

GASTORIA
For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Dr. H. Fletcher

In Use For Over Thirty Years

GASTORIA

EXACT COPY OF WRAPPED.

Available Preparation for Assisting Bowel Movements in the Case of Constipation

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

Facsimile Signature of Dr. H. Fletcher, NEW YORK.

16 months of 35 Doses - 35 CENTS.

THE CENTAUR COMPANY, N. Y. N. Y.

GOLD MEDAL FOR I. C. R.

Award for Display at Toronto Exhibition

The Intercolonial Railway has received notice of the award of a gold medal by the Directors of the Canadian National Exhibition, Toronto, Ont. for the fine display made by the Railway last September, when the "Ocean Limited" Express was ingeniously featured in a large illuminated motion picture which attracted a great deal of attention from the throngs of visitors. The whole display made by the I. C. R. of pictures mounted specimens of fish and game etc., was very attractive, and the highest award of the Exhibition Management was not amiss. The total attendance at Toronto Exhibition this year was nearly up to the million mark.

GOLD SORES AND ULCERS ARE HEALED BY ZAM-BUK

Cold sores, chapped hands, ulcers, and winter eczema are common troubles just now, and for all these, Zam-Buk will be found the surest and quickest remedy. Sometimes cold sores arise from chilblains on the toes or fingers, and in the former case, where colored socks are worn, there is a danger of blood-poisoning from the dye. Zam-Buk being so powerfully antiseptic removes the danger as soon as applied and quickly heals.

Mr. W. J. Holliday, of Ash Grove, Ont., says: "I had my little finger frozen, and it cracked at the first joint, causing a bad sore, which discharged freely and would not heal. The pain was very bad, and the whole of my hand became swollen and in bad shape. A friend advised me to try Zam-Buk, and I soon found that Zam-Buk was altogether different to any preparation I had ever tried. In a very short time it healed the sore."

Miss Lillie May, of Stoney Creek, Ont., says: "A few weeks since, several nasty, disgusting cold sores suddenly broke out on my lips, which became much swollen. Seeing my condition, a friend advised me to try Zam-Buk and leave all other preparations aside. This I did, and was much pleased, after a few applications of this balm, to see every sore healed."

Zam-Buk will also be found a sure cure for eczema, blood-poison, varicose sores, piles, scald sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises, and skin injuries generally. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, upon receipt of price. Refuse harmful imitations and substitutes. Use also Zam-Buk Soap, 25c. tablet. Best for baby's tender skin!

CHANGES IN SEED CONTROL ACT

Four grades are fixed by the recent Act of parliament for red clover, alsike, alfalfa and timothy seed, and all the seed sold for seeding purposes by seedsmen must be plainly labelled with the grade. Any seed not grading No. 3, which is a higher standard than the old prohibitive line of five noxious weed seeds per thousand of good seed, is prohibited from sale. The following are the standards for freedom per ounce from weed seeds:—

RED CLOVER, ALFALFA AND TIMOTHY	
Noxious seeds All weed seeds	
Extra No. 1	0 30
No. 1	5 100
No. 2	20 200
No. 3	80 400
ALSIKE	
Extra No. 1	0 30
No. 1	10 100
No. 2	40 200
No. 3	160 400

Farmers and seed dealers should have their seed tested and graded before offering it for sale. Samples will be carried free through the mails and tested without charge if addressed to the Seed Commissioner, Department of Agriculture, Ottawa.

CHATHAM BOARD OF TRADE WIDE AWAKE

During the past month the permanent secretary of the Chatham Board of Trade has arranged to have full information concerning Chatham, its possibilities and present understood position, as well as information about its hotels, inserted in the "Red Book of Canada, Great Britain, U. S. A., Australia and New Zealand," a publication which circulates from Great Britain to the Antipodes. There is a branch office of the publishing house in Vancouver.

The Monetary Times is getting out a special statistical Review and Outlook issue in January and the secretary has written an article for that publication. The Busy East of November contains another article of interest to Chatham, a short sketch of hunting in this vicinity.

The Busy East will also, it is hoped, insert a third article, now in preparation, concerning the work of the new railway line and its value to Chatham.

A first-class passenger service from Doaktown and, failing that, a suburban service to Loggieville and Nelson is being sought.

Cuts, Bruises, Stiff Joints, Swellings, Sore Throat, Colds, Bowel Troubles—both outward and inward ailments are cured by

JOHNSON'S ANODYNE Liniment

Be prepared for emergencies. No other liniment so effective, no other has such a record. Sold by dealers everywhere. 25c and 50c Bottles.

I. S. JOHNSON & CO., Boston, Mass.

G. T. P. TO USE ST. JOHN VALLEY ROAD

The G. T. P. or the Grand Trunk Pacific Branch Lines Company, will build a new line from Nappadogan through the Keswick Valley and to the St. John Valley Railway at a point nine miles or less above the city of Fredericton, and, by the routing rights and privileges which they will secure from the Valley Company, will make this their main and direct line to St. John for passengers as well as freight. The passenger traffic for Halifax and St. John will be separated at Nappadogan or Grand Falls, but through train will be provided for both.

