



The Housekeeper

sweeping carpets, always sweep with the grain. To brush the wrong way is not only to injure the carpet, but it tends to brush the dirt in and not out.

The small end of a potato should be pricked, before it is put into the oven to bake, to keep it from bursting. Butter will keep sweet much longer in a crock jar with a tight-fitting cover than in any other way.

Olives and English walnuts ground together and moistened with mayonnaise makes a tasty luncheon sandwich.

Wood ashes mixed with kerosene will remove rust from iron. One can remove the odor of fresh paint from a room by leaving there a pail of water into which several onions have been sliced. Hot, weak tea is a good salution for cleaning varnished paint.

Water bugs may be driven away by using eucalyptus oil mixed with flour. Scatter it around in their haunts. They will eat it and never trouble you again.

Olives and English walnuts chopped together make a nice winter salad. To utilize the tons of old stockings and also prevent the color of your preserved fruits from darkening, wash the tops and draw them over the jars after sealing the fruit in them.

Have you a wire trying basket? Put your tomatoes in it the next time they are to be skinned, and plunge into a deep kettle of boiling water. There is no danger by this method of getting the water soaked.

If cream will not whip add the white of an egg. Let both become thoroughly chilled before whipping. Keep cool until ready to serve.

If you have a kitchen table covered with white oilcloth, a raw potato is fine for cleaning off spots. Cut a potato in half and rub table with it.

In baking biscuits, have the oven quite hot at first, but lower the temperature just a little before the biscuits are ready to take out. This will add materially in making the biscuits light.

CHILDHOOD AILMENTS

Ailments such as constipation, colic, colds, vomiting, etc., seize children of all ages and the mother should be on her guard against these troubles by keeping a box of Baby's Own Tablets in the house. If any of these troubles come on suddenly the tablets will cure them, or if the little one is given an occasional dose of the tablets he will escape these troubles. The tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Mighty Mushroom.

Some idea of the extraordinary driving force imprisoned in succulent young mushrooms may be gathered from the fact that through a shop floor laid down in asphalt three inches in depth, in Dunedin, New Zealand, several mushrooms, from two to three inches in diameter, have forced themselves up into the light of day. The asphalt looked very much as if a pick had been at work, so damaged was it by the mushrooms.

Minard's Liniment Cures Diphtheria.

A HELPFUL CHANGE

The tendency now is, on the great railway system, to make the time tables as simple and as clear as possible, so that the public will see at a glance just what is desired in the way of information. The C. P. R., for instance, in addition to the changes noted in this column, have adopted a new departure on the front page of the time table—a departure which is the outcome of one of the many suggestions received by the company in response to the invitation issued some time ago from headquarters to the employees for fruitful suggestions as to improvements and betterments along the system. This is in the form of a notice in large black type, pointing out when the general change in the time table takes place, so that the public will know to a minute just how the schedule stands.

For instance, the notice reads: "General change in time tables takes effect 12:01; 24:01; midnight on October 31st." This notice, meeting the eye on the present folders now in use, warns the public not to put faith in the latter beyond the date mentioned. This notice will appear on the front page of the folder which proceeds that which is to take its place, and will prevent any confusion by announcing how long the present folder is valid and when it ceases to be operative. Thus, those who do much travelling will know precisely when the time table changes, and when such changes will be general. This idea should prove helpful.

Passing of the Powers.

Translated out of diplomatic language, the powers in Europe meant—even now it is a strange sensation to speak of them in the past tense—Great Britain, Germany, France, Austria, Italy and more recently Russia, the six strongest nations in Europe. But now, in these ultra civilized days of aeroplanes, the chancellors must find a new shibboleth to take the place of the powers. As understood a year ago, no such things now exist. It died on the first of August and you may read its epitaph in the white, yellow, blue, and the other books of assorted outside colors and uniform recriminative content—World's Work.

WEDDING "FESTIVITIES"

One of the curious inconsistencies of our civilization is the treatment generally accorded a newly wedded pair—treatment which is always an embarrassment and generally a source of physical discomfort, and is often leading to serious results.

