

**Don't Trust to Luck—**  
**When ordering Tea, but insist on getting the reliable—**  
**"SALADA"**  
**The Tea That Never Disappoints**  
**Black, Green or Mixed — Sealed Packets Only.**

**Keeping Food Cool Without Use of Ice**

As the weather grows warmer and ice slips into the ranks of commodities that march under the banner of H. C. L., the question of how to keep the refrigerator full this summer begins to worry the already perplexed head of the family. But if you are handy with tools you can build an iceless box at a trifling cost, and the cost of operating will be nothing. Here is the way it is done: A wooden frame is made with dimensions 42 by 16 inches, and is covered with screen wire, preferably the rustless kind. The door, made to fit closely and mounted on brass hinges, can be fastened with a wooden latch.

**Keep Your Health TO-NIGHT TRY Minard's Liniment**  
 for that Cold and Tired Feeling. Get Well, Keep Well, Kill Spanish Flu, by using the OLD RELIABLE.  
 MINARD'S LINIMENT CO., Ltd. Yarmouth, N. S.

The bottom is fitted solid, but the top should be covered with screen wire. Adjustable shelves can be made of solid wood or strips or sheets of galvanized metal. Shelves made from poultry netting on light wooden frames, are probably the most desirable. These shelves can rest on side braces placed at desired intervals. A bread-making pan, 16 by 16 inches, is placed on the top and the frame rests in a 17 by 18-inch pan.

**AN ATTRACTIVE SURFACE.**  
 All of the woodwork, the shelves and the pans should receive two coats of white paint, and one or two coats of white enamel. This makes an attractive surface and one that can be easily kept clean. The screen wire also may receive two coats of enamel, which will prevent it from rusting. A cover of cotton flannel, burial or duck is made to fit the frame. If cotton flannel is used, the smooth side should be out. It will require about three yards of material. This cover is buttoned around the top of the frame and drawn down the side on which the door is not hinged, using buggy hooks and eyes or large-headed tacks and eyelets worked in the material. On the front side arrange the hooks on top of the door, instead of on the frame, and also fasten the cover down the latch side.

of the door, allowing a wide hem of the material to overlap the place where the door closes. The door can then be opened without unbuttoning the cover. The bottom of the cover should extend down into the lower pan. Four double strips, which taper to eight or ten inches in width, are sewed to the upper part of the cover. These strips form wicks that dip over into the pan.

Operation of the refrigerator is as simple as its construction. The lowering of temperature inside the refrigerator depends upon the evaporation of water. To change water from a liquid to a vapor, or to bring evaporation takes place heat is taken from the inside of the refrigerator, thereby lowering the temperature of the inside and contents.

The upper pan is kept filled with water. The water is drawn by capillary attraction through the wicks and saturates the cover. Capillary action starts more readily if the cover is first dampened by dipping it into water or throwing water upon it with the hand. The great rate of evaporation which can be secured. Under ideal conditions the temperature has been known to be reduced to 50 degrees Fahrenheit. Obviously, weather conditions have a lot to do with this refrigerator. A warm, dry day, with a slight wind, is possible blowing on the cover, produces the best results in maintaining coolness of contents.

**REGULAR RATES.**  
 "Full up. No more beds."  
 "What will you charge me to sleep on a billiard table?"  
 "Forty cents an hour, regular billiard rates. I wouldn't profiteer on a man in trouble."

**ASTHMA**  
 Templeton's RAZ-WAH Capsules are guaranteed to relieve other day.  
 Write Templeton, 142 King St. W., Toronto, for free sample.  
 Reliable druggists sell them at \$1.04 a box. 70

**Tight Collars Muddle Brains.**  
 Dr. Leonard Williams calls attention to the reaction to the penalties that men and women have to pay for the erect posture. Instead of the heavy organs in their abdomens having the support of the floating ribs and the bony pelvis, as they have in the lower animals, they hang, gravity pulls them down and all sorts of displacements are the result.

**DR. WARD The Specialist**  
 79 NIAGARA SQUARE, BUFFALO, NEW YORK.

**Men, Are You in Doubt**

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? **ARE YOU NERVOUS** and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there falling power, a drain on the system? Consult the old reliable specialists.

**SYMPTOMS OF VARIOUS AILMENTS.**  
 Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrefreshing sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 22 years' eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 22 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 22 years in treating men and their ailments.

**Dr. Ward's Methods Unrivaled, Thorough and Permanent.**  
 Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, lumbago, rheumatism, stomach and liver trouble, acne, skin blemishes, catarrh, asthma, rectal troubles, piles, fistula and blood conditions.

**OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.**  
**FREE CONSULTATION EXAMINATION.**  
 Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.  
 79 Niagara Square, Buffalo, N. Y.

organs situated in the head. In the horizontal posture this drainage is sluggish, whereas man "invokes the aid of gravity to assist him in riding his upper storey of effete matters. It is not inconceivable that this difference may explain the distinction between the "intelligence," which we concede to the dog and the "intellect" which we regard as the monopoly of his master. The distinction would be greater still if the master did not so frequently nullify the difference by wearing tight, hi-collars to impede the all important drainage. A constricted neck means a muddled head; not infrequently it connotes a bad one and a pimply face."

**Arctic Night.**  
 Viewed solely as a matter of optics the Arctic night is as dark as any night. Explorers in high latitudes say, however, that there are many alleviations of the obscurity. The stars flash keenly, the moon comes along in a regular succession of phases, the snow surface relieves the gloom under conditions of the utmost absence of light, and the aurora borealis is the finest kind of illuminant. Explorers all agree that their men pass the winter night without much difficulty if only there are means of amusement.

**Minard's Liniment Relieves Neuralgia EVERBODY HAPPY.**  
 Much to his annoyance, they were late for the game, arriving at the sixth inning. "What's the score Fred?" he asked a fan. "Nothing to nothing," she exclaimed radiantly. "We haven't missed a thing."

**RELIEF AT LAST**  
 I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone'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. SUMMERS, BOX 8, Windsor, Ont.**

**Always a Silver Lining.**  
 He looks as if he might be a member of the diplomatic corps, but he isn't—being a salesman in a time-honored department house on Seventh street, which in one respect, anyhow, is something equally as good.

Also, he has a wife who must be a cheerful-robin type of little woman, for when she peeped in on her husband the morning the order went forth that stores were not to be opened until ten o'clock she accepted the news a cloud with the buoyancy of one who knows a silver lining when it comes her way.

"Why, James," James "is the diplomatic-looking husband," now you can help me with the breakfast dishes, can't you?"

"Oh, yes, the silver linings are there, all right—provided the news cloud with the morbidity on the cloud side of a situation."—Washington Star.

**MURINE Night and Morning.**  
 Have Clean, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Write to: Murine Co., Chicago

**The Song the Mother Sings.**  
 O sweet unto my heart is the song my mother sings  
 As eventide is brooding on its dark and noiseless wings,  
 Every note is charged with memory, every memory bright with rays  
 Of the golden hours of promise in the lap of childhood days.  
 The orchard blooms anew, and each blossom scents the way,  
 And I feel again the breath of eve among the new-mown hay,  
 While through the halls of memory in happy notes there rings  
 Song my mother sings.

It's a song of love and triumph, it's a song of toil and care,  
 It is filled with chords of pathos, and it's set in notes of prayer,  
 It is bright with dreams and visions of the days that are to be,  
 And as strong in faith's devotion as the heartbeat of the sea;  
 It is lined in mystic measure to sweet voices form above,  
 And is starred with brightest blessing through a mother's sacred love,  
 O sweet and strong and tender are the memories that it brings  
 As I list in joy and rapture to the song my mother sings.  
 —Thomas O'Hagan.

**Minard's Liniment Cures Dandruff.**  
**A Windfall.**  
 The origin of "windfall," in the sense of "good luck," dates from the time of William the Conqueror. It was then a criminal offense to cut timber in the forests. Only such could be gathered as the wind had blown down; hence, a heavy windstorm was hailed by the peasants as so much good luck, and from this comes the modern application of the expression.

**Minard's Liniment for sale everywhere**  
 "It's three years since I was in this city," said the stranger, as he finished his dinner. "I don't find much change, either," said the waiter as he picked up the penny that was left under the plate.—London Tit Bits.

**BRUCE'S SEEDS**  
**Special Garden Collections**

**School Children's Collection**—10 pkts. for \$1.00, postpaid. 1 pkt. each Beans, Beet, Carrot, Corn, Cucumber, Lettuce, Onion, Peas, Parsnip, Radish, Squash and Turnip—our selection of varieties.

**Small Garden Collection**—Beet, Cabbage, Carrot, Cucumber, Lettuce, Onion, Parsley, Parsnip, Pumpkin, Radish, Spinach, Squash, Tomato and Turnip—14 pkts. for \$2.00, postpaid—our selection of varieties.

