

the canal of life but it becomes a... consists of building up and tearing... that the blood carries to the... that the cells need for building... the waste material that's torn... poisonous and destroy us unless... into refreshed and vigorous life.

Medical Discovery

ing power. It acts on the stomach... on the purifying filters which... blood feeds the nerves, heart... relieves catarrh of the stomach and... has been successful for more than a gen... It builds up the rundown system. You... or have catarrh of the nose and... principles of American-Native-roots are... at any drug store or... for trial box of tablets.



pay cost of mailing and... The Common Sense Method... Pierce, cloth bound, 50c... R. V. Pierce, Buffalo, N.

However; After all is said and done there is nothing that will take the place of good Glasses. One may move nearer the light or bring the light nearer to them, they may twist and turn the book or paper, they may do as they please, yet, if the eyes need Glasses they must have them, otherwise there is the inevitable eye strain, followed by headaches. Why not avoid all this discomfort by coming to us. We are here to help eyes.

CONSULTATIONS FREE

**CARL CLASS**  
JEWELER ISSUER OF MARRIAGE LICENSES

**FARM FOR SALE**

WEST HALF OF LOT 3, CON. 4, S. E. 1/4, T. 12 N., R. 10 E., M. 12 W., Warwick, Mich., all under cultivation. On the premises are a good frame house, frame barn with stable and granary, all new. Well fenced and tile drained. Two acres orchard, very best of loamy farm land, well watered by creek running through it. Situated in one of the best localities in the township for cultivation or grazing purposes. For further particulars apply to J. F. ELLIOT, Watford, July 29th, 1914.

**HARRY WILLIAMSON**  
Sleigh Manufacturer; Rippling, Turning, Planing, etc., and all kinds of general repairing will receive our best attention.

ST. CLAIR ST. WATFORD  
(OLD SALVATION ARMY BARRACKS)

**DYEING AND CLEANING**  
All kinds of dyeing, cleaning and pressing for men, women and children. Ladies' dresses and waists of every material dyed and pressed, also gloves, hose, shawls, toques, scarfs, sweaters and plumes cleaned and dyed. Rugs and mats cleaned and fumigated. Satisfaction guaranteed. Prices moderate.

THOS. WITHERINGTON, AT THE ARKONA WOOLEN MILLS

**Dad's Dope**  
(Vancouver, B.C.)

The barbers can hardly be blamed for not taking any enthusiastic interest in the "safety first" movement. Asserting that they are ready reckoners and make the heaviest work light, a Chicago firm employs only red-headed stenographers.

Judging from the large quantity of woollen socks being forwarded to the Canadian contingent from all over the Dominion, there is no danger of our boys contracting cold feet.

Not to be outdone in politeness, the Kaiser, in consideration of the Kaiser's Christmas engagement in Berlin, has deferred his Yuletide visit to Berlin until the new year.

It is reported that the Kaiser's Christmas waltz king, the Emperor, in composing a Christmas message to the economy and tango deities, has suggested the Austro-Hungarian Empire.

H. K. LAIRD

**OF WARWICK**

requested to stop... 1915, I have...

**NEW PATCHWORK.**  
Quaint Revival of a Once Popular Style of Needlework.

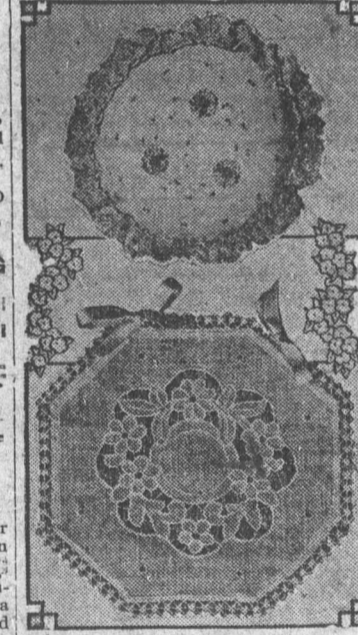
**CONVENTIONALIZED DESIGNS.**

Floral Patterns and Geometrical Figures Are the Favored Effects For the Decoration of Cushion Covers, Curtains, Tray Insets, Etc.

A new idea in fancy work is the adapting of quaint geometrical designs in applied colored cottons which appeared in the bedquilts of a century ago. Pillow tops, table covers, curtains, lamp and candle shades and insets for trays and baskets may all be carried out in this style of decoration.

The work when used in this way requires no quilting, the designs being cut from the colored cottons and felled with tiny stitches to the foundation material. The use of an embroidery hoop insures better results, but much of the work is held in the hand like any other ordinary piece of sewing.

Showy floral designs are favorites, partly because of the beauty of the colorings and partly because it is possible



PINCUSHION COVERS.

to gain good effects with conventionalized flowers. Tulips, morning glories, wild roses and hollyhocks are particularly well suited to reproduction in this applique fashion, and ferns and leaves are effective carried out in several shades of green. Bunches of grapes, cherries and plums are also good, cottons of the correct colors being chosen to carry out the natural effect.

