

GILLETT'S LYE

CLEANS-DISINFECTS-USED FOR SOFTENING WATER-FOR MAKING HARD AND SOFT SOAP-FULL DIRECTIONS WITH EACH CAN.

MAN AND WOMAN POWER IN CANADA.

(Christian Science Monitor.)
By the compilation of a National Register, in June of this year, Canada virtually took a census of all the available man and woman power in the Dominion for the purposes of winning the war. The step is one of the most significant and far-reaching which Canada has taken in its war-time history. In that registration every person in Canada, man or woman, of sixteen years of age or over, was obliged to answer a series of questions relative to his or her usefulness for national service at the present time. The returns show that about 5,000,000 people presented themselves for registration and answered the necessary questions. Thus Canada holds, to-day, a national inventory of the human resources of the country, and it is confidently predicted that the labor difficulties on the farms and in industry will now be made easier of solution, with the information available through the National Register.

The figures themselves, indeed, justify the conclusion that the Government can supply all the farm labor necessary for Canada's war needs, can mobilize labor for any kind of war production and, if need be, systematically ration the people. But, thanks to the greater production of both food-stuffs and ships which the past year has happily witnessed, there is not the slightest prospect of a rationing

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:
"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

plan being necessary, either for Canada or for the United States. What there is a likelihood of now is that, through the existence of the Canadian National Register, employers of labor will be, and doubtless are, getting into touch with the Government at Ottawa in order to explain their needs. Those persons who desire to engage in war work will be able to find the right employment, whilst the Government, by an organized system of redistribution, will be able to bring about the highest percentage of economic efficiency.

In the National Register, as in the similar register of men and women which Great Britain prepared some time ago, Canada possesses an instrument, for the purpose of winning the war, of tremendous potential value. The question naturally forces itself to the front: How will the Government avail itself of the great opportunity? Canada stands before the world, to-day, a democracy in which every man and woman may be placed under order, if called upon, in accordance with the true democratic ideal. The right use of the register, or rather the fullest use of it, to the end that some of the industrial difficulties with which Canada has been faced may be removed or ameliorated, is something which the Canadian people will naturally expect from the Government. Now the military and industrial problems which have been before Canada since 1914 are simple and clearly defined. The Dominion has had to supply the necessary man-power to reinforce the fighting men at the front.

YOUR BOY AT THE FRONT NEEDS Zam-Buk PUT IT IN EVERY PARCEL

It has had to provide as much food-stuff as possible for the nations of Europe, and it has had to so transform and reorganize conditions in Canada itself that the country could put forth its maximum efforts into the war.

As to whether the last objective has been achieved, there has been a diversity of opinion. The disaffection with regard to the wage question has, according to some, undone, or seriously affected the work of industrial organization in the country. The elaboration of this particular point, however, is beside the question at the present moment. Doubtless the wage difficulty, caused by the problem of meeting the ever-mounting cost of living, offers no really insurmountable barriers. If the purchasing power of the dollar has undergone a decided slump, if the war conditions, in other words, have depreciated the value of the

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case. Get the genuine at druggists."

money spent upon the upkeep of the Canadian workingman's household by 60 to 80 per cent, the fact still remains that some proper dealing with the labor problem may yet remedy conditions. The call, certainly, is to the Government to meet that critical situation, and to put to an early use the instrument of the National Register now at hand. The manner of response to that call will be watched with well-nigh as keen interest in the United States as in Canada itself.

Minard's Liniment Cures Colds, etc.

At the Top of the Road.

"But, Lord," she said, "my shoulders still are strong—I have been used to bear the load so long;

And see, the hill is passed, and smooth the road."

"Yet," said the Stranger, "yield me now thy load."

Gently he took it from her, and she stood,

Straight limbed and lithe, in new-found maidenhood,

And long, sun-lit fields; around them sprang

A tender breeze, and birds and rivers sang.

"My Lord," she said, "the land is very fair!"

Smiling, he answered, "Was it not so there?"

"There? In her voice a wondering question lay;

"Was I not always here, then, as to-day?"

He turned to her, with strange, deep eyes aflame:

"Knowest thou not this kingdom, nor my name?"

"Nay," she replied, "but this I understand—

"That thou art lord of life in this dear land!"

"Yes, child," he murmured, scarce above his breath;

"Lord of the land, but men have named me Death."

—Charles Buxton Goring.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall weather is the most severe season of the year for colds—one day is warm, the next is wet and cold, and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent cold or if it does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

SAUERKRAUT

An Unjust Prejudice Against a Good Food.

