

Coughs, Colds, Bronchitis

If there is an ailment in the throat or chest, it is surely essential that the remedy be conveyed direct to the affected part. It's because the healing vapor of Catarrhazone is breathed into the sore, irritated throat and bronchial tubes that its balsamic fumes kill the germs and destroy the cause of the trouble. These are the reasons why Catarrhazone never yet failed to cure a genuine case of Catarrh, Asthma, Bronchitis or Throat Trouble.

The wonderfully-soothing vapor of Catarrhazone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid, which goes merely to the stomach, and falls entirely to help the throat or lungs.

Catarrhazone Just Breathe It

To permanently cure your winter ills your coughs sneezing and Catarrh, by all means use a tried and proven remedy like Catarrhazone. But beware of the substitute. Large outfit lasts two months, costs \$1.00, small size 50c, trial size 25c, at dealers everywhere.

RULERS OF BELGIUM

(Home Chat.)

Quite a sensation was caused when the morning papers announced the other day that the King and Queen of the Belgians had flown over to England to pay their respects to King George and Queen Mary on the occasion of their silver wedding.

Naturally, it was all kept a deadly secret beforehand, and even the air-men who brought the royal couple across were only told just before the flight who their passengers would be.

Queen Elizabeth, who is an ardent amateur photographer, had her camera with her, and took many photographs from the seaplane, and wrote many questions on a slate to her pilot.

She told him she wished to fly over the Boulogne steamer and wave her hand to some friends of hers on board. Unfortunately, the boat was not to be seen.

Queen Elizabeth will always stand out as one of the bravest and most heroic women of the great war.

"The Little Queen," as the Belgians call her, has scarcely left her husband for a day since their retreat from Brussels. While he is leading his men in battle, she is busy tending the sick and wounded, caring for the poor, and cheering the widows and orphans.

Even when the Queen came over to England with her children it was only on the understanding that King Albert would write for her if there was "anything happening" in Belgium.

She had scarcely landed when the wire came, and as soon as the royal children were in safe hands she returned at once to Belgium and her husband.

Again and again Queen Elizabeth has visited the trenches, and in all the hospitals behind the Belgian line she is a well-known and much-loved figure. The patients all adore her. She has the habit of asking each one of them if there is anything at all she can do for them, and then she writes down their requirements in a little book.

If there is anything which a soldier particularly wants or has a longing for, that is obtainable, it is nearly always sent to him at once, as a present from the Queen.

Many times the hospitals under Queen Elizabeth's direction have been subjected to bombardment from the air. Some time ago in one week a hundred people were killed, but her majesty absolutely refused to leave her post of danger.

King Albert and Queen Elizabeth certainly need some "cooling after" when they are in "first line," so utterly do they disregard their own safety in the face of danger. And many anecdotes are told of their visits to the trenches.

One day when the King was at the head of his army in the first line of fire, he was standing in a particularly dangerous spot with shells bursting round him.

"Sire," said the colonel of the regiment, "if you were a simple soldier I would scold you."

"Scold me, then—scold me," replied the King, with a laugh.

"Sire, I scold you!" said the colonel, in a severe tone.

On one occasion, when Queen Eliza-

both visited the Belgian trenches, three soldiers did not recognize her. "Come along, madam. Make yourself at home," said one of the men; and another produced a sack, which the Queen sat down on, and, "making herself at home," chatted to the soldiers, and distributed chocolates and cigarettes amongst them.

Presently another soldier came up, and recognized her majesty. "Oh! the Queen!" said he. And immediately they all rose and stood at attention.

When her majesty had departed one of the men asked the soldier who had fetched the sack whether he would sell it as a souvenir.

"Not for one hundred thousand francs!" answered the soldier, emphatically.

Queen Elizabeth takes her camera to the trenches with her, and often takes "snaps" of the men. Whenever possible, the Queen likes to send the men copies of the photos, signed by herself.

On one occasion her majesty was in the "first line" when a large shell exploded not far off. Quite unconcerned as to where the next would fall, the Queen took out her camera and "snapped" the columns of smoke sent up by the exploding monster.

