

# DEAFNESS

ITS CAUSES AND TREATMENT  
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THE MEARS CO. OF CANADA,  
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## Economical Recipes

### RICE POTATOES.

Wash one-half cup of rice, put in skillet with two cups milk, one cup water, salt and pepper. Put in oven and bake half hour. Peel and halve four or five potatoes and lay in the rice with thin slice of bacon on each potato and bake one hour. Potatoes and rice may be served separate or together. This serves four persons.

### MEAT LOAF.

Take stewing beef, veal or lamb, run through chopper, add crackers, suet, onions (the tops of green ones will answer) salt and pepper to taste. Mix shape into loaf, put in a baking pan, pour a tablespoonful of salad oil over it, pare and cut potatoes or carrots into quarters and lay around the loaf. Pour water in the bottom to keep from burning, and bake until potatoes are done a nice brown. Very good either hot or cold.

### IRISH STEW.

For family of five—can be made from left-overs from Sunday dinner, and it is cheap. One large cup (chopped fine) cooked beef, one large cup brown gravy, one large cup sliced boiled potatoes, one large cup boiling water, one teaspoonful onion salt, one teaspoonful celery salt, one pinch black pepper. Good served hot on toast.

### PEANUT SOUP.

A delicious and nourishing soup may be made from skim milk and peanut butter as follows, says the United States Department of Agriculture:

Montreal, May 29, '09

Minard's Liniment Co., Limited,  
Yarmouth, N. S.

Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.

Yours very truly,  
THOMAS J. HOGAN,  
The Champion Clog and Delectable Dancer of Canada.

Heat one pint of milk until lukewarm. Add two rounded tablespoonfuls of peanut butter mixed to a smooth paste with a little of the milk. Salt to taste. Thicken with one teaspoonful of butter or savory fat mixed with one tablespoonful of flour. Bring almost to the boiling point and serve.

### FRENCH TOAST.

Beat up together one egg, one cup of skim or whole milk, and salt to taste. Place a small quantity of butter, bacon fat or other suitable fat, in a broad-bottom frying pan. Dip slices of stale bread into the egg and milk mixture until they are thoroughly moist and fry on both sides until they are a golden brown. Serve hot with or without syrup.

### CORNMEAL DODGERS.

One cup yellow cornmeal, one spoonful sugar, one-quarter cup flour, one tablespoonful cooking oil, one and one-half teaspoonfuls baking powder, cold water enough to make thin enough to drop (not pour) from spoon. Fry on griddle or bake in gem pans.

### STUFFED HAMBURG ROAST.

Three pounds hamburger steak one pound stale bread dressing. Both steak and dressing should be well seasoned, using a little onion in the latter. Separate the meat into two divisions, spread one section on the bottom of roaster, having about two inches thick. On top of this spread the dressing, then the rest of the meat. Place a thin slice of salt pork on top of this, add pint of water. Roast one hour. Potatoes may be roasted with this.

### NAPOLEON NOODLES.

One pound of ground fresh pork; brown in frying pan, add three quarts of water, let simmer 30 minutes, add salt, pepper, also onion if desired, and a 10-cent box of noodles (or home-

made ones). Cook 12 minutes. This will serve eight hungry people.

### Odds and Ends.

The Detroit Court has ruled that man-angels are out of place in front of a local cemetery and ordered the sculptor to make certain changes so as to translate the effigies in a woman.

Iron money is passing in Germany, and the Germans are using porcelain. Twenty thousand dollars' worth of cigarette paper was sent from the United States to the Philippines during the past year. The total for the previous year was only \$1,612.

The English Government has improved the quality of the ale brewed in that country.

A New York hotel has a roof garden for the dogs belonging to guests.

The Germans have succeeded in making a substitute for gun cotton.

## CONSTIPATED CHILDREN

Mothers, if your little ones are constipated; if their little stomach and bowels are out of order; if they cry a great deal and are cross and peevish, give them a dose of Baby's Own Tablets—the ideal medicine for little ones. The Tablets are a gentle but thorough laxative and never fail to right the minor disorders of childhood. Concerning them Mrs. Noble A. Pye, Ecum Secum, N. S., writes: "My baby was terribly constipated but Baby's Own Tablets soon relieved her and I now think them a splendid 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.

