

properly infused, is one of Nature's greatest blessings as a harmless stimulating beverage.

JAPANESE DIVERS.

They Are the Most Skilful in the World.

There is at any rate, one post-war activity in which Britons have to take a back seat. That is as deep-sea divers in the work of salving vessels which have been sunk by mine or torpedo. It is here that the Jap shows his superiority. The Japanese diver can



descend to a greater depth than the British diver, and, what is more, he will remain longer under the water without apparent injury to health. This is no more boasting claim by the Japanese themselves; it is the rureful but truthful admission of an expert with a long association with marine salvage work. Few Japanese divers are engaged at work around the coasts of Britain, their activities in this direction being mostly con-fined to the Mediterranean. The greatest depth at which a

fined to the Mediferranean. The greatest depth at which a British diver can work under water without doing himself a serious in-jury is from twenty to twenty-two fathoms — that is, at the most, 130 feet below the surface. Even then our divers can remain only a com-paratively short time at that depth, and they are obliged to descend and ascend very slowly to prevent the blood guaning from their bo'tes. In some of the Government salvage

In some of the Government salvage hips what is known as a decompressing chamber nov. provid d, which the diver on ascending can enter and

Cook's Cotton Root Compound.



a rule he is not in such haste to give the signal to be hotted up as his British colle.gue.

British colle.gue. Eastern fatalism enters largely in-to the composition of these Japanese divers, and on this account the yellow men are inclined to take risks far be-low the surface, which Britis. divers, up his sleeve.

no less intrepid, woul! hesitate to take.

no less intrepid, woul! hesitate to take. Unexpected danger often confronts the deep-sea diver who has located a wreck which has been sent to the bottom by torpedo. The pressure of the water frequently has the effect of crampling up parts gradually become acclimatized to the natural atmosphere on the surface. A Japanese diver can wo...vith com-parative comfort at a depth of twent-seven or twenty-eight fathoms, or nearly 170 feet below the _ int where the salvage ship is moored, and as of the vessel ne the spot where the torpedo has shattered the sides, and som-times even an ordinary touch will cause part of the spintered hull to collarse. The danger in such cir-cumstances of being enveloped by a mass of Jreckege is ever present. **YOUR SILVER.** Russia. The plots were of various sizes, and the rates of sowing per are also var-ied considerably. The yield of seed: varied and was influenced largely by the dryness or otherwise of the seas-on at the time of flowering. The seed-pods of White Musta usualiy **********************

YOUR SILVER.

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, billousncss and constipation. Can be had at any drug store." Get the genuine. 50c and \$1.06 Bottles. Do you know that time, labor and atience are saved by cleaning silver requently, so that it does not get tar-ished?

nished? If eggs have discolered your small pieces, the marks can be quickly cleaned by rubbing it with apoft damp cloth which has been dipped in the finest table salt. Do not keep too large a supply of small flat pieces in circulation, if you



A GOOD RUNNER.

"Does your son show any particular athletic tendency at college?" "Oh, yes; he's running through my money."

CULTIVATION

OF MUSTARD

(Experimental Farm's Note).

How to Cure

Biliousness

tard

acre, yield of seed at the rate of 30 lbs. per acre. Samples of both species were sent to one of he leading firms of Mus-tard Manufacturers in C~::ada, which re rete as follows:--"The yellow mustard seed has a fairly good flavor but not as good as the standard English which we con-sider the br - The black mustard shows good volatile str, th and good flavor and to our mind equals the best that is grown.'--J. Adams, As-si ant Domir on Botanis'.

Minard's Liniment used by Physicians

GRANITE HIGHWAY.

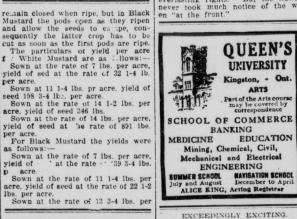
Building in the Rockies Through Colorado.

Colorado. Taking example from the famous Appian way, which has the name of being the first great road undertaken by the Ro :ans as a public work, the state of Colorado, with the help of an appropriation 1. the United States Government, is building a highway of solid granite in the 7. cky mountains. No other highway in the world, it is predicted, will provide travelers with so magnificent a scenic setting, close to a sheer fall of 3.000 feet on the other side of the great concrete posts an cables that will safeguard vehicu-lar traffic. One gets an idea of the



Flowers of Poland. According to an English newspape orrespondent who recently reported

a journey he had made from Paris to the Polish capital, the most impressive spectacle that he saw was the sive speciatic that he saw was the mantle of blossoms, clustered profuse-ly, which fringed the highways and byways about Warsaw. "All the wars of Poland," he writes, "couid not check the new life that came riding through her borders at the head of the advancing arrive sprays of like through her borders at the head of the advancing cpring, gpravs of Hiac found place in the gray cape of Polleh lancers, tulips and chestnut leaves, tokens of the new lawn, the garb of peer and peasant. Everywhere was spring yielding back a measure of her everlasting rights." But the flowers never took much notice of the war en "at the front."



uite an exciting fire you had here night, wasn't it?" asked the recently ed guest Acticlinest in sixteen years'' trium-katteiniest in sixteen years'' trium-tity replete the landlord of the tay-at Peeweecuddyhump. "Why great A fore of our foremost-we've got of 'em, each of which thinks she's most-society ladtes ran all the way he holocaust with her false hair in hand!" York Times. Minard's Liniment Lumber.man's Friend. Many a man who is lost in thought isn't worth a relief expedition.



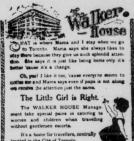
ISSUE NO. 22, 1920

FARMS FOR SALE

LOR SALE-ONE OF THE BEST farms in Esquesing Township. Hai-ton Co. Particulars H. G. Cockburn & Son, Gueiph, Ont.

HELP WANTED

WANTED





A Spring Marathon.

I'm for a walk in the woods to-day-Who wants to come along? Ice-bound for months, the little brooks Begin their tinkling song;

In tender green, the birch trees slim Are gaily gossipping. The maples hang long tassels out To celebrate the spring.

Young pussywillows preen themselves-So softly gray and neat-And velvet mcss its carpet spreads For pavement-weary feet!



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 YO U NERVOUS and despondent, weak and debili tated; tired mornings; no ambition —lifeless; memory gone; easily fatigued; ex-citable and irritable; lack of energy and confi-dence? Is there failing power, a drain on the system? Consult the old reliable specialists. SYMPTOMS OF VARIOUS AILMENTS.

Men, Are You in Doubt

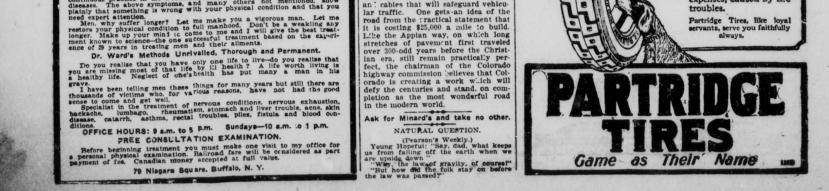
As to your trouble? Have you some skin

Weak and relaxed state of the boay, servousness, despondency, poor memory, lock of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfor-tune, drowsiness and tendency to elec, unrestful sleep, dark rings under eyes, loss of weight, insomnis. Dr. Ward gives you the benefit of 29 years' eyes, loss of weight, insomnis. Dr. Ward gives you the benefit of 29 years' dontinuous practice in the treatment of all chronic, nervous, blood and "kin diseases. The above symptoms, and my others not mentioned, show plainly that something is wrong with your physical condition and that you

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DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.



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