

**Cleanses the Blood,
Builds Up Strength,
Improves Complexion**

As a result of debility, sickness or improper diet, the blood often becomes weak and unable to free itself of poisons. Morbid, unhealthy matter accumulates and breaks out in sores that discharge and will not heal. Washes, salves and ointments are useless because they have no action on the poisoned blood. But Dr. Hamilton's Pills cleanse and enrich the diseased blood, drive out impurities and fill it with nutritious and strong building material. Ulcers, boils and sores heal up. Likewise all weakness due to impoverished blood is cured by these famous pills, and anaemia, erysipelas and rheumatism go before it as chaff before fire. The skin grows smooth, complexion clears, health, vigor and strength are evident on all sides. A blood remedy for blood diseases, the formula of a famous physician—no improvement can be made on Dr. Hamilton's Pills. Their use extends to the people of many nations and thousands have proved that they do cure when all else fails. No matter what your ailment may be, if it has its origin in the blood it is curable with Dr. Hamilton's Pills. Sold everywhere, 25c a box.

Life Span of Industrial Workers.

At a recent meeting of the Royal Sanitary Institute, reported in the Westminster Gazette, Dr. Edgar L. Collis, Director of Welfare and Health, Ministry of Munitions, said that to-day the average age of death among industrial workers was 50, which compared sadly with that of about 67, the average for underpaid and badly housed agricultural workers. Describing the methods adopted by the Ministry of Munitions for improving the conditions in factories, Dr. Collis said the introduction of welfare workers has been a great success. This would always be the case wherever their duties were not strangled by routine and red tape. Four thousand women welfare workers had been appointed to care for women and girls, and four hundred for boys. An important part of the new industrial development would be the light work depots, which would also be day nurseries and centres of mother-craft for mothers of young children.

**Minard's Liniment Cures Distemper.
OVID IN BULGARIA.**

Stolen Statue Will Be Returned to Roumania. It was a bitter blow to Publius Ovidius Naso, the best selling poet of Augustan Rome, when the Emperor exiled him to a desolate town on the barren shores of the Black Sea as a punishment for too faithfully reflecting the manners of his time. There he lived his last years and there he died; nor did a gentleman used to the luxurious life of the capital of the world ever quite reconcile himself to the society of barbarous Scythians. Two thousand years later Ovid would have liked it better. By that time the town of Tomi had become

**THIS WOMAN
SAVED FROM
AN OPERATION**

By taking Lydia E. Pinkham's Vegetable Compound, One of Thousands of Such Cases.

Black River Falls, Wis.—"As Lydia E. Pinkham's Vegetable Compound saved me from an operation, I cannot say enough in praise of it. I suffered from organic troubles and my side hurt me so I could hardly be up from my bed, and I was unable to do my housework. I had the best doctors in Eau Claire and they wanted me to have an operation, but Lydia E. Pinkham's Vegetable Compound cured me so I did not need the operation, and I am telling all my friends about it."—Mrs. A. W. BINZER, Black River Falls, Wis.

"It is just such experiences as that of Mrs. Binzer that has made this famous root and herb remedy a household word from ocean to ocean. Any woman who suffers from inflammation, ulceration, displacements, backache, nervousness, irregularities or 'the blues' should not rest until she has given it a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass.

