

Have You Ever Thought of This? — That a Cup of



**"SALADA"**  
TEA

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 salvaging vessels which have been sunk by mine or torpedo.

It is here that the Jap shows his superiority. The Japanese diver can

SINCE 1870



**SHILOH**  
30 DROPS COUGHS

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 rueful 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 confined to the Mediterranean.

The greatest depth at which a British diver can work under water without doing himself a serious injury 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 comparatively short time at that depth, and they are obliged to descend and ascend very slowly to prevent the blood gushing from their noses.

In some of the Government salvage ships what is known as a decompressing chamber now provided, which the diver on ascending can enter and

**Cook's Cotton Root Compound.**



A safe, reliable, regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, 50c; No. 3, 25c per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: **THE COOK MEDICINE CO., TORONTO, ONT.** (Formerly Windsor.)

a rule he is not in such haste to give the signal to be hoisted up as his British colleague.

Eastern fatalism enters largely into the composition of these Japanese divers, and on this account the yellow men are inclined to take risks far below the surface, which British divers,

no less intrepid, would 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 crumpling up parts gradually become acclimatized to the natural atmosphere on the surface. A Japanese diver can work with comparative comfort at a depth of twenty-seven or twenty-eight fathoms, or nearly 170 feet below the point where the salvage ship is moored, and as of the vessel near the spot where the torpedo has shattered the sides, and sometimes even an ordinary touch will cause part of the splintered hull to collapse. The danger in such circumstances of being enveloped by a mass of wreckage is ever present.

**YOUR SILVER.**

Do you know that time, labor and patience are saved by cleaning silver frequently, so that it does not get tarnished?

If eggs have discolored your small pieces, the marks can be quickly cleaned by rubbing it with a soft 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

**ZAM-BUK**

PURELY HERBAL—No poisonous matter, ANTISEPTIC—Stops blood-poison, SOOTHING—Ends pain and smarting, etc. PURE—Best for baby's rashes HEALS all sores.

50c box—All dealers.

do your own work. That not in use should be kept wrapped in clean oil cloth or flannel with a small piece of gum camphor, so it will be bright and clean when needed.

Forks should be wrapped separately as they are liable to scratch the spoons.

A soft brush is nicest to clean beads or fancy designs.

**A GOOD RUNNER.**  
(Baltimore American.)

"Does your son show any particular athletic tendency at college?"

"Oh, yes; he's running through my money."

Keep Minard's Liniment in the house.

You never can tell. Even the chronic handshaker may have a knife up his sleeve.

**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.**

**SYMPTOMS OF VARIOUS AILMENTS.**

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, restless 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 something 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 mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 29 years in treating men and their ailments.

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

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, headache, lumbago, rheumatism, stomach and liver trouble, acne, skin disease, catarrh, 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 CONSULTATION EXAMINATION.**

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

**CULTIVATION OF MUSTARD**  
(Experimental Farm's Note).

The seeds of two species of Mustard are used commercially, namely White Mustard (*Brassica alba*) and Black Mustard (*Brassica nigra*). The common names of both species are somewhat misleading as in both the flowers are yellow in White Mustard and brown to dark purple in Black Mustard.

Both species grow rapidly, and the seeds can be sown from the beginning of May to the end of the first week in June. The crop will, as a rule, be ready for cutting in August.

Experiments with both species were carried out at the Central Experimental Farm during 1916, and also to some extent during 1917 and 1918. The seeds were obtained from the United States, France, Holland, Sweden, and Russia.

The plots were of various sizes, and the rates of sowing per acre also varied considerably. The yield of seed varied and was influenced largely by the dryness or otherwise of the season at the time of flowering. The seed-pods of White Mustard usually

**How to Cure Biliousness**

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, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c and \$1.00 Bottles.

remain closed when ripe, but in Black Mustard the pods open as they ripen and allow the seeds to escape, consequently the latter crop has to be cut as soon as the first pods are ripe.

The particulars of yield per acre are as follows:—

Sown at the rate of 7 lbs. per acre, yield of seed at the rate of 32 1-4 lb. per acre.

Sown at 11 1-4 lbs. per acre, yield of seed 198 3-4 lbs. per acre.

Sown at the rate of 14 1-2 lbs. per acre, yield of seed 346 lbs.

Sown at the rate of 14 lbs. per acre, yield of seed at the rate of 891 lb. per acre.

For Black Mustard the yields were as follows:—

Sown at the rate of 7 lbs. per acre, yield of seed at the rate of 39 3-4 lbs. per acre.

Sown at the rate of 11 1-4 lbs. per acre, yield of seed at the rate of 22 1-2 lbs. per acre.

Sown at the rate of 13 3-4 lbs. per

**MURINE Night and Morning.**  
Have Clean, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Made by E. B. Stone Co., Chicago.

acre, yield of seed at the rate of 30 lbs. per acre.

Samples of both species were sent to one of the leading firms of Mustard Manufacturers in Canada, which reported as follows:—

"The yellow mustard seed has a fairly good flavor but not as good as the standard English which we consider the best. The black mustard shows good volatile strength and good flavor, and to our mind equals the best that is grown."—J. Adams, Assistant Director in Botany.