Undoubtedly the most popular man in the Belgian army is King Albert—hero and King of the poor martyred little Belgium.

Before the war he was scarcely ever heard of over here. In Belgium he was a popular King of literary tastes, and a devoted husband.

Now everybody knows that King Albert is also an engineer, and understands the construction of ships and steamboats and aeroplanes.

He has driven railway trains, and, wishing to enter more entirely into the lives of his people, has even worked in the mines. His majesty is also a skilled chauffeur.

The King and Queen of the Belgians both speak perfect English.

Would you like a pen picture of the King and Queen's temporary "palace" at La Panne? This is the Hon. Lady Byng's description of it in the National Review, after she visited their majesties:

"Three of the most hideous jerry-built villas it was possible to conceive with the sea, the trenches and wire entanglements up to the door on one side, and on the other the dunes."

Such is the "palace" King Albert and Queen Elizabeth have lived in for the past three years.

By a strange coincidence this little corner of Belgium, almost on the edge of the country, but still valiantly holding out against the German hordes, is the very place where Leopold I. was proclaimed King of the Belgians.

"It is a pity," King Albert once remarked, "the place has such a silly name, for it will be very historic in days to come."

At this same jerry-built "palace," in 1915, Gen. Foch, then commanding the French army in the north, lunched with their Belgian majesties.

So interested were the royal hosts in the general's conversation that they very nearly forgot the object for which they had invited him, which was to hand him the insignia of the order



CUTICURA
Quickly Heals
Eczemas, Rashes,
Itchings and
Irritations

In the treatment of all skin troubles bathe freely with Cuticura Soap and hot water, dry gently, and apply Cuticura Ointment to the affected parts. These fragrant super-creamy emollients tend to prevent little skin troubles becoming serious if used for every-day toilet purposes.

For sample of each free by mail address post-card: "Cuticura, Dept. N, Boston, U.S.A." Sold by dealers throughout the world.

which had been conferred on him. The general had already taken leave, and was seated in his car, when King Albert ran out of the villa, jumped on the step of the car and hurriedly handed over the precious casket, with apologies for his absence of mind.

The little Princess Marie Jose is said to have very strong views on the Kaiser and all Germans.

"I detest Brussels now," she once said. "It will be necessary to have it disinfected before I return to it."

Princess Marie Jose is the only daughter of the King and Queen of the Belgians. She was twelve years old on Aug. 4, and is at present at a school of art at Poggio Imperiale, just outside Florence.

The King and Queen of the Belgians have two sons—the elder, the Duc de Brabant, who is at Eton, and the younger, the Comte de Flandre, is at the Royal Naval College at Dartmouth with Prince George, the fourth son of our own King.

It was last year that Queen Elizabeth visited Florence with her little daughter before taking her to the school at Poggio.

It was the first time the Queen had stayed at the beautiful old Italian city, with its memories of Dante, Savonarola, Michel Angelo and other great worthies, and she was enraptured by all she saw.

"Is it possible that the enemy can raid Florence?" she asked. And was told that the greatest precautions had been taken by the responsible authorities of the city to make it as difficult as possible for a raid to take place while her majesty and the princess were there.

Queen Elizabeth smiled as she listened to the reply which was made to her. They had misunderstood her.

"It was not for myself or my daughter that I asked," she said. "It was for the sake of all the marvellous treasures and beautiful buildings you have here that I inquired."

Minard's Liniment Cures Burns, Etc.

Daily Thought.

Degrees infinite of lustre there must always be, but the weakest among us has a gift, however seemingly trivial, which is peculiar to him and which, worthily used, will be a gift also to his race forever.—Ruskin.

The mills of the gods grind slowly, but the wheel of fortune turns many a fellow down in short order.

Worth Remembering.

Mushrooms once cooked should never be warmed up, as they are liable to be injurious.

When baking potatoes grease them and prick a few holes in them and they will not burst and skins will be tender.

A little ordinary vaseline rubbed on leather that has mildewed will remedy the damage. Allow the vaseline to remain on some time, then polish hard with soft rag.

To clean grained woodwork soak a flannel in a little linseed oil, rub the wood well then polish with a dry, soft cloth.

