

## THE NERVOUS SCHOOL CHILD

Needs Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their bodies to become weak and thin, their nerves over wrought, and their color and spirits lost. It is a great mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, out-door exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay strict attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams' Pink Pills according to directions, and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Pearl G. Harrington, Kingston, Ont., who says: "I have often felt that I should write you and let you know what Dr. Williams' Pink Pills did for me. At the age of thirteen I was afflicted with St. Vitus dance. The trouble became so severe that I had to be taken from school. I was given medical treatment, but it did not help me. Then a friend advised my mother to give me Dr. Williams' Pink Pills, which she did, with the happiest results, as the pills completely cured me, and I was again able to take up my studies and attend school. Again about three years ago I was attacked with nervous prostration and once more took Dr. Williams' Pink Pills, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St. Vitus dance, or restore anyone who is weak, nervous or run down."

You can safely give Dr. Williams' Pink Pills to the most delicate child, or take them yourself with equally good results when you need a blood tonic. These pills are sold by all dealers in medicine, or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams Medicine Co., Brockville, Ont.

## HOW BORNEO DYAKS CATCH CROCODILES

It is no uncommon sight in Borneo to see a large crocodile sunning himself on the muddy bank of a river. He takes no notice of the natives, even though they pass quite near him. So common, indeed, is the sight that the Dyaks themselves pay no heed to these dangerous reptiles, and yet it is no unusual thing to see a Borneo man with some human life being taken by a crocodile. For months, perhaps, the crocodiles in a river live at peace with mankind. Then suddenly one of these creatures will carry off some lad bathing in the river or even attack some one paddling along in his boat.

There seems to be no reason why the crocodile should suddenly show a man eating propensity in this way. The Dyaks account for it by a curious superstition. They say that if food offered to a crocodile and he refuses it and goes away without at least touching it some misfortune is sure to befall him, and he will most probably be attacked by a crocodile. Also it is said that one of the ways the gods punish crime is by sending a crocodile to attack the culprit.

The Dyaks of Borneo will not kill a crocodile except in revenge. If the reptile will live at peace with him the Dyak has no wish to start a quarrel. If, however, the crocodile breaks the truce and kills some one, then the Dyak feels justified in retaliating. Under these circumstances the Dyaks set to work to find the culprit and so on catching and killing crocodiles until they succeed in doing this they once more live at peace with these reptiles until such time as the truce is broken again by some crocodile killing a human being.

There are men whose business it is to catch crocodiles and who earn their living by that means. And whenever a human being has fallen a victim a professional crocodile catcher is asked to help to destroy the murderer, and a large reward offered him. The majority of natives will not interfere with the reptiles, but if they do anything of the kind they themselves may some time or other suffer for it by being attacked by a crocodile.

The usual way of catching crocodiles in Borneo is with a wooden bar and slack cable. A piece of hardwood about an inch in diameter and about ten inches long is sharpened to a point at each end. A length of plaited bark of the banyan tree, about eight feet long, is tied to a shallow notch in the middle of this piece of wood, and a single cane of rattan, forty or fifty feet long, is tied to the end of the bark rope and forms a long line. The most irresistible bait is the carcass of a monkey, though often the body of a dog or snake is used. This bait is securely lashed to the wooden bar, and one of the pointed ends of the bark rope is fastened to the bar and rope into the same straight line. The more overcast the day the more the bait is taken, for the crocodile has a preference for decaying flesh. When a crocodile has fresh meat he carries it away and hides it in some safe place until it decomposes.

The next step is to suspend the bait from the bough of a tree overhanging the bank of the river known to be the haunt of the crocodiles. The bait is hung a few feet above the high water level, and the long rattan line is left lying on the ground, the end of it being planted in the soil. Several similar lines are set in different parts of the river, and there is left for several days until one of the baits is taken by a crocodile.

Attracted either by the sight or the smell of the bait, some crocodile raises himself from the water and snags at the overhanging bundle, the slack line offering no resistance until the bait has been

swallowed and the reptile begins to make off. When the pointed end of the cable line holds sufficiently to snap the slight thread binding the pointed stick to the bark rope. The stick thus returns to its original position at right angles to the line and becomes jammed across the crocodile's stomach, the two sharpened points fix themselves into the flesh. The crocodile awakes away, dragging after him the long line attached to the bait which he has swallowed. Sometimes the crocodile holding the bar to the line fails to snap. In that case the crocodile becomes suspicious of the long line attached to what he has swallowed and, climbing up the river bank, disengages the bait and unopened "hook" in the jungle, where it is sometimes found. But should the crocodile snap and the bar fix itself in the reptile's insides nothing can save the creature.

