## Great Britain's Recovery

In spite of the fact that Great Britain's imports during March totalled £177,000,000, which was an increase of £6,000,000 over the preceding month and included £58,000,000 worth of raw cotton, its excess of imports over exports for the month dropped sharply to a new low figure, amounting to only £28,000,000. In February the United Kingdom's unfavorable visible trade balance was more than double this, or nearly £62,000,000.

The exceptionally good showing made by the British foreign trade figures for March thus is seen not to be

ures for March thus is seen not to be the result of decreased imports, but rather to the new high record of its exports, which totalled £149,00,000 in March, as against £109,000,000 during the month preceding. The March exports, moreover, included a high percentage—namely, £122,000,000 worth of strictly British gods, indicating the extent of the revival in British industries. Re-exports for the month amounted to £27,000,000, which also is a heavy increase over previous months or d is equally significant of the progress being made by the United Kingdom dom on its efforts to recover its old remacy as a market place for

the world.
The fact that England is contriving,

BT a woman ease your suffering. I wase
my simple method of bone treatment,
send you ten days' free trial, postpaid, and put you in touch with
women in Canada who will
gladly tell what my method
has done for the m.
If you are troubled
with weak, tired
feelings, hc adache, b a c kache, bearing down

misplacement of internal ormisplacement of internal or-

Mrs. M. Summers, Box 8, Windsor, Ont.

and thus far with quite conspicuous success, to correct its heavy adverse trade balance without reducing its im-ports is coming to be looked upon in this country as a particularly satisfac-tory revelation of British recuperative rs. Were the United Kinkdom forced by circumstances—and it was feared in many quarters not so long ago that such would be the case te curtail its imports substantially, the chances of recovering its pre-war trade and eventually working its way out of the burdensome financial obliga-tions which the war saddled it with would be considerably endangered. of the burdensome financial obliga-tions which the war saddled it with would be considerably endangered. With the single exception of coal, the industries of England are dependent almost entirely on imports for their raw materials; so that any marked reduction in British imports would

## **ASTHMA**

Templeton's RAZ-MAH Dap-sules are guaranteed to relieve ABTH MA. Don't suffer an-other day. other day.
Write Templetons, 142 King St.
W., Toronto, for freesample. Reliable druggists sell them at \$1.04 a box.

entail a proportionate reduction in th activities of British exports. That the United Kingdom has been able to maintain and even to increase to new high levels its imports, in spite of heavy foreign debts, adverse exchange rates and preponderant adverse trade balances, accumulated since 1914. speaks well for the foresight, courage and resourcefulness (on which in the and resource tuness to which in the final analysis a nation's future de-pends) of British merchants as a whole.—From The World's Markets, tibli hed by R. G. Dun & Co.

The foundation of every State is

DR. WARD

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Weak and relaxed state of the bosy, mervousness, despondensy, poor memory, lock of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unreafful sleep, dark rings under eyes, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 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 socrething 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 min I cc ome to me and I will give the best treatment known to science—the one su ceaseful treatment based on the experience of 29 years in treating men and their allments.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Do you realize that you have only one life to live-do you realize that use missing most of that life, by iff, health? A life worth living is beatthy 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 ya rious reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumati sm. stomach and liver trouble, acne, skin disease, catarri, 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 CONSULTA TION EXAMINATION. Refere beginning treatment yo u must make one visit to my office for a personal physical examination.

Railroad fare will be considered as part accepted at full value.

79 Niagara Squ are, Buffalo, N. Y.

Men. Are You in Doubt

As to your trouble? 'Have you some skin eruption that is stubborn, has resisted treat-

ment? 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 debill tated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS.



## **DRINKS FOR** HOT WEATHER

In making cold beverages it should be remembered that they are always much better if put together with a sugar syrup instead of using plain sugar. This provides a rich, smooth sweetening, and as the syrup can be prepared in advance and "canned" ready for use, a jar or two should stand ready on the pantry shelf for the making of these delightful summer beverages.

