

Sunshine.

Let sunshine in. Sunshine will keep you young. The bigger the dose the better. Better have faded carpets than faded cheeks.

Good-Bye, Old Backache Nerviline Will Fix You!

Stiffness is Rubbed Right Out; Every Sign of Pain Disappears.

Minard's Liniment Cures Garget in Cows.

DEAD RECKONING. One Way of Determining a Vessel's Course On an Ocean Voyage.

Dead reckoning simply means the computation of a ship's longitude and latitude from her movements as recorded in the log and without having recourse to astronomical observations.

No Favors to Beauties.

A beautiful young lady approached the ticket window at a Pennsylvania country station and in a voice like the rippling of a brook asked the agent.

Minard's Liniment Cures Colds, Etc.

Odds and Ends.

Lettuce contains a mild opiate—lettuce opium.

Soap shredded among stored blankets drives away moths.

Sausages will not burst if rolled in flour before frying.

Lemon rubbed on a burnt stove before black-leading ensures a polish.

Gold chains can be cleaned with a little sal ammoniac dissolved in wine.

Paraffin is a good cleanser for porcelain tubs and bowls or enamel-ware.

Jellies will not break if the mould is rubbed with a little olive oil.

Onions absorb all poisons and noxious smells quicker than anything else.

Sponges which need cleaning should be steeped in vinegar and water for a day.

If sweet potatoes are greased before baking they will be much softer and sweeter.

THIN-BLOODED PEOPLE

Often Become Seriously Ill Before They Realize It.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism or nervous disorders.

A MEAN TRICK. (Boston Transcript)

Mrs. Subbuss-Briget, this butter that you borrowed from Mrs. Nendor tastes exactly like the butter we sent her for what we borrowed before. I believe it's the very same.

SAVE MONEY ON ROOFING

Get my prices direct from mill to you. I have Roofings for every purpose. Samples Free. Address, HALLIDAY CO., Limited, BOX 61, HAMILTON, CANADA.

Flexibility of English.

English is not only, as Richard Jeffries asserted, the most expressive and flexible of tongues, but also, in Swinburne's opinion, the most musical. He proclaimed the lines—

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DEAD RECKONING.

One Way of Determining a Vessel's Course On an Ocean Voyage.

Dead reckoning simply means the computation of a ship's longitude and latitude from her movements as recorded in the log and without having recourse to astronomical observations.

The point of departure—that is, the latitude and longitude sailed from or last determined—the course or direction sailed in as ascertained by the compass, the rate of sailing, measured from time to time by the log, and the time elapsed.

The various principles or methods mollowed in arriving at the reckoning are known among navigators as "plain sailing" and "middle latitude sailing." However, the data thus obtained are always liable to considerable errors by reason of currents, lee-way, fluctuations of the wind and changes in the declination of the compass.

DOES CATARRH BOTHER YOU?

ARE YOUR NOSTRILS PLUGGED?

Why not give up that snuff and stop dosing your stomach? The one sure treatment is "Catarrhazone," sure to cure because it goes where the disease really is.

SHY ON FIGURES.

The Average Man is Very Deficient Arithmetically.

The average man's arithmetical ability is extremely limited. This limitation it appears, is having a serious effect on industrial processes depending upon cheap labor, especially on the adoption of the metric system, which, with its large numbers and decimals, is beyond the mental calibre of workmen who must deal in numbers less than a score and preferably less than 10.

They can grasp a finite measure like a quart or a bushel, but a number like 723 millimeters conveys no idea to them. Consequently we find that arbitrary measures of capacity are being resorted to in dealing with large quantities, so that the numbers to be reported or remembered may be small.

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How Cotton Varies.

Cotton is usually differentiated in ordinary classification by the length of its staple. "Ordinary cotton" in the United States is of several kinds, chief among them the upland cotton, with a staple of from seven-eighths to one inch in length, and Gulf of Texas cotton, of which the staple is not usually quite so long, the longest stapled cottons among the "ordinary cottons" here are the bottom land or bendon cotton, with a staple of from one and one-eighth to one and one-fourth inch, and the special fancy staple cotton, one and three-eighths to one and five-eighths inch in length.

