

The Housekeeper

To whiten the skin make a paste of buttermilk and oatmeal (not rolled oats); cover the face and neck just before bedtime, bind up and allow to remain on all night. Wash off in the morning with tepid water. Repeat till face is sufficiently bleached.

Grapefruit seeds planted in a small jardiniere will grow and make a pretty centre-piece for the breakfast table.

To make a glue for putting labels on tin, take one quart of boiling water, two ounces of pulverized borax, and then add four ounces of gum shellac and boil till dissolved.

To restore color and polish to scratched furniture, rub it briskly with camphorated oil, not spirit of camphor. It should be rubbed on lightly and quickly with a piece of flannel.

If you wish cauliflower to be extra nice, boil it in milk instead of water. The onion salt which comes bottled in the grocery department is a useful flavoring for the kitchen dresser or storeroom.

To clean a corset, make a suds of hot water, borax and a tablespoonful of ammonia. Scrub the corset clean, rinse in hot water, then in cold, and hang on the line in the sun to bleach and thoroughly dry.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Baby's Own Tablets are guaranteed by a Government analyst to be absolutely safe and free from injurious drugs. Once a mother has used them she would not use anything else for her little ones.

STRENUOUS PASTIME

The Whip Game as Played by Natives of British Guiana.

Of all the games it has been my lot to witness, the most strenuous was the whip game I saw in British Guiana. Before the game the women handed around bowls of the native drink, "pawarie."

Then the players, men and boys, lined up in two rows facing each other. Each carried a whip ornamented with fibre tassels, those of the two end players having whistles attached.

Shouts of "Yau au!" rang along the line, and the players waved their whips and swayed gently backward and forward as they stamped.

Presently the two end men passed down between the rows, while those lined up moved slowly in the opposite direction. In rotation the other pairs of men did likewise, and then the whistle men ran swiftly to their original places. The stamping increased in fury, and the whistlers whistled at each other in wild excitement.

The women ran up and down the rows offering their calabashes of "pawarie," and then the real whipping began.

Two men challenged each other to a contest, and the rows retired, still stamping. The whippers, splendidly built fellows, stripped save for loin cloths, was a thrilling sight as they cautiously judged their distances, letting their whips just touch each other's legs.

Then one of them stood firmly and half turned away from the other. Immediately his whip sang through the air and came down on his opponent's calf with a crack. The victim did not flinch, but joined his whippet in a wild sort of dance.

Again and again he submitted to the lash, and then it was the other's turn. I cannot say who won—both were stoles of tremendous endurance. I would have called the bout a draw.

Then the two whippers retired to an adjoining hut, where they indulged freely in "pawarie," and others of the challenging row took their places in the game, which lasted until the rows were exhausted. Temple Manning, in Cleveland Plain Dealer.

Uniforms They Wore.

In Angus Hamilton's "Afghanistan" is mentioned the following interesting episode: "The staff of the frontier regiment on guard along the Afghan side of the border had accepted an invitation to the mess at the Russian post. They arrived in due course, appearing in all the full dress grandeur of second-hand railway uniforms. The officer commanding the detachment exhibited on the collar of his tunic the mystic words 'Ticket Collector.' His subordinate, a subaltern, was content with the less exalted label of 'Guard.' Out of courtesy to their guests the Russians suppressed their merriment, receiving nevertheless the impression that a portion of the subsidy granted by the government of India to the ameer of Afghanistan was taken out in the castoff uniforms of British public companies. The fact was that the ameer, through his agent in India, had acquired a large parcel of discarded clothing at one of the annual sales of condemned stores in northern India."

Where tall is concerned, give a woman a handicap of a mouthful of hairpins and she will beat a man to it. The first thing to learn about skating is to be light on your feet. If you are not you'll light on your head.

BINDER TWINE

Why It Will Be Very Dear This Year.

The average farmer in the United States and Canada probably does not give a thought to the State of Yucatan from one year's end to the other. He doubtless never stops to think of that country on the southeastern coast of Mexico which projects out like a boot into the Gulf of Mexico and the Caribbean Sea.