Wall paper designs and handsome patterns suggest many appropriate schemes. Each bit of the design must be cut out, with care and precision. Allowed for

soft dull surfaced silk, with knots of rosebuds and forget-me-nots. The border is a frill of tiny lace. It also shows a handsome pincushion cover in cutwork. The pattern is marked on the linen, and after the edges have been embroidered the material is cut away so that the colored surface over which the cushion is laid may show through. Lace and bows of ribbon are applied to the border.

**CARING FOR THE SICK.**

- Don't jar the bed by leaning or sitting upon it.
- Don't have temperature of sick room over 65 degrees. Keep cool.
- Don't fill the room with fresh flowers. Keep one or two bouquets in the room at a time.
- Change every two or three hours if you have a great many.
- Don't whisper.
- Don't tiptoe.
- Don't shout.
- Don't rattle paper. Nothing gets on one's nerves more than this.
- Don't talk too loudly.
- Don't appear anxious. People who are ill are very sensitive to your anxiety.
- Don't give the patient more water in a glass than he is allowed.
- Don't allow the sheets to become wrinkled.
- Don't forget to be kind and patient.
- Don't forget to smile.

**HINTS FOR THE COOK.**

- When making apricot jam add a little lemon juice. It gives an excellent flavor.
- A teaspoonful of grated horseradish will keep a can of milk fresh for a day or two, even in the hottest weather.
- Cleaning with mustard is said to remove the smell of fish from pots.
- Squash, turnips, spinach, lettuce, can be eaten in moderation, according to the degree with which the individual can digest them.
- Save the vinegar left over from pickles. It is better than ordinary vinegar for salad dressing.
- If bacon is soaked in water for a few minutes before frying it will prevent the fat from running.
- When whipping cream beat slowly for the first two minutes, and then very rapidly.
- Certain provisions are much cheaper bought in bulk and stored, such as sugar, soap, raisins, rice, tapioca, dried peas and beans. These should all be kept in screw top glass jars.
- Don't melt butter to spread on bread. You use three times as much that way. Always make it a rule to have some soft butter in the pantry for toast, sandwiches, etc.

**GLASS ROLLING PINS.**

They Are Especially Useful When Fine Pastry Is to Be Made.

Housekeepers have become accustomed to seeing glass rolling pins with wooden handles as well as attractive looking ones of blue and white porcelain. The roller of hollow glass, with open glass handles which can be closed with corks like bottle necks, is a new invention.

This new rolling pin is designed especially for use in making puff paste. The woman who has tried her hand at this delicate pastry knows how desirable it is to have the pastry kept cold while it is being manipulated and until it is put into the oven.

The glass rolling pin is intended to be an aid in this. If filled with ice water—which is kept securely fastened in by the corks at either end—it enables a person to roll out pastry that has been chilled in the refrigerator without the pastry becoming warmed.

The result is that the byers of air in the pastry are still cold when they get into the oven, and, as a consequence, the pastry expands as soon as it is heated, and no puff up occurs, and no shortening.

The glass rolling pin with its cork handles made of composition, as there is no danger of accident.

It may be used with the same care as the wooden rolling pin, and is equally as easy to use.



SUEDE MATINEE BAG.

is of a shade to match the suede. The mouth of the bag is drawn together with a silk cord finished with fluffy tassels. A large tassel to match is attached to the bottom of the bag.

**Young Girls' Party Frocks.**

Young girls always look nice in simple lingerie frocks with sashes of any desired color, with bows on the hair to match the sash. A fine grade of canvas slipper may be worn or white kid without gloves. If it is inconvenient a girl need not wear gloves, and may choose either silk or kid. A fan is nice to carry and may be worn on a string of pearl beads or on a ribbon. She does not need to carry flowers, but a pink rosebud pinned on would be pretty.

**Toasted Crabs.**

For this dish prepare the crab meat the same as for stuffed crabs, lay it on oval pieces of toasted bread and cover with a layer of white sauce flavored with grated cheese and highly seasoned. Put a few drops of melted butter over the top of each, then place them on a buttered baking sheet and bake in a sharp oven for a few minutes. Dish up and serve hot.

**HEIGHT OF WAVES.**

In Severe Storms the Crest May Mount Fifty Feet.

It is only in the imagination of the poets that waves rise "mountains high." The exact altitude and length of waves have been measured with scientific accuracy, and the record waves are carefully recorded. Waves in shallow water are, as a rule, higher than those in open or deep water. The height of a wave is commonly about one-fifteenth its length.

The longest wave on record was 2,500 feet, measuring from crest to crest, its period being about twenty-two seconds. Waves of extreme length are seldom very high. A wave 2,500 feet in length, rising in deep water, will have a height of about fifty feet.

