World Happenings Briefly Told

London [illegible] average of nearly 40,000 [illegible] a week.

The [illegible] cost of living is 68 per cent higher than in 1914.

The [illegible] Provincial savings bank reports deposits of over a million dollars.

Two hundred cases of whiskey found in a [illegible] are confiscated by Inspector Lannin.

New railroad mileage built in the U.S. in 1920 was only 314 miles, the smallest on record.

A Manitoba Angus Association was formed on Monday night at a meeting of the black-cattle breeders.

The Montreal Womens' Club endorsed Mrs. Arthur Murphy, of Edmonton, for appointment to the Senate.

Manitoba sheep breeders are urging the government to pass legislation to protect the public against the sale of poor grade woolens.

The new liquor laws of Manitoba have eliminated politics from the [illegible] of the traffic, according to Dr. Harkness, Brandon. In [illegible] Alberta Federation of Labor declare the Provincial Government [illegible] on social legislation advocated by the federation.

Another warning has been issued by the British Colonial Office regarding emigration to South and Central America [illegible] means for a definite [illegible] of employment.

The State of New York will get a transfer tax of $1,081,761 from the $27,201,283 state tax has widow of F. W. Woolworth, the millionaire five and [illegible] who died in April, 1919.

The second criminal chamber of the [illegible] Court, Lodz, has sentenced the [illegible] criminals convicted respectively [illegible] five and two years penal servitude and [illegible] years.

[illegible] of grain are arriving in Fort William, Ontario, [illegible] cars are passing through each day and officials [illegible] the winter [illegible] one of the busiest recorded, with no unemployment [illegible].

Bishop [illegible] in an address before the Holy [illegible] Society, at London, Ontario, expressed the opinion that [illegible] to develop their schools in Ontario up to and including the university. In a short time they would become [illegible] the highest [illegible] in the province.

Two million dollars have been [illegible] Oil Company for development work in [illegible]. At an [illegible] expenditure in this province by the company. Drilling gangs are busy at the present time piercing the crust [illegible] earth in various districts.

Wash Day and [illegible]

[illegible] week in [illegible] keeping. [illegible] Both [illegible] of the [illegible] and [illegible] the [illegible] poisoned [illegible] pains in [illegible]

[illegible] Kidneys must be aroused—the [illegible] action and the [illegible] treatment [illegible] Liver Pills. [illegible] description of the well-known [illegible] will not fail you in the hour of need.

One pill a dose, 25c a box at all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

Dr. Chase's Kidney-Liver Pills

W. N. U. 1351

Sunday As A Day of Rest

BY LORETTO C. LYNCH

An Acknowledged Expert in All Matters Pertaining to Household Management

"The other day I called on a sincere old gentleman who is working very hard for what is termed the "Blue Sunday". He told me he believed everyone should observe Sunday. He believed that folks who work hard six days a week should, in the interest of health, if for no other reason, have the seventh day upon which to rest. He was the speaker, I the listener. But he interrupted himself about two in the afternoon to inquire of his wife the dinner we were to have. There was some sort of inaudible reply from the kitchen. Then said the man: "It's taking her all day long to bring on the dinner to-day—been at it too, since nine this morning."

I waited, anxious to hear him denounce the lady who had been working in the kitchen from nine in the morning on "the day of REST", and I waited—but there wasn't even a murmur in that direction.

"The dinner was a delight. We began with iced grapefruit and went through all the courses of the conventional dinner from soup to nuts.

"You've quite a party dinner to-day," I suggested, knowing that I had dropped in upon these folks unexpectedly and that no special preparation had been made for me.

"No—indeed; this is our regular Sunday dinner—built the same every Sunday. Ma just has to have course dinner on Sunday."

It would not have been polite to say anything at the time, but who could help think about the inconvenience, or rather, the inconvenience of such a situation? Here was a man who worked hard for the observance of the day of rest and the OBJECT of that day often insisted on having a course dinner prepared by his own wife when he realized full well that it meant hours of work in preparation and in cleaning up.

Yet in the average workaday American home Sunday is often the only day when all meet together around the family board to exchange the gossip of each one's small world. Then, must the mother work all day to provide the Sunday dinner? Must she be in the kitchen cook or cleaning up, while everybody else in the family, without a thought, reads the Sunday newspaper or plays quiet games or takes a nap?