Constantza, one of the principal ports of Roumania and the summer resort of the wealthy and ease-loving society of Bucharest. And every day gentlemen very much like Ovid, and ladies whom Ovid would have liked very much, passed through the Plaza Ovidiu, where a statue of the poet commemorated the first incursion, if an unwilling one, of the leisure class. In due course of time, however, Constantza fell into the hands of Scythians more ungracious than those among whom Ovid had lived. When the Bulgarian army overran the Dobruja in 1916 it was followed by the expropriators whom all the Central Powers sent into occupied territory. The Bulgars, like the Germans, were acquisitive; they would take anything from factory machinery to first editions and Japanese prints. Among the plunder shipped back into Bulgaria from Constantza was the statue of Ovid, once more an exile. Malignant Roumanians have said that the Bulgarians did not know who Ovid was, that they thought the statue was that of the Mayor of Constantza. Whether this be true or not, the Bulgars have been considerably more careless about the preservation of classical remains than the Roumanians. Some years ago a great heap of stones with Roman inscriptions lay in a museum yard in Sofia with grass growing among them; nobody had cared to take the trouble to carry them indoors. Perhaps Ovid was thrown in among them to await such time as the Bulgar had leisure from his forays into other lands and could arrange culture to suit himself; at any rate, Ovid escaped the ignominy of being melted and burned into shell cases, for after vigorous protests from Roumania and the Allies the Bulgarian Government finally shipped him back to Constantza. One could wish that all the wrongs suffered by Roumania could be so easily redressed.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent colds or if it does come on suddenly the prompt use of the Tablets will quickly relieve it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Blue Moons and Suns.

Astronomers of different countries have more than once recorded a blue moon. This remarkable phenomenon has been twice observed, both in Italy and Austria, but only once in England. A blue sun has appeared once only, and will probably never be seen again, even to the end of existence. This occurred in August, 1883, at the Sunda States. The cause was the eruption of a large volcano. In the terrible shock that followed, a great range of mountains was blown completely into the air. The cavity left on the Sunda States after this explosion was one thousand feet deep. Billions of tons of rock, dust and mud were blown heavenwards for no less than seven-teen miles. The reader will see what the explosion was like, when it is said that at Batavia, exactly one hundred miles away, the street lamps had to be lit, although the time was not yet noon. The sun up to this time was completely obscured; but towards sunset—the sunset that only the tropics know—came the magnificent phenomenon known to astronomers as the Blue Sun. This was seen by everyone within thirty or forty degrees of the Equator.—Answers.

**Minard's Liniment Cures Colds, etc.
Primitive Ferryboats.**

In a country where rivers are subject to sudden and heavy floods, bridges are in many cases so insecure that ferries must always be maintained in addition. Such is the case in India, and the methods of crossing streams to-day are what they have been from the earliest times. An American consular officer tells how he was taken across an Indian river at the time of a freshet. The contrivance was simple, and has been used in the Orient as long as history shows any record. A cord having been fastened to a large, elongated gourd, and a smaller gourd being also tied to it, the native gets astride, and laying his breast upon the larger gourd paddles himself across with his hands and feet. Women, too, avail themselves of this singular contrivance, under the escort of a ferryman, who, similarly mounted, takes his charge in tow, carries her basket, with perhaps a child in it, on his head, and conveys them safely across. Herds of cattle swim these flooded rivers like water rats, and the herd boy, as a matter of course, takes the tail of the hindmost bullock in his hand, and thus gains a very comfortable lift across. These methods of crossing rivers, however, are hardly in accordance with our ideas of comfort. So the American thought one day as he stood, after a long ride, on the bank of a

A Labor Saving Combination

"It is the last straw that breaks the camel's back." So runs the old proverb. And it is the little extra efforts which tire you out on wash-day.

Eddy's Indurated Fibreware Washtubs and Washboards



form a combination which save you much extra labor. Indurated Fibreware tubs are much easier to lift and to move about. They keep the water hot for a much longer space of time, because they do not conduct heat as metal does. They are easier to keep clean, because they are made in one piece without joint or seam, and the hard, glazed surface is impervious to liquids or odors. And they cost no more. Last longer, too. Eddy's Twin Beaver Washboard has a double rubbing surface of indurated Fibreware which loosens the dirt quickly and saves many tiresome motions.

The E. B. EDDY CO. Limited
HULL, Canada

Also makers of the Famous Eddy Matches

wide and rapid stream which separated him from his halting place. He did not relish the idea of buffeting the muddy current on a horse of gourds, but as there was no boat within twenty miles it seemed as if he must either do this or bivouac on the bank without his dinner.