EVERY NEURALGIC HEADACHE CURED! USE "NERVILINE"—IT WON'T FAIL

The Miraculous Healing Power of this Liniment is Unfailing.

RUB ON NERVILINE

There may be a thousand pains; yet, excepting sciatica, neuralgia is the worst. Most remedies are not strong enough or penetrating enough to relieve neuralgia. You know everything you have tried has failed to give even momentary relief, and you have decided that neuralgia must be borne forever. Do not make this mistake—try NERVILINE. Apply it to the sore spot. Notice the glow that spreads deeper and wider as Nerviline's curative power is

carried further and further into the tissue. How quickly the pain is soothed! How rapidly it lessens! In a little while you have forgotten the pain—it has actually gone.

Neuralgia gives Nerviline an opportunity of demonstrating its superiority over all other pain remedies. Not magic, as you might imagine after you have used it—simply the application of scientific knowledge to the relief of pain.

Nerviline is a great outcome of modern medical ideas. You cannot afford to be without it, because pain comes quickly and comes to us all. Guarantees to cure the aches and pains of the whole family. Large bottles, 50 cents; trial size, 25 cents; at druggists, or the Catarhozone Co., Kingston, Canada.

AN AMAZING MISER.

Poverty-Struck Appearing Spaniard Was Worth \$30,000,000.

An amazing story is reported from Madrid.

A few months ago there died in the Spanish capital a man about 60 years old, named Ramogosa, who, in the opinion of his neighbors and few friends, was poor.

He and his wife lived a miserable life. They both dressed almost in rags, and the old man spent most of his time in prayers in the churches. With the couple lived Ramogosa's aged mother, who had an even more miserable appearance. The old woman used to go every morning to the market to buy food, but generally she returned with her basket filled with debris which she picked up on the ground in the market.

One day, however, he imagined was that the miserable looking Ramogosa was one of the richest, if not the richest, man in Madrid—and that he possessed a wealth which was more considerable than that of the Duchess of Sevillano, and that he was a richer man than the Count of Romanones, the Spanish ex-premier.

Ramogosa's fortune, including money in the banks, bonds, properties in Spain, France, Cuba, Argentina, Chile, amounts to 170,000,000 of pesetas (about \$30,000,000).

Ramogosa had large sums of money and considerable amounts of bonds deposited in London banks, at the Bank of France, and in several Spanish banks. He owned a magnificent house in the Champs Elysees, Paris, which itself is valued at \$400,000. One shop on the ground floor of this house is alone rented for \$2,000 a year.

By his will Ramogosa has left his whole fortune to the Bishops of Madrid, Barcelona and Buenos Aires. To his wife the miser leaves the usufruct of his houses and land properties, which after her death will go to the three bishops, in equal parts.

The executors are the Bishop of Madrid and the dead man's wife. But the widow has disappeared since her husband's death, after going for a few days to Sarria, near Barcelona.

The Bishop of Madrid has written to her several letters asking her to come to Madrid to look after the heritage together with him, but she made no reply.

It is rumored that the widow is determined to fight the will, but the Bishop, it is said, would in this case use his influence to persuade the woman to drop the case or come to an agreement.—London Chronicle.

Mars and the Hand.

There is a mount in the hands of persons who are said to be impressed more in music by marches of warlike character than anything else. It is a sole, cushion-like mount within the centre of the hand proper, but is generally developed toward the outer edge of the palm.

These persons are said to be under the influence of Mars and to have inherited warlike tendencies, but it more than usually shows an ordinary amount of courage that is possessed by most persons. These are the ones who would be thrilled by the "Marsellaise," the Russian national anthem, the "Watch on the Rhine" or the "Star Spangled Banner." Subjects of Mars seldom become proficient musicians or successful singers unless the other indications in their hands show other musical fancies.—Pittsburgh News.

Amerding a Proverb.