**Suburban Garden Collection**—1 lb. each, Beans, Corn, Onion Sets, and Peas; one pkt. each Cabbage, Cucumber, Parsnip, Lettuce, Melon, Parsley, Spinach, Squash, Tomato and Turnip—4 lbs., 4 oz., and 10 pkts. for \$3.50, postpaid.

**Flower Seed Collection**—Nasturtium, seven varieties, all colors, 50 cents; Tall Nasturtium, seven varieties, all colors, 50 cents; Sweet Peas, Royal Boscany, seven varieties, all colors, 50 cents; Spencer Sweet Peas, six varieties, all colors, 50 cents; Various Flower Seeds, seven varieties, mixed colors, 50 cents.

**FREE**—Write for our 128-page Catalogue of Seeds, Plants, Cutts, Garden Implements, Poultry Supplies, etc.

**JOHN A. BRUCE & CO., LIMITED**  
 Seed Merchants ESTABLISHED 70 YEARS Hamilton, Ont.

**PROPERTIES FOR SALE.**  
**FOR SALE—FLOUR MILL UP TO DATE.** Water power; also a quantity good split pulleys. Wheelock engine. A Shaw, Hawkestone, Ont.

**FOR SALE—STANDARD HOTEL.** Fully furnished, all equipments. Nearest town to Hadium Discovery Prospects of big boom. Ideal tourist resort, also store with some stock. Address Box 27, Kearney, Ont.

**MISCELLANEOUS**  
**IT IS ALWAYS SAFE TO SEND A Dominion Express Money Order.** Five dollars costs three cents.

**"H. C. of L." in Nelson's Day.**  
 The returned soldier, who is disgusted to find how horribly dear everything is, will enjoy this story of Horatio Nelson.

The admiral was dining with Beckford, the author of "Vatbok," and a very rich man. Owing to the great scarcity of wheat, even such folk often denied themselves bread at dinner. Lord Nelson asked for bread, and when told by a servant that bread was not served at Mr. Beckford's table, he looked angry, drew from his pocket a shilling, and sent his own servant to buy a loaf, observing that, having fought for his bread, he was not going to be denied it by his fellow countrymen.

**HELP WANTED—MALE.**  
**WOOLLEN MILL HELP WANTED.** We have several good openings for experienced and inexperienced male and female help. We require girls for weaving and winding. Every assistance given to learners, and good wages paid during apprenticeship. Workers in this line earn very high wages, and are always in demand. Only a couple of weeks' time necessary to learn. Several good openings for steady men. Special consideration shown to family of workers. Rents and costs of living reasonable in Brantford. Moving expenses advanced to reliable families and housing accommodation arranged. Full particulars cheerfully furnished upon request. Write to the Slingaby Manufacturing Co., Ltd., Brantford, Ontario.

**HELP WANTED**  
**WANTED**  
**FIRSTCLASS KNITTER, EXPERIENCED ON DUBU'D Flat Fashioning Machine.** Good wages paid to capable man in Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

**FRANK J. CHENEY.**  
 Sworn to before me and subscribed in my presence, this 6th day of December, A.D., 1886.  
 (Seal) A. W. Gleason, Notary Public.  
**HALL'S CATARRH MEDICINE** is taken internally and acts through the Blood on the Mucous Surface of the System.  
 Druggists 75c. Testimonials free.  
 F. J. Cheney & Co., Toledo, Ohio.

**A POSER.**  
 "My wife can't be fooled."  
 "Then how on earth did you ever induce her to marry you?"  
**Minard's Liniment Cures Burns, Etc.**  
 Every man must carve out his own fortune, but it takes pretty sharp tools.

**SPOHN'S DISTEMPER COMPOUND**  
 IN EVERY STABLE  
**SPOHN'S DISTEMPER COMPOUND**  
 is the one indispensable remedy for contagious and infectious diseases among horses and mules. Its success as a preventive and cure for DISTEMPER, PINK EYE, COUGHS and COLDS for more than twenty-six years is the highest tribute to its merit as a medicine. It is endorsed by the best horsemen and live stock men in America. Buy it of your druggist.  
**SPOHN MEDICAL CO., Goshen, Ind., U. S. A.**

**At Your Service**  
 Wherever You Live.

The woman in town, or country, has the same advantage as her sister in the city in expert advice from the best-known firm of Cleaners and Dyers in Canada.

Parcels from the country sent by mail or express receive the same careful attention as work delivered personally.

**Cleaning and Dyeing**  
 Clothing or Household Fabrics

For years, the name of "Parker's" has signified perfection in this work of making old things look like new, whether personal garments of even the most fragile material, or household curtains, draperies, rugs, etc.

Write to us for further particulars or send your parcels direct to

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