The formidable teeth of the crocodile are not able to bite through the rope attached to the bait, because the bark fibre of which it is loosely made gets between his teeth and the rope holds, no matter how much the fibres get soaked. The trappers each morning visit the different traps to see whether any of the baits have been taken and if any are missing they search for them from the crocodile's point of view there is nothing else to do but to follow, when every pull, however gentle, causes pain.

The part of the crocodile is more remarkable. The animal is addressed in a colloquial language, and "becuiled," so the natives say, into offering no resistance. He is called "rajah among animals," and is told that he has come on a friendly visit, and must behave accordingly. First the trapper ties up his jaws not a very difficult thing to do. The next step appears to the stranger to be very risky. Still speaking as before in high flown language, he tells the crocodile that he has brought rings for his fingers, and he binds the hind legs fast behind the reptile's back, so taking from him his grip on the ground and consequently his ability to use his tail. When one remembers what a sudden swing of the muscular tail means one cannot help admiring the courage of the man who coolly approaches the reptile for the purpose of tying up his hind legs. Finally the fore legs are tied in the same manner over the reptile's back. A stout pole is passed under the hind legs and the crocodile is carried away. He is taken to the nearest Government station, and the reward given according to the length of the reptile killed and consumed.

Though the crocodile is addressed in such flattering terms before he is secured, the moment his legs are bound across his back and he is powerless to evade the natives howl at him and deride him for his stupidity. Later on they rip him open to search for human remains and to howl him to pieces. He struggles furiously but to no purpose. His head is cut off and hung over the fireplace, side by side with the cluster of heads taken in warfare.

The professional crocodile catchers are generally Malays, but now there are Dyaks who have given up their old superstitious dread of the reptile and export crocodiles and quite willing to earn money by catching and killing crocodiles if required to do so.

No More Asthma. Dr. J. D. Kellogg's Asthma Remedy sounds the death knell of this trying trouble. It stops the awful choking and painful breathing. It guards against night attacks and gives renewed ability to sleep and rest the whole night long. Much is claimed for this remedy, but nothing but what can be demonstrated by a trial. If you suffer from asthma try it and convince yourself of its great value.

RESOLVE THE PENNIES  
And So Saves Dollars, Lost by Small Wastes.

In almost every part of the home there is an opportunity to lose a penny or two either by waste or by inefficiency, so that they are actually and absolutely gone, with no return or benefit to anyone. If we sat down and added up the sum of these wasted pennies, how many dollars in a year's time would it come to?

It is certainly worth while considering, and taking the matter in hand, if only to use the amount rescued for the pleasure. Needed pleasure is a worthy cause, and money spent on it is not really wasted. Or the little question of a "rainy day nest egg" might easily be taken care of by the pennies rescued.

So, how about serving plenty, but never too much, at meals? How about making a thorough study of the question of the gas range, so that only that gas which is really needed is used? There are all sorts of devices to aid in the endeavor. Why not avoid overtime telephone calls? Why keep the place aglow with blinding lights when just the right amount is prettier, better for the eyes, and more economical? Why leave the spigot dripping a little every day to make a big difference in your water bill at the end of the year? Why allow the children to leave the soap wasting by soaking? Why not mark umbrellas and overcoats with names and addresses so, if lost, there is some hope of their return? Why pay overdues because of neglect for library books you have finished reading?

In other words—rescue the pennies, and the dollars will rescue themselves!

Fresh Supplies in Demand.—Wherever Dr. Thomas' Electric Oil has been introduced increased supplies have been ordered, showing that wherever it goes this excellent Oil impresses its power on the people. No matter in what latitude it may be found its potency is never impaired. It is put up in most portable shape in bottles and can be carried without fear of breakage.

## Women of Canada Testify

Dr. Pierce's "Favorite Prescription" is a more than pleased with Dr. Pierce's Favorite Prescription. I was run-down and so nervous that I could not even stay in the house alone in the day-time and tried every kind of medicine I heard of but got no result. One of my friends advised me to take "Favorite Prescription," said that it would cure me, and it did. After taking four bottles I felt like a new woman and it is also the very best medicine for a woman bringing up a family. I will recommend "Favorite Prescription" to any one suffering like I did.—MRS. JOSEPH BEAUDRY, R. R. 2.



