaves of the crabapple tree and waving lace upon the barn floor; take a morning when there wasn't any school, "an' Jim Hutchins, an' Reddy Lane, an' Kkinny Wilkins were over for the forenoon, an' all had good jack-knives, an' there wasn't any fassin', an' a game of nomenclature was on." Then the delight of small boy-hood in the small town was pretty nearly complete.

A barn need not have a horse, or a vehicle, or a stall, or a friendly hired man in it to be attractive. Some of the most enjoyable barns ever known had nothing in them save discarded carpets, bedsprings, odd pieces of furniture, a tool chest, a hair-covered trunk, a step-ladder, parts of an abandoned bicycle, and a wheezy melodeon. To be complete a barn should have openings in the walls to let the rats in, and, above all things, it should be full of mysterious noises. In the eventide, when the shadows were lengthening, there was a part of one barn from which a giant or a pirate issued when it was time to go home. The boys came to know him intimately. They would see him first

## ISSUE NO. 1, 1919

### HELP WANTED—FEMALE

MAID FOR GENERAL HOUSEWORK. Small family. Apply to Mrs. Davis, 284 Hess Street, South, Hamilton.

### MISCELLANEOUS

THE SAFE WAY TO SEND MONEY by mail is by Dominion Express Money Order.

FOR SALE—BEAGLE AND FOX hounds, cross, eleven months, males, twelve, females ten, Wood, Woodlawn, Islington, Ont.

### FOR SALE.

FOR SALE—BUSH LOT 2 1/2—LOT 3 concession 10, Tecumseh; 100 acres near Beeton. Apply John McCoy, 4 King Street East, Hamilton.

GALLOWAYS—COWS WITH CALVES at foot; also young stock for sale. D. McCray, 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.

### FOR SALE OR TO RENT.

STORE AND DWELLING FOR SALE or rent; best business corner in Mount Forest, where successful business has been done for thirty-six years. W. J. Gilroy, Mount Forest, Ont.

### STORM WINDOWS FOR SALE.

GET OUR PRICE LIST SHOWING cost of windows glazed complete. Any size. Halliday Company, Box 61 A, Hamilton.

rising over the top of the melodeon, getting bigger and bigger; then he would stroke his long, black whiskers, wink at Reddy Lane, step across the half-covered trunk, and be just on the point of making for the door when the "gang" would rush wildly toward the house and score another narrow escape.—"Christian Science Monitor."

## Are Your Nostrils Full Of Catarrhal Discharge?

If So, It's Time You Got Wise to  
Catarrozone, the One Certain  
Cure.

By no other means can you get relief so quickly as from Catarrozone. It's the most direct remedy—direct because you breathe it to the very spot that is irritated and full of catarrhal germs. Nothing roundabout in the Catarrozone method. It acts instantly, clears the throat of phlegm, stops the hacking cough, relieves tight chest, moves bronchial irritation.

So healing and soothing is Catarrozone, so full is it of curative essences that winter ills flee before it. Carry a Catarrozone Inhaler in your purse, in your pocket, use it to ward off your little colds before they grow big. Dollar outfit lasts two months; small size 50c, trial size 25c; all dealers or the Catarrozone Co., Kingston, Canada.

### Electricity On the Farm.

It is apparent from the fact that 260,000 horse power in electric motors is now actually being used on the farm that the phrase "Electricity on the Farm" does not constitute an idle dream any longer, remarks the General Electric Review. Although 160,000 horse power of this is used for irrigation and reclamation purposes (a peculiarity of semiarid sections), the remainder, or 40,000 horse power, is actually being used for miscellaneous farm purposes, such as driving the cream separator, butter churn, and so on. The only thing that we are not doing with electricity on any scale is plowing and cultivating, and this now bids fair to be a commercial reality in the very near future.—Scientific American.

Minard's Liniment Cures Garget In Cows.

### Heavy Cost of Malaria.

Malaria causes an economic loss in the United States estimated to be not less than \$100,000,000 a year. The annual number of cases is believed to be in the neighborhood of 1,600,000.

When people are at odds, they generally try to get even.

## DRS. SOPER & WHITE



### SPECIALISTS

Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Gout, St. Vitus, Blood, Nerve and Bladder Diseases.

Call or send history for free advice. Medicines furnished in tablet form. Hours—10 a.m. to 5 p.m. and 8 to 9 p.m. Sundays—10 a.m. to 1 p.m. Consultation Free

DRS. SOPER & WHITE  
22 Toronto St., Toronto, Ont.

Please Mention This Paper.

## Saskatoon The University City of Saskatchewan



(1) Saskatoon of to-day, the metropolis of centre Saskatchewan. Population 25,000. Fifteen years ago Saskatoon was but a hamlet of 100 hopeful souls. (2) First Grand Trunk Pacific train to enter the city of Saskatoon on October 7th, 1918. (3) P. Hinton, Vice-President and General Manager Grand Trunk Pacific. (4) A street scene in progressive Saskatoon.