How Sickly Women May Get Health

If they could only be made to see that half their ills are caused by impure blood, it wouldn't take long to cure them with Dr. Hamilton's Pills. Truly a wonderful medicine that invigorates, strengthens, renews. Every tired, worn out, woman that tries Dr. Hamilton's Pills will improve rapidly, will have better color, increased appetite and better digestion.

TACT OF AN ACTOR.

Sothern's Happy Thought and the Unruly Gallery Gods.

It was in the year 1863 or 1864. During the summer months Sothern, with John T. Raymond and several other well-known actors occupied the local theatre of a seaside summer resort, to which he and his company drew a household of people several nights in the week to hear and see them act—release it really was in preparation for their next winter's New York season—the most important of their plays.

The little building had, of course, a gallery, and in the gallery the "gods" became so obstreperous on occasions that it was with great difficulty the play could be proceeded with.

Minard's Liniment Cures Distemper. DOING IT BEAUTIFULLY. (Passing Show)

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other liniments, also doctors, and was receiving no benefit.

ISAAC E. MANN. Metapedia, P.Q. Aug. 31st, 1908.

MAKE EXERCISE PLAY.

To Get the Best Results It Must be Thoroughly Enjoyed.

When you exercise, play. That is one of the points most strongly urged to the attention of the public in recently published health reports.

No matter whether you are walking, gardening, exercising in a gymnasium or playing golf, keep your exercise free from the spirit of drudgery and make it all recreation. Make it as enjoyable as anything you may do throughout the entire day.

ANTIQUES CHINA--GLASS

ANTIQUE FURNITURE is UNIQUE for WEDDING GIFTS

ROBERT JUNOR

62 King St. East HAMILTON, - - - ONT.

A Matter of Business.

There is a reason for everything, even a train news agent's reluctance to pass through the cars with his packet of newspapers first.

PILES CURED at HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested.

WAKING DREAMS.

A Long Series of Events Can Be Crowded Into a Few Seconds.

It is more than likely that the great majority of dreams belong to the few moments when we are falling off to sleep and the equally brief time we take to wake up.

Ask Around You For the Proof

THAT DODD'S KIDNEY PILLS ALWAYS CURE KIDNEY DISEASE.

In Every Neighborhood You Will Find People Cured of Backache, Rheumatism, Dropsy or Diabetes by Dodd's Kidney Pills.

Mr. Fleurie has received such benefit from Dodd's Kidney Pills that he wants other sufferers to know how to find relief. He feels it is his duty to his fellowman.

If you inquire among your neighbors you will find scores of people who have found in Dodd's Kidney Pills relief from some form of kidney trouble. It may have been the dry, itching skin, dizziness, nervousness and inability to get refreshing sleep that mark the earlier stages of the disease, or it may be diabetes, dropsy, rheumatism, heart disease, or some other of the dangerous diseases that mark its advanced stages.

You will find that Dodd's Kidney Pills cure kidney trouble, no matter where or in what form it is found. Ask your neighbors for the proof.

In a Maori Wooing House.

Among the Maoris sometimes in the ware matoro (the wooing house), a building in which the young of both sexes assembled for play, songs, dances, etc., there would be at stated times a meeting. When the fires burned low a girl would stand up in the dark and say: "I love So-and-so. I want him for my husband."

GRAND TRUNK SYSTEM SERVES EIGHTY-NINE PER CENT. OF CANADA'S URBAN POPULATION

In the forty principal cities and towns of Canada there is a total population of 2,918,788. These figures are given in the new publication "Canada, the Country of the Twentieth Century," prepared by Mr. Watson Griffin, and issued this week from Ottawa by the authority of the Minister of Trade and Commerce, Sir George Foster.

How Prussia Was Reforested.

There was no need of celebrating Arbor Day in Prussia in the days when Friedrich Wilhelm I. was king, for that monarch had a plan all his own by which he replenished the forests and kept the country well supplied with fruit trees.