He will think of Yucatan many a time, however, before he gets his binder twine next summer, for twine will be higher than it has been for years, and the farmer does not like to pay useless toll or tribute to anyone when he buys his necessities. This year he will pay for the sisal fibre and for hauling it on the ships and railroads and for spinning it into twine in the American factories, as he has always done, and which he is willing to do. But, in addition, he will also pay a liberal tax to the military Government of Yucatan and another liberal sum to the American bankers who are loaning the necessary money to maintain a complete control of the sisal market.

Why the prices will be so high is explained thus: In 1912 the Yucatan Government appointed a commission to buy and hold sisal when prices were low, in order to maintain fair prices. This commission, known as the Regulating Committee, maintains a great monopoly and a decree issued on December 3, 1915, compels all Yucatan growers of sisal to sell their fibre to the Regulating Committee. That is why binder twine is high and is likely to be higher.

They Are a Great Aid to Health at This Season.

EAT GREENS.

With the approach of spring the homemaker begins a "preparation" campaign against the diseases of the flesh is usually heir to following a long winter's diet of the heavy heat-producing foods, varying from "spring fever" to bad complexions and actual breaking down of tissues.

Just as soon as it is compatible with the household budget, green vegetables should have a place on the menu. These vegetables are the leaves or lungs of plants and have very little nutritive value, but because of the antiscorbutic nature of their salts they are a very valuable article of diet.

Spinach, which is known as "the herb of the stomach," is one of the best spring foods. It contains a large amount of water—from 89 to 90 per cent, and when young can be cooked in its own juices. Never throw away the water in which these greens are cooked for by so doing most of the minerals are lost.

Asparagus is very easily digested and may be eaten by invalids with impunity. It flushes the kidneys to some extent. Cabbage contains sulphur, so necessary for the blood. Cauliflower, which belongs to the cabbage family, but is less likely to cause flatulence. Celery is easily digested, but is better cooked than raw. Among the salads with which we may vary our fare are lettuce, endive, escarole, cress and romaine, all cooling and easily digested.

Fruits are equally important. The acid-salts they contain make them good "blood purifiers" and give them certain cathartic qualities. These salts are mainly potash, lime, magnesium and iron, which make them especially valuable for growing children and for patients suffering from diseases due to the lack of these salts. The cathartic action is stronger in fruits which contain cellulose, such as figs, prunes, dates and apples. The digestibility is increased by cooking. For semi-invalids and old persons it is advisable to eat no raw fruit.

THREE NEW V. C.'S

And the Heroism for Which They Were Honored.

One of the finest self-sacrifices of the war—how an officer to save the lives of his men flung himself down on a live bomb—is told in an announcement of three new V. C.'s in the London Gazette. The awards are:

Second Lieutenant Alfred Victor Smith, 15th East Lancashire Regiment (T.F.C.). For most conspicuous bravery. He was throwing a grenade when it slipped from his hand and fell to the bottom of the trench, close to several officers and men. He immediately shouted out a warning and himself jumped clear and into safety; but seeing that the officers and men were unable to get into cover, and knowing that the grenade was due to explode, he returned without any hesitation and flung himself down on it. He was instantly killed by the explosion. His magnificent act of self-sacrifice undoubtedly saved many lives.

Private (Shooting-Guard) Charles Hull, 2nd Lancers. For most conspicuous bravery. When under fire he was the only man who was within a few yards of the enemy, who were firing at him. He was shot and fell, but he was picked up by his comrades and taken to the rear. He was then sent back to the front, where he was again shot and killed. He was posthumously awarded the Victoria Cross.

Private Harry Christen, 2nd Battalion, Royal Lancashire Regiment. He was holding a crater with five or six men in front of our trenches. The enemy began to throw bombs and shells into the crater, forcing a temporary withdrawal. He found that three men were missing. Private Christian returned alone to the crater, and although bombs were continually being hurled actually on the edge of the crater, he found, dug out, and carried one by one into safety all three men.

Lieutenant Alfred Victor Smith—the bomb hero—was the only son of the Chief Constable of Burnley, Lancs. He was 21 years old.

The number of insane under institutional care is said to be larger than the enrollment in all the universities and colleges. But why always take the colleges for a standard of comparison?—New York Evening Post.