Elegant New Building.

Superior Equipment, Best Course of Training, Strong Staff of Specially Trained Teachers.

Result: Public Appreciation as shown by the fact that our fall classes are far larger than ever before in our 44 years' history.

Send for Catalogue.

S KERR
Principal

Sleighs and Sleds

FOUND—The best place to buy Sleds, Sleighs, Pungs and everything you need for winter.

F. H. Gough
Newcastle. BLACKSMITH

MEANING OF THE CROSS

This cross (in red) has been adopted in Canada and all over America as the emblem under which the Crusade against Consumption is carried on.

Every reader knows of the ravages of this disease; how, too often, the bread-winner of the family falls a victim, or the young man or young woman, with a promise of a happy and useful life, is stricken down.

This modern Crusade, like the one of old, is a winning fight. The death rate from Consumption in this province shows a decrease of over 25% in the past few years.

Nearly 6000 of these poor sufferers have been cared for in our Consumptive Homes in Muskoka and near Weston. To-day we have 300 patients under treatment—patients who, if they had the money, could not through fear of contagion gain admittance into other hospitals.

In the Muskoka Free Hospital alone we are now caring for 156 patients. 128 of these cannot pay a single cent for the cost of their maintenance, 15 pay 70c. per day, 1 pays 57c. per day, 12 pay 50c. or less per day.

Our Trustees, having faith in the generous-hearted people of Canada, have continued to carry on this work during the past year.

Money to pay doctors, food, nursing and caring of these sick ones, is urgently needed. Will your readers help and have the joy of sharing in a work that has the promise of the Master's reward?

W. J. GAGE
Chairman Executive Committee, National Sanitarium Association

84 SPADINA AVE. TORONTO

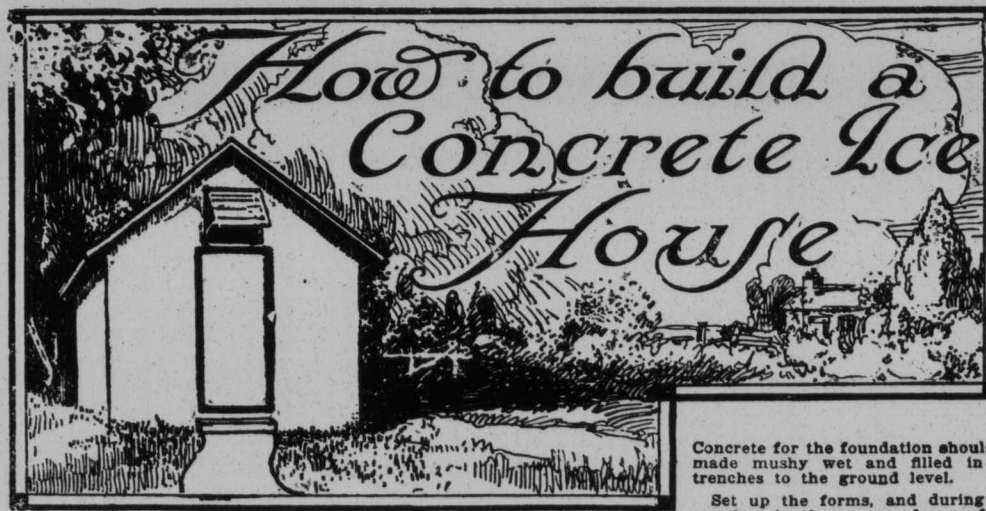
BRAIN WORKERS
who get little exercise, feel better all round for an occasional dose of

"NA-DRU-CO" Laxatives

They tone up the liver, move the bowels gently but freely, cleanse the system and clear the brain. A new, pleasant and reliable laxative, prepared by a reliable firm, and worthy of the NA-DRU-CO Trade Mark.

25c. a box. If your druggist has not yet stocked them, send 25c. and we will mail them.

NATIONAL DRUG & CHEMICAL COMPANY OF CANADA, LIMITED, MONTREAL.



How to build a Concrete Ice House

Concrete for the foundation should be made mushy wet and filled in the trenches to the ground level.

Set up the forms, and during the erection, in the centre of one of the end walls, place a door frame (2 1/2 by 6 feet clear) within the forms. Brace it well so that the concrete will not bulge it out of shape. Place the concrete in layers 6 to 8 inches thick carried around the entire building. In the concrete walls of each gable end set a frame for ventilating doors (2 1/2 by 2 1/2 feet) in the same way as the large door frame was placed.

As the forms are filled, at intervals of 18 inches, imbed bent iron rods or twisted wire in the concrete around the corners of the building. Likewise put two 3/4-inch rods or an old wagon tire in the concrete 1 1/2 inches above the door opening. When the side and end walls have reached their full heights and while the concrete is yet soft, set 3/4-inch bolts, 8 inches long, heads down, 5 inches in concrete and 32 inches apart. To these bolts will be fastened the 2 by 4-inch joists for the roof.