The answer depends largely upon the woman herself. She must eliminate elaboration. She must carefully plan. She must manage to carry out her plan.

The observing woman will soon be able to gauge the appetites of each member of the family and will come pretty near putting the required amount on the plate. A salad or a dessert and a drink will complete this dinner with a minimum of dishes to be washed, and mother will be able to enjoy the meal with the family.

"When the family would not eat what had been cooked the day before and then just wheated," said a young woman to me when I suggested that she more than half cook the beef on Saturday and finish the cooking just before serving it on Sunday. "Yet both her husband and her sons were active club members and frequently attended club banquets at local hotels. The chef at one hotel told me that at one of these banquets, where more than 250 turkeys were served, they had been almost cooked the day before and the cooking was completed just before serving hour.

"Plan your meal for Sunday, have the parts and other foods that will be good if they are made the day before and stand in the refrigerator over night.

"If the housewife cannot have a day of complete rest, at least she should plan to do as little work possible on the day the other folks rest."

The Eight-Hour Day

Insistent Demand of Labor Group for Legislation on This Question.

This year the labor leaders repeat the request for the eight-hour day legislation. There was the insistent demand last session from members of the Labor group for such a law, but the request was not tracked, and it was intimated [illegible] that a commission should be appointed to investigate [illegible] has been done, but it is likely that an eight-hour law will be brought in by the Government at the approaching session. The Labor conference of the League of Nations, held in Washington last year, agreed that eight-hour day should be made the law in all signatory countries. Canada was one of them, but it has been held since by the Dominion Government that such a measure can only be enacted by the Provincial Governments.—Kitchener Telegraph.

The success of a nurse girl depends upon her attention to little things.

WOMAN'S BEST LAXATIVE

Proved Every Day That Dr. Hamilton's Pills Are Just Right for Women's Ills.

Little wonder woman suffers so much from constipation. She always hesitates, continually puts off taking medicine.

Of course a woman's system is delicate, is easily injured by drastic purgatives. Bitter experience with harsh medicines makes her cautious, and to her great injury chronic sluggishness of the system is permitted.

Few pills are suited to the actual needs of women — they are too strong.

But there is a good woman's laxative, and it combines mildness with thoroughness of activity—it is known to the people of many nations as Dr. Hamilton's Pills, which never gripe, never cause nausea and are safe to use no matter what the conditions of strength or circumstances of health may be. A nauseous and sluggish condition of the system, so important to every woman, is quickly corrected by the regular use of Dr. Hamilton's Pills. As a health-builder, as a tonic laxative, as an all-round ladies' medicine, there is positively nothing so efficacious as Dr. Hamilton's Pills of Mandrake and Butternut; 25c per box at all dealers.

German Soldier's Bonus.

The city of Karlsruhe has voted a bonus of 50 marks to all veterans of the war of 1870-71 on the condition that they have lived within the city limits since January 1, 1920, and that their income does not exceed 3,000 marks. At the present rate of exchange this "adjusted compensation" will amount to 60 cents.

The Pill That Brings Relief. When one has partaken of a meal he is oppressed by feelings of fullness and pains in the stomach, suffers from dyspepsia, which, if neglected, may not be dealt with. Parmelee's Vegetable Pills can be taken to bring relief. These pills are specially compounded to deal with dyspepsia, and their sterling qualities in this respect can be vouched for by legions of users.

Heedless Question.

Kindly Old Lady.—Poor man! And are you married?

Weary Tramp.—No, lady. I wouldn't be relying on total strangers for support if I had a wife, lady.

Painless and perfect in their action, Miller's Worm Powders are always a safe and reliable remedy for children suffering from worms. These symptoms are easily recognizable in children by restlessness, frequently ending in convulsions. A point of notable importance is that after Miller's Worm Powders have expelled the worms, the stomach and bowels are toned up into a very healthy condition.

House With Straw Walls.

A house with walls made of concrete and straw has been built in Paris.

The framework of the building is of wood and the sides are filled in with blocks of highly compressed straw, which are stated to be as hard as concrete and just as uninflammable. Owing to the lightness of the materials only small foundations are needed, and a house of this kind can be built in a month. The idea of using straw in this way is attributed to a French textile engineer.