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## WEAK AND NERVOUS

Tillsburg, Ont.—"I found Dr. Pierce's Favorite Prescription an excellent medicine for the ailments of women. I had become very weak and nervous. I was just miserable when I began taking the 'Favorite Prescription' and it proved most beneficial. It so completely restored me to health that I have never had any return of this ailment. I do advise the use of 'Favorite Prescription' by women who suffer with womanly troubles."—MRS. GEO. WALKER, P. O. Box 490.

Dr. Pierce's Favorite Prescription is made of lady's slipper root, black cohosh root, unicorn root, blue cohosh root and Oregon grape root. Dr. Pierce knew, when he first made this standard medicine, that whiskey and morphine were injurious, and so he has always kept them out of his remedies. Women who take this standard remedy know that in Dr. Pierce's Favorite Prescription they are getting a safe woman's tonic so good that druggists everywhere sell it, in liquid or tablet form.

## OYSTERS IN TEXAS.

State Was Once World's Greatest Bivalve Bed.

On many lofty hilltops in Texas are vast accumulations of oyster shells. How did they get there? It was long regarded as a first-class mystery, and even awakened awe in superstitious minds.

The explanation is simple enough. Most of Texas was one time under water and much of its submerged area was covered by an oyster bed—probably the biggest that ever existed. Eventually the region was uplifted by geologic causes; streams cut their way hither and thither through the new made land, and here and there hills were left with oyster shells still remaining on their summits.

There is no question about the ancient oyster bed, because it is there today, forming a continuous sheet twenty feet thick half way across the state. Composing a limy rock, in which the shells are loosely cemented together, it equals in extent and thickness the coal seams of Pennsylvania.

When these bivalves were alive it was the age of oysters, and there were thousands of species, whereas now only five or six are known. One of them had shells five inches thick, a pair of them weighing eight or ten pounds. Another, called the "cockscomb," had a beautiful toothed shell. Another has been named the "griffin," because of a beak above the hinge. Another resembled in shape a boat with upturned prow, and yet another was fashioned like a ram's horn.

People in Texas gather and burn these ancient oyster shells for lime; also for making roads. The shells of one species they call "skulls," because they resemble the human cranium.

One dose of Miller's Worm Powders will clear the stomach and bowels of worms, so that the child will no more be troubled by their ravages. The powders are sweet to the taste and no child will object to taking them. They are non-injurious in their composition, and while in some cases they may cause vomiting, that must not be taken as a sign that they are nauseating, but as an indication of their effective work.

## MINCEMEAT

Just how to make good mincemeat this year without the assistance of either brandy or wine, is a problem that many housewives are facing to day. It can, however, be done, and in the following tested recipes are suggestions for the variety of mincemeat fillings in which the absence of liquor will not be missed.

Bolled beef has hitherto always been utilized for the basis of good mincemeat; but in these days of culinary proficiency, when we are always striving after something better, it has been discovered that firm boiled tongue is far better and provides a filling that literally melts in one's mouth. Use in exactly the same manner as the beef.

## OLD ENGLISH MINCEMEAT.

Mix together one and a half pounds of finely-chopped tongue, one pound of finely-chopped beef suet, three pints of peeled apples finely chopped, one and a half pounds of seeded and chopped raisins, one pound of currants, one and a half pounds of shredded citron, a quarter of a cupful each of chopped candied orange and lemon peel, the juice of two lemons and one large

orange, one tablespoon of salt, two cupfuls of sugar, one cupful of cider, half a teaspoonful each of ground cinnamon, cloves and allspice, one cupful of currant jelly and half a cupful of strained coffee. Bring slowly to a boil and simmer for nearly two hours. Twenty minutes before it is cooked, add a pint of unfermented grape juice. Seal as for canned fruit in sterilized jars.

## VEGETERIAN MINCEMEAT.

Stone and chop one pound of raisins and add half a pound each of currants and sultanas, one pound of chopped peeled apples (weighed after coring), half a pound each of ground blanched almonds and boiled chestnuts, three ounces each of chopped candied orange and lemon peel, four ounces of shredded citron, half a pound of brown sugar, one teaspoonful of mixed ground spices, one grated nutmeg and two finely-chopped lemons that have been boiled for two hours, and from which the seeds have been removed. Moisten with a pint of boiled cider and simmer for half an hour. Seal as in the previous recipe. This mincemeat contains no suet, and a tablespoonful of melted butter should be added for each small pie before baking.

