



STUDY YOUR FURNACE

There is nothing mysterious about the modern heating plant. It is simply a fire enclosed so that the heat can be conducted to different parts of the building as wanted. The heat can be conducted because both hot air and hot water will rise if given the opportunity. Neither can travel downwards unless pressure is used, so that the necessity of a continuous upward flow is fundamental.

If you are not getting the proper heat, do not blame the coal, the furnace nor the fireman until you have actually determined which is at fault. It is natural to assume that most heaters are installed large enough for their work, provided they are properly fired. With the average heater the trouble is usually local.

The first essential is cleanliness. To get the most heat from the least amount of coal, the heater must be clean. One one-hundredth inch of soot has the same power to resist as ten inches of iron.

SPANISH FLU

Claims Many Victims in Canada and should be guarded against

Minard's Liniment

Is a Great Preventive, being one of the oldest remedies used. Millard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma, and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

MINARD'S LINIMENT CO., Ltd.,
Yarmouth, N. S.

The presence of dirt or ashes impedes the draft and interferes with the radiation of heat from the radiating surfaces of the furnace. These are in warm air furnaces the fire-put and drum; in hot water boilers the sections through which the water circulates in order to take up the heat from the fire.

Above the feeder door (or to the side) are clean-out doors in the flues of the furnace or boiler. Keep these flues clean and remove the soot and fine ashes that lodge on the heating surface frequently. When doing this have the draft door and the coal door closed, and the check damper at the back also closed and the smoke pipe damper open.

Examine chimney, furnace and pipes; see that they are in good repair and clean; that fire, asphalt and clean-out doors are tight when closed; that smoke-pipe fits tight to furnace, and is not inserted too far into the chimney. Stop air-leaks into the furnace or fire-box. Trivial cracks may be cemented.

All heat pipes in the cellar should be thoroughly and completely wrapped with asbestos or other non-conducting

material to prevent loss of heat. Your hot water or steam boiler should have a good covering of asbestos plaster or mineral wool.

There is not much use in trying to heat a building when, through ill-fitting windows or doors, a great part of the heat escapes or an undue proportion of cold enters. Storm doors and windows, weather strips and such preventative devices will lessen the amount of coal consumed. The place most likely to be neglected in this respect is the basement. A cold basement means a cold house, and seriously interferes with the heating apparatus. Cellar windows should be thoroughly gone over, and all unnecessary openings stopped.

Minard's Liniment Cures Burns, Etc.

Worth Knowing.

If, when making pastry, you melt the butter or lard and beat it to a cream before mixing with the flour only about half the usual quantities will be required.

In cooking potatoes put a cloth over the saucepan before you place the lid on and they will cook in much less time and be very mealy.

The scales may be easily removed from a fish if you immerse it for a minute in boiling water. Pour the water over it very quickly and do not allow the fish to remain in it.

The Appetite of Youth Quickly Restored

Appetite is useless unless digestion is good. Dr. Hamilton's Pills make tremendous appetite and keep digestion up to the mark as well. The liver, bowels and kidneys are stimulated, the stomach strengthened, and robust health quickly follows. Dr. Hamilton's Pills instill vigor and snap into the system, makes folks feel youthful and happy. You'll forget you have a stomach, forget your days of sickness if Dr. Hamilton's Pills are used. Insist on having Dr. Hamilton's Pills; 25c. per box; no other emetic so good.

RULE FOR SLEEPING.

Most Everybody Should Be in Bed Eight Hours.

For a long time and in the majority of places in this country it has been the habit to stay up late at night, and in some places the early morning hours have not been given much attention. Of course, this refers principally to the larger towns and cities, and while there would of necessity be some people getting to work at seven o'clock, the average man or woman coming along at eight or even later would find things still in the cleaning-up and opening-up stage. Sunrise, on the mountains or at sea or in the rural districts, is an event worthy of attention and well rewards the early riser with its beauty and significance—but the early riser in the town or city has usually found everything untidy and must step over ash cans and dodge the sweepers and be satisfied with the sleepy grunts of workmen who are getting things into shape for the business of the day. It is anything but picturesque and most unattractive.

Whoever it was that discovered sleep decided that at least one-third of a person's life was properly spent in bed, and therefore, when the crowd steps up until midnight it is healthy and wise to remain under cover, or anyway on the pillows, until eight o'clock. The dancer or card-player (certainly we mean bridge and other perfectly proper games), lingering for the last one-stop or the final hand, until one o'clock, should not be disturbed until nine. And so on, according to the accepted plan of health and happiness. But taking the other side of the argument—or rather reversing the programme, let the average person retire at 10 o'clock and rise at 6.

Probably a whole lot of people will grumble at the schedule suggested, and

SUFFERED TWO YEARS WITH PIMPLES

Child Could Not Sleep Till Cuticura Healed.