Considerable prejudice exists in the minds of a good many people on the subject of sauerkraut, and there is some hesitancy about using it, because it is always associated with Germany. As a matter of fact, sauerkraut was first made in Holland, although the Hun, with a customary acquisitiveness, took it up and made it more or less of a national dish. It is manufactured extensively on this continent and is made in many homes. There should be no hesitancy about using it on the same scale as before the war. It is not really of German origin. In the United States it is now called "Liberty Cabbage."

To make sauerkraut the outside leaves of the cabbage should be removed and the core cut crosswise several times and shredded very finely with the rest of the cabbage. Pack

It Has Proved a Revelation —To Millions of Tea Drinkers

"SALADA"

Rich in Flavor — Absolute in Purity. Sealed Packets Only . . . Black—Green or Mixed } **TRY IT!**

into a clean barrel, keg or tub, taking care to distribute the salt as uniformly as possible, using one pound of salt to 40 pounds of cabbage. Sprinkle a little salt in the container and put in a layer of three or four inches of shredded cabbage. Pack down with a wooden utensil like a potato masher. Repeat with salt, cabbage and packing until the container is full or the shredded cabbage is all used. Press the cabbage down as tightly as possible and apply a cloth and then a glazed plate over a board cover which will go inside the holder. On top of this cover place stones or weights of some kind, which will serve to force the brine above the cover.

Allow fermentation to proceed for ten days, or two weeks, if the room is warm. In a cellar or other cool place from three to five weeks may be required. Skim off the film which forms when fermentation starts and repeat this daily if necessary to keep it from becoming scum. When gas bubbles cease to arise, if the container is tapped, the fermentation is complete. If there is scum it should be removed. As a final step pour melted paraffin over the brine until it forms a layer from one quarter to half an inch thick to prevent the formation of scum. This is only necessary if the kraut is going to be kept for a long time.

Neckery.
Pleatings, rufflings, frills. Rounded and oval necklines predominate. Smartest collars, accompanied by cuffs. Georgette frills for softer silks and satins and heavy silk crepes for tailored garments.

Many Laces.
Black laces predominate. They appear on evening frocks. Not to speak of rich dinner and semi-formal frocks. Dark brown laces and black laces have motifs of bright silks and glittering metal threads.

RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the best of all treatments.

PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

Address: **MRS. M. SUMMER, Box 8, Windsor, Ont.**

"PRO BELGICA"

Publication of a Special Number

"PRO BELGICA," a periodical published by the Belgian Propaganda has just issued a remarkable special number.

On the cover framed with the now well-known Belgian national colors is represented a genealogical tree of the Royal family on the root of which is the Kingdom's coat of arms. Nineteen portraits figure on that tree.

Statesmen, professors, writers have contributed to this number so that it may contain interesting articles. Among the French ones are the following: The Belgian Mission in America by Mr. H. Carton de Wiart; Reconstruction in Belgium by Mr. des Ombiaux; Epics of Yser by Rex, Father de Mangleere; a striking letter addressed to the Governor of Belgium reproduced from "La Libre Belgique"; Belgian Army's share in the war; Professional training for maimed soldiers by Senator Thiebold, etc.

Among the English articles let us mention: A fine letter from Mr. Herbert Hoover; Fighting Starvation in Belgium by Professor Vernon Kellogg; Belgian War Cartoons by Mr. R. Arrowsmith; Belgium's gratitude towards U. S. by Mr. des Ombiaux; Reply to the German White Book; The Belgian Dynasty, etc.

This number contains also an illustrated notice on Queen Elizabeth and the entire list of subscribers to Queen Elizabeth's Purs.

Numerous illustrations increase the interest of this publication. A part from photographs of the front and of the Belgian Relief Work, there are fine portraits of the Royal family, of the Belgian premier, Mr. Cooreman, of the Minister of Justice, Mr. Carton de Wiart, of Cardinal Mercier, of Mr. Herbert Hoover together with ministers taken at St. Adresse.

This number may be obtained on sending 25 cents in stamps to the editor of "PRO BELGICA" 32 Sussex Avenue, Montreal.

Minard's Liniment Cures Diphtheria.

HIRST'S PAIN EXTERMINATOR

STOPS THE PAIN—AND ACTS QUICKLY

Rheumatism, lumbago, neuralgia, sprains, lame back, toothache, neuralgia, sore throat, swollen joints and all similar troubles are quickly relieved by Hirst's Pain Exterminator. It has been sold for 16 years, and should be in every household—here a household name.

