THE PIG'S SNOUT.

Mr. Man, You Have Overlooked Something.

Food Controller Thomson has this to say about the food that Canadians often waste:

This war has been a great discoverer; especially has it revealed facts regarding food. What is the healthfullest part of a beef, a calf, a sheep or a hog to eat? Give it up? The answer is: Brains!

In Hamilton the old day, Dr. Ramsay told a representative gathering of citizens that brains are the most healthful food product of an animal. He had spent his life in examining meat, and had never seen a diseased brain of an edible animal. He did not go so far as to say that if you ate animal brains you would grow in mental stature but he declared animal brains made a perfect, healthful food, and any man with brains would take his tip and start eating animal's brains.

Of course, the British born have known this truth, and practised it for generations, but because it was a good thing they didn't pass it along, and the ordinary Canadian now finds out he has been overlooking the one best bet in the matter of meat foods.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief. 8

Dr. Ramsay let out the secret relative to animal brains, and at the same time opened the cupboard door on other nutritious, epicurean tid-bits, long enjoyed with ecstasy by old country-men, but concealed from the native born. He said that if there was a greater consumption fo brains, livers, pig's snouts, pig's feet, neck bones, back ribs and backbones of pigs, the standard of health of the people of Canada would rise. Not only that, but he made the astonishing statement that though pigs' livers are healthful food, still enough of them are thrown into the waste tanks of the packing houses of Canada every week to supply every family in Canada with healthful and wholesome meat for one day.

It was a Chinese who first tasted roasted pig, made succulent by his burning dwelling, and introduced it into Great Britain, but Dr. Ramsay has spread the table for Canadians with pigs' tails in aspic jelly, fried brains with cream sauce, devilled backbone, braised oxtail joints, sweetbreads that look like chops, jellied pigs' snouts, pickled tongue of lambs, pigs and oxen, brain croquettes and sweetbread rissoles. Everyone of them a joy to eat, with an aftermath of fragrant memory. A feast for kings, yet Canadians, because they did not know, have been allowing all these good eats to go into the waste tanks of the packing houses. Verily, Canadians are a wasteful and thoughtless people!

Here is one-seventh of the food necessities of Canadians wasted yearly, and more healthful food than that consumed, which, if substituted for beef and pork, in exportable selections, would greatly aid in helping Canada to do her duty to the fighting and civilian population of Europe—who can't raise all the food animals they need, but must depend upon America.

These little-called-for beef and hog products, fresh, frozen or cooked, are delicious, healthful and nutritious, and can be retailed at about 10c a lb. Down drops the cost of living at once, and up goes Canada's contributions to the food supplies of the Allies, if Canadian consumers know a good thing to eat when they see it, and desire to help win this war with their teeth and their stomachs.

Mr. Man, don't continue to overlook these good things to eat. But say, ho! the succulent pig's snout.

Unearths Corn-Grinding Quern.

An interesting relic of early Scotland was unearthed in Cramond recently. A grave digger was preparing for a burial, when he dug up, at a depth of about five feet, the neat half of the upper stone of a primitive corn-grinding quern, measuring 18 inches in diameter, and showing half of the central hole. Search without success was made for the other fragments.

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Experience teaches her that the Tablets are the very bst medicine she can give her baby. They are a gentle laxative; mild but thorough in action and never fail to banish constipation, colic, colds or any other of the many minor ailments of childhood. Concerning them Mrs. J. Bte, Charest, St. Leon, Que., writes: —"My baby cried continually and nothing seemed to help her till I began using Baby's Own Tablets. These Tablets soon set her right and now I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rough On Medicus.

The story about the docor who sang a lullaby for the lady reminded Medicus of a true happening that just the other night.

Medicus called on a child patient one afternoon, and while he was there he showed the child a string trick, or puzzle. It was a simple little thing, but hard to get on to (he showed it to us, but we gave it up after a half hour's practice). It amused the child and the doctor left her working at it.

At 1.30 the following morning Medicus was aroused from sleep by the telephone. "Come right over to the house," said the voice of the male parent of the small patient.

"What's the matter?" asked Medicus. "Is the little girl worse?"