DON'T COUGH YOUR THROAT SORE "NERVILINE" WILL CURE YOU QUICKLY

The Annoyance of a Bad Cough Soothed Away in One Day.

Nothing so bad for the throat as coughing and nothing half so annoying as to have some one near by that is hacking, sneezing or constantly clearing the throat.

Rub on Nerviline—it will save you all further pain and distress. Even one good rub with this soothing, penetrating remedy will bring the finest relief, will take out that rasping soreness, will stop that irritating tickle that makes you want to cough so much.

ANTIQUES

Of all the examples of Ancient Greek sculpture still preserved in our public and private collections none have been so useful to modern industries, in all countries, as the marbles which formed the frieze of the Parthenon at Athens.

The building of the Temple at the Acropolis of Athens was commenced about the year 448 B.C., and occupied eleven years in building. It was constructed entirely of white marble, from Mount Pentelicon. Calliades and Ictinus were the architects. The sculptures were produced partly by the hand and partly under the direction of Phidias, perhaps the greatest sculptor of all time, and certainly the most versatile.

Phidias was an Athenian—born 488 B.C. He was at first a painter, and afterwards became famous as a sculptor. In many materials, besides marble, he was a great worker in ivory, and in wood and metal. He was the art of making statues in bronze, wood and clay—and probably glass—were materials used by him also. His talent lay chiefly in representing the gods of mythology, though as Cicero observes "he did not copy the features and resemblances from any visible object, but formed to himself an ideal of true beauty upon which he constantly fixed his attention and which became his rule and model and guided at once both his design and hand."

The series of sculptures forming the frieze adorning the Parthenon represented the solemn quinquennial procession to the Temple of the Panathenae, at which the whole people were represented.

As a connected subject this was the most extensive piece of sculpture ever made in Greece, its total length being 524 feet.

The principal feature of the frieze was the train of horsemen representing Athenian citizens who served in the cavalry, the rank and wealth of the horsemen being defined by the dresses and armor they wore. The horses of exquisite beauty, and of the one hundred and ten who are introduced, no two are in the same attitude, and each is characterized by a marked difference of expression. Phidias, in his lectures at the Royal Academy, used to speak of these horses with enthusiasm. He considered them as the most precious examples of Grecian power in the sculpture of animals. He said: "They appear to live and move, to roll their eyes, to gallop, prance and corvet; the veins of their faces and legs seemed distended with circulation; in them are distinguished the hardness and decision of bony forms, from the softness of tendon and the softness of flesh. The beholder is charmed with the deer-like lightness and elegance of their make, and we can scarcely suffer reason to persuade us they are not alive." The large heads and thick neck are characteristic of Grecian horses, particularly those of Thessaly, to this day.

In 1674 the Marquis de Nointel ordered careful drawings to be made from these sculptures, and these fortunately have been preserved, otherwise it would have been difficult to identify and accurately arrange the fragments later on when they were set up in the British Museum.

The Earl of Elgin had secured this treasure, and by a special act of legislation in 1816—just a century ago—it was purchased for the British Museum, the price paid being about \$175,000.

A Hard Pine Floor.

A housekeeper who had a hard-pine floor that needed treatment tried an experiment with it and found it satisfactory. She knew that oak "filler" is supposed to be used only on oak flooring, but she used it on the hard-pine after it had been rubbed smooth. On the following day the floor was washed. This made a rich-looking floor of a good shade of brown.

Cleaning Buttons.

Cut steel buttons may be polished with powdered pumice stone, slightly moistened and applied with a soft brush or cloth. Mother-of-pearl buttons should be cleaned by covering with a paste made of whitening and water; when quite dry, brush it off and polish with a dry cloth.

Only a fool would allow the coign of vantage to burn a hole in his pocket.

THE BEST WAY

To Keep the Hands in Fine Condition After Working.

To loosen the cuticle on the nails and remove stains and discolorations, put a dessertspoonful of lemon juice in a cupful of warm soft water and dip the nails in it, letting them remain a few minutes.