When a wave enters shallow water its crest becomes considerably higher, and one of a height of forty feet will frequently rise to fifty feet. If it meets resistance, it may be thrown up twice this height.

In severe storms at sea waves rarely reach a height of fifty feet. The average in such time has a period of about ten seconds, which would indicate a length of about 500 feet. Waves with a period of ten seconds have a length of from 150 to 300 feet and a height of thirty-three feet and form a very high sea.—Exchange.

**Porfirio Diaz's Poetic Prophecy.**

President Porfirio Diaz, who ruled over Mexico for more than a quarter of a century as an absolute dictator, believed that only such iron rule could bring peace and progress to the half civilized millions of that country. Several years ago, when his power was still unbroken, an American who was on intimate terms with him ventured to suggest that the Mexicans were now prepared for a more liberal form of government and hinted that his rule was too severe. The stern old man stiffened his gaunt figure and ran his fingers through his locks, now white with years.

"When these snows melt," he said prophetically, "the mud will be deep in Mexico."—Youth's Companion.

**An Infatible Sign.**

Whenever Robert's mother went away on a visit the little fellow was so badly spoiled by a doting father and grandmother that upon her return it took several applications of the rod to mend his ways.

One day when she had been absent for a week a neighbor asked Robert when his mother was coming home.

"Oh, she'll be back very soon now," he replied. "I'm beginning to get pretty bad."—New York Post.

**Bad Blood**

is the direct and inevitable result of irregular or clogged bowels and clogged-up kidneys and lungs. The undigested food and other waste matter which is allowed to accumulate poisons the blood and the whole system. Dr. Merck's Indian Sarsaparilla acts directly on the bowels, loosening them—on the kidneys, giving them ease and strength, and on the lungs, clearing the blood—and on the skin, causing it to open the pores. For pure blood and a healthful complexion.

Dr. Merck's Indian Sarsaparilla

**Keep Your Word**

"Europe is in the Valley of the Shadow of Death because, the German Emperor broke his word," says Arthur Mee in his "Little Paper."

"Life is not worth living if men break their word. If we cannot believe a man we can have no dealings with him, either buying or selling. We buy a thing in a shop believing it to be what it is said to be; we shake the shopman's word, and if he speaks the truth we buy from him again. If he sells us brass and tells us it is gold we buy from him no more and his trade is ruined. Men cannot prosper on a broken word.

"We could have no home to live in if men did not keep their word. We trust our neighbors. They declare themselves friendly and we believe them. We live side by side with hundreds of people who could rob us or poison us, but they live at peace with us, instead; they have given their word," and we believe them. We go to bed at night, because we believe that men will keep their word.

"We could not travel if men did not keep their word. We go into a strange country and trust our lives and our money to people we have never seen before, perhaps to people whose language we do not understand. But here, also, runs the honorable understanding of men who keep their word. A strange man takes our bag, another takes our money, another carries an important letter. We go on our way because we trust them all. We take their word.

"There is neither work nor wages for us if we break our word. We work for a week or a month on a promise that our wages will be paid. Men give us their labor, and we give them ours, because we pledge our word. We put our money into the bank, we leave our watch at the watchmaker's, we trust a man with an important piece of information, we risk our very lives, on the promise of a word.

"A nation trusts its people, keeping police for those who break their word. And a nation trusts other nations, trusting itself to do certain things so that there may be order and good government and understanding in the world. England, France and Germany gave their word to Belgium, and Belgium trusted them. Germany broke her word, and asked England to break hers. But England will not lie. She is too proud to break her word. She is fighting against the broken word that would destroy our homes, our trade, our freedom, and the good name that is so dear throughout the world.

"We must be free, or die; and we who spoke the tongue that Shakspeare spoke, must keep our word.

**Those Hats**

When father bought his new fall hat it sure took mother's glimp; She sized it up and told him that He looked a perfect imp.

It was a round affair, high crowned, With very narrow rim, A gray drab band ran all around, It made a kid of him.

She said: "I hadn't heard that you'd Come into vaudeville. You look like a ribbon counter dude, That shrieks loud and shrill." Said pa: "I am no moss-back yep, And you can bet your pile, I wear this firework thing, maybe, Because it is the style."

When mother got her new fall hat, It was a scream, a screech, And father up and told her that She looked a burlesque peach.

It was the dullest looking thing That he had ever seen, It had a pink and yellow wing And trimming that was green.

Said he: "The milliners must be insane, there's not a doubt, Go to the window instantly, And throw the blamed thing out." "You brute," ma screamed, "I'll tell you that."

You're my most precious trial, I've simply got to wear this hat, Because it is the style."

Only the informed endure the agony of corks. The knowing ones apply Holloway's Corn Cure and get relief. m