

### MOTHERS

**REMEMBER!** The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zambuk is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

**USE ONLY ZAMBUK FOR CHILDREN'S SORES**

**GOOD TIMES IN SIGHT.**  
(Chicago Tribune.)

In industry and trade the improvement has continued. The foreign export figures for January are satisfactory, domestic business is growing in volume; the western railroads are reporting good business; the situation in the south is decidedly better than it was a few weeks ago, as cotton is moving to market and commanding a fairer price; the railroads are becoming more active buyers of rails and equipment; the labor market, while still far from normal, reports decreasing idleness here and there. Some mills and factories have returned to a high, if not full, capacity. Thousands of men have returned to work and more thousands may expect the welcome summons.

Finally, the entire business community, is confidently looking forward, not backward. A convention of insurance men from all over the country, recently held in New York, was marked by real optimism, and salesmen in every line are reporting similar "psychological conditions." Slight recessions and reactions hardly matter. The general trend is upward and onward.

### STOCKS AND BONDS

**PUBLIC Prices and PUBLIC Dealings**

This is the ONLY unrestricted market in Ontario, if you want to buy or sell securities of any kind write to us.

**BURNETT'S SECURITIES AUCTION**  
95 King St. East, Toronto.

### AN AGE OF SELF.

(Bramford Expositor)

Has the age become so commercial that people are too absorbed in business problems of their own to care to give their time to work for the public good, or have people become so self-centred that they have little thought or care for anything but their own convenience? Even in the churches, though the auditorium may be crowded on the Sabbath, the members leave the responsibility for the conduct of the various departments of church endeavor to the few, taking but little active interest themselves. The trouble seems to be that in the past age in which we have been living, "self" has become such a dominating factor in people's lives that the inclination to expend either time or energy for anything but personal welfare and pleasure has almost disappeared. This is food for serious thought.

### WATCH BUSINESS CONDITIONS.

(Montreal Evening News)

Is not one of the main things wrong about business this—that nearly everybody is waiting for to get good of itself. Many are standing around waiting for somebody else to make business good.

Each day conditions, domestic and foreign, are creating a condition favorable to business in Canada. The pessimist cannot prevent things getting right.

It is those who buy now, build now and hire work done now who will be in position to reap the best profits when the harvest of business does come, as it must come to Canada.

### BETTER THAN SPANKING

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

### MARRIED EDITOR'S VIEW.

(Exchange)

In Cleveland several bachelors have been put on a committee to investigate child conditions. "Bash" the average bachelor can't tell a stomach tooth from a carpet tack. And if a youngster was rolling his eyes in sleep and smiling they'd probably think it was talking to the angels, whereas it only needs a little putting on the back to bring up the wind off its stomach!

### GERMAN MUSIC.

(Toronto Star.)

Music accords with order and orderly progress. German music has no connection with German militarism. To object to music because it is German would be as absurd as to discard Protestantism because Luther was German.

### VALUE OF ELASTICITY.

Shown in the band Blast as Well as in Catching a Ball.

A sand blast consists of a stream of sand and compressed air shot from a nozzle and is used for polishing or cutting hard materials or cleaning paint off metals, etc. It is also used for etching figures on glass. Now the question arises as to what the glass is covered with in those parts that are to remain free from etching.

A thin sheet of rubber is used, it having been found that the sharp sand particles will rebound from the rubber, although cutting deeply into the glass. As rubber is much softer than glass it seems more or less peculiar. The explanation lies in the fact that the sand particles striking the rubber take a longer time to stop than those striking the glass, and it is a law of mechanics that the longer it takes a given body to stop the smaller the force exerted on the object struck.

This is a well known phenomenon in other ways. A player catches a baseball with a backward swing of his hand instead of holding it rigid. The mitt itself allows the ball some time to stop before the stuffing is compressed sufficiently to become rigid. A pair of eyeglasses dropped on a carpet do not break, but do drop on a cement sidewalk from the same height. They have the same amount of energy to be destroyed by the body that stops them, for they fall from the same height, but the carpet took longer to stop them than the cement.