Water in which two or three onions have been boiled will remove dirt from gilt frames. Clean the frames with a brush instead of a cloth and do not wet them any more than necessary. Do not attempt to dry them, but let them dry by standing in a current of air.

Sixty grains of quinine in one quart of bay rum is a good tonic to rub into the scalp three or four times a week.

To fill cracks or crevices in floors or woodwork, use putty and dry wood stain until you get the right shade. Let the putty harden, then varnish or paint over it as case may need.

Don't visit a sick person on an empty stomach, as this disposes the system more readily to receive contagion, and do not visit the sick if in low vitality yourself.

Apply to feet that perspire profusely talcum and alum; talcum, 10 parts; powdered alum, two parts. Dust the feet freely with the powder once or twice a day. This is largely used in the Swiss army.

Minard's Liniment Relieves Neuralgia

FISH RECIPES.

Four Good Ones Give Needed Variety.

Take a fairly thick slice of codfish, shred it and parboil it. Cut up small one onion and four tomatoes and fry them in one ounce of margarine; add a teaspoonful of flour and stir well, then add a cup of water, some chopped parsley and pepper; stir until it boils, then add the flaked fish. Simmer for half an hour.

Serve in a border of mashed potatoes or boiled rice.

A FILLETED BAKED HADDOCK.

A haddock weighing about two pounds makes two good-sized fillets. Grease a casserole dish, put in the fillets cut in four, season with salt, pepper and lemon juice and pour over a little melted butter or margarine and half a pint of milk. Bake in a hot oven for twenty minutes. Sprinkle with breadcrumbs and grated cheese, and let the fish get brown on the top. Serve hot in the casserole.

CURRIED PRAWNS.

These can be quickly prepared if you have a tin of prawns at hand. For the currie sauce chop an onion and a few slices of apple finely and fry them in one ounce of margarine. Stir in half a desertsportful of curry powder and the same of flour. Salt to taste. Add a quarter of a pint of stock or milk, cook gently for twenty minutes, stir in the prawns, add a few drops of lemon juice and a little chutney, and when heated through serve with a border of rice. This sauce can be used for any left-over fish.

Are Your Bowels Stagnant? Have You Indigestion?

When a Quarter Will Buy You a Guaranteed Remedy, Why Not Use It To-day?

Many a person carries around in their system a cesspool composed of half-digested, putrid, decaying food that the overloaded stomach can't get rid of because of constipation. No wonder that anaemia, blood rashes, headaches and rheumatism are so common. No better cure is known than Dr. HAMILTON'S PILLS OF WANDRAKE AND BUTTERNUT. Taken at night, you're well next morning. They flush out the system, sweeten and tone the stomach, improve digestion, filter and purify the blood, restore lost complexion, give vim, buoyancy and robust good health to young and old. To look, feel and always be at your best, use DR. HAMILTON'S PILLS regularly, 25c per box.

Sugar Remains Unchanged.

(Canadian Food Bulletin.) Restrictions on sugar so far as the private home is concerned cannot yet be withdrawn. This may seem somewhat of a hardship, when it is stated in our newspapers that the allowance in the United States has been increased. It is, however, chiefly a matter of shipping. Thanks to the fact that the United States ports lie nearer to Cuba, they are able to get more tonnage in the sugar trade than is possible for us in Canada, especially for the next couple of months, when Halifax and St. John will certainly be congested with trans-Atlantic liners. The sugar-producing states of the south have already raised their allowance to 4 pounds per month, but this is quite a local ration. Ontario has been fortunate this year in meeting the cane-sugar shortage by the heavy crop, estimated at 25,000 tons, from the sugar-beet fields.

Minard's Liniment for sale everywhere

Queen's University will shortly open a course in aviation.

ISSUE NO. 52, 1918

HELP WANTED—MALE

MEN WANTED—TRAFFICERS heading main near, and men to work in the bush. Apply to the Wallaceburg Co-operative Co., Limited, Wallaceburg, Ont.

HELP WANTED—FEMALE

MAID FOR GENERAL HOUSEWORK, small family. Apply to Mrs. Davis, 354 Hess Street, South, Hamilton.