PLAIN SUGAR SYRUP Boil together for five minutes two quarts of water and six pounds of granulated sugar; then can as for canned fruit in hot sterilized jars. Allow one tablespoonful of the syrup to a glassful in eweetening any fresh fruit glassful i beverage.

LOGANBERRYADE.

Use one quart of loganberry juice and add the juice of two lemons, one sliced orange, sufficient of the syrup to sweeten and dilute to taste with chilled carbonated water, poured from a height. Pour into tall glasses, half a height. Pour into tal filled with cracked ice. TURKISH PUNCH,

Rub a quart can of apricos through a puree sieve, and add half a cupfu of the sugar syrup, the juice drained



from the apricots, the juice of on orange and one lemon, two cupfulls of canned apple juice or cider, one quart of chilled water and a pint of cracked ice. Serve with straws. GRAPE CUP.

Place in a large bowl one cupful o trained tea, three-quarters of a cup ful of the sugar syrup and the juice of two oranges and two limes. Stand on the ice for three or four hours to ripen and when ready to serve add one quart of unfermented grape juice, a bouquet of fresh mint and a pint of chilled vichy. Pour slowly over a small block of ice that has been placed in a punch bowl.

GINGER ALE FRAPPE.

This is delicious and well worthy to serve as a party beverage. Mix to-gether a pint of large, strawberries, cut in halves, add the juice of one orange one lemon and a small cupful of the sugar syrup. Chill on the ice, turn into a punch bowl, place a quart over enough iced ginger ale to nearly cove cups.

BOTH DESIRABLE.

(Boston Transcript).

A man rises in his o mation when he settles down.

Dix-Yes, and he rises in his credi-

The Specialist

## Vegetables in New Ways

When you get tired of vegetables cocked in the same old way, try these

variations on your kitchen range; and see how very different they will taste to the family.

Slice large Bermuda onions into thin slices. Roll first in egg then cracker arumbs and fry a golden brown in bacon fat. Put a border of thefin around the Hamburg stack of them around the Hamburg steak balls the next time you se we them. Saratoga onions are another delicious accompaniment to this rather plebelan dish. Get three large, white onions and elice them just as thinly as possible, keeping the rings whole. Soak in milk for 1) minutes, drain and dry on a cloth. Put a few rings at a time in the frying basket and fry a delicate golden brown. Drain on brown paper and fry more until all are done. Dust with salt and serve

PARSNIP FRICASSEE Parsnip fricassee is another new and unusual dish. Boil parsnips in milk until tender. Whep done cut



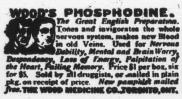
into pieces, thicken and season the milk in which they were boiled with butter, salt and simmer on the back of the stove for three-quarters of

Sweet potatoes and apple are a combination one wouldn't think of unless someone suggested it. Butter a bak-ing dish and errer the bottom with slices of boiled sweet potatoes. with butter and sprinkle with Next make a layer of sliced apple that have been cored and peeled. Use the butter and sugar with them. Repeat till the dish is full. Pour over them a cup of water and bake very slowly until the apples are soft and the liquid has become a thick syrup. A SAUCE FOR BEETS

The following sour sauce for beets make them almost a new vegetable. Melt two tablespoonfuls of butter with two of flour and with it thicken a half cup of the vater in which the beets were boiled. Of course you must

be sure the bee's are well washed be-fore putting on. Add to this a fourth of a cup of vinegar the same amount of rich milk or cream, a teaspoonful of sugar and pepper and sait to taste. Pour this over the sliced beets and Instead of serving plain boiled spin-

ach with vinegar, next time chop it when it i. done, and reheat in two-thirds of a cup of chicken stock thickened with four tablespoonfuls of butter and three of flour. Season with a teaspoonful of sugar, salt, pepper, a dash of nutmeg and a few tiny gratings of lemon peel. This is the way the French hou ewive serves her



MERELY SUGGESTIONS.

#### The Busy House Wife May Here Find Some Labor-saving Ideas.

It is the duty of the busy housekeeper to try to arrange everything so as to save her steps. So, keep tissue and wrapping paper and string neatly folded in the dresser.