There are a lot of silly proverbs knocking about. Take, for instance, "if pigs had wings they would fly." This is about as far as you can get. Pigs would not fly in order to fly? They would measure about thirty yards from tip to tip. A nice state of things that size. The proverb would run much better:

If pigs could fly, Pork would be high.—London Scraps.

Passing of Papyrus.

One of the modern mysteries of Egypt is the disappearance of the papyrus plant that once fringed the lower Nile and made a desirable haunt for water fowl. A botanist, recently from Cairo, declares that in all lower Egypt the only papyrus now growing in a natural state are in the Esbekieh Gardens fountain at Cairo, the botanical gardens and at the Barrage. Perv haps Isalah may have thrown in the evil eye on the plant, for among his prophecies is the destruction of the papyrus reeds by the brooks. If we did not have ancient illustrations to guide us it would be impossible from the present scanty remains to reconstruct the amazing fields of papyrus that indirectly helped to civilize us.—London Times.

The Ancient Brahmins.

The Brahmins were the lawyers, priests, professors, the sole instructed class, the sole authorities on taste, morality, the sole depositaries of whatever stood in the place of science. Everybody was to minister unto them, everybody was to minister unto them, "not to be subjected to corporal punishment, must not be imprisoned or fined or exiled or reviled." In the law of the Vishnu it was written: "The Brahmins sustain the world. It is by the favor of the Brahmins that the gods reside in heaven." Under English rule and ideas the ancient caste has lost some of its prestige, but is still a formidable reminder of its former grandeur.—New York American.

Monsieur.

For 15 days in the month of January I was suffering with pain of rheumatism in the foot. I tried all kinds of remedies but nothing did me any good. One person told me about MINARD'S LINIMENT; as soon as I tried it the Saturday night, the next morning I was feeling very good; I tell you this remedy is very good; I could give you a certificate any time that you would like to hear about one. If any time I come to hear about one person sick of rheumatism, I could tell them about this remedy.

Yours truly, ERNEST LEVEILLE.

216 Rue Ontario East, Montreal.

Feb. 14, 1908.

Investment and Speculation.

When any one is buying a coat or a fishing rod or a rose tree or laying down a cellar or setting up a library either he knows what he wants, where to get it and what to pay for it or he takes the rarest counsel with his friends and with the most trustworthy professional advisers that he can find and uses all the wits that he and others can bring to bear on the subject in order to make sure that his purchase is prudently conducted. He attends sales, rummages in shops and discusses the matter in his club until he and it are voted a nuisance. If only half as much time and trouble were devoted to the careful selection of investments there would be fewer bad companies, unscrupulous promoters and ornamental directors, the world would be very much richer, and its riches would show less tendency to gravitate into questionable hands.—Cornhill Magazine.

A Brilliant Genius.

One day, in Wales, a man fell into the river and a number of people who had assembled on a bridge instead of jumping in to save him loudly advised him not to drown.

Things were looking very black for the unfortunate man in the water when suddenly some one said, "Throw him a rope." A more energetic person than those on the bridge ran off for a rope.

Returning a few seconds later, breathless and conscious of his heroism, he rushed down to the water's edge and threw the entire rope to the man.

Sore mouth can be cured by rubbing with sweet oil or vaseline, nine times out of ten.

Don't Dodge.

Do not dodge. Whatever the difficulties to be met, they are not made easier by trying to dodge them. In trying to dodge a missile from one direction you may come in line with one from a different direction. When we dodge trouble we are more than likely to get into other trouble no less likely to endure. Look with courage on what must be met. Faced with courage, difficulties are half conquered. Better meet and conquer difficulties than to dodge them. Do not dodge duties that devolve on you. Duties performed add strength and dignity to character. It matters little what these duties are; though they be of the simplest and humblest, well and truly done, they acquire dignity. Stand up bravely and squarely to meet the difficulties of life. With courage you will conquer. You will come through life with fewer scars than by trying to dodge duty or difficulty. Trying to evade begets in a man a cringing spirit. He gets a habit of trucking, and upright, self-respecting manhood is gone. Don't dodge if you would hold yourself above meanness.—Milwaukee Journal.