While he was in this dilemma a native signified that he would soon set the foreigner right. From a neighboring hut he brought a native bedstead—no a four poster such as Westerners use, but a small, light frame of wood having four little legs and held together by the interlacing of a piece of cord, which thus forms a sort of netted bottom to this simple piece of furniture. The native next brought out four round earthen pots, and after protecting the bottom of each with a few inches of sand he put the legs of the cot into the pots and signified that the vessel was ready to be launched.

As the American sat doubled up on the extemporized raft in company with his saddle he found himself raised an inch or so above the level of the water, the earthen pots forming admirable floats. A couple of lusty swimmers then took him in tow and soon landed him on the opposite bank.

Minard's Liniment Cures Diphtheria

SOME NEW SAUCES

In these wearisome days of high prices we housewives must serve bread, rice and poor man's puddings for dessert over and over again until our long-suffering families cry out in protest. Until eggs and sugar and cream go down, we cannot give them the charlottes, custards and souffles that we used to love to make, but we can vary them by making sauces that are different.

TRY A MOLASSES ONE.

A molasses sauce is especially good on an Indian cup. Boil a cup of molasses with a heaping tablespoonful of butter for about five minutes, remove from the fire and stir in slowly one tablespoonful of lemon juice or vinegar.

Nothing is better for a cornstarch pudding than a cup of left-over fruit juice. It can be watered if it is strong enough and thickened slightly with cornstarch, boiled and then cooled.

If you have a cup of stewed apricots, rub them through a sieve and mix with the beaten white of an egg. Serve it over plain boiled rice.

A veritable pudding sauce de luxe for a dark steamed pudding is made by creaming together one-half a cup of butter and one cup of brown sugar. Then add a few drops at a time, beating after each addition four tablespoonfuls of milk and a teaspoonful of vanilla.

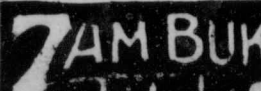
A SOUR SAUCE.

Most people like a sour sauce on

A FREE BOX

Here's a chance to prove to your own satisfaction, and at our expense, that Zam-Buk does end pain and heal sores and skin diseases.

Mail this advertisement and 1c stamp (for return postage) to Zam-Buk Co., Dupont St., Toronto, and we will send you free box.



puddings, especially on cottage puddings. Mix half a cup of sugar with a tablespoonful of corn starch and a pinch of salt, and pour over it gradually a cup of boiling hot water. Boil five minutes, stirring all the time, then take from the stove and add two tablespoonfuls of butter, one and a half tablespoonfuls of lemon juice and a few gratings of nutmeg.

A DESSERT MAKER.

A half a cup of heavy cream will make a sauce that will make any dessert popular. Beat the white of one egg, then add the yolk beaten until it is thick. Add a cup of powdered sugar gradually, then half a cup of milk, and flavor with vanilla.

QUEEN OF SAUCES.

Heat a pint of milk and add four tablespoonfuls of sugar. Moisten a tablespoonful of cornstarch with a little cold milk and stir into it and cook until it thickens. Remove from the stove and add the whites of two eggs beaten stiff, a few drops of almond flavoring and a little grated nutmeg. Serve at once. The yolks can be used in the pudding.

Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of La Grippe, and I have frequently proved it to be very effective in cases of inflammation.

Yours,
W. A. HUTCHINSON.

FOR CHILD SAFETY.

Hydro Commission Plan to Avoid Fatalities.

This letter was recently sent to school teachers throughout the Province with a request that it be read to the pupils. It is part of the Hydro Commission's "Safety First" campaign. Some days ago a schoolboy, while playing on the street, picked up an electric light wire. It seemed quite harmless, but he was instantly killed. During the last few years many lads have been killed by climbing poles and trees and touching wires.

The wires that you see support the poles along the streets and roads all carry electricity, very often at great pressure (or, as it is called, "voltage") when it is very deadly. These wires are always dangerous, and should never be touched under any circumstances.