## WHY SALT CAUSES THIRST.

As a Matter of Fact It Absorbs the Body's Moisture.

Salt has been described as a natural element of the blood in about the same proportion as in the water of the ocean.

Under general conditions we do not feel the existence of salt in our bodies because its effect is counteracted by a due proportion of water.

When we eat an excessive amount of salt, thirst is created by the demand of nature that we also take a proportionate amount of water and dilute the salt to its proper relative amount. Any food that tends to absorb the moisture of the body will cause thirst for the same reason—that our physical welfare requires a balanced quantity of water.

Minard's Liniment Cures Distemper.

### Odds and Ends.

Automobile oil is now conveniently put up in cone-shaped containers, and to empty one the point is to cut off with a pocket knife and the end thrust into the engine port, into which it drains.

A Scandinavian scientist has recently patented a system which permits of the simultaneous transmission of any number of words by means of an automatic photographic-electric apparatus.

A western railroad undertook to be prepared for any emergency resulting from a shortage of coal and accumulated a 3,000-ton pile at an out-of-the-way place along its line, but spontaneous combustion and exposure to the elements were responsible for a \$50,000 deterioration in the coal pile.

Cape Province is said to contain the largest asbestos-bearing areas in the world.

An abandoned gravel pit at Pomona, Cal., has been turned to account by transforming it into a Greek theatre.

A green grocer of Iowa Falls has invented a sanitary showcase and receptacle for bananas. The fruit is kept free of dust, and presents a much more attractive appearance in this condition.

Sixty men per thousand are now being killed in the war, and about 150 men out of each thousand are wounded.

## CREAM WANTED

SWEET OR CHURNING CREAM

We supply cans, pay express charges, and remit daily. Highest prices paid.

MUTUAL DAIRY & CREAMERY CO.  
743-5 King St. West, Toronto.

### "PILLBOXES."

What They Are, and What British Are Doing to Combat Them.

One point emerges with great clearness from the reports on the recent fighting namely, that a reply has been found to the German defensive device variously described as redoubts, anti-tank turrets, block-houses, and, in the soldiers' vernacular, "pillboxes." General Sixt von Arnim, who is in command of the German armies on the front of the recent fighting, is an ingenious and able soldier. His famous report on the Somme battle, which was captured, revealed the possession of a very fresh mentality, able to analyze and learn, extremely frank and unusually free from preconceived ideas. It was this general who was faced with the necessity for finding some defensive substitute for the deep dugout, which the certainty of striking water at any depth over a few feet puts out of court on the Ypres front. His reply was the pillbox or con-



crete room, capable of holding 40 to 50 men. These pillboxes had reinforced concrete walls, eight feet thick on three sides, and with a correspondingly thick roof. On the fourth side, that farthest away from the British, they were only made thick enough to resist rifle bullets or bombs, so that if captured they would be of little value to the captors. These things were easily constructed in a few days, and were strung in rows along the front. Like the trench system, camouflage effects being secured by building them amid ruined farms or other cover.

General von Arnim added to the value of this defensive device by an ingenious arrangement of his barbed wiring, which appeared to have passages left in it whereby the attacking soldiers could not get behind the block-houses. The attacking British troops, followed the line of least resistance and endeavoring to make their way through these passages amid the barbed wire, would eventually find themselves stranded in a species of barbed wire cul de sac amid a nest of blockhouses opening crossfire on them in all directions.

The great feature of the block-houses, however, was that the field-gun fire had apparently no effect on them. Only a direct hit from a big gun situated miles behind the firing line direct hits are not easy to secure. Tanks could reduce them, but tanks had their own difficulties with the Flanders mud and could not be used to the extent necessitated.

In short, General von Arnim's device was for some little time, in the soldiers' vernacular, a complete snag.

It has not been overcome, although full details are not available as to precise methods. Improved intelligence work has played a prominent part, most of these blockhouses being now definitely located and mapped before the attack is made on them. Gas has been used to some extent, and some big guns have been brought nearer and many direct hits obtained. The general effect of the counter measures has been so devastating that blockhouses appear likely to pass to the limbo of forgotten things. It is reported that the Germans are constructing no more.