GREAT CHEMIST PRAISES ZAM-BUK

Mothers Who Use This Famous Balm Have Backing of Science

Mothers who use Zam-Buk, a balm which they have proved to be a splendid healer, will be interested to hear the result of a test of Zam-Buk by Mr. W. Lascelles Scott, the great English chemist. He says: "I have made an exhaustive analytical examination of Zam-Buk and find its active constituents are of exclusive vegetable origin. It contains none of the impure and irritating mineral drugs and animal fats present in ordinary ointments. The antiseptic and bactericidal (germ-destroying) powers of this preparation are proved by my tests to exceed those of carbolic acid. Yet Zam-Buk neither cauterizes nor inflames even a very sensitive skin, but ends skin disorders. I have no hesitation in certifying the purity of Zam-Buk and its value for skin injuries and disorders."

Mothers who have not yet tried Zam-Buk should profit by the above. Zam-Buk is unequalled for eczema, cuts, burns, ulcers, running sores, piles, cold sores, abscesses, chapped hands, etc. All druggists and stores sell Zam-Buk. Price, box, 3 boxes \$1.25.

One Phase of Tolstoy.

In the "Reminiscences of Tolstoy" by his son, Count Ilya Tolstoy, are shown many phases of the great man's nature, this one among them:

"All exhibitions of tenderness were entirely foreign to him. I say tenderness in contradistinction to feeling. Feeling he had, and in a very high degree. During all his lifetime I never received any mark of tenderness from him whatever. Nearness and dearness with him were never accompanied by any outward manifestations. It would never have come into my head, for instance, to walk up to my father and kiss him or to stroke his hand. I was partly prevented also by the fact that I always looked up to him with such awe, and his spiritual power, his greatness, prevented me from seeing in him the mere man, the man who was so pitiable and weary at times, the feeble old man who so much needed warmth and rest."

TRAPPERS

Furs Have Advanced Ship to Rogers. We will be glad to exchange furs for goods. We have best market in America for furs. No commission. Write today for free price list. ROGERS FUR COMPANY, Dept. W. Seattle, Wa.

How Flow of River is Measured.

If you see a man leaning over the railing of a bridge, intently watching the river with a telephone receiver at his ear do not think that the man is trying to talk to the fishes or to a diver below the surface. He is probably one of the government's engineers measuring the amount of water passing under the bridge. This is done by lowering an instrument known as a current meter into the water at several points under the bridge to determine the speed of the water and by measuring the depths of the water at the same points. From such information the flow of the river at that particular time and height can be computed, and when such measurements have been made at a number of different heights the flow of the stream at any height can be determined. Then if a record of the height of the river is obtained each day from a river gauge the flow for each day can be computed.

Minard's Liniment Cures Distemper.

The Japs Work All the Time.

Literally the Japanese work all the time. It is not at all uncommon to find Japanese men and women at work in their shops at 2, 3 and 4 o'clock in the morning. They live directly in the rear of their places of business. Their entire household equipment comprises a few mats, a few cushions and a little tableware. They go at their job—whether it consists of making clogs or inland cuff buttons, a work and work until they are exhausted. Then they sleep a little and go back to work. It does not take a Japanese ten minutes to eat his meal of rice and fish. He has his festivals, of course, and a good many of them, but he works the rest of the time, and in many households it must be a special and personal festival, connected with some individual or family gods, to lure him from his occupation. He needs the money—Samuel G. Blythe, in Saturday Evening Post.

Prohibited Coffee Houses.

So many coffee houses sprang into existence in England during the reign of Charles II. that he entertained a belief that many political intrigues had their beginning in these places, issued an edict ordering them to be closed. This proclamation the following words occurred: "The retailing of coffee or tea might be an innocent trade, but it might be a source of sedition, spread lies and scandalize great men. It might also be a common nuisance."—Exhaust.