The same reasoning applies when a man is hit on the jaw and on the fleshy part of the arm with the same amount of force in each blow. Damage is done to the jaw, but not to the arm. Thus, if a fat man is kicked, nothing in the world is hurt but his dignity.—Chicago Herald.

### Minard's Liniment Cures Diphtheria.

**LEGEND OF THE TEAPOT.**

**Origin of the Beverage as the Tale is Told in China.**

The Chinese claim to be the first users of tea as a drink, and how it originated is told in a pretty little legend that dates from 2,000 years before the coming of Christ.

A daughter of the then reigning sovereign fell in love with a young nobleman whose humble birth excluded him from marrying her. They managed to exchange glances, and he occasionally gathered a few blossoms and had them conveyed to her.

One day in the palace garden the sweethearts met, and the young man endeavored to give her a few flowers, but so keen was the watchfulness of her attendants that all she could grasp was a little twig with green leaves.

On reaching her room she put the twig in water, and toward evening she drank the water in which the twig had been kept. So agreeable was the taste that she even ate the leaves and stalks. Every day afterward she had bunches of the tea tree brought to her, which she treated in the same way.

Imitation being the sincerest form of flattery, the ladies of the court tried the experiment and with such pleasing results that the custom spread throughout the kingdom—and the great Chinese tea industry became one of the greatest businesses in the world.—London Tit-Bits.

### Long Sleeves, High Neck; That's 1915 Style



### Minard's Liniment Cures Colds, Etc.

### Gained 30 Lbs. in Few Weeks Never Felt So Well

**Was Pale, Weak and Thin, and Had Nervous Headaches Before Using Dr. Chase's Nerve Food.**

It is truly wonderful what Dr. Chase's Nerve Food does for women who are weak, weary and run down in health. New, rich blood is what is needed in nearly all cases, and because Dr. Chase's Nerve Food forms new blood it brings cure—not mere relief, but actual cure—in the great majority of such ailments.

With an abundance of rich, red blood coursing through the veins the nerves are strengthened and vigor and vitality are carried to every organ of the human body.

With the nerves properly nourished headaches and neuralgic pains disappear, appetite improves, digestion is good, you sleep and rest well, and gain in strength and weight.

Mrs. H. Laich, Cannington Manor, Saskatchewan, writes: "You will remember me writing you last spring. Well, I gave up my doctor and began using Dr. Chase's Nerve Food. This treatment cured me rapidly and I was soon myself again. I was pale, thin and weak, suffered from stomach troubles and liver complaint, and frequently had sick, nervous headaches. "I was surprised to find that in a few weeks' time I had gained 30 pounds in weight. I never felt so strong and well in all my life. Headaches never bother me any more, and I am grateful for the cure. If people would only give this medicine a fair trial they would certainly be cured."

Everywhere people are talking about this great food cure, which cures in Nature's way, by supplying the ingredients to form new blood, and so overcomes weakness and disease by an abundance of vitality. Dr. Chase's Nerve Food, 50c a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

### FREE "PUFFS."

(Toronto News)

Perhaps complaint is ungracious, especially as the Lord loveth a cheerful giver, but there are a lot of things to one doubts the spirit of a grocer who sells goods for actual cost to a poor family. But no one would ask him to give the goods away and then oblige further with a cash contribution. A newspaper is as much a business as a grocery shop. Truly it is a servant of the community, but there is no reason that it should be an unprofitable servant.

The attitude of editors towards all desirable projects, patriotic, charitable, or perhaps too easy. Probably as long as time shall last newspapers will do more honor to their hearts than to their heads. But honorary secretaries, great names, general managers should be considered.

### Beautiful Walls For Your Home

Sanitary, Fire-Proof, Inexpensive

Make your home more attractive, and protect it from fire with these beautiful, sanitary "Metallic" Ceilings and Walls

They will out-last the building and are very inexpensive. They can be brightened from year to year with a little paint at a trifling cost. Made in innumerable beautiful designs suitable to all styles of rooms. Can be erected over old plaster as well as in new buildings. Write for catalogue.