To remove fruit stains from the finger-nails wash them with a nail brush in strong tea and afterward in clear, warm water. To remove stains from the hands have prepared a powdered made of equal quantities of powdered oxalic acid and cream of tartar. Dip the hands in water, rub a little of the powder on the stains and then wash with castile soap.

Ink may be removed from the hands by bathing in water into which has been put a few drops of oxalic acid.

To remove anilin stains from the hands bathe them in a bowl of water containing a few drops of acetic acid or some vinegar.

Mysterious Chimney Swift.

Much has been learned about bird migration, but much yet remains to be learned, and the following is one of the most curious and interesting of the unsolved problems: The chimney swift is one of the most abundant and best known birds of the eastern United States. With troops of fledglings, catching their prey as they go and lodging by night in tall chimneys, the flocks drift slowly south, joining with other bands, until the northern coast of the Gulf of Mexico they become an innumerable host. Then they disappear. Did they drop into the water or hibernate in the mud, as was believed of old, their obliteration could not be more complete. In the last week in March a joyful twittering far overhead announces their return to the gulf coast, but their hiding place during the intervening five months is still the swift's secret.

Delicate Young Girls, Pale, Tired Women

There is no beauty in pallor, but proof of plenty of weakness. Exercise makes your heart flutter, your back and limbs ache, and you sadly need something to put some ginger into your system. Try Dr. Hamilton's Pills; they make you feel alive, make you want to do things. They renew and purify the blood; then come strong nerves, rosy cheeks, laughing eyes, robust, good health. You'll be helped in a hundred ways by Dr. Hamilton's Pills, which are an old family remedy of great renown. Thousands use no other medicine and never have a day's sickness of any kind. Get a 25c box to-day. Sold by all dealers.

WHAT'S IN A NAME?

Well the Man who Owned This One Was Not to Blame For It.

The lawyer was in his private office when the office boy brought in a card. The lawyer took it and after one look at it frowned and then smiled. The inscription on it read: Mr. Roller Skates.

"Is it a pair or only one?" he inquired. "What, sir?" responded the boy, not seeing the point, of course. "That's all right. Bring him in." The caller followed shortly, and before the lawyer could put him on the stand he volunteered his testimony. He had observed that the lawyer still held his card in his hand.

"Pardon me," he said, smiling broadly and nodding toward the card, "but I'm not to blame for it. My father's name was Skates, and my mother's name was Roller, and they gave me my mother's family name. That was sixty odd years ago and there were no other roller skates in this country at that time."

The lawyer cheerfully accepted his apology and also a comfortable retaining fee ere the caller skated away.

I cured a horse of the Mango with MINARD'S LINIMENT. CHRISTOPHER SAUNDERS, Dalhousie.

I cured a horse badly torn by a pitch fork with MINARD'S LINIMENT. EDW. LINTLIEF, St. Peter's, C.B.

I cured a horse of a bad swelling by MINARD'S LINIMENT. THOS. W. PAYNE, Bathurst, N.B.

A WOMAN'S MESSAGE TO WOMEN

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrh, nervousness, pain in the sides regularly or irregularly, pain in the joints, or any other ailment, or if you are suffering from nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial of Keir Hardie's Rough Attire. They have regained health, strength, and business by this method. Write to Windsor, Address: Mrs. M. Summers, Box 4, Windsor, Ont.

BRITONS STILL USE WOOD.

We all remember learning long ago at school that the ancient inhabitants of the British Isles lived by the produce of the chase, and that they stained their bodies blue with a paint called woad.

It is interesting to know that this plant is still cultivated in England, and that, under the name of dress' woad, it is manufactured into a coloring material that is much valued for the treatment of cloth.

The woad seed is sown in April and May, the harvest time being five months later, when the plant is about one foot high. The green woad is crushed, fermented, baled, dried in wind-swept sheds and finally powdered and casked. Woad was, for a long time after the period of the ancient Britons, one of the principal dyes used in England; but it was largely superseded by indigo.

It is now employed for "setting" other dyes, for its gives cloth a finish not obtainable by other means. The cloth supplied by the Government for naval, military and police uniforms is always "woaded."

HELP WANTED.

WANTED—SPINNER ON D. & F. and Whitley Mules. Steady work; highest wages. For particulars, apply The Siligsey Manufacturing Company, Ltd., Brantford, 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.

