

It's Always Best
-To Be Well on the Safe Side

When buying Tea, insist on getting

"SALADA"

The Tea with a Quarter of a Century of Unrivalled Public Service.

GERMAN SPY IN UNITED STATES

And How He Was Caught and Used,

Told by Custodian of Alien Property.

(Christian Science Monitor)

A Mitchell Palmer, Attorney-General of the United States and former custodian of alien property, told Victory Loan workers, at Buffalo, of the methods the United States Government had used during the war to combat German efforts.

"A western school teacher of German birth," said Mr. Palmer, "left \$10,000 in her will to von Hindenburg. I got it. It was used to buy munitions, and Pershing's boys delivered the bequest to von Hindenburg at his home address.

"In this war we have made the enemy property fight the enemy. The Germans sent capital to America to undermine the industry of this country. We took over that capital and turned it into a fighting war machine to fight Germany.

"In Passaic, New Jersey, six or seven great woolen mills worth from \$60,000,000 to \$70,000,000 were owned by German capital, and they were the finest in the world. In some of them before the war the German tongue was officially used and in two of them when America entered the war the managers refused to accept government work, accepting only civilian work with enormous profits. One of them capitalized at \$3,500,000 did a business of \$50,000,000 with a profit of \$10,000,000 during 1917-18. We took them over, put American directors in charge, ran up the American flag and set them to work on army and navy uniforms.

"Germany through the German-American Lumber Company of St. Andrew Bay, Florida, owned by a cousin of the former Kaiser, controlled the Panama Canal. This concern also had an office in Pittsburgh and was one of the bigger spy centres of America. The concern refused to allow any American railroad to operate near the place or allow development. Upon investigation it was learned that this concern knew nothing about the lumber business and that its files were choked with Pan-German literature, correspondence and propaganda.

"One of the greatest spy centres in America was located near Pittsburgh at a little town named Koppel in Beaver County. These were located in the plant of the Orenstein, Arthus, Koppel Company, owned entirely by German interests. They built mine cars and steel equipment.

"By clever manipulation they required all customers to furnish them

with complete plans and blue prints of floor plans and elevation of their plants before they would begin work on a contract. As a result the company was able to secure vital data of practically every large American industry which were sent to Germany and filed. Eighteen large German insurance companies located in America also secured vital statistics of American industries, and when America entered the war, Germany knew just what American industries could produce, or at least she thought she did.

"The Orenstein, Arthus, Koppel Company also advised the German Government that it could perform a service to the Fatherland by taking American contracts and then falling down on them. This company was seized.

"The Germans also controlled the entrance to the Caribbean Sea by holding a terminal at St. Thomas in the Virgin Islands. Under the guise of a terminal they had built concrete emplacements and could have established an invulnerable fortress there had not their plans been uncovered by the American secret service operatives. The holdings were originally secured by clever German agents posing as Danes. The United States now owns this terminal."

Mr. Palmer said the many explosions in munition factories during the war were perpetrated by German agents supplied with information by the Orenstein, Arthus, Koppel Company and the 18 German insurance companies. He said the day the armistice was declared, Germany had 150,000 agents in Spain disguised as salesmen ready to work in America, and South America to regain German commerce.

Minard's Liniment used by Physicians

Bring Up the Reserves.
 John was visiting his grandmother, who lived in the country. One day his grandmother found that John had but a few clean clothes left, so she told John to write his mother and tell her to send him some new clothes. John obeyed immediately, and in a few minutes returned and showed her the letter, which was as follows: "Dear mamma, please send me a reinforcement of clean clothes."

COLDS, CATARRH RELIEVED IN FIVE MINUTES

Consumption can be traced back in most instances to a bad cold or catarrh that was neglected. Don't court this white plague—ensure yourself at once against it by inhaling Catarrhose, a pleasant antiseptic medication that is inhaled into the lungs, nasal passages, throat, and bronchial tubes, where it kills disease germs and prevents their development. Catarrhose heals inflamed surfaces, relieves congestion, clears the head and throat, aids expectoration, and absolutely cures Catarrh and bronchitis. Quick relief, sure guarantee, pleasant to use. Get the \$1.00 outfit of Catarrhose. It lasts two months; small size 50c. All dealers or the Catarrhose Co., Kingston, Ont., Canada.