Health Old Age

As age advances the blood gets thin, the nerves exhausted and vitality runs low. By building up the nerve force of body and mind Dr. Chase's Nerve Food is an unbounded blessing to people of advanced years. 50 cents a box, all dealers.



Dr. Chase's Nerve Food

A PERFECT BREATH.

Proper Method of Filling the Entire Lung Cavity With Air.

It does not suffice to breathe pure air. It must be properly breathed. All breathing should be done through the nose—never through the mouth—and, if possible, in the open air, or at least, before an open window, and several times daily.

The passage of air through the nose has the advantage of being warmed and moistened and, in reality, filtered. While deep breathing has been advised and written about during recent years, it is interesting to know that oriental teachers and philosophers have known and practiced it for generations. This best of all practices may create the size of the lungs, but it surely makes directly for the health of the lungs, heart, liver and abdominal organs, and thereby greatly and surely saves the brain.

To take a perfect breath: Stand erect by an open window or out of doors. Fucker up the lips as though starting to whistle and slowly blow out the breath and empty the lungs of air. Then, closing the mouth, breathe through the nose, inhaling slowly and steadily, filling the entire lung cavity, which is done by bringing into play the diaphragm, which, descending, exerts a gentle pressure on the abdomen. In the final movement the lower part of the abdomen will be drawn in, which movement gives the lungs a support, and also helps to fill the highest points of the lungs. Retain the breath for a few seconds. Then once again pucker up the lips as if to whistle and through the small opening slowly and gently exhale the breath.—Boston Post.

Better Than Spanking

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her to-day if your child wets the bed, the chances are it can't help it. This treatment also cures adults and aged people troubled with urtic difficulties by day or night.

A Sultan's Suicide.

Sultan Murad V. of Turkey was deposed in 1876 after a reign of three months. It was alleged that he was insane. He lived until 1904. In the palace which had been assigned him as a residence he was found dead one morning, and the first impression was that he had been assassinated. He was lying half across the sofa in his apartment with his feet on the floor in a great pool of blood. Nineteen physicians of different nationalities were at once called in, and all agreed that the deceased sovereign had died by his own hand. The weapon employed was a pair of scissors, with which the unhappy man had opened the arteries of his arms.

Minard's Liniment Cures Colds, &c.

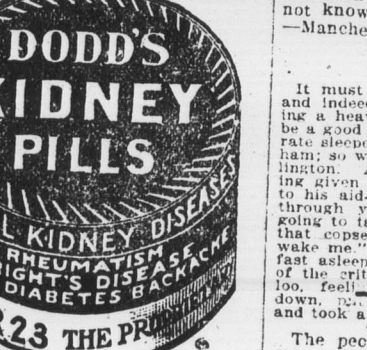
Kinsale.

Kinsale keeps a modest place in the history of Ireland. It was here that Don Juan's fleet landed 3,000 men to join hands with O'Neill, cat of which landing crew the story that the cottages at World's End are "still inhabited" by the descendants of Spaniards. It was from Kinsale that James II. on March 2, 1690, landed, and from Kinsale he sailed after his defeat at the battle of the Boyne. Thirty years ago the house in which he spent the night before his departure was still in existence. Kinsale was greater in the past than now, for we read that "of all the Irish ports it was the best situated for intercourse with France and that in the town Marlborough found a thousand barrels of wheat and eighty pipes of claret."—London Spectator.

NOT COMPETENT TO VOTE.

(Buffalo Courier) A woman is in charge of the government office which issues the postage stamps. Distributing twelve billions a minute, she hardly ever makes a mistake. Some will think this woman almost knows enough to vote.

Some people take time by the forelock, and others have-en't sufficient pull.



DR. 23 THE PR

ISSUE NO. 44. 1915

HELP WANTED—MALE

WANTED — TINSMITH — ACCUS- toried to furnace work, at once. The Hamilton Stove & Heater Co., Hamilton, Ont.

ODDITIES OF VISION.

Peculiar Optical Effects and the Yellow Spot in the Eye.

