

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 £53,000,000 worth of raw cotton, its excess of imports over exports for the month dropped sharply to a new low figure, amounting to only £23,000,000.

The exceptionally good showing made by the British foreign trade figures 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 £149,000,000 in March, as against £109,000,000 during the month preceding.

and thus far with quite conspicuous success, to correct its heavy "adverse trade balance without reducing its imports is coming to be looked upon in this country as a particularly satisfactory revelation of British recuperative powers.

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

ASTHMA
Templeton's WAZ-WAN Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

entail a proportionate reduction in the 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 final analysis a nation's dependence depends) of British merchants as a whole.

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.



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 sweetening any fresh fruit beverage.

LOGANBERRY SAUCE.
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 filled with cracked ice.

GRAPE CUP.
Place in a large bowl one cupful of strained tea, three-quarters of a cupful 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 iced wine. 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 together 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 cover the ice. Serve immediately in sherbet cups.

BOTH DESIRABLE.
(Boston Transcript).
Bix—A man rises in his own estimation when he settles down.
Dix—Yes, and he rises in his creditors' estimation when he settles up.

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 29 years' continuous practice in the treatment of all chronic, nervous, blood and vein 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.

Vegetables in New Ways

When you get tired of vegetables cooked in the same old way, try these variations on your kitchen range, and see how very different they will taste to the family.

SHRIMP FRICASSEE.
Parsnip fricassee is another new and unusual dish. Boil parsnips in milk until tender. Whop 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 an hour.

A SAUCE FOR BEETS.
The following 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 water in which the beets were boiled. Of course you must be sure the beets are well washed before 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 salt to taste. Pour this over the sliced beets and reheat.

WOOD'S PHOSPHODINE.
The Great English Preparation.
Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for Nervous Debility, Mental and Brain Worry, Headaches, Loss of Energy, Palpitation of the Heart, Failing Memory. Price per box, six for \$5. Sold by all druggists, or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

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.

Housewifely Bits.
The larger a loaf of cake, the lower the temperature of the oven should be.
Add a half package of dates, cut in small pieces, to a caramel pudding mixture.
After meals wipe butter plates with scraps of waxed paper and save for pans.

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 discipline. When one wills 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 molting, 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.

SCIATICA

Would you be rid of that sharp knife-like thrust along the side of your back—colic or every movement? Troubles have found lasting relief in Templeton's Rheumatic Capsules. Many doctors prescribe them. Write Templetons, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.04.

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 instance of the grit of a crack shot. The rebels were endeavoring to mount two eighteen-pounders, which they had hauled up to the flat roof of one of the palaces surrounding the residence, and it was necessary to prevent this being done, or they would have been able to pour down a heavy fire on the defenders. Sergeant Halliwell was 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

NERVE SKIN CONSULTATION FREE. CORRESPONDENCE INVITED. DOMINION MEDICAL INSTITUTE. 138 SHERBOURNE ST COR QUEEN TORONTO. DISEASES

the guns being mounted. He took up his position behind some battered down masonry where there was only 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 havoc among them and prevented their object being accomplished. Food was brought to him at night by men who crawled to his position. After some time a sortie was made, and the Sepoys were defeated. For this brave work Sergeant Halliwell received the Victoria Cross.—Harper's Weekly.

DR. MARTEL'S PILLS FOR WOMEN'S AILMENTS. Thousands of women have testified in the last 25 years regarding the healing qualities of Dr. Martel's Female Pills. A Scientific Preparation for delayed and painful menstruation. Sold only in a Patent Blue wrapper. At your Druggist, or direct by Mail, price \$2.00. Enclosed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

Popular Names for Towns.
There are 31 Franklins given in the latest United States' postal guide. Chester and Clinton are close seconds, there being 30 towns and cities by each of these names in the United States, Washington and Newport come next in popularity, each having 28.

Very Old Banknote.
The longest time during which a 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 long period amounted to no less than £6,000.

Minard's Liniment used by Physicians CAREFULLY.
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.

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

Cook's Cotton Root Compound. A safe, reliable regulating medicine. Sold in show boxes of strength—No. 1, \$1. No. 2, \$2; No. 3, \$3 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Watson's.)

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

joint proprietors of a flourishing pharmacy. The real name of Nance O'Neil, the well-known actress, is Gertrude Lamson. It was Mike Rankin, who chose her stage name. It is a combination of those of Nance Oldfield and Eliza O'Neil, famous eighteenth century actresses in England. One of the most curious and lucrative trades for women in France is that of wine-taster. The most expert, those capable of detecting adulteration, recognizing blends, and declaring the age of wines with unfailing accuracy, sometimes earn as much as \$30,000 a year.