After the building is a week old, the forms may be removed and the 4-inch concrete floor built directly on the ground. Begin at the back of the building and slope the floor 3/4-inch to the foot in the direction of the drain.

At the door, lay the last few lower pipes of the 1/2-inch drain with all cemented joints and include a tile known as a "trap," having a bend which always contains water. The water acts as a seal to keep out the warm air in the drain. Cover the floor end of the drain with a trash strainer.

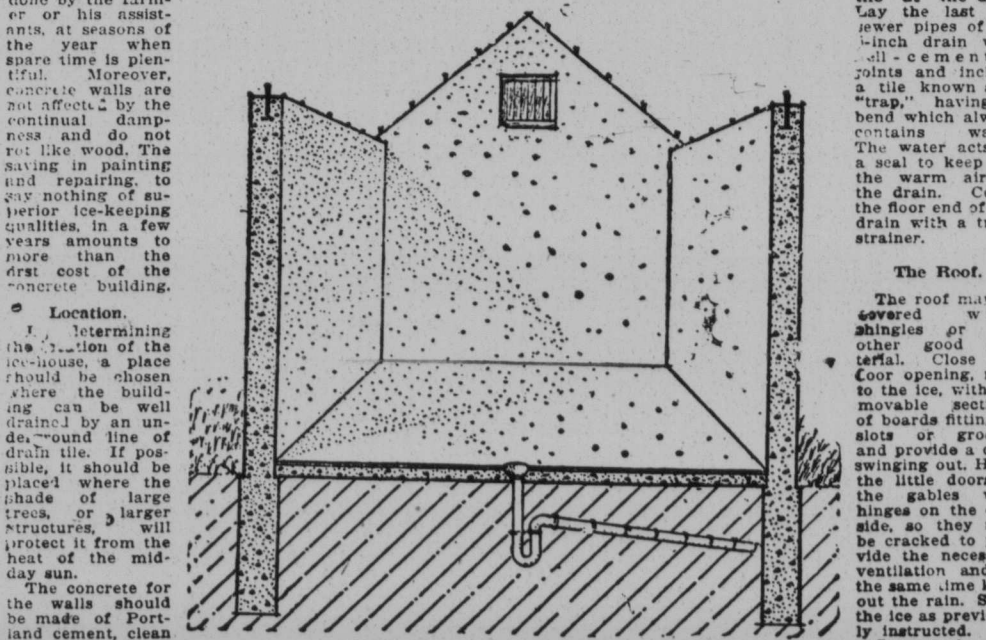
The Roof.

The roof may be covered with shingles or any other good material. Close the door opening, next to the ice, with removable sections of boards fitting in slots or grooves and provide a door swinging out. Hang the little doors in the gables with hinges on the outside, so they may be cracked to provide the necessary ventilation and at the same time keep out the rain. Store the ice as previously instructed.

Success in ice-keeping depends largely, On an air-tight, heat-proof building; On good drainage, with the drain "trapped" to keep out warm air; On careful and thorough packing of the ice; On well regulated ventilation in the roof space over the ice.

A well-built concrete ice-house fulfills these conditions. Every year it is ready for use without repairs. And by means of ice, farm life can not only be made more comfortable and attractive, but fruit, poultry and dairy products can be marketed to better advantage.

For an ice-house 10 by 10 feet, 8 feet to the eaves and 13 feet to the roof peak, with 8-inch walls, 4-inch floor, and a foundation 10 inches by 3 feet, the following materials will be required for the concrete: Crushed rock, 15 cubic yards. Sand, 7 1/2 cubic yards. Portland cement, 31 barrels. 1 1/2 by 8-inch round head bolts.



The materials may be hauled to the site at odd times, and piled so as to be convenient for working.

The wooden forms for the concrete may be either fixed or movable. Fixed forms are merely two boxes without top or bottom, which fit one within the other with an 8-inch space between them.

Such forms are made of 2 by 4 inch studding spaced two feet and sheathed next to the concrete wall with 1-inch siding. The forms should be held in place at the bottom by timbers called "liners," and should be well braced. To save lifting the concrete, the outside boards may be nailed on as the concrete is placed in the forms. Movable forms require less lumber than the fixed variety. Such forms are built in sections 2 to 4 feet high and in lengths convenient to handle, usually 8 to 10 feet. The 2 by 4 inch uprights are spaced three to four feet. Cross-cleats at the top are provided to keep the forms eight inches apart. Near the bottom twisted wire ties are used to draw the forms up tightly against the previous day's concrete work. Each succeeding day the wires are cut and the forms raised.

The sheathing and rafters for the wooden roof may be used in the forms. It is not necessary to cut them; their ends may simply be allowed to project beyond and above the walls.

Foundation trenches should be dug 10 inches wide along the lines laid out for the building and should be carried down to solid ground and below frost, usually three to four feet. Bring a drain tile up within the building lines to the point where the door will be.

Mixing.

In mixing the concrete a tight wooden platform should be used. The proportions are one part Portland cement to 2 1/2 parts sand to 5 parts crushed rock. Or one part cement may be used to 8 parts bank run gravel. In measuring, count one bag of cement equal to one cubic foot.