Large paper bags are nice to put scraps of paper in—torn pieces—before consigning to the trash barrel; then these same scraps will not fly all over the street when the trash man care-lessly empties this same barred.

Thin Turkish towels are nicest for use in bathroom, pantry and kitchen. They keep their color, and do not require the extra work of ironing.

Cotton crepe, cut into towel lengths, and hemmed, after two or three wash-

ings, are fine for glass drying. Soft old ticking cut into convenient sizes and "nicked" edges are excellent for stove and oven use, and old silk stocking legs sewed together, size about six inches square, are about the necest lifters or holders imaginable.

## Housewifely Bits.

The larger a loaf of cake, the lower the temperature of the oven should

Add a har package of dates, cut in small pieces, to a caramel pudding mixture.

meals wipe butter plates with scraps of waxed paper and save for

## For the Teacher.

No one is too young or too old to be impressed with the fact that obedience is the law of life. Show its rewards and its test of discipleship. When one willa to obey, he throws into gear machinery the like of which is not known anywhere else on earth.

## Rice and Peanut Butter.

Boil one-half cupful of rice until tender in moiling, salted water. Pour over it one pint of thin white sauce, to which one-half cupful of peanut butter has been added. You will find this a tasty combination.

Minard's Liniment Lumber.nan's

## SCIATICA

Templeton's Rhoumatic Capsules

Many doctors prescribe Write Templetons, 142 King St. W., Toronto, for d by reliable druggists es

GRIT OF A SHARPSHOOTER.

Sergeant Halliwell's Feat at the Siege of Lucknow.

During the siege of Lucknow in the Indian mutiny there was afforded what was probably the most notable in-stance of the record in war of a crack shot. rebels were endeavoring The

mount two eighteen-pounders, which they had hauled up to the flat roof of one of the palaces surrounding the the residency, and it was necessary to pre-vent this being done, or they would have been able to pour down a heavy fire on the defenders. Sergeant Halli-well wa chosen for this duty. He was a crack shot of the Thirty-second foot. Being given the best rifle that could be found, his orders were to prevent **OF INTEREST** TO WOMEN

Single women, as a rule, live longer

than single men.

Women employed in the textile industry of Italy receive equal pay with men for equal work.

For the first time in the history of the Medical College of New York University women have been enrolled for graduation.

In Ceylon, instead of using the wedding ring, the form of marriage is by binding together the thumbs of bride

binding together the thumbs of bride and bridegroom.

In Denmark it is the rule rather than the exception for the married woman to be economically independent through her own labors.

In order to be in a better position to deal with the servant problem housewives of Asheville, N. C., have taken stans to form a union.

housewives of Asneville, N. C., mave taken steps to form a union. Among the women of Morocco birthday celebrations are unknown. A Moorish woman considers it a point of

Cook's Cotton Root Compour

A ease, reliable regulating medicine. Sold in Abres de gress of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all drugsists, or sent prepaid on receipt of price. Free pamphlet. Address: prepaid on receipt Free pamphlet. THE COOK MEDI THE CO.

honor to be absolutely ignorant of

her age.
To find three sisters all of whom are qualified druggists is rather unusual, but such is the case in the family of Mrs. A. B. Dualap, of Albany, Ore., whose three daughters are

The real name of Nance O'Neil, the

One of the most curious and lucra-

the stouter a girl is the more beauti-ful and charming she is in the bride-groom's eyes. Therefore for at least four months she is made to live in a

small room in a mud house, and no allowed any exercise of any kind. She

is fed at any and every minute of the day that she can possibly eat. The thin, hungry-looking girl who was en-

closed four months earlier emerge

with difficulty at the end of the per iod, a huge woman, reminding one very forcibly of the fat woman in the

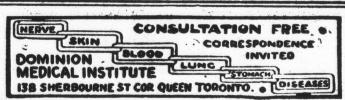
Ask for Minard's and take no other.

EXTRAVAGANT.

WORSE THAN A KNOCK.