We manufacture a complete line of Sheet Metal Building Materials.

**THE METALLIC ROOFING CO., LIMITED**  
Manufacturers  
King and Dufferin Sts., TORONTO 797 Notre Dame Ave., WINNIPEG

### An Egg Race.

To play this game two empty egg shells and a couple of strips of white tape, each two yards long, are required. There is also a little fan, which is used in the game.

To play this mark out two goals by taping down the pieces of tape at opposite sides of the room, leaving plenty of space behind each for a child to crouch down at the outset of the race.

Place an empty eggshell in the centre of each line of tape and choose a boy and a girl to play against each other. Give the girl the fan and place her behind her barrier with directions to fan her egg over her barrier and across her opponent's boundary as quickly as possible. The boy player meantime lies to rely on his lungs to make his egg travel, and the player whose egg first crosses the tape of the enemy wins the game.

### First Fiction Known.

The "Tale of Two Brothers," written 2,200 years ago by the Theban scribe Euhemerus, librarian of the palace to King Menephtah, the supposed Pharaoh of the Exodus, is the oldest work of fiction extant.

The tale was written apparently for the entertainment of the crown prince, who subsequently reigned as Seti II. His name appears in two places on the manuscript, probably the only surviving autograph signatures of an Egyptian king.

This piece of antique fiction, written on nineteen sheets of papyrus in a bold hieratic hand, was purchased in Italy by Mme. de Bismarck, who sold it in 1871 to the authorities of the British Museum, where it is now known as the D'Orbigny papyrus.

### Rust-Proof Ironwork.

A simple method of making ironwork proof against rust is to heat it until it is almost red-hot, and then brush it over with linseed oil. This makes a varnish which, unlike ordinary paint or enamel, does not chip off.

### CUSTOMS CHANGE, NOT MEN.

(Troy Free Press)

In an age of rapid progress in science, invention and thought it is well to bear in mind the sharp distinction between customs and men. Customs change swiftly. Men change so slowly that the story of a street riot in Rome in the days of Julius Caesar reads much like a similar one from Petrograd or Budapest in 1915.

"No Jack is engaged, is he? And is Panny the bride-to-be?" "No, Sir's the tried-to-be!"—Boston Transcript.

### The Housekeeper

Here is a fact worth knowing when you cook eggs. A spoonful of flour added to the grease in which eggs are to be fried will prevent them from breaking or sticking to the pan.

A solution of ammonia, applied three or four times to a cold sore, will remove it, if done when first felt.

Pickles may be kept from moulding over by laying a bag of mustard on top of them.

A tablespoonful of salt, sprinkled over the coals, will brighten the range fire quickly.

After the dust is wiped off a mirror, a little camphor on a cloth will brighten it.

If eggs are scarce and you are making a pumpkin pie, use a tablespoonful of flour in place of one of the eggs you would have used, and you will never know the difference, at least, others will never notice the difference.

To raise the pile of plush, sponge with chloroform.

To keep nickel ornaments on stoves and various articles bright, use ammonia and whiting. Mix together in a bottle and apply with a cloth. A very little gives a fine lustre.

It is a good plan to pepper a carpet thickly just where any heavy piece of furniture has to rest on it, as this helps to keep the moths' and other insects away.

Nuts when bought ready shelled should be scalded, dried in the oven and put away in glass jars.

When next making griddle cakes add a little brown sugar or molasses to the batter, the cakes will brown better and more easily.

When boiling turnips add a little sugar to the water; it improves the flavor of the vegetable and lessens the odor in the cooking.

The work of cleaning white paint should be divided between two people, one doing the washing and the other the polishing. The washing should be done with soap and warm water and a piece of flannel, the drying with a piece of old linen, and the polishing should be done immediately with a soft duster.

Cold slaw is greatly improved by the addition of a few leaves of parsley chopped fine with the cabbage or two or three stalks of celery chopped with the cabbage. A rich mayonnaise should always be used for slaw unless a French boiled dressing is preferred.