"Naw—she's asleep. But I can't do that string puzzle, and you've got to come over and show me how it's done. I'll pay you for a night call. Hurry over."

And Medicus had to go.—Cleveland Plain-Dealer.

Minard's Liniment Cures Garget in Cows.

A City of Silence.

"The only tropical city of Bolivia it stands some 1500 feet above sea level so far from the outside world that mail deposited on January 7 reaches New York on March 11. Of the 19,000 inhabitants of Santa Cruz de la Sierra, 11,000 are female.

"It is a city of silence. Spreading over a dead-flat, half-sandy, jungled plain, its right-angled streets are deep in reddish sand in which not only its shod feet, by no means in the majority, though the upper class is almost foppish in dress, but even the solid wooden wheels of its clumsy ox-carts make not a sound. There is no modern industry to lend its strident voice, though the town boast three 'steam establishments' for the making of ice, the grinding of maize, and the sawing of lumber, and every street fades away at either end into the whispering jungle. Narrow sidewalks of porous red bricks, roofed by the wide overhanging eaves of the houses, often upheld by pillars or poles, line most of the streets. But these are by no means continuous, and being commonly high above the street level and often taken up entirely, especially of an evening, by the families, who consider this their veranda rather than the pedestrian's right of way, the latter generally finds it easier to plod through the sand of the street itself."—Harry A. Franck, in the Century.

Minard's Liniment Cures Diphtheria.

CABBAGE PLANTS

Of all leading early and late varieties, 4c per hundred, mail prepaid, $2.50 per thousand, express collect.

Also Cauliflower, Brussels Sprouts and Onion Plants.

Plants are being shipped successfully to all parts of Canada.

Ask for price list. Dept. "H."

HEROLD'S FARM,

Fruitland, Ont. Niagara District

Altered War Words.

An examination of modern military terms reveals the fact that very few of them possess the meaning originally assigned to them. Munitions, for example, in ancient times signified not only the materials of warfare, but also the fixed defences of an army. Thus the translators of the authorized version of the Bible use the phrase "munitions of rocks" to translate "impregnable rock fortresses," and the defending army is charged to keep the munitions" when the meaning is "guard the fortresses." Carriage is another word with a changed meaning. In Acts appears the phrase "We took up our carriages." It is one Greek word meaning "having packed up," and the Geneva version (1557) was "we trussed up our fardels." In those days the word's meaning was "something carried," not as now, "something that carries."—London Chronicle.

Minard's Liniment Cures Distemper.

Bait for Fishing.

A fish hasn't a nose, but it can smell. Recent experiments have proved this. Anglers has laid so much stress on the need of exciting a fish's interest by the look of food that the effect of scent has been overlooked. A shark will bite at a hook containing a piece of fat pork, although the pork does not look like any kind of fish that swims in the sea.

It may be heresy in angling to suggest that a "fly" should smell like a fly. These scientific experiments show how large a part smell plays in the food pursuit of fish. Bait, such as small crabs, was found and eaten by the fishes two or three times as rapidly when the shells were broken. Bait placed inside a gauze bag was smelled within three minutes of being lowered in the water, and almost at the same time all the fishes began nibbling at the bag. When cotton was stuffed into its so called "nostrils" the dogfish would seldom observe the food that came near them.—Chicago Herald.

$100—REWARD—$100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. $100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure.

Druggists 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

HUGE DEBT OF BRITAIN

Now Four Times Greater Than Ever Before.

Every Six Months Adds $3,750,000,000.

Before the war Great Britain's debt amounted to $3,535,000,000, and it has been increased through the war by $15,000,000,000. Every six months of war adds another net increase of $3,750,000,000. By Christmas, 1917, therefore, the national debt amounted to about $450 per head of the whole population of the United Kingdom.

Britain's national debt is over 300 years old. Its nucleus was laid in 1692.

I bought a horse with a supposedly incurable ringbone for [illegible].00 Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment $54.

MOISE DEROSCE.

Hotel Keeper, St. Phillippe, Que.