"My little brother suffered for about two years from tiny red pimples. They appeared constantly on his body but he had the greatest trouble under his ears. The skin was red and very sore and at the least touch he would give a howl of pain. After a few seconds he would have to scratch, and he was not able to sleep."

"A friend advised me to send for Cuticura Soap and Ointment. I noticed a change, and I used three cakes of Cuticura Soap and four boxes of Ointment when he was healed." (Signed) Louis Frank, 745 City Hall Ave., Montreal, Que., February 2, 1918.

Keep your skin clear by using Cuticura Soap and Ointment for everyday toilet purposes.

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

We don't pretend to say that it must be done. We haven't been appointed sleep director yet, nor given the right to wake people at a certain hour. A great deal has been done, however, in the last year that tends to a more reasonable sleep and waking scheme.

Through the winter and early spring two nights each week were allowed limited lighting only. This was calculated to send the people home earlier than usual, and served to keep some folks at home after dinner or supper, according to the designation of the designation of the evening meal. A great amount of fuel was saved, according to report, and up to date no damage has been reported to business, society or individuals. Now that the clocks have been moved ahead and the summer days have many hours of sunshine, the lighting proposition doesn't affect the situation materially.

The stores are closing early and the tendency seems to be for an earlier retirement generally. In Miami they are trying out a curfew law—but it isn't a real curfew. It only refers to young folks under a certain age, and it won't amount to a great deal. The English understand that sauce should be provided of suitable strength for both the gander and the goose, and even have regard for the geese, and in England the curfew law closes all places of amusement and all business enterprises at a certain reasonable time. Parents are expected to take care of their young daughters and sons and themselves. The theatres and concert halls, restaurants and dance halls and recreation enterprises generally plan their propagandies to begin early and end in time for their patrons to get home considerably before midnight. There is no penalty for rising early in London or elsewhere, and the population now very generally retiring about 10 o'clock, is likely 90 per cent. up at 6 a. m. A very large per cent. is

DRS. SOPER & WHITE



SPECIALISTS
Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.
Call or send history for free advice. Medicine furnished in tablet form. Hours—10 a.m. to 1 p.m. and 2 to 6 p.m. Sundays—10 a.m. to 1 p.m.
Consultation Free
DRS. SOPER & WHITE
55 Toronto St., Toronto, Ont.

Please Mention This Paper.

certainly up at 5 o'clock and many at 4 and some earlier.

The eight hours mentioned is not a rigid rule of health or really beneficial to everybody. That it is enough for 90 per cent. of the population of this country is certain, and thousands and thousands can live beautifully happily, and profitably with a smaller average of sleep. A few really need more than eight hours. Thomas A. Edison has been quoted as saying that four hours' sleep was sufficient—for him. Possibly he said it, and possibly that is enough for some men at some period of their lives. The great big majority need more than four hours, and also can do very well with eight. It is then evident that by going to bed as early as 10 o'clock and rising at 6 the worker will have a whole lot of morning time—the best always for work or pleasure or both. Everything is suggesting a normal schedule, and at least one of the old saws may "come back," and prove its truth after generations have greeted only with laughter that "early to bed and early to rise" means health, wealth and knowledge.—Florida Times-Union.

Minard's Liniment for sale everywhere

Time for Bud to Go.

A couple of friends came to call, bringing with them a neighbor's pet collie, who made great friends with Elizabeth, our little daughter. All went well till eight o'clock, when Elizabeth, greatly worried, exclaimed: "I think you had better take Bud home now; his parents will be getting worried over his being out so late."

The Beer of Borneo.

Beer as made by the natives of Sarawak, in the northwestern region of Borneo, varies in its ingredients according to the different tribes who make it, the most intoxicating being that made by the Iliyahs of Limbank. These people make their beer by boiling rice, adding yeast, crushed wild chili, and a large lump of wood jar is two-thirds full, and covered over with leaves which are held down with bamboo supports; water is poured on till the jar is full, and the beer is then ready for drinking. The drinking is performed by pushing bamboo tubes down to the bottom of the jar and then sucking up the liquid. So that no one shall have more than his fair proportion at a time, a system of floats is arranged whereby the amount of drink consumed by each man is registered.

Chariots in Ancient Warfare.

The Egyptian and Roman chariots served not only to bring the soldiers to a desired point and to overwhelm advancing masses of infantry, but also as a bulwark, a sort of improvised fortress behind which marksmen sheltered themselves in the thick of the fight. The curved front of the carriage

BOW'S THIS FOR CORNS? LIFTS 'EM OUT QUICK

You can peel your corns off, lift them out by the roots, do it without pain and quickly, too, if you first apply a few drops of Putnam's Corn Extractor. Putnam's shrives up the corn, makes it look like dead skin, uproots it completely. The beauty about Putnam's Extractor is this—it acts without pain—does its work quickly and costs but a quarter in any drug store in the land. Get it to-day.

THE WISDOM OF BENNIE.