### Breaking a Bad Habit.

A customer had come to purchase a beef roast. Now, it seems that Bill (to the patrons), of boaring down, with a heavy hand upon the scales. This high cost of living thing and all that were bad enough in all conscience, thought some of his patrons, but one of them finally broke Bill of this trick.

As was stated, the customer was buying a beef roast, and Bill slyly was helping out the work of the scales with one pudgy fist when before a spoonful of people the buyer said: "Take your hand off that scale, Bill. I'm buying beef, not pork."

Since then no one has had to chide Bill for a similar act.—Exchange.

### TIFFS OF THE MARRIED.

(London Advertiser.)

Perhaps after all, these little "tiffs" can be made helpful. With the right kind of a man and woman, and fortunately for the world the majority of men and women are that kind, a little unselfishness, a little tact, will smooth things over and it is a grand triumph for those occasional big crises that come into the lives of most married people. As senescence has pointed out, a blaring discord in the playing of a symphony brings out in greater relief the beauty of harmony. Instead of leading to separation, legal or otherwise, these differences should lead to better understandings. There should be a giving and taking, a mutual concession, if married life is to be the sweet, beautiful ecstacy of the unmarriageable. It is a mixture of common sense and a frank admission of dissimilarities of taste and desires, with a willingness to compromise will help greatly to solve the domestic quarrel problem.

### Corns Cured Quick

Applied in 5 Seconds

Sore, blistering feet from corn-punctured toes can be cured with FETNAM'S EXTRACTOR in 24 hours. "FETNAM'S" EXTRACTOR draws away that draw-ing pain-causing matter, makes the foot feel good at once. Get a 25c bottle of "FETNAM'S" today.

**THAT LITTLE "IF."**  
(Kingston Standard.)

What is going to happen? Mr. Rockefeller, junior, says, "I was far between capital and labor is undecipherable, unchristian, and uneconomic, and it should be brought an end to." If his family had thought this long ago and not amassed huge capital by grinding the faces of the poor, there would not have been so much of this warfare.

### PREACHER SHOULD GINGER UP.

(Guelph Mercury.)

What is there about going to sleep in church that seems to be so conducive to snoring? It seems to invariably happen that when a person slides off for 40 winks, his head bobs forward and the sound of timber sawing commences. What an inspiration a preacher must gather from such a dozen rich, well developed snorers!

Every moment of life is a step toward the grave.—Crefillion.

### Meat as a Food.

The value of meat as a food depends chiefly, of course, on its protein and fat, which are valuable in building and repairing the tissues of the system. Yet the government experts report that there is uniformity in the proportion of "building material" in the expensive and inexpensive cuts. The high priced cuts of beef coming from those parts of the animal where there is little motion, have short fibres, making tender meat, while the cheaper cuts have long, coarse fibres, which need long, slow cooking to make them tender enough to be digested easily. This is where the cook shows her skill, for the different cuts need different treatment.—Woman's Home Companion.

### COUNTRY BOYS AND ENLISTING.

(Stratford Beacon.)

There is a reason why few young men from the rural districts of Ontario have been enlisting for the service at the front, besides that of not feeling the urgency of the call to the same extent as do the young men in the towns and cities, that is they are there to enlist, as they were to enlist and did for service against the Fenians in 1866. Another reason is that where there are young men on the farm it is difficult to get help to replace them, in some cases it would be impossible. On some farms there are no young men, on others there may be one, and in others more. Where the latter is the case there would not seem to be much excuse. When all feel that the call is imperative they will readily respond.

### "THESE DEGENERATE DAYS."

(Ottawa Citizen)

Somehow the old-time is convinced that mentally, morally, socially and every other way the old days and nights were best, when the Lange was unknown and the younger generation not only saw but took an active and healthy part in nature's great moving picture. Will the old times ever come again?