"Extravagant, tsn't he?"
"What makes you think so?"

century actresses in England



the guns being mounted. He took up his position behind some battered down masonry where there was only joint proprietors of a flourishing cover for him to lie at full length. His only chance was to roll over from his back to his stomach. His eyes were ever kept on the dismounted guns, and whenever the Sepoys attempted to mount them his unerring rifle played have a work the service of the service was only to service was to roll over from his back to his stomach. His eyes were ever kept on the dismounted guns, and whenever the Sepoys at the service was to roll over from his back to his stomach. His eyes were ever kept on the dismounted guns, and whenever the Sepoys at the service was only to service was well-known actress, is Gertrude Lam-son. It was McKee Rankin, who son. It was McKee Rankin, who chose her stage name. It is a combination of those of Nance Oldfield and Eliza O'Neil, famous eighteenth rifle played havoc among them and prevented their object being accom-plished. Food was brought to him at tive trades for women in France is that of wine-taster. The most ex-pert, those capable of detecting adul-teration, recognizing blends, and de-claring the age of wines with unfailnight by men who crawled to his po

After some time a sortie was made, and the Sepoys were defeated. For this brave work Sergeant Halliwell re-ceived the Victoria Cross.—Harper's Weekly.

DR. MARTEL'S PILLS FOR WOMENS AILMENTS Thomsands of women have testified in the leaf Si-years regarding the hashing qualities of Bat-HARTELS FRIMALE PILIAS. A Scientification of Bat-groups of remedy for delayed and painful generatruction. Seld only in a Patented Ta-lian Company of the Company of Pintly Incompany of the Company of the Compa

## Popular Names for Towns.

There are 31 Franklins given in the latest United State.' postal guide. Chester and Clinton are close seconds. Chester and Chatton are close Secondar, there being 30 towns and cities by each of these names in the United States, Washington and Newport come next in popularity, each having

Very Old Banknote,

The longest time during note has remained outside the Bank of England is 111 years. It was one of £25, and it is computed that the compound interest during that period amounted to no less than £6,000.

Minard's Liniment used by Physicians CAREFUL.

He-If I should ask your father for your hand and heart do you think he would kick me out of his house? She (timidly)—I don't know, dear; perhaps you had better try telephoning first.

.

"He still puts two spoonfuls of

"This is a rotten criticism of the show."
"What's the matter. Does it

roast you?"
"No, sir. It doesn't even mention that I was in the cast."

Quite naturally the people who ha a habit of giving themselves away are

# Cord or Fabric. "A well shod horse travels

surest and farthest" THE car equipped with Part-

ridge Tires runs almost free from the delays and inconven-iences caused by tire troubles. Partridge Tires have so unques-

tionably proved their dependability and economy that they are to-day recognized as "the most service for your money" tires.



ISSUE NO. 26, 1920

HELP WANTED-FEMALE

WOOLLEN MILL HELP WANTED, our new Mill is now under completion and we now require female help for the following work, weaving, winding, specking, finishing. Previous experience not necessary. Every consideration shown to apprentices and good wages paid while learning. Boarding accommodation arranged. Several good positions now open. For full particulars apply to Slingsby Mfg. Co., Ltd., Brantford, Ont.

### HELP WANTED

#### WANTED

FIRSTCLASS KNITTER, EXPER-ienced on Dublod Flat Fashloning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

#### BUSINESS CHANCES.

OR SALE-GENERAL CASH BUSIness and meat market n correction; just the right distance from the mammoth steel plant now being exected; splendid store and fixutres; best resum for selling; this is a snap for one or two live men; will sell property. J. G. Whatney, Sandwich, Ont.

#### FARMS FOR SALE.

F RUIT FARM—20 ACRES OF THE choicest peach soil, planted and bearing in peaches, sweet and sour cherries and raspberries; a delightful situation, convenient to station and market. Buildings valued at \$8,000. Orchard trimind, appayed and cultivated in readiness for this season's crop. Trees well set indicating a good crop. This is a splendid opportunity to secure a first clas money making fruit farm and residence. Ill health reason for selling, Immediate possession. Frice \$16,000. Terms arranged. J. D. Biggar, 205 Clyde Block, Hamilton, Ont. (Regent 931.)