"My boy Bennie is lazy, but I must say he is smart," said the musician. "He is going to follow in your footsteps?" "No. I learned to play the trombone and I've got to march about eight miles every time there is a parade. Bennie is learning the harp, so they will have to let him sit down.—Boston Transcript.

"HER HEART BREAKS."

Cecilia, the wife of the former Crown Prince of Germany, in bidding farewell to her household in Berlin, before leaving with her children for Denmark, declared that her heart was broken. Did she think of the millions of other hearts which have father-in-law?

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease, Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.
All Druggists, 7c.
Hall's Family Pills for constipation.

NATURE'S LIGHTS.

Mystery of Glow-worm, Australian Poppy, and Others.

The lightning bug's mystery of light without heat is now alleged to be partly solved. A member of that eminent-headed colony of scientists at Woods Hole, Mass., has recently declared that the bug does its interior and exterior illumination by eating certain substances which supply it with phosphorus.

It is to be hoped that this is true so we may quit worrying about why the lightning bug is lit up. Although the lightning bug is our most popular and common pyrotechnic insect there are many other insects and many forms of vegetable life which share in light-giving power of higher and low degree. Under certain conditions nasturtiums, dahlias, tube-roses and yellow lilies may be seen to glow with a bright radiance, varying in color and intensity. Only those flowers that have an abundance of yellow or orange shades exhibit this phosphorescence. The glow of the light is after dark, when the atmosphere is clear and dry.

Modern Hot Water Bathing

Without a Bathroom



City Luxury for Homes Without Waterworks or Sewerage

The Jewel Portable Bath

A useful Xmas gift for whole family. Shipped direct from the factory to you. Guaranteed as represented or money refunded. The Jewel is ready to stand in any vacant corner of your home. Comes complete. No plumbing or other expensive installation necessary. Water is heated by New Perfection Coal Oil Heaters. Bath folds up out of the way when not in use. Write for illustrated catalogue or send order direct.

Price Complete \$79.50
F.O.B. Hamilton

The Jewel Manufacturing Co., Limited Hamilton, Ont.

97 PIECES in each set \$25 PER SET

Send us \$25 by registered mail and we will promptly ship to you a full set of 97 pieces of the well-known Johnson Bros. finest English semi-porcelain tableware, a set of dishes that you will be proud of. Order any one of the following decorations:

- 1st.—"OXFORD"—(Plain pure white with gold bands).
- 2nd.—"EVESHAM"—(Blue conventional design on golden yellow bordered ground)
- 3rd.—"CARLTON"—(Blue conventional border band with pink rose inset).
- 4th.—"KINGBLEY"—(Brown conventional design with pink flower inset).

The illustration shows the "CARLTON" decoration design.

All of these designs are kept in open stock and new pieces of the same patterns may be purchased at any future time. All dishes packed by expert packers and we pay the freight to any station in Ontario. Order at once and have them for Christmas dinner. Address:

STANLEY MILLS & CO., Hamilton, Ont.

LET a woman save your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, paid, and get you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak feelings, headache, back-ache, bearing down, constipation, menstrual irregularities, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me to-day. Address: Mrs. M. Summers, Box 8 Windsor, Ont.

A MESSAGE TO WOMEN!!

ISSUE NO. 51, 1918

HELP WANTED—MALE

MEN WANTED—TEAMSTERS, heading mill men, and men to work in the bush. Apply to the Wallaceburg Coverage Co., Limited, Wallaceburg, Ont.

HELP WANTED—FEMALE

MAID FOR GENERAL HOUSEWORK, small family. Apply to Mrs. Davis, 34 Hess Street, South, Hamilton.

MISCELLANEOUS.

SEND A DOMINION EXPRESS money order. They are payable everywhere.

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

FOR SALE.

FOR SALE—BUSH LOT 8 1/2, LOT 3 concession 18, Tecumseh, 100 acres near Beeton. Apply John McCoy, 46 King Street East, Hamilton.

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

FARMS FOR SALE.

TOWNSHIP OF MCKEAM—CLOSE TO Elgin Mills postoffice; one mile from Metropolitan car line; containing 100 acres; good buildings and barns; price \$12,000; 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 \$50,000 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.

is sometimes steady, but often intermittent and flashing.

Often, in the early fall, the ground will be illuminated by the glow from the dead leaves. The Australian poppy is the most remarkable of all the luminous plants for it has been found to send out a light of its own of quite notable brilliancy.

Mushrooms growing on decayed wood often have a degree of brilliancy that, when they are picked on a newspaper, will enable one to read the words in their vicinity with no other light. One species of mushroom in Australia, sixteen inches in diameter, was of such brilliancy that, when seen from a distance, its light frightened the natives.—Chicago Tribune.

WANTED COOK AND HOUSEMAID

Modern home and equipment, minimum wages, thirty and twenty-five per month respectively, references required. Address Mrs. F. A. Magee, 45 Markland street, Hamilton, Ont.

Minard's Liniment Cures Dandruff.