William III. found it difficult to raise money by taxation for his wars. In the year mentioned the first step was taken in the authorization by Parliament of a loan of $5,000,000. Ministers grew bolder, and at William's death the debt was about $80,000,000. During the reign of Anne the famous victories of Marlborough raised it to $270,000,000. Under George I it was reduced by $10,000,000, but the Spanish, French and German wars of George II. added $150,000,000, and at the conclusion of peace in 1763, in the reign of George III, the debt amounted to $695,000,000.

In 1775 began the American War of Independence. When the independence of United States was acknowledged in 1783 the debt had risen to $1,250,000,000, and after Waterloo it stood at $4,500,000,000. During the next 40 years $500,000,000 was cleared off. The Crimean War added $150,000,000.

The $4,000,000,000 at which the debt stood in 1866 was more than four times the amount which Hume had said implies disaster and collapse. Yet the nation was in a more flourishing condition commercially than it had been at any previous period of its history. By this time, also it had become generally held that the only practicable method of liquidating or redeeming the debt was by raising a revenue larger than that required to meet the expenditure, and by applying the surplus to the actual paying off of debt.

For Those Who Read.

In one of Mr. Mable's literary talks he submitted the six following admonitions for those who read:

Do not read at random. Select your books in advance.

Read intelligently and with foresight. Make a scheme for the season, not too large to be worked out.

Read books that interest you. Follow the line of your taste unless your taste is wholly untrained. If it is, read good books in different fields until you find out what you care for most.

Have a book always within reach and make the most of your spare minutes.

Read only good books and put your mind on them. To get the best out of books you must be able to remember them.

Do not make a task of reading. Read for enjoyment.

THOUSANDS ARE AILING FROM CONSTIPATION

No condition causes so many diseases as constipation. It not only prevents proper kidney action, but causes Anaemia, Stomach Trouble and Indigestion.

Why not use Dr. Hamilton's Pills and get cured? This excellent medicine restores normal bowel action in one night; thousands say so.

Just think of it! Your system will be pure and clean. You'll be free from headaches, sour stomach, biliousness—in short, you'll have jovial spirits and perfect good health. Get a 25c box of Dr. Hamilton's Pills today. At all dealers.

Fashion Approves.

Washable leather gloves in the soft doeskin finish, with just one pearl clasp for fastening and needle point stitching on the backs for the only embellishment.

Satin coats for more formal wear—lovely wraps of soft, rich texture. One with wool and silver thread embroidery was particularly handsome.

Little trinkets—bar pins, broochee, necklaces and earrings set with the initation lapis lazuli. This pretty dark blue stone, set in dull metals, is really quite effective, and the prices are pleasantly small.

Millinery with much flower and fruit adornment. The flowers are most often used flat, which is a notion of the French modistes, and the fruits are used in small bunches—vivid-hued plums and oranges and other never-before-grown varieties in brilliant colors.

Lingerie dresses again—have you seen how many are of nets and such fluffy cotton as dotted Swisses and figured voiles? They are summery and lovely and most feminine indeed. Milady will be glad to slip into one after wearing one of the severely-tailored war uniforms.

Minard's Liniment Cures Colds, Etc.

Hard to Hear Airplane at Sea.

While it is widely known that an airplane can be heard for some distance off on land, on water the lapping of the waves and the whistling of the wind through the rigging and superstructure of a vessel make it almost impossible to hear the power plant of an approaching seaplane until it is almost overhead; hence the submarine plying the surface has slight warning of an impending seaplane attack until it is often too late to escape.

—By an oversight the names of the Robert Land, Caroline and Central Schools were omitted from the Child Welfare school parade, in which they took part.

QUEEN'S UNIVERSITY

KINGSTON ONTARIO

ARTS

MEDICINE EDUCATION

APPLIED SCIENCE

Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY

Arts Course by correspondence. Degrees with one year's attendence or four summer sessions.

Summer School July and August — Navigation School December to April

19 / GEO. Y. CHOWN, Registrar

ISSUE NO. 26, 1918

HELP WANTED.

WOOLEN MILL HELP WANTED. Carders and Spinners for day and night work. Highest wages paid. Steady work assured. For full particulars apply to the Slingsby Mfg. Company, Ltd., Brantford.