## CRANBERRY MINCEMEAT (UNCOOKED).

Mix together one and a half cupfuls of chopped apples, one-quarter of a cupful each of chopped seeded raisins and cranberries, an eighth of a cupful each of currants and shredded citron, one-quarter of a cupful of melted butter or beef dripping, half a teaspoonful each of salt, cinnamon and mace, a quarter of a teaspoonful of cloves, three-quarters of a cupful of brown sugar and three-quarters of a cupful of loganberry juice. Let stand overnight before using.

## MOCK MINCEMEAT.

Blend together two large soda crackers, rolled fine, three-quarters of a cupful of sugar, one-half a cupful of molasses, a quarter of a cupful of lard, one-quarter of a cupful each of melted butter and lemon juice, two tablespoonfuls of thick, strained apple sauce, half a cupful of chopped seeded raisins, one-quarter of a teaspoonful of salt, one teaspoonful of ground, mixed spices and one beaten egg. Let stand for several hours before using and bake with two crusts.

The Best Liver Pills.—The action of the liver is easily disarranged. A sudden chill, undue exposure to the elements, a few of the causes. But whatever may be the cause, Paine's Vegetable Pills can be relied upon as the best corrective that can be taken. They are the leading liver pills and they have no superiors among such preparations.

## TITLES AND THE PRINCE.

(Kingston Whisk)

During his visit to Canada the Prince of Wales bestowed only one title, and that in recognition of bravery and meritorious service on the battlefield. Even this honorable and well deserved investment was reserved to the very last minute of the prince's sojourn in Canada. He suggested to the king that he should not affront a nation of Simon-pure democrats by the awarding of even one decoration. While the incident may seem to be a trifling matter, it stands out as a shining example of democracy carried to the extreme.

Of course a republic like the United States will have nothing to do with titles. Away with such empty dainties. They savor too much of kingship. They ought to be for kingdoms and their dependencies, but in a land where every man is supposed to be as good as his neighbor, it is not a little better to have no titles at all. But how mistaken our conclusions! When the Prince reaches the United States, the home of true democracy, he at once proceeds to invest scores of citizens with decorations of every kind, including G. C. M. G. S., C. B. S., C. M. G. S., etc. The incident leads the Montreal Star to remark: "The Prince of Wales has recently completed a memorable tour of Canada. In the course of it he met a very great many men and women who had done superbly for their country and to the world, more of them in proportion to the population than he could have met in the neighboring country. No doubt it would have given him and the King the representative personal pleasure to have recognized these services in the immemorial way in which kings have always recognized valor and virtue by the bestowing of the accolade or the lesser honor in person."

But no royal honors could be bestowed on Canadians. Did not parliament, heeding the advice of the late member for Kingston, Mr. W. F. Nickle, seek to abolish the practice? Having this fact in mind, the Star continues:

"The Briton, the Frenchman, the Italian, the American may accept honors at the hand of our King and the son of our King, but not the Canadian. Our professional 'democrat' has seen to that. His zeal in the cause is intense, oppressive, and unassailable, and is so advertised. His belief in the democracy of which he is so frantic an apostle is at bottom so shaky that he sees it menaced to its very foundation by a simple recompense paid to an individual for some outstanding service."

"And so, appealing to the galleries, he managed to stand between the deserving and the only reward which so many of them can be offered or can accept. Canadian democracy would have been in most serious danger of overthrow to-day had the young Prince been allowed to recognize the outstanding accomplishment of a few Canadians of both races in military and civilian life. That was to be prevented at any cost. Let our future king take his corrupting titles elsewhere. Democracy in Canada is with a capital D and the stress on the second syllable—is safe."

President Wilson tried that vainly, it would appear to make the world safe for democracy; it remained for a Kingston member of parliament to make democracy safe in Canada. Isn't the Star a bit ungrateful? Or was this whole little business in Canada a bit of off-side play that the spectators didn't appreciate?

Unless worms be expelled from the system, no child can be healthy. Mother Graves' Worm Exterminator is the best medicine extant to destroy worms.

**MURINE** Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy.—If they Tingle, Smart, Itch, or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists in Canada. Write for Free Eye Book. Murine Company, Chicago, U. S. A.

## CAIRO

Cairo, where mob attacks upon British soldiers brought about a critical situation, is described in a bulletin from the U. S. National Geographic Society, which follows:

"Cairo, 'Queen of the Nile,' the 'Paris of the Levant,' or 'The Diamond of the East,' as your imagination prefers, has about the population of Boston, a record of disorders that makes Roumania a newsworthy country, and a petraqueous all its own.