MOTHERS!
 Watch your children's skins. As soon as you see the slightest trace of a rash or sore, apply Zam-Buk. This antiseptic balm will protect the sore place from infection, prevent it from spreading and healing soon follows.

Careful mothers always keep Zam-Buk on hand for their children's injuries—it ends pain so quickly and prevents any possibility of festering. Best for cuts, burns, sores, bruises, ringworm, scaly sores, eczema and itching rash. All dealers 50c box.

Zam-Buk

Minard's Liniment Lumberman's Friend.

Medicinal Value of Fruits.

Edible fruits do not exert direct medicinal effects, but they encourage the natural processes by which the acids are produced.

Oranges, figs, prunes, mulberries, dates and nectarines are laxatives. Cranberries, blackberries, dewberries, raspberries, quinces, pears, wild cherries and barberries are astringents.

Grapes, peaches, huckleberries and black currants are diuretics.

Gooseberries, currants, pumpkins and melons are refrigerants. So are lemons, limes and apples, and these last are also stomach sedatives.

Apples are corrective and useful in nausea.

The green fruit of the persimmon is highly astringent, containing much tannin, and is used in diarrhoea and incipient dysentery. The oil of the coconut is recommended as a substitute for cod liver oil and is used in Europe for phthisis.

AFTER INFLUENZA—WINTER COLDS—BAD BLOOD

You are pale, thin, weak—with little vitality. Your liver is sluggish and the bad blood causes your stomach muscles to lose their elasticity and become flabby and weak—then indigestion.

Doctor Pierce's Golden Medical Discovery, made from wild roots and barks, and free from alcohol or narcotics, is the great and powerful blood purifier of to-day. Ingredients printed on wrapper. This tonic, in liquid or tablet form, is just what you need to give you vim, vigor and vitality.

Take it as directed and it will search out impure and poisonous matter throughout the system and eliminate it through the natural channels.

You can procure a trial package by sending 10 cents to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

SIRALTA, SASK.—"I have taken Dr. Pierce's Golden Medical Discovery for liver trouble, and found it excellent, and would not be without it. I suffered from congestion of the liver about six years ago and I always say that this medicine cured me. I have also given it to my family for colds and it cured them in a very short time. We must have had about 4 dozen bottles of the 'Golden Medical Discovery.'"—Mrs. ENOCH MITCHELL, Box 120.

KITCHENER, ONT.—"I had become all run-down, was weak and nervous. My blood was bad also. I took the 'Golden Medical Discovery' and was completely restored to good health. I am always recommending this medicine to my friends, many of whom have had equally as good results."—Mrs. ERN. KETTYLE, 64 Breithaupt Street.

They Lie in France Where Lilies Bloom.

They lie in France Where lilies bloom; Those flowers pale Are saintly souls That guard each tomb Close by them in That martyred land

And mutely there the long night shadows creep From quiet hills to mourn for them who sleep, While o'er them through the dust go silently

The grieving clouds that slowly drift to sea, And lately round them moaned the win'ing wind

Whose voice, lamenting, sounds so coldly kind

Yet in their faith those waiting hearts abide

The time when turns forever that false tide.

In France they lie Where lilies bloom Those flowers fair For them made room

Not vainly placed The crosses stand Within that brave And stricken land;

Their honor lives, Their love endures Their noble death The right assures

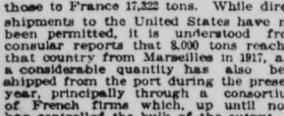
For they shall have their hearts' desire, They who, unflinching, braved the fire, Across the field, their eyes at last all see

Through clouds and mist the hosts of victory.

—Percival Allen, in Spanish River News.

Keep Minard's Liniment in the house

DRS. SOPER & WHITE



SPECIALISTS
 Piles, Hemorrhoids, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.

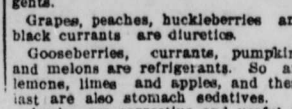
Call or send history for free advice. Medicines furnished in tablet form. Hours—10 a.m. to 1 p.m. and 5 to 6 p.m. Sundays—10 a.m. to 1 p.m.

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 23 Toronto St., Toronto, Ont.
 Please Mention This Paper.

cleans sinks closets drains kills rats mice bugs destroys dirt