It is found that the conclusion hits are not obtained the conclusion of big shells is that all blockhouses within a certain radius are toppled over, having naturally no great depth or strength of foundation. Casualties in them are naturally enormous, and their experiences within them have had a very demoralizing effect on the German soldier.

Minard's Liniment Cures Garget in Cows.

PIKEMEN IN BATTLE.

Old Greek Phalanx Like Mass of Live Barbed Wire.

It is a long reach back from modern war methods and big guns to the days of the pike and the battle-axe. But in its time the pike did deadly work and used in the phalanx was a terrible weapon.

A phalanx in the military affairs of Greece was a square battalion or body of soldiers formed in ranks and files compact and deep, with their shields joined and pikes crossing each other so as to render it almost impossible to break it. At first the phalanx consisted of 4,000 men, but this number was afterward doubled by Philip of Macedonia, and the double phalanx is hence often called the Macedonian phalanx. Polybius describes it thus: "It was a square of pikemen, con-

sisting of sixteen in flank and 500 in front. The soldiers stood so close together that the pikes of the fifth rank extended three feet beyond the front. The rest, whose pikes were not serviceable owing to their distance from the front, crouched them on the shoulders of those who stood before them and, so locking them together in file, pressed forward to support and push on the former rank, by which means the assault was rendered more violent and irresistible." The spears of those behind also stopped the missiles of the enemy. Each man's pike was twenty-three feet long. A grand phalanx consisted of 16,384 men.

BRAGG'S SPECIALTY.  
(Judge.)

"Bragg enlisted, I hear. I wonder what kind of a soldier he'll make."

"Don't worry. He'll give a good account of himself."

## END YOUR Catarrh TO-DAY

Catarrh sufferers, meaning those with colds, sore throat, bronchial trouble etc., can all be cured right at home by inhaling "Catarrhazone."

In using Catarrhazone you don't take medicine into the stomach—you just breathe a healing piny vapor direct to the lungs and air passages.

The purest balsams and the greatest antiseptics are thus sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance, and cure comes quickly.

Colds and throat troubles can't last if the pure healing vapor of Catarrhazone is breathed—sneezing and coughing cease at once, because irritation is removed.

Use Catarrhazone to prevent—use it to cure your winter ills—it's pleasant, safe, and guaranteed in every case.

## Music of Grasshoppers.

No music is as familiar as that produced by the locust, grasshoppers and crickets, and, although they are not produced by the mouth, they answer as calls, and are undoubtedly a language to a certain extent; and, indeed, their calls have been reduced to written music. The music of grasshoppers is produced in four different ways, according to Scudder. First, by rubbing the base of one wing upon the other, using for that purpose veins running through the middle portion of the wing; second, by a similar method, by using the veins of the inner part of the wing; third, by rubbing the inner surface of the hind legs against the outer surface of the wing covers; and, fourth, by rubbing together the upper surface of the front edge of the wings and the under surface of the hind legs.—Exchange.

Minard's Liniment Cures Colds, Etc.

## In a Nutshell.

A new system of incubation hatches chicks by the heat of an electric light under a glass bell in which the eggs are placed.

Experiments have shown that good paper can be made out of grapevine.

The lung motor is an air pump which is used to start the breathing process in newly-born babies.

Steel that will resist corrosion is being made; it contains 1.2 per cent. of chromium.

The parsec is a unit of distance made use of by astronomers. It is equal to 20,000,000,000,000 miles, and is the distance travelled by light in three and a third years.

## HOW'S THIS?

We offer \$10.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is used internally and acts through the blood on the mucous surfaces of the system.

Sold by druggists for over forty years. Price, 50c. Postpaid, 75c.

P. J. Cheney & Co., Toledo, Ohio.

## Useful Palm.

In the lowlands of the delta of the Orinoco river the natives build huts suspended between trunks of Mauritia flexuosa, a palm. They also eat its fruits, its farinaceous pith, its saccharine juice, and use the fibers of its leaf stems for making ropes, hammocks, etc.