**Minard's Liniment used by Physicians**  
**GRANITE HIGHWAY.**

Building in the Rockies Through Colorado.

Taking example from the famous Appian way, which has the name of being the first great road undertaken by the Romans as a public work, the state of Colorado, with the help of an appropriation by the United States Government, is building a highway of solid granite in the Rocky 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 and cables that will safeguard vehicular traffic. One gets an idea of the road from the practical statement that it is costing \$25,000 a mile to build. Like the Appian way, on which long stretches of pavement first traveled over 300-odd years before the Christian era, still remain practically perfect, the chairman of the Colorado highway commission believes that Colorado is creating a work which will defy the centuries and stand, on completion as the most wonderful road in the modern world.

Ask for Minard's and take no other.

**NATURAL QUESTION.**  
(Pearson's Weekly.)

Young Hopeful: "Say, dad, what keeps us from falling off the earth when we are upside down?"

"Why, the law of gravity, of course!"

"But how did the folk stay on before the law was passed?"

THE WHITEST, LIGHTEST



**MAGIC BAKING POWDER**  
CONTAINS NO ALUM

**Flowers of Poland.**

According to an English newspaper correspondent who recently reported a journey he had made from Paris to the Polish capital, the most impressive spectacle that he saw was the mantle of blossoms, clustered profusely, which fringed the highways and byways about Warsaw. "All the wars of Poland," he writes, "could not check the new life that came riding through her borders at the head of the advancing spring sprays of lilac found place in the gray cape of Polish 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 when "at the front."

**QUEEN'S UNIVERSITY**  
Kingston, Ont.

**ARTS**  
Part of the Arts course may be covered by correspondence.

**SCHOOL OF COMMERCE**  
BANKING

**MEDICINE EDUCATION**  
Mining, Chemical, Civil, Mechanical and Electrical ENGINEERING

**SUMMER SCHOOL NAVIGATION SCHOOL**  
July and August December to April  
ALICE KING, Acting Registrar

**EXCEEDINGLY EXCITING.**

"Quite an exciting fire you had here last night, wasn't it?" asked the recently arrived guest.

"Exciting? In sixteen years' triumphantly repelled the landlord of the tavern at Peewee-cuddlyhump. "Why, great grief, one of our foremost—we've got four of 'em, each of which thinks she's the most-society ladies ran all the way to the holocaust with her false hair in her hand!"

**DOMINION MEDICAL INSTITUTE—**  
NERVE, SKIN, BLOOD, STOMACH & LUNG DISEASES  
CONSULTATION FREE CORRESPONDENCE INVITED  
**TORONTO**  
70 Lombard Street

**Partridge Tires**

**Good company on a journey makes the way seem shorter.**

Dependable Partridge Tires should be your companions on all your motor trips. They shorten the journey by allowing you to travel in comfort—free from the annoyances, delays and expenses, caused by tire troubles.

Partridge Tires, like loyal servants, serve you faithfully always.

**PARTRIDGE TIRES**  
Game as Their Name

**FARMS FOR SALE**

FOR SALE—ONE OF THE BEST farms in Esqueping Township, Halton Co. Particulars H. G. Cockburn & Son, Guelph, Ont.

**HELP WANTED**

**WANTED**

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

**LADIES WANTED—TO DO PLAIN** and light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal, Que.

**BUSINESS CHANCES**

FOR SALE—GENERAL CASH BUSINESS and meat market in connection; just the right distance from the mammoth steel plant; now being erected; splendid store and fixtures; best reason for selling; this is a snap for one or two live men; will sell property. J. C. Whitney, Sandwich, Ont.

**FOR SALE**

FOR SALE—30 x 3 1/2 GOODYEAR ALL Weather Non-skid Tires \$19.75 while they last. Bought at the old price, selling at the old price. Model Tire Co., 25 Dundas W., Toronto.

**MISCELLANEOUS**

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

**Walker House**

WHAT is where Mama and I stay when we go to Toronto. Mama says she always likes to stay there because they give us such splendid attention. She says it is just like being home only a better 'cause it's a change.

Oh, you'll like it too, 'cause everyone seems to like it and Mama says even if papa is not along we receive the attention just the same.

**The Little Girl is Right.**

The WALKER HOUSE Management take special pains in catering to women and children when traveling without gentlemen escorts.

It is a home for travellers, centrally located in the City of Toronto.

**The WALKER HOUSE**  
110 Queen Street West, Toronto, Canada.

**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 alim Are gaily gossiping. The maples hang long tassels out To celebrate the spring.

Young pussy-willows preen themselves— So softly gray and neat— And velvet moss its carpet spreads For pavement-wearers feet!

The birds are back—the world's awake— From Winter's thrall set free! Come, leave dull care at home, and take A woodland tramp with me!

—Maggie V. Caruthers, in New York Times.

Minard's Liniment Lumberman's Friend.

Many a man who is lost in thought Isn't worth a relief expedition.