### Spohn's 5 Points

It is simple, safe and sure for all forms of Distemper, it is dependable for colds, brood mares and other ailments. It restores normal functions. It prevents disease. It is most economical! Any good druggist, horse goods house, or manufacturers.

**SPOHN MEDICAL CO. Chemists, Goshen, Ind., U.S.A.**

### Does Your Scalp Itch And Hair Fall Out

Because of

### Dandruff and Eczema? Cuticura Soap and Ointment

Promote hair-growing conditions when all else fails.

**Samples Free by Mail**  
Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 25c. book. Address "Cuticura," Dept. K, Boston, U.S.A.

### ISSUE NO. 7, 1915.

**HELP WANTED—FEMALE**

WANTED: MILLERS CAP GOOD EDUCATION and character to train for nurses. Reply to Welland Hospital, St. Catharines.

### MISCELLANEOUS.

**MERCHANTS, TRADESMEN—** If you have a prosperous going business, no matter what line, and wish to sell to a good buyer, let me hear from you. I make an average of no charge, unquestionable references. Curvey's Business Exchange, Per David M. Curvey, No. 11 Spence Building, Toronto, Ont.

### A Battery in Your Mouth.

A dead frog, kicking convulsively as it hung from the iron railing of an Italian balcony—this was the first electric battery!

Luigi Galvani, a scientist born in Bologna, Italy, in 1737, had hung the frog on the balcony by a copper wire. He noticed that every time the legs touched the iron the frog kicked. He believed this proved the frog's body contained electricity, but modern scientists know that the electric current was generated because the copper and iron were in contact above, while they were also connected by the body of the frog which had been soaked in a solution of salt and water. It is on this principle, of two metals joined on one edge and immersed in an acid solution, that scientists have invented the "galvanic cell," and it is called after Galvani.

You can make a primitive electric battery in your own mouth, if you wish, by placing a small piece of zinc and a piece of copper on your tongue and letting their edges touch. You will note at once a peculiar bitter taste. This proves that the metals, together with the salty saliva on the tongue, have made an electric cell of your mouth!

### OUR BIG DEBT.

(Detroit Free Press)

With fifty million dollars already appropriated for war purposes and an immediate necessity for finding another hundred million, our neighbors in Canada are beginning to feel the weight of military taxation. The extraordinary demands will almost certainly have to be met by extraordinary measures, since the normal revenue of about \$155,000,000 will be required to provide for normal expenditures, which will be lightened only in proportion to the diminution of revenue. More borrowing must be done by Canada and the public debt of the country must be increased.

When this situation arises warnings that went unheeded a few years ago should recur to the minds of our citizens across the line. They have been going into debt impulsively. Although a young people at a comfortable level of borrowings mount up to a conspicuous position among the nations, the per capita debt of the dominion bears about 88 where the per capita debt of the United States, to take one instance for comparison, is only about 50. With a little more than six million people Canada owes nearly half as much as does the United States with close to a hundred million people.

### The Nova Scotia "Lumber King" says:

"I consider MINARD'S LINIMENT the best LINIMENT I have used."

"I got my foot badly jammed lately. I bathed it with MINARD'S LINIMENT and it was well as ever next day."

"Yours very truly,"  
"T. G. McMULLEN."

### Something Really Important.

"I wonder if you could find out exactly how I stand with your father?"

"What difference does it make?" responded the helpess. "If I marry you whether he likes you or not."

"I wasn't thinking of that, my love. He gave me a tip on the stock market just now. Is it safe to play, it, or is it not?"—Pittsburgh Post.

### Minard's Liniment Cures Garget in Cows.

**DEAF AND DUMB.**  
(Pittsburg Gazette-Times)

Many European warriors have been rendered permanently deaf by the noise of cannon. And then there are the dumb-dumb babies.

Silent anguish is the more dangerous.—Raeine.

### Spohn's 5 Points

It is simple, safe and sure for all forms of Distemper, it is dependable for colds, brood mares and other ailments. It restores normal functions. It prevents disease. It is most economical! Any good druggist, horse goods house, or manufacturers.

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