NIAGARA FRUIT FARME: FOR sale-\$5,000. On Niagara, St. Catharlnes Stone Road, 2½ miles from Niagara-on-the-Lake; 15 acres, good four roomed cottage and frame-stable. Seven acres peach orchard eight years old. Five minutes walk from radial car. Terms \$1,500.00 cash.

\$10,000 - THREE MILES FROM Niagara - on - the - Lake 64 acres; stone house, celtar and seven rooms, large frame barn. Land all level and cultivated; 4 acres of apple orchard eight years old. Remarkable value for land alone in this district. Terms \$2,500.00 cash. Apply cash. Apply
M. T. MORGAN,
14 King St. East,
Toronto.

\$4,000 acres clay loam, including 3 acres bush and pasture land, 7 rooms brick house, stone foundation, good cellar, frame kitchen and wood shed, verandah good barn, 30 x 35, 9 acres wheat; schools churches, etc., in Campden Village & mile away. Will take city property in exchange. J. D. Biggar. 266 Clyde Block, Hamilton, Ost. (Regent 384).

ON THE HIGHWAY WEST OF ANcaster, 30 acres, choice clay loans, medium size farm house and barn. A most desirable location, and offered at a bargain. J. D. Biggar, 25 Clyde Block, Hamilton, Ont. (Regent 334).

ing accuracy, sometimes earn as much as \$30,000 a year.

The natives of Calabar, West Af-F OR SALE—FRUIT FARM—THIRTY acres; fully stocked; also modern ten-roomed dwelling on same; no agents. Write W. Holmes, General Delivery, Hamilton. rica, have a curious custom of prepar-ing their women for marriage. When a girl reaches the age of fourteen to sixteen the parents begin their pre-parations. The natives idea of beauty in their brides is stoutness—

N TOWN OF WATERFORD, LOT 128 x 129, 2 storey frame house, 3 rooms, good decorations, verandah, stone foundation, good cellar barn 20 x 30, planted with numerous assorted fruit trees, 33,209.

J. D. Biggar, 256 Clyde Block, Hamilton, Ont. (Regent 284).

## MISCELLANEOUS

T IS ALWAYS SAFE TO SEND A Dominion Express Money Order: Five Dellars costs three cents.



SCHOOL OF COMMERCE BANKING MBDICINE BDUCATION Mining, Chemical, Civil,

Mechanical and Electrical ENGINEERING SUMMER SCHOOL MAVIRATION SCHOOL
July and August December to April
ALICE KING; Acting Registrar

## A Hymn of Empire.

Lord, by Whose Might the Heavens stand,
The Source from Whom they came,

Who holdest nations in Thy hand, And call'st the stars by name, Thine ageless orces do not cease
To mould us as of yore—
The chiseling of the arts of peace,
The anvil strokes of war.
Then bind our realms in brotherhood.

Firm laws and equal rights. Let each uphold the Empire's good freedom that unites: And make that speech whose thun-

ders roll Down the broad stream of time, The harbinger from pole to pole
Of love and peace sublime.
Strong are we? Make us stronger yet; Great? Make us greater far; Our feet antartic oceans fret, Our crown the polar star:

Round earth's wild coats our bat-teries speak, Our highway is the main, We stand as guardians of the weak, We burst the opressor's chain. Great God, uphold us in our task. Keep pure and clean our rule, Silence the honeyed words which

mask mask
The wisdom of the fool.
The pillars of the world are Thine,
Pour down Thy bountoous grace,
And make illustrious and divine
The sceptre of our race.

## Whe Sneezing Was a Bad Omen.

Sneezing from remote times has been held ominous. Our forefathers went to hed again if they sneezed white putting on their shoes. A sneeze to the right was deemed lucky; to the left of evil portent. To sneeze near a burial place was an lucky.

Keep Minari's Limment in the house.