"From the citadel ramparts the visitor receives the best introduction to Cairo, that unforgettable view—the ancient city at his feet, a vast panorama of houses and palaces and mosques, flecked with cupolas, minarets and towers; the winding Nile valley and the verdant Nile Valley ever widening towards the north, yellow cliffs to the east, and beyond them the desert. The sea of sand suggests the pyramids against the horizon turn one's thoughts from space to time.

"Descend to the streets of Cairo and encounter a babel of the Arabian Nights, perhaps, but certainly the days loose a thousand and one noises. There are the rattle of carts, cries of the water carriers, the clatter of the carters, the braying of donkeys, whirring of taxicabs, jangling of coins in the open bazars, continual shouts from pilots of this traffic medley, such as 'dry foot, air, or to thy left, Oh chief,' all in the native tongue, of course.

"Georgic colors of every hue and shade assail the eye—a post of modernized architecture of prehistoric color schemes. The poorer the Egyptian the more ragged; the more rags the more colors. Then again the Arabs denote their families and dynasties by turbans of distinctive colors. To tell a pharaoh's son from a priest of to-day, or one dervish order from another, or any of the countless dynasties of sects apart requires a study of turban lore as complicated as the numerous insignia worn by American soldiers returning from France.

"One thing is certain. If a turban trails the ground it means that the wearer has followed the orthodox custom of having it seven 'hands' long, so that it may serve to shroud him when he dies and keep him mindful of that certain end while he lives.

"The richer women, attended by eunuchs, may be seen in carriages, faces veiled to their eyes, eye lashes and lids, fingers and exposed toes decked with henna, and bedecked with 'arras' necklets, beads and bracelets. Poorer women go about, also veiled, garbed in plain robes highly suggestive of 'Mother Hubbards.'

"In the street crowds, too, are the beggars whose baboons serve the purpose of the monkeys of our urban grandees, snake charmers, vendors of the ubiquitous scarves and tiny bend boys.

"Sometimes the streets are so narrow that the latticed upper balconies of the houses almost touch, and the flat terraces form a surface under which the thoroughfares seem but tunnels. The street the dread evil eye a Koran is inscribed on the doors of the courtyards, whose teeth are wedged into joints to ward off the toothache.

"At the dawn of history a city is known to have existed near the present Cairo called Khers-kef, place of combat, because Horus and Seth, of mythological fame, fought there. Seth found the body of his brother Osiris, cut it into pieces and scattered the pieces; whereupon Isis, wife of Osiris, hunted the fragments so that she might erect a monument for each. This is why so many tombs of Osiris are encountered in Greek history.

"Not until a century before the Norman conquest, a modern period of Egyptian history, was the present Cairo founded by Gohar, leader of the troops of the Fatimite Caliph Ma'izz, following the Egyptian conquest.

"In the year that Columbus discovered America a plague swept Cairo which is said to have killed 12,000 citizens in a day. It was a century before that when Cairo may be said to have attained its zenith. After the plague a period of violence, rapine and murder set in, and sultans were enthroned and assassinated with dizzying speed and informality. As early as the 12th century christian persecutions took place. Since then the city has been Islam. Only eight years ago an excuse of the Grand Mufti for declining to approve execution of a murderer was that the crime was committed with a revolver, a weapon not mentioned in the Koran.

"Napoleon's headquarters were at Cairo in 1798, following the 'Battle of the Pyramids.' The commander Bonaparte left behind was murdered. In 1817 the British finally were dislodged and Cairo's independence was re-established.

Soft corns are difficult to eradicate, but Holloway's Corn Cure will draw them out painlessly.

## Faith.

We had a new experience the other day when we picked up two boatloads of survivors from the — torpedoed without warning. I will say they were pretty glad to see us when we bore down on them. As we neared, they began to paddle frantically, as though fearful we should be snatched away from them at the last moment. The crew were mostly Arabs and Lascars, and the first mate, a typical comic-magazine Irishman, delivered himself of the following: "Sure, toward the last, some o' them haythins gets down on Allah, but I sez, sez I: 'Git up before I swat ye wid the ax-handle, ye be-nighted haythen; sure if this big boat gets saved 'twill be the Holy Virgin does it or none at all, at all! Git up, sez I.'—An American Officer, in the Atlantic.

**Wood's Great Peppermint Cure.** The Great English Remedy. Tones and invigorates the whole nervous system, makes the Blood rich in red globules, cures Anæmia, Debility, Mental and Brain Worry, Despondency, Loss of Energy, Prostration of the Heart, Stomach and Bowels. Price 25¢ per box, six for \$1.50. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOODS MEDICINE CO., TOLEDO, OHI. (Patent Pending)