FOR SALE—RUPTUS RED BELGIAN Hares and Gray Flemish Rabbits; fully pedigreed. D. C. Waters, 176 Back-ston street west, Hamilton, Ont.

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.

A High Priced Fricassee.

Lord Alvanley, a noted wit and high liver in England a hundred years or so ago, insisted on having an apple tart on his dinner table every day throughout the year. On one occasion he paid a caterer \$1,000 for a luncheon put up in a basket that sufficed a small boating party going up the Thames. Being one of a dozen men dining together at a London club where each was required to produce his own dish, Alvanley's, as the most expensive, won him the advantage of being entertained free of cost. This benefit was gained at an expense of \$540, that being the price of a simple fricassee composed entirely of a "noix," or small pieces at each side of the back, taken from thirteen kinds of birds, among them being 100 snipe, 40 woodcocks and 20 pheasants—in all about 300 birds.

Keep Your Harness Soft Strong Pliable Good Looking EUREKA HARNESS OIL will do it.

Keeps new harness new; Makes old harness look like new. Dealers Everywhere. The Imperial Oil Company Limited. BRANCHES IN ALL CITIES.

Brief Mention.

A device consisting mainly of four Welsbach lamps has been made use of by a western physician for the purpose of demonstrating the amount of alcohol in samples of patent medicines.

Canada heads the list of asbestos-producing countries, with an annual production of 101,215 tons to her credit. Russia is next, but far behind.

The use of rope for driving machinery is on the increase. The efficiency of rope in this capacity varies from 87 to 97 per cent.

The manufacture of cement in California plants, where electrical energy is used, is estimated to require an average of one horsepower per barrel of cement produced.

Minard's Liniment Lumberman's Friend. Novel Rabbit-Catcher. Crabs are put to a curious use on certain parts of the Devonshire foreshore. They are used to catch burrows. Having located a promising burrow, the snarer takes a crab and affixes a short length of lighted candle to the back of its shell. The behavior of a crab which finds itself in a narrow inclosure is well known. It begins to run. It therefore starts away up the burrow at top rate and presently the rabbit is horrified at the sight of a jag trotting flame coming to his sanctuary. Off he goes for the other exit, only to find himself, when he emerges, in a trap.—London Spectator.

National Preparedness does not come from guns and dreadnoughts alone, but from men who are fit for the day's work. The making of men is a question of food and rational exercise. You can't build stalwart men out of an unbalanced "ration." Shredded Wheat Biscuit contains all the material needed for building the perfect human body. It is the whole wheat grain made digestible by steam-cooking, shredding and baking. One or more Shredded Wheat Biscuits for breakfast with milk or cream makes a man fit for work or play. It is ready-cooked and ready-to-serve.

It was pointed out that there are \$25,000,000 Canadian one-year notes maturing here next August out of the \$40,000,000 sold here last year through being negotiated would undoubtedly provide for that maturity with a balance sufficient to cover other needs. It was said. The new bonds it is understood, will bear interest at 5 per cent.

Keir Hardie's Rough Attire.

James Keir Hardie, the British labor leader, never relinquished his working class garb, and many were the occasions when his rough attire led to mistakes on the part of others. One story is that Keir Hardie, then many years an M. P., was challenged by a policeman outside the House of Commons. The officer asked Mr. Hardie if he was working there. "Yes." "On the roof?" (which was undergoing repair) "No," answered the leader of the Independent Labor party, "on the floor." Another time rooms until he gave references. He looked too rough. The good woman was astonished when Mr. Hardie named a number of the most prominent men in parliament. He was arrested in Belgium once on suspicion of being a collusion with a notorious anarchist whom the police had detained. The Belgian police never could understand why a British M. P. was not elaborately attired.

HORSE SALE DISTEMPER

You know that what you sell or buy through the sales has about one chance in fifty to escape SALE DISTEMPER. SPOHN'S is your true protection, your only safeguard, for as sure as you treat all your horses with preventive, no matter how they are "exposed." At all good factors. SPOHN MEDICAL CO. Chemists and Bacteriologists Goshen, Ind., U.S.A.