Minard's Liniment For Colds, Etc.

"When I was once in danger of being killed by a lion," said an old African explorer, "I tried sitting down and looking it in the eye. It had no effect on it. It worked wonders with my companion."

"Perfectly the lion didn't even offer to touch him."

"Strange! How do you account for it?"

"Well, sometimes I think it was because I sat on the top branch of a tall tree."

What's Your SKIN TROUBLE ???

Does your skin get chapped and irritable? Are you distressed by slightly reddened patches on which appear tiny watery heads that burst and form into sores? Do your arms or face feel sore, inflamed and itchy? If so, a coarse fatty ointment will have little effect. You need Zam-Buk, whose refined herbal extracts penetrate to the underlying tissue and drive disease out. Being powerfully antiseptic, Zam-Buk purifies the skin. It soothes raw angry surfaces, stops the intolerable burning, itchy irritation, and clears away sores and eruptions.

Mr. A. Joseph Spry, Barbec, Halifax, N.S., says: "I had eczema on the hands for three years. The intense itching kept me awake night long. I had 'eczema cures' but got no better until I applied Zam-Buk. This wonderful healer, however, has entirely rid me of the distressing disease. Don't suffer winter skin torment a day longer. Get Zam-Buk to-day! 50 c. box, all dealers.

Wealth in Sweden's Forests

Tree Must Be Planted Immediately One Is Cut.

The millionaire farmer is no novelty in Northern Sweden to-day, says a correspondent. His large forest holdings have combined with the high price of lumber to give him immense wealth. The best of it is that by strictly enforced law no one may cut a tree there without planting another in its place, not even the owner of the land. Electric light and power have been installed in half the rural homes of Sweden, which now is a modern country. The war gave it a great impetus in industry. Motor cars are everywhere and 75 per cent of them of imported make, although few of the cheaper kinds.

Styles Surprise Released Prisoner.

Free again after twenty-five years in Charlestown State Prison, the last ten of which were spent without uttering a word, R. J. Hanley, otherwise known as "Silent Corkey," declares the things that strike him most amazing are women's dress, the general refinement of people and the intelligence of the younger generation. High heels, short skirts and gauze stockings were his biggest amazement and he thought them foolish and funny.

HEART SO BAD WAS NOT SAFE TO LEAVE HER ALONE

Miss Eva P. Yatsman, Krugersdorf, Ont., writes:—"I feel that I must write and tell you of the great benefit I have received from Milburn's Heart and Nerve Pills. About four years ago I was taken terribly bad with my heart, nerves and fainting spells, and was down in bed for about six months. I doctored with two different doctors and searched to get better, although the fainting spells would not leave me. I would take such terrible falls, wherever I was, that it was not safe to leave me alone at any time. At last I decided to resort to proprietary medicines and took several different kinds, but seemed to receive but little benefit from them. One day, noticing the advertisement of Milburn's Heart and Nerve Pills I decided to try them and before I had taken more than two boxes I could see they were doing me good. I have taken about ten boxes, and am almost cured of those terrible spells. I sincerely feel that this medicine has proved a blessing to me and I advise anyone troubled with their heart to try them, and no doubt they will find relief."

Milburn's Heart and Nerve Pills are 50c a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Big Gold Shipment.

The steamer Kaiserin Augusta Victoria has arrived from England with $4,200,000 in gold for New York bankers.

Sores Heal Quickly.—Have you a persistent sore that refuses to heal? Then try Dr. Thomas' Eclectric Oil in the dressing. It will stop sloughing, carry away the proud flesh, draw out the pus and prepare a clean way for the new skin. It is a recognized healer among oils and numbers of people can certify that it healed where [illegible] failed.

Millions Stolen In Paris.

Twenty-four million francs in cash and securities and 10,000,000 francs worth of goods and valuables, half of which were recovered by the police, were the total amount obtained in Paris through burglaries, thefts and swindles during 1920, according to official figures made public at police headquarters. The ministry of finance alone lost 3,220,000 francs through swindles and forgeries.

Some men are [illegible], but lack the [illegible] use of them.

No One Need Become Old

Famous London Doctor Inaugurates Training Class For Elderly Men.

"Old age is just a pose," Sir James Cantile, famous Harley Street physician, said in commenting upon his announcement that he would preside over the inaugurations of a class in physical training for business and professional men of more than 50 years of age.