WANTED, BOYS FROM 14 to 16 YEARS of age, to learn Carding and Spinning. Good wages paid while learning. Pleasant, profitable occupation. For full particulars, apply to the Slingsby Mfg. Company, Ltd., Brantford.

BAKER WANTED—NINE HOURS; day work; second man; machine work; good wages. W. A. Dixon, Galt, Ont.

PROPERTIES FOR SALE.

FOR SALE—COUNTRY STORE PROPerty on leading country road; nine miles from Barrie; good going business; satisfactory arrangements can be made with lessee. Executor's estate of the late John Jory, Box 208, Barrie, Ont.

MISCELLANEOUS.

WHEN ORDERING GOODS BY MAIL send a Dominion Express Money Order.

HATCHING EGGS—BABY CHICKS. Utility laying strains. Eggs $1.50 per setting. Barred Rocks, Rhode Island Reds, White Leghorns, White Wyandottes, Golden Wyandottes, White Rock, Non-Bearded Golden Polish. Write for price list. Satisfaction guaranteed. Tay Poultry Farm, Perth, Ont.

BUSINESS CHANCES.

FOR SALE—STANDARD HOTEL—IN Lindsay, with good lunch room and boarders trade. Apply Box 60, Lindsay.

$2,000 WILL BUY A SAW MILL, complete, with all modern machinery; only run a few years; situated in a good belt of hemlock and hardwood timber; good reasons for selling; only those who mean business need apply. For particulars apply to Box 425, Parry Sound, Ont.

FOR IMMEDIATE SALE—340 ACRES well timbered with maple, beech, birch, basswood and hemlock; frontage on Loon Lake, county of Peterborough; logs can be floated below Purdy's Mill, and saw lumber shipped via C. N. Railway, Coe Hill, or would sell the timber only. H. Johnson, Coe Hill.

PUTNAM'S FINE FOR CORNS THAT ACHE

Even a drop or two of Putnam's Extractor takes the sting out of sore corns. Mighty slick work Putnam's does on a crusty old corn. You see Putnam's shrivels the corn up quickly, transforms it to a bunch of dead skin, loosens it from the toe so you can pick it off, roots and branches, with your fingers. It's painless—that's why Putnam's is so popular. It does really cure quickly—that's why you should take a quarter to the drug store to-day and get a bottle of Putnam's Extractor.

Two Classes of Debts.

"Avoid useless and unnecessary debt as you would a pestilence," advises a successful financier. "There are two classes of debts. One is constructive credit, and the other is a destructive credit. On one hand a farmer or business man may borrow to buy more land, more stock, build improvements. On the other hand, borrowing may be done simply to buy an automobile or to spend in some way that the investment itself will not pay back the loan."

Wigg—I have read somewhere that even flowers and fruit have sex. Wagg—Sure. Doesn't it stand to reason that a peach is always feminine?

Greatest Labor Saving Invention of the Age

For the Farm and Private Home

This Wonderful Automatic Churn makes perfect butter in from one to three minutes. You may not believe it, but it's an absolute positive, provable fact just the same.

Most sanitary churn in the world. Nothing but glass touches the cream. No dashers, paddle-wheels, etc. Self-cleaning in 10 seconds. No corners, cracks or crevices to scrub. Operates with a slight pressure of finger. No strength or power required—vibration of steel springs does the work. A child can operate this churn successfully, makes churning a pleasure. Takes all the drudgery out of butter-making.

FREE You should investigate this marvellous time, trouble and labor-saving churn. Write to-day for free, descriptive literature. Don't wait—get posted NOW.

THE HAMILTON AUTOMATIC CHURN COMPANY

Gen Mgrs 46 King William Street Hamilton, Ont.

THE NINTH ANNUAL

TORONTO FAT STOCK SHOW

UNION STOCK YARDS, TORONTO

DECEMBER 5th and 6th, 1918

The management of the Show wish to announce the following changes over previous shows:

There will be no classes for female cattle.

All stock entered must be owned by the exhibitor at least ninety days before opening date of show.

In addition to single cattle classes there will be classes for three animals.

Premium List will be ready for distribution August 1st.