35¢ BOTTLE

All dealers or write to HIRST REMEDY CO., Hamilton, Canada.

ISSUE NO. 43, 1918

HELP WANTED—FEMALE

WANTED—A MAID, NO WASHING or ironing. Two in family. Apply to Mrs. White, 16 St. Matthew's Ave., Hamilton, Ont.

WANTED.

WANTED—GENERAL BLACKSMITH. Reid Bros., Bothwell, Ont.

MISCELLANEOUS.

THE SAFE WAY TO SEND MONEY by mail is by Dominion Express Money Order.

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

WANTED—BALED HAY. QUOTE price delivered at Bothwell. Reid Bros., Bothwell, Ont.

FOR SALE—WOOD AND SPLITTER and Motor all complete, also Two Dump Wagons. Apply Thos. Myles' Sons, Hamilton, Ont.

FARMS FOR SALE.

112 ACRES MORE OR LESS—LOT 27, Concession 2, Eramosa, near Speedside, for sale; on the premises is a good stone house, up-to-date bank barn; good stables, with water; closed in shed, silo, pigsty; henry, sheep pen, never failing well, windmill, good orchard; farm in good state of cultivation, well fenced, well watered; five miles from Fergus, ten from Guelph; school-house and two churches close by; apply on premises, Mrs. Lena Leysbourne, Rockwood, R. R. No. 3, Ont.

\$1,500 WILL BUY A GOOD 100 ACRE farm; 40 cleared; balance good timber; three miles from Etterson Station; mile from Port Sydney; good frame buildings; wire fences; easy terms. John Elliott, Port Sydney, Ont.

BUSINESS CHANCES WANTED.

WANTED—TO BUY A GENERAL store in a live Ontario town of at least 5,000 population; must be a good live business. Address R. S. Brown, St. Chrysostome, Province Quebec.

FOR SALE OR TO RENT.

BRICK STORE SUITED FOR GENERATOR at merchant in village of Morriston, 9 miles from Guelph, 1 mile from Puschich station, C.P. Railway; easy terms; immediate possession can be given. Apply M. W. Buckley, Drumbo.

STORM WINDOWS FOR SALE

GET OUR PRICE LIST SHOWING cost of windows glazed complete, any size. Halliday Company, Box A. 61, Hamilton.

Lullaby for a Baby Tank.

(Apologies to Lord Tennyson.)
Squat and low, squat and low,
Tank of the Western Front,
Feared by foe, brave Goussard
Welcome thy features blunt.
Over the rugged trenches go,
Crawling from Soissons or Belleau,
Trundle, foreshortened runt,
Creep, my little one, over each brittle Hun, creep.

Creep and rest, creep and rest,
Rest on the Tonton's toes;
Sleep, sleep, on the France we'll keep,
Victory bring thee repose.
Lie in thy cradle—a crater depressed,
Deep as German hopes in the west,
Sunk in their August woes,
Sleep, my pretty one, wee unpretty one, sleep.

—H. T. Craven, in the Philadelphia Public Ledger.

Wonderful for the Blood!

Cures Sallow Skin, Headache, Languor and Tiredness.

You don't need to be told how you feel,—blue, sore of sickish, poor appetite, vague pains, tired in the morning. This condition is common at this season.

Fortunately there is prompt relief in Dr. Hamilton's Pills which immediately relieve the system of all poisons and disease-producing matter.

Thousands have been so utterly depressed, so worn out as to be dependent, but Dr. Hamilton's Pills always cured them. "I can speak feelingly on the power of Dr. Hamilton's Pills," writes C. T. Fearman, of Kingston. "Last spring my blood was thin and weak. I was terribly run down, had awful headaches and a gnawing, empty feeling about my stomach. I couldn't sleep or work until I used Dr. Hamilton's Pills—they did me a world of good." At all dealers in 25c boxes.

Curing Tuberculosis.

The earlier tuberculosis is detected in an individual case, the greater are the possibilities of a cure. Therefore help your friend, your neighbor, your relative, to recognize and treat this disease at the start.

The first essential for the treatment is rest until the disease has ceased progressing. The physician must determine when exercise should be resumed. The second is food in abundance until the lost weight has been regained, and a little more. The third is fresh air, indoors and out, but most of the time out, in all seasons and weathers. If the patient sleeps indoors, the windows and the external door of his room, if there is one, should be open every night and all night.

The fourth is hope and determination. Your chances for recovery will largely depend on your attitude of mind and willingness to make a determined effort to recover. Make your sacrifices at the beginning.—Casper's.