MISCELLANEOUS.

BUY YOUR OUT-OF-TOWN SUPPLIES with Dominion Express Money Orders. Five dollars costs three cents.

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

FOR SALE.

FOR SALE—BUSH LOT 844—LOT 3 concession 13, Tecumseh; 100 acres near Beeton. Apply John McCoy, 4 King Street East, Hamilton.

CALLOWAYS—COWS WITH CALVES at foot; also young stock for sale. D. McCrae, Guelph, Ont.

FARMS FOR SALE.

TOWNSHIP OF MARCHAM—CLOSE to Eight Mile postoffice; one mile from Metropolitan Ave., 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.

RELIEF AT LAST

I was to buy you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without any one's assistance, you can apply the best of all treatments.

PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

Address: MRS. M. SUMMER, Box 8, Windsor, Ont.

Sir John A. and the Social Glass.

Sir John Macdonald was a man with his feet on the earth and his head not so far above it. He seldom sought to climb to moral elevations where the footing might be insecure. For a time he drank freely, but any whisper of censure only stimulated Conservatives to fiercer personal loyalty. He said himself that the country would rather have "John A." drunk than George Brown sober. He told D'Arcy McGee "This Government can't afford two drunkards and you've got to stop." His drinking was exaggerated, as were his other faults and follies, by sleepless and insensate opponents. Very often the attack was so violent as to bring chivalrous souls to his side and actually react in his favor. Down to middle life and beyond Sir John Macdonald had periodical "sprees," and nothing that he attempted was done badly. Sometimes he was disabled for public duty. The authorities seem to agree that not only was a "snee" come unawares, but that it is as uncertain in its going as in its coming. Begun in complete privacy it may develop various phases and attract more public notice than is desirable.—Sir John Willison, in the Canadian Magazine for December.

Minard's Liniment Cures Dandruff.

French Fantasies.

Chiffon piping. Festoons of beads. An apron of black Chantilly. Chantilly cuffs that reach finger tips. Bunches of tassels on panels and sleeves. Navy blue crochet lace trims a serge frock.

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Consultation Free. DR. SOPER & WHITE, 55 Toronto St., Toronto, Ont.

Please Mention This Paper.

A Famous Wheat Grower

WHAT Western Canada can produce the best wheat of this continent is once more demonstrated by the fact that at the International Soil Products Exposition at Kansas City the other day, the sweepstakes prize for the best half bushel of hard spring wheat—a \$500.00 silver cup—was awarded to a Western Canadian farmer, Senger Wheeler, of Rosethorn, Saskatchewan. This is the third time that Mr. Wheeler has won the premier prize, one of the most coveted amongst wheatgrowers of the whole continent over, at this exposition. He was awarded the sweepstakes prize for wheat at the exposition at Wichita, Kansas, in 1914, and again at Denver, Colorado, in 1915. Wheat from his stock won the same prize for another man at Lethbridge, Alberta, in 1915. Mr. Wheeler is a famous winner of wheat prizes. In addition to the foregoing and to a large number of ribbons, cups and gold prizes at minor events, it was he, who in 1911 won the thousand dollar gold prize donated by Lord Shaughnessy, President of the Canadian Pacific Railway, at New York Land Show, for the best bushel of milling wheat grown anywhere in the two Americas. In every case Mr. Wheeler has exhibited Marquis wheat, a variety that produces in very heavy yield, and matures somewhat earlier than other varieties. It was perfected a few years ago by Professor S. A. Bedford, of Brandon Experimental Farm, and Dr. William Saunders, of Ottawa, after several years of experimentalism to obtain the best variety suited to Western Canada. The provinces of Manitoba, Saskatchewan and Alberta contain 400,000,000 acres of land of which 200,000,000 at least are high-class farming land. Only about 30,000,000 were actually under



SPECIAL AWARD
International Soil-Products Exposition
KANSAS CITY, MO.
1915
BEST BUSHEL HARD SPRING WHEAT
SHIPPED BY
Canadian Pacific Railway.

cultivation in 1915, the enormous tracts which remain unsettled are un-irrigated constituting the real "last best west" of the continent.