The natives of Calabar, West Africa, have a curious custom of preparing their women for marriage. When a girl reaches the age of fourteen to sixteen the parents begin their preparations. The natives' idea of beauty in their brides is stoutness—the stouter a girl is the more beautiful and charming she is in the bridegroom's eyes. Therefore for at least four months she is made to live in a small room in a mud house, and not 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 enclosed four months earlier emerges with difficulty at the end of the period, a huge woman, reminding one very forcibly of the fat woman in the circus.

Ask for Minard's and take no other. EXTRAVAGANT. "Extravagant, isn't he?" "What makes you think so?" "He still puts two spoonfuls of sugar in his tea."

WORSE THAN A KNOCK. "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 have a habit of giving themselves away are never self possessed.

A Hymn of Empire.
Lord, by Whose Might the Heavens stand, The Source from Whom they came, Who holdst nations in Thy hand, And call'st the stars by name, Thine ageless orcs 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 thunder rolls 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 antarctic oceans fret, Our crown the polar star, Round earth's wild coasts our batteries speak, Our highway is the main, We stand as guardians of the weak, We burst the oppressor's chain, Great God, uphold us in our task, Keep pure and clean our rule, Silence the honeyed words which mask The wisdom of the fool, The pillars of the world are Thine, Four down Thy bounteous grace, And make illustrious and divine The sceptre of our race.

Who Sneezing Was a Bad Omen. Sneezing from remora (fish) has been held ominous. Our forefathers went to bed again if they sneezed while 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 unlucky.

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 Singsby Mfg. Co., Ltd., Brantford, Ont.

HELP WANTED WANTED

FIRST CLASS KNITTER. EXPERIENCED on Dubied Flat Fashioning Machine. Good wages paid to capable man. Best working conditions in daylight mill. Mercury Mills, Ltd., Hamilton, Ont.

BUSINESS CHANCES.

Fruit and meat market a correction; just the right distance from the main-meat store; plant now being erected; splendid store and appliances; best location for selling; this is a snap for one or two live men; will sell property. J. C. Whitney, Sandwich, Ont.

FARMS FOR SALE.

FRUIT 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 \$3,000. Orchard trimmed, ready to produce. A first class money making fruit farm and real estate. All health reasons for selling. Immediate possession. Price \$15,000. Terms arranged. J. D. Biggar, 285 Clyde Block, Hamilton, Ont. (Regent 361).

NIAGARA FRUIT FARM—FOR SALE—\$5,000. On Niagara St., Catharines Stone Road, 2 1/2 miles from Niagara-on-the-Lake; 15 acres, good four roomed cottage and frame barn. Land all level and cultivated; 4 acres of apple orchard eight years old. Remarkable view for land alone in this district. Terms \$2,500.00 cash. Apply M. T. Morgan, 14 King St. East, Toronto.

\$10,000—THREE MILES FROM Niagara-on-the-Lake 65 acres; stone house, cellar and seven rooms, large frame barn. Land all level and cultivated; 4 acres of apple orchard eight years old. Remarkable view for land alone in this district. Terms \$2,500.00 cash. Apply M. T. Morgan, 14 King St. East, Toronto.

NEAR BEAMSVILLE. 30 acres bush and pasture land, including 3 acre bush and stone foundation, good cellar, frame kitchen and wood shed, verandah good barn, 20 x 25, 2 acres wheat; schools, churches, etc., in Campden Village 1/2 mile away. Will take city property in exchange. J. D. Biggar, 285 Clyde Block, Hamilton, Ont. (Regent 361).

ON THE HIGHWAY WEST OF ANCASTER, 30 acres, choice clay loam, medium size farm house and barn. A most desirable location, and offered at a bargain. J. D. Biggar, 285 Clyde Block, Hamilton, Ont. (Regent 361).

FOR SALE—FRUIT FARM—THIRTY acres; fully stocked; also modern ten-roomed dwelling on same; no agents. Write W. Holmes, General Delivery, Hamilton.

IN TOWN OF WATERFORD, LOT 130 x 120, 2 storey frame house, 9 rooms, good decorations, verandah, stone foundation, good cellar barn 20 x 25. Planted with numerous assorted fruit trees, \$3,200. J. D. Biggar, 285 Clyde Block, Hamilton, Ont. (Regent 361).

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

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"A well shod horse travels surest and farthest"
THE car equipped with Partridge Tires runs almost free from the delays and inconveniences caused by tire troubles. Partridge Tires have so unquestionably proved their dependability and economy that they are to-day recognized as "the most service for your money" tires.

Keep Minard's Liniment in the House.