According to Bas Buch fur Alle, the king, having observed that there was a great dearth of fruit and oak trees in Prussia and not being willing to undertake the tremendous expense of reforesting the country himself issued an order to all clergymen that, after June 21, 1720, they should refuse to perform any marriage ceremony unless the groom could produce evidence that he had just planted six fruit trees and an equal number of oaks. It was in winter or in the middle of a dry summer, when plants would not grow, the groom had to produce and lay aside a sum of money sufficient to cover the cost of the trees and promise to plant the required number when fall or spring came.

STRONGLY RECOMMENDS BABY'S OWN TABLETS

Mrs. Alonzo Tower, Johnson's Mills, N. B., writes: "I can strongly recommend Baby's Own Tablets to all mothers whose little ones are suffering from constipation, as I have proved them an excellent medicine for this trouble."

Brides in India.

A bride in India never sees her husband until after the marriage ceremony. The parents choose the wife for the son of the house without consulting either party. Sometimes the bride is as young as fourteen. The child is gorgeously dressed and placed on a dias behind a sheet, the women of the family being in attendance.

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The Spit of Ceremony.

Among the Akikuy, of East Africa, described by Mr. and Mrs. W. S. Routledge in "With a Prehistoric People," to spit upon a person or thing indicates good will.

ISSUE NO. 21, 1916

HELP WANTED.

WANTED—COMPETENT MAID—General. Family of three. Good wages. State age and experience. Address, P. O. Box 65, Hamilton, Ont.

GIRLS WILLING TO WORK ON British Army Orders, knitted underwear, seamers, plain stitchers and learners. Bright, healthy employment. Good wages. Zimmerman Mfg. Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

WANTED—HOUSEMAIDS AND waitresses. Previous experience not necessary. Apply, "The Welland," St. Catharines, Ontario.

WANTED—WEAVERS AND LEARNERS—wages paid while learning; experienced weavers earn high wages. For full particulars, apply, The Slingsby Manufacturing Company, Limited, Brantford, Ontario.

FOR SALE. FOR SALE—FANCY PIGEONS AND flying homers; prices reasonable. L. J. Holton, 62 Caroline street south, Hamilton, Ont.

MISCELLANEOUS. WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

Arm in Arm With a Tigress. It is related of Sir Edward Bradford that he once walked arm in arm so to speak, with a tigress. He was out shooting, and, always a fearless sportsman, had come to close quarters with his quarry. He fired, and either his ball failed to take effect, or but slightly wounded the animal. She sprang at him and seized his left arm above the elbow. The pain was not unbearable, but Sir Edward kept cool, and realizing that it would be death to drag his mangled arm away and allow her to spring fresh at him, he deliberately walked a few agonizing paces until his comrade was able to take aim and kill the brute. Thus his courage saved his life, though the amputation of his arm at the shoulder proved necessary.

Corns INSTANT RELIEF Drop Out

Paint on Putnam's Corn Extractor to night, and corns feel better in the morning. Magic, the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c bottle of "Putnam's" Extractor to-day.

ENGLAND'S GUINEA HABIT.

They Have No Such Coin There, Yet Still They Use It.

Strangers in foreign countries always find some difficulty in getting used to the current coinage. In England they find themselves up against quite a number of problems, not the least of which is the guinea, and the difficulty is not lessened by the fact that the guinea is practically obsolete as a coin of the realm.

The guinea is a gold coin current for 21 shillings sterling, or about \$5, but it has not been coined since the issue of the sovereign in 1817. The guinea habit has been defended by some subtle dealers on the ground that it obfuscates the "foreign visitors to British salerooms."

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Inspiration in Dreams. Coleridge must be added to the list of authors who have found inspiration in dreams for he himself has left us that he composed over 200 lines of the "Kubla Khan" during a sleep of three hours. On awaking he wrote down the fragments now existing, but the interruption of a visitor banished the rest from his mind.

Know Your Own Stomach. "Spring Tonics"

are for those who do not know that Nature must repair wasted tissue from the food they eat. Help Nature to throw off the toxins of a heavy winter diet by eating Shredded Wheat Biscuit, a real whole wheat food that is prepared in a digestible form.

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Made in Canada.