"A man usually grows old because he thinks it dignified," he said. "He sits back and lets the years do what they like with him. I shall be seventy in a fortnight, but I rise every morning at 4.30, and soon after that dance for a quarter of an hour.

"I prefer step dances, the Highland fling and strathspey. There is not enough exercise in the modern dances for me."

Mrs. Mary C. Solomon, 93 years old, has been awarded first prize at a county fair in Mississippi for being the most accomplished horsewoman.

$100 Reward, $100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.

Druggists 75c. Testimonials free.

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

Her Sense of Humor.

"Has your wife a sense of humor?"

"I think so," replied Mr. Meekton. "The funnier a gown looks, the more she is willing to pay for it."—Washington Star.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next one cold and stormy, so that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often confined up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to pass over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Reason Enough.

Susie.—"Papa, what makes a man always give a woman a diamond engagement ring?"

Her Father.—"The woman."—Edinburgh Scotsman.

Minard's Liniment For Diphtheria.

A woman likes to have a man tell her that he thinks her feet are at least two sizes smaller than he thinks they are.

Worms in children, if they be not attended to, cause convulsions, and often death. Mother Graves' Worm Exterminator will protect the children from these distressing afflictions.

Porter in Turkey Is 146 Years Old

Was Born in 1774 And Has Son Ninety.

Zora Mehmed, of Constantinople who at the age of 145 used to tell reporters that he felt youngest every day, is ill. He is now 146, and is suffering from indigestion. He blames it on a cheap set of false teeth he bought twenty years ago, and which he says never gave satisfaction. His original dental equipment was ruined in 1909, when he made a bet that he could bite 500 pounds with his teeth.

Authenticated birth records at the [illegible] show that Zora was born in Turkish Armenia in 1774. He has son ninety, and a young daughter of fifty. He has been a porter all his life, carrying heavy burdens that range from 200 to 1,000 pounds. In appearance he is [illegible] years old.

About the hardest crop to raise on a farm is the children.

Never judge a man's worth by the statement of the tax collector.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

"The AFFABLE STRANGER"

By Peter McArthur

Author of "The Red Cow," "In Pastures Green," Etc.

Meet Him At All Book Stores.

Publishers THOS. ALLEN, TORONO.

WANTED

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request.

HAROLD G. SHIPMAN & CO. PATENT ATTORNEYS 20 SHIPMAN CHAMBERS - OTTAWA, CANADA

INVENTIONS

MONEY ORDERS

Buy your out of town supplies with Dominion Express Money Orders. Five dollars costs three cents.

CHOICE SILVER Black Breeding Foxes. Instructions. Reid Bros., Bothwell, Ontario.

DISTILL YOUR OWN

water for Automobile Batteries, Household, Personal and Industrial use. 1½-2 gallon capacity. Will distill two quarts per hour. Made of pure copper. Booklet free. The Thomas Manufacturing Co., Dept. B, 704 Notre Dame Ave., Winnipeg, Man.

Unnecessary.

"Willie, did you brush your teeth this morning?"

"No. We didn't have any huckleberry pie yesterday."

Rheumatism Relieved In 1 to 3 Days.

South American Rheumatic Remedy is a wonderful medicine in the treatment of acute or inflammatory rheumatism, chronic rheumatism, lumbago, neuralgia, and all ailments due to rheumatism. It often cures in 1 to 3 days. At druggists.

Coal, in commercial quantities, is found in 28 of the states and territories of the United States.

More English surnames begin with "W" than with any other letter.

Minard's Liniment For Garget in Cows.

A woman pianist playing a piece of Mendelssohn was found by actual count to have struck 5,505 notes in four minutes and three seconds, or at the rate of considerably more than 1,200 notes a minute.

"Thou shalt not kill" also applies to time.—Kingston Whig.

Your Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

WEEKS' BREAK-UP-A-COLD TABLETS TRY THEM PRICE 25¢

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per Box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO. TORONTO, ONT. (Formerly Windsor.)

BIG GIN PILLS FOR THE KIDNEYS

BOOK ON DOG DISEASES Sent Free to any Address by the Author H. CLAY GLOVER CO., INC. 118 West 31st Street New York, U.S.A. America's Pioneer Dog Remedies