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And watch that troublesome eruption disappear. Bathe with Cuticura Soap, dry and apply Cuticura Ointment. For eruptions, rashes, irritations, etc. they are wonderful. Nothing so insures a clear skin and good hair as making Cuticura your every-day toilet preparations.

Bird Families

Did you ever stop to think that birds are grouped into families, just as human beings are; that they have such marked family characteristics and resemblances that, if you see an unfamiliar bird, you may still be able, at a glance, to tell his family name by recalling some of his relatives with whom you are acquainted.

Twelve Mistakes Regarding Good Values

Most of us are wont to accept the often-stated as proven truth in dietetic matters. The common fallacies about food are repeated from generation to generation. Scientific analysis disproves many suppositions. Here are instances:— 1. It is often said that beef is more nourishing than bread and cheese. There is, however, far more nutriment in one shilling's worth of bread and cheese than in beef of the value of one shilling. Lean beef is very inferior to cheese as nutriment.

The Razor for the Road

Shaving in swaying, jerking Pullmans has taught the travelling man the value of "safety first," and so he uses an AutoStop Razor.



AutoStop SAFETY RAZOR

Stopping saves his blades and keeps them in perfect condition. He is never at a loss for a keen blade for he always has one. This is the fact that the AutoStop Razor sharpens its own blades and doesn't need to be taken apart for cleaning has led thousands of travelling men everywhere to speak highly of the AutoStop Razor to their friends.

Razor — Stop — 12 blades — \$3 in a neat, compact case.

AutoStop SAFETY RAZOR CO., Limited AutoStop Building, Toronto, Canada

—bank, barn, cliff, tree swallow, and purple martin—seem to prefer to nest near human beings, as if they liked company. The purple martin will gladly accept a bird house, if one is put up for him, but the entrance must be so tiny that the quarrelsome English sparrows cannot enter and drive out the pretty martins.

Then there is the warbler family, several of whom you may glimpse during a week or two in the spring and fall. They are even greater travellers than the swallows, as most of them nest in Canada though a few stay in the cool woods of New England all summer. Such tiny birds as most of them are! It seems hardly possible that their small wings can carry them so many hundreds of miles but they make their journeys leisurely, stopping whenever they choose, to feed and rest. The warblers vary in size from 4 1/2 to 5 1/2 inches in length; and, as they flit shyly about high in the leafy treetops, their bright colors blend so well with the foliage and sunshine that many persons are not at all aware of their presence. This is a pity for they are interesting little birds with sweet songs and dainty, attractive ways.

In fact, all birds are interesting, once one begins to get acquainted with them. There is no easier way to know them well than to think of them as divided into big, distinct families, like human ones, and then try to group your new bird acquaintances, as you meet them, into the families where they belong.

HIS PROSPECTS. "What are that young man's prospects? Well, father, he belongs to a union that intends to keep on striking for higher wages."

SHILOH 30 DROPS COUGHS TWELVE MISTAKES. One Dozen Popular Fallacies Regarding Good Values.

When you think how many, many birds there are—and birds, water birds, birds of the air, birds of the tropics, of the seashore, of the Arctic regions—you may realize how helpful even a slight knowledge of the most important bird families is; for, otherwise, we should never be able to remember them, once identified.

Whether you live in town or country, you have met and seen one member of the sparrow family; so you should be able to recognize other sparrows nearly anywhere, for they dress very much alike in coat of quaker brown and gray, with a white vest beneath. The largest member of this family is the fox sparrow, whose coat is sometimes a bright red-brown, with large red-brown spots along the sides of his vest. This is a large family, including perhaps eighteen different sparrows found in the United States, besides the dear little goldfinches, the bright cardinal of the south, as well as the rose-breasted grosbeak of the north. If you have observed goldfinches closely, you may have noticed that they are seed eaters; so you will not be surprised to learn that other seed-eating birds belong to the big sparrow family—among them a number of our winter birds, such as the purple finches, crossbills, snowbirds, and the quaint little junco.

There is one group which I always call the meadow family, as so many of its members live in grassy fields and meadows. The correct name is Icteriidae, and our bobolinks, red-winged blackbirds, meadow larks, orioles, and grackles belong here. Of course it is quite proper to call them Icteriidae—if you can remember it; but, if not, just say the meadow family, and they will not mind. Nearly all of them have some gay marking or patch of bright color, which harmonizes well with the dappled and blossoms of their meadow homes and gives the birds a happy, dressed-up feeling.