Be careful to remember the following things:

1. Do not touch fallen or hanging wires.
2. Do not climb poles or towers.
3. Do not climb trees through which the wires pass.
4. Do not touch or shake any wires.
5. Do not throw stones at the insulators.
6. Do not fly kites across the wires.
7. Do not stand below men working overhead.
8. If you see a wire down, report it.
9. Keep away from switching towers, sub-stations and power houses.

Minard's Liniment Cures Garget in Cows.

A HOT ONE.

A lawyer was cross-examining a witness who had a very red nose, and asked him:

"Are you addicted to drink?"
"That's my business," replied the witness, indignantly.
"Ah, sir, is that your only business?"

FARMS FOR SALE

123 ACRES—COUNTY OF YORK—close to shipping point, season, and churches; good land, buildings, in good repair; five thousand. D. C. C. 110 Garfield south, Hamilton.

VINELAND—THE LAND OF VINES—the garden of Canada; buy a farm of ten-acre fruit and poultry farm and live happily. See, phone or write G. W. Arrott, Vineland, Ont.

FARM FOR SALE—200 ACRES ON THE Grand River, 10 minutes' walk from Caledonia station and schools, including 100 acres; clay loam, slightly rolling, 5 acres bush, balance clear; 2 frame houses, large barn 100, stone foundation, nice assortment of fruit; can be sold with or without implements. Bargain for quick sale. J. D. Biggar, 205 Clyde Block, Regent 934.

MISCELLANEOUS

SEND A DOMINION EXPRESS Money Order. Five dollars costs three cents.

HELP WANTED—MALE.

LOOM FIXER—FIRST-CLASS MAN ON Knowles Cam Looms, working on blankets and heavy woollens. State full details of experience, age and whether married or single. Apply Slingsby Mfg. Co., Brantford, Ont.

FARMS WANTED TO RENT.

WANTED—FARM TO RENT, GIVE particulars, rent, etc.; also apple orchard wanted for this fall or more, with apples on it. P. O. Box 65, Hamilton, Ont.

ARTICLES FOR SALE.

FOR SALE—SHOE REPAIRER'S Singer patching machine. In first-class condition. Price, thirty dollars. A. Lynch, Almonte, Ont.

PROPERTIES FOR SALE.

FOR SALE—CHOICE CITY HOTEL—central; select; handsomely furnished; modern; hot water heated; doing a profitable business; a first-class proposition to a practical party to acquire a sound, well-equipped business property at a right price; seventy-five thousand; on easy terms; 1-3 cash; balance, if desired, extending over 8 or 10 years; will not lease. Apply Box 751 Postal Station F, Toronto.

BUSINESS CHANCES

FOR SALE—HARNES BUSINESS—good farming country; stock small; no opposition; Ladies leather machine, in good order; good reason for selling. Box 37, Ottaville.

POULTRY WANTED.

HENS WANTED—ALIVE, 25 CENTS A pound, any kind, and size; ducks, 18¢. Deduct one dollar off each crate or box for shrinkage. I pay express within 100 miles of Toronto. Samuel Lewis, 667 Dundas street west, Toronto.

Ivory Mats.

There are but three mats of Ivory in existence. The largest one measures 8 by 4 feet; and although made in the north of India, has a Greek design for a border. It is used only on state occasions, like the signing of important state documents. The cost of this precious mat was almost incalculable, for more than 6,400 pounds of pure Ivory were used in its construction. Only the finest and most flexible strips of the material could be used and the mat is like the finest woven fabric.



"Here's my idea of a razor—"

one that sharpens its own blades!"

"Why, I remember when I used to have to throw away a blade after a couple of shaves. Now, I simply take it and give a few turns on the strop and it's as good as ever."

"I can shave in three minutes, and my face is as smooth and slick and comfortable as when the head barber used to go over it. To clean, I simply put the blade under the tap and wipe it off. There's no taking the razor to pieces and messing around with parts. In fact, the whole thing is so simple and easy, I wish I had had one long ago."

Razor — Strop — 12 blades — \$5

AutoStrop SAFETY RAZOR

AUTOSTROP SAFETY RAZOR CO., Limited
AutoStrop Building, Toronto, Canada