If one places a pinhead up close to and directly in front of the eye the head of the pin appears transparent and things may be seen as easily through it as through a sheet of isinglass, the head appearing simply as a large round cloud, if it is placed somewhat closer no pin or head can be seen at all.

If one goes into a very dark room and puts a lighted candle near the side of one eye very pretty and peculiar effects are observed. A tracery, forming a regular network, can be easily detected, and this is merely the shadow thrown by the candle on the retina of the eye of the small capillary blood vessels between the retina and the candle.

If one looks to the side of a dim star in the heavens the star appears a great deal brighter than direct vision makes it appear. This is because the light in the direct view falls on what is known as the "yellow spot," or point of keenest vision. As this is not put directly behind the front of the eye the side glance is necessary. Some people can see stars that way that they cannot perceive at all on direct vision.—Pittsburgh Dispatch.

IT'S A GOD-SEND TO HUMANITY

is what a leading physician says of Dr. Jackson's Roman Meal. Properly cooked into porridge according to directions on package, without stirring after first making, it is a delight to humanity. Use a double boiler or set boiler in basin of boiling water, and use one cup meal to two cups water. Cook for half an hour. It's very nutritious, prevents indigestion and relieves constipation or "money back." Ask your doctor. At grocers', 10 and 25 cents.

A Pretty Experiment.

How quickly the body eliminates waste matter may be seen by the following simple and pretty experiment. Eat a tablet of lithium citrate. Then take a clean platinum wire, hold it in a colorless flame of a Bunsen burner and note that it gives no color on the flame. Now cool the wire and pass it along the skin of the forehead, or after rinsing the hand in distilled water draw the wire across the palm and again hold it to the colorless Bunsen flame. Note the beautiful yellow color, due to the presence of the sodium. Next take blue glass and observe the yellow flame through this. The cobalt glass absorbs the yellow sodium rays, and the lilac flame of potassium now shows. About a half hour after taking the lithium tablet make the same test as above with a clean platinum wire. The vivid red flame of lithium is now obtained. In one short half hour the lithium entering at the mouth has been absorbed into the blood and carried to all parts of the body and is being excreted through the skin.—New York World.

Minard's Liniment Cures Garget in Cows.

DREAM AND LETTER.

Maybe Merely a Coincidence, Maybe a Spirit Message.

The following story of a dream was told to a correspondent by an acquaintance who is about as stolid and unimaginative a man as one could meet:

He had a friend of whom he had lost sight of for some time. This friend committed suicide and one night, soon after he had done so, the unimaginative man dreamed that he was walking along a street after dusk when the bust of the dead man appeared to him and requested him to follow it. He did so, and it led him to a house, the door of which was open, and then up some stairs to a room where there was a table on which lay a number of books, all of which were lying open.

The dreamer therefore there was something unusual in the spectacle of a great many books in his room. The bust turned to the unimaginative man and begged him to turn over a page of each book so that it might continue to read. He did so, and he remembers that the bust became petulant when he turned over two pages in mistake. When all the pages were turned two bust appeared to be happy.

The dreamer awoke and told his wife about it. When he went down to breakfast he found a letter lying on the table bearing the postmark of a town of which he had no knowledge other than its name. He had never been there, nor so far as he was aware, had the dead man, nor had he any friends or relatives in the town. The only relative of the dead man of whom he had any knowledge lived in another city.

When he opened the envelope he found inside it a small photograph of the dead man, showing his bust only. There was not any letter inclosed with it, nor anything to denote by whom it had been sent, and to this day he does not know from whom he received it.—Manchester Guardian.

Slept at Will.

It must be essential to every general and indeed to every man who is bearing a heavy load of anxious business to be a good sleeper. Napoleon was a first-rate sleeper; so was Pitt; so was Washington; so was Mr. Gladstone; so was Mr. Salomon. At Salamanca Wellington, having given his order for the battle, said going to take a rest. When they reached the camp he found the general in the middle of a nap. Then he lay down and was fast asleep in a minute. In the midst of the critical operations he laid himself down, and a newspaper over his face and took a nap.

FOR THE FARMERS

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