## Largest Poisonous Reptile.

The Surucucu, known as the bush-master, is the largest poisonous reptile in the world, and is fortunately rare and found only in the depths of the jungle and swamps, where man rarely penetrates. It attains a length of twelve to fifteen feet; the color of its body is rose, or rather yellowish pink, with brown patterns and tints of purple. Its bite is almost always fatal. Its fangs are an inch long and as much as ten ounces of venom have been extracted.

Minard's Liniment Cures Diphtheria.

## QUEEN'S UNIVERSITY

KINGSTON ONTARIO

ARTS

MEDICINE EDUCATION

APPLIED SCIENCE

Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY

Arts Course by correspondence. Degree within one year's attendance or four summer sessions.

Summer School Navigation School July and August December to April

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# ZAM-BUK

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Stores—50c.

## ISSUE NO. 25, 1918

### HELP WANTED.

GOOD MACHINISTS—SHELL Department. Apply Quinlan & Robertson, Limited, Campbellford, Ont.

WOOLEN MILL, HELF WANTED. Carders and Spinners for day and night work. Highest wages paid. Steady work assured. For full particulars apply to the Slingsby Mfg. Company, Ltd., Brantford.

WANTED, BOYS FROM 14 to 16 YEARS of age, to learn Carding and Spinning. Good wages paid while learning. Pleasant, profitable occupation. For full particulars, apply to the Slingsby Mfg. Company, Ltd., Brantford.

BAKER WANTED—NINE HOURS; day work; second man; machine work; good wages. W. A. Dixon, Galt, Ont.

### FARMS FOR SALE.

600 FARMS IN ONTARIO FOR SALE—good buildings; well exchange for city property; most will grow alfalfa; catalogue free on application; established 46 years; automobile service. Bell phone 1222. Thomas Myerscough, 222 Darling street, Brantford.

### PROPERTIES FOR SALE.

FOR SALE—COUNTRY STORE PROPERTY on leading country road, nine miles from Barrie; good going business; satisfactory arrangements can be made with lease. Executor's estate of the late John Jory, Box 358, Barrie, Ont.

### MISCELLANEOUS.

A DOMINION EXPRESS MONEY order for five dollars costs three cents.

HATCHING EGGS—BABY CHICKS. Utility laying strains. Eggs \$1.50 per setting. Barred Rocks, Rhode Island Reds, White Leghorns, White Wyandottes, Golden Wyandottes, White Rock, Non-Bearded Golden Polish. Write for price list. Satisfaction guaranteed. T. J. Poultry Farm, Perth, Ont.

YOUNG LADIES TO STUDY NURSING—educational requirement, one year of high school; exceptional opportunity afforded pupils entering at once; probation period reduced to ten weeks. For particulars address Supt. Glenville Hospital, Cleveland, Ohio.

### BUSINESS CHANCES.

FOR SALE—STANDARD HOTEL—IN Lindsay, with good lunch room and boarders trade. Apply Box 8, Lindsay.

\$2,000 WILL BUY A SAW MILL, complete, with all modern machinery; only run a few years; situated in a good belt of hemlock and hardwood timber; good reasons for selling; only those who mean business need apply. For particulars apply to Box 425, Parry Sound, Ont.

## Have a Good Complexion!

The Flower of Good Health

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and, above all, keep the system regular. No aid to complexion compares with Dr. Hamilton's Pills. They tone and enrich the blood, clear the system of waste products, promote good digestion, and, in short, establish sound health, which, after all, is the keynote to all happiness and well-being. Don't delay; the charm of a lovely complexion and all the blessings of health are yours, once you employ this old-time family remedy. All dealers sell Hamilton's Pills in 25c boxes.

### A Commuter's Ambition.

We'd like to be in a financial position when we take a meal out, as we do once every two or three months with all the regularity of clockwork, to go to some place where "fruits in season" on the menu doesn't mean chiefly bananas.

### Shampooing Machine.

In a newly-patented shampooing apparatus, the patron is stretched out on a table with the head overhanging a suitable-shaped washstand. This keeps the soap from the eyes of the patron.

You can't have the penny and the cake too, but, it is possible for a truthful man to give his word and keep it.

## LIQUIDS and PASTES

KEEP YOUR SHOES NEAT

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SHOE POLISHES

for BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES PRESERVE LEATHER

THE F. H. B. COMPANY, TORONTO, CANADA



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