Of course you have the swallow family? Some of the swallows do not stop at Florida, but go on to Central America, or even further. They can do this perfectly well, since they have no trunks to pack and no train schedules to consider. However, they love the north best, and prove it by returning every spring to bring up their chicks there. They are friendly birds, and all of them

to wheat as human food. Maize undoubtedly contains more fat than wheat.

9. A Dover sole is esteemed as more valuable food than a dried herring. Generally speaking, oiled fish is more nourishing than fresh. A kippered herring is better food than a sole of first quality.

10. Nuts are regarded as dessert dishes and not as nourishing food. Brazil nuts, almonds, and walnuts have 50 per cent. of fat and are very good foods. Butter made from nuts is nearly as nourishing as milk butter.

11. It is thought that fruit is not a food. This depends on the kind of fruit. Dates are a staple diet in parts of the east, and figs and raisins in a dry state are very nutritive.

12. Tea and coffee are supposed to be "sustaining." Neither of these beverages contains nutriment. Milk and sugar give a small food value to the ordinary cup of tea or coffee.

AFRICAN STYLES. Natives of Rhodesia Show Striking Variety.

Although we have not thought the people of Africa to be much concerned about dress and fashions, yet styles, such as they are, have entered the villages of the dark continent and are beginning to cause the people much anxiety. Miss Pearl Muliken, Methodist missionary to Rhodesia, writes of the African dress as seen in a day school, according to the Centenary Bulletin.

"Many of the pupils, who range from the kindergarten age to grandparents, are dressed in store clothes. Their store clothes, however, have largely lost their humanity beneath a covering of many colored patches. Weather has nothing to do with clothes in this part of Africa. It may be a real summer day and you are wondering how you can keep cool, but not so these boys who have been taken to work and have clothes to exhibit to their less fortunate brothers. If these riches consist of somebody's cast-off overcoat he is sure to have it on and perhaps a bath towel around his neck, while most of the small boys are content with a yard of unbleached cotton for their entire outfit. But sometimes the big boys are quite generous with their little brothers and divide with them; such is the case of one little fellow who is the proud possessor of a vest which about covers him. Two or three others wear their brother's shirts, which is quite sufficient for all purposes. Some of the girls are dressed principally in beads, brass bracelets and ank-

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lets; while others have cloth draped around them forming a skirt and they are without a waist. One girl wears a silk waist with a dirty calico skirt. They often appear in evening dresses, the cast-off finery of the town women, and they may be seen digging in their gardens with these on. One came to school draped in a white bedspread."

Styles in names changing as well as in clothing. The following are some of the names which the African mothers have given their children: Spoon, Sauceman, Hotel, Pumpkin, Gingerbeer, Cigarette, Shilling, Sixpenny, Penny, Coffee, Sweet Pudding, Very Nice, Office, Tomato, Fifteen, Vinegar, Sugar.

Lawyers on Strike. Lawyers, as well as policemen, have been known to strike. Some years ago the barristers practicing in Sierra Leone were so dissatisfied with the judge who was acting as substitute for the chief justice while the latter was on leave that they unanimously elected to stand up pleading before him. Legal business in the colony was, therefore, at a standstill until the chief justice returned. France, too, affords an instance of a legal strike. One of the judges at St. Amant accused the local lawyers of deliberately promoting disputes in order to fill their pockets with fees. Thereupon all the lawyers in court departed in a body, declaring that they would not return until this insulting statement had been withdrawn. Eventually the judge apologized, and the lawyers resumed practice.—London Daily News.

HEALTH FOR THE BABY. The baby of to-day is the man or woman of to-morrow. Thus the success of the future man or woman depends upon the baby's present welfare. If the baby is sickly and ill nourished it is not to be expected that he will grow into a strong, active man who will hold his own in the business world a few years hence. Mothers it is a duty you owe the future to keep your little ones well now. This can be easily done of Baby's Own Tablets are kept in the house. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus make baby healthy and strong. Concerning them Mrs. W. Orser, Elginburg, Ont., writes: "I have a fine healthy boy three years and have used Baby's Own Tablets for him ever since he was a small baby. I certainly think them a splendid medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

DRUMS AND DRUMMERS. It is said the drum was introduced by the Moors in Europe from the east after the Crusaders, but under various forms it was certainly known to the Greeks and Romans, for the tympanum is frequently alluded to in the classics, which probably included the tambourine and kettle drum.

In the modern orchestra three principal forms of the drum are to be found. The common or side drum, the bass or Turkish drum, and the kettle drum.

The first is usually composed of a cylinder of wood or metal. Each end is covered with vellum or parchment, the tension being regulated by strings. It is worn at the side of the performer who beats the upper end, called the "batter head," with sticks, the under or "snare head," contains a set of cat-gut strings called "snarers," which add to the sharp crisp tone of the instrument.

The bass drum is a large instrument of the same kind, the cylinder is of oak, while it is beaten on both ends with drum sticks that are furnished with leather pads. It is considered by the military bands to be one of its most useful instruments, though it is as usefully employed by the modern orchestra, while many recent composers have availed themselves of it in their compositions.

The most important form of drum is, however, the kettle drum in all orchestral or distinct from military music. This instrument is hemispherical in shape, its bason is made of brass or copper, the cover being of vellum attached to an iron ring, the whole is placed on an iron tripod. It is turned by screws, though its limits are, of course, narrow. Kettle drums are always used in pairs, one being tuned to the key note, the other a fourth below.

These three drums are essential in every orchestra, while for any special music, the gang, tom tom, or some other similar instrument is used. It takes years of practice, writes H. H. Kinetz, in the Montreal Star, to acquire the suppleness of wrist required by the side drummer if he wishes to excel, so it is necessary to commence the study early or the labor will be in vain.

GARNISHES. Now that people have learned that plain cooking is every bit as good as the more elaborate sort that we had become more or less accustomed to before the days of Mr. Hoover, and far better for them from the health standpoint, they are loath to return to it, and many housewives are serving simple "one or two-piece meals," and garnishes that will serve as a part of the meal, instead of simply making the dish "look pretty."

A pot roast, or a steak on a large platter with a row of stuffed peppers or onions around it, needs no other accompaniment than a dish of baked or mashed potatoes, bread and butter and a light dessert to make a well-rounded meal. Fill cup-shaped leaves of crisp lettuce with cold left-over peas with a bit of French dressing over them, and put them around a platter of cold sliced lamb, and your family will think you are getting ready for real company. Nothing is better with boiled fish, cold or hot, than rounds of tomatoes with a spoonful of tartare sauce in the middle of each slice. To make the sauce simply add a spoonful of chopped pickle, another of capers and a teaspoonful of grated onion to a cup of your own favorite mayonnaise, whether it be home-made or purchased from the store.

RICE OR HOMINY BALLS. Rice or hominy made into little balls and fried a golden brown in deep fat make a delightful garnish for fried chicken.

If you want to glorify a common or garden stew, slice the potatoes into balls with the little cutter that comes for the purpose, and when you put your stew on the platter arrange the balls in a border around the meat, sprinkle with chopped parsley and paprika, and pour the gravy over it. Or you can make the border of mashed potato or rice. Mash the potatoes as for ordinary mashed potatoes, adding the yolk of one egg and beating until very light and fluffy. Pile an oval on your platter, shaping it nice-

ly with a spoon, then brush over with the white of the egg. Brown in a hot oven and put the stew in the centre.

FOR LEFT-OVER FISH. If you have a little left-over fish or meat that you want to use up, combine it with an appropriate vegetable, make a cream sauce and serve it at the main course of your meal in little croquettes made by cutting out circles of stale bread, hollowing out the centres and frying in deep fat a delicate brown. Or you can make shells for it by covering petty pans with pastry and baking them.

A delicious garnish for a salad, when salad is the main course of the luncheon, as it is so often on hot summer days, is made by turning a mound of your best jelly into the centre of a glass plate, surrounding it with little balls of cream cheese sprinkled with paprika, and passing with it common round crackers that have been split, soaked in ice water and then baked in a hot oven until brown.

UNREASONABLE. Creditor—How often must I climb these five flights of stairs before I get the amount that is due me? Debtor—Do you think I'm going to rent a place on the ground floor just to accommodate my creditors?

Cook's Cotton Root Compound. A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 2, 3. Sold by all druggists, or sent prepaid on receipt of price. See pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker).

The Englishman Won. A good story concerning a conversation between an American and an Englishman, in which the latter scored, was told by General Pershing while he was in London recently.

"My countryman (said Pershing) was telling one of yours a tall story about the wonderful sausage-making machines they had in Chicago.

"It's a big affair," he explained, "but quite simple. All you have to do is to drive a pig up a plank, through a hole in a machine, and five minutes later out come thousands of sausages."

"What becomes of the hide?" queries the Englishman. "The hide, sir?" retorted the American. "Oh, that falls out of another slot in the machine, and out comes portmanteaus, purses, or if you like, shoes" or saddles—merely a matter of turning a screw."

"Oh, that's all?" said the Englishman. "We've used that machine in England for the last thirty-five years. What's more, we've improved on it. Sometimes we found the sausages not up to the standard. Well, what happened? All we had to do was to put them back in the machine, reverse the engine—

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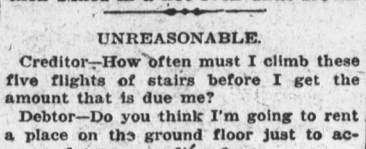
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EDDY'S SILENT FIVES

are the Finest Matches in the World. They are specially treated to make them safe. They won't ignite unless they're "struck". When they blow out they're completely out—insist on getting "Silent Fives", the matches with no after-glow—no danger of fire. All Eddy's matches are non-poisonous. Made—and well made—from the choicest and best seasoned pine blocks. Eddy's "Silent Fives" are absolutely match perfection. Ask also for Eddy's Toilet Paper.



would be in the neighborhood of Lake Baikal, across which the trains of the Siberian Railroad are ferried. Australia would be an island in the Atlantic ocean, with Bermuda off its northwest coast and the Azores off its southeast coast. The city of Shanghai would be in the Andes, between Chile and Argentina. Peking would be south of Buenos Aires. The Philippines would be in the heart of Brazil. Cape Horn would be in the region of the Himalayas.

The whole of Africa, if transplanted to the opposite side of the globe, would be in the Pacific ocean. The once-mysterious city of Timbuktu would discover itself to be surrounded by the Fijians, inhabited by people blacker than its own. The Sahara, if one drew upon it a map of its antipodes, would be sprinkled with many of the island group of Polynesia.

Military Searchlights. The military searchlight has proved of enormous usefulness during the war for a great variety of purposes, and, as a result, it has undergone very important development.

There has appeared, as one product of its evolution, a portable electric searchlight, weighing only 143 pounds,

which can easily be carried by a couple of men or by a mule. Provided with a powerful arc light, it throws, with the help of a bowl-shaped mirror or glass, a beam of brilliant intensity.

There is a tendency, however, to get rid of glass mirrors for war searchlights. They have two important disadvantages. One is that a chaser bullet will put them all out of commission; the other, that properly made glass reflectors cannot be quickly, or easily obtained. Nothing short of a first-class mirror-making plant is capable of turning them out.

Accordingly, since we entered the war, our army has taken to using reflectors which are simply shallow bowls of thin sheet iron plated on the inside with silver. They are not equal to mirrors, but they can be turned out quickly in indefinite numbers anywhere that silver plating is done. A rifle bullet will not break them, and they have the additional advantage of cheapness. Glass reflectors are very expensive.

The French during the war have been making trial of searchlight reflectors plated with gold, which, it is claimed, have great brilliancy. They are most costly, of course, but do not require daily polishing.

Even when a man cleans up a fortune it may still remain filthy lucre.

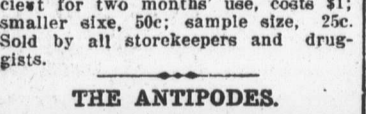
HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. I relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 6th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.



THE ANTIPODES. Canadians Have Absurd Notion That They Are Opposite China.

On the other side of the world, exactly opposite to the spot where you happen to be at the present moment, is a geographical point very interesting for that if for no other reason.

Supposing that from where you are standing or sitting a hole was bored straight down through the centre of the earth, and that you could drop through to the other side. Where would you come out?

Most people, in response to that question, would say China; but that is absurd when you come to think of it. Often one hears China spoken of as the "antipodes." But how could that be the case for anybody in Canada, considering the fact that both countries are in the Northern Hemisphere?

Nobody is walking about just opposite you on the other side of the earth. If any one tried it he would certainly get his feet wet, for he would be in the midst of the Indian ocean. Transfer Canada to the opposite side of the world, and the entire country would form an island in that vast expanse of sea.

London and Paris, if similarly transferred, would be in the Southern Pacific, south of New Zealand. Denver would be near the middle of the Indian ocean, between Australia and Africa.

Behring Strait would be in the far South Atlantic. The Panama Canal would find itself near the west coast of Sumatra. The Straits of Magellan

PARKER'S WILL DO IT. By cleaning or dyeing—restore any articles to their former appearance and return them to you, good as new. Send anything from household draperies down to the finest of delicate fabrics. We pay postage or express charges one way. When you think of Cleaning or Dyeing Think of Parker's. Parcels may be sent Post or Express. We pay Carriage one way on all orders. Advice upon Cleaning or Dyeing any article will be promptly given upon request. PARKER'S DYE WORKS, limited Cleaners and Dyers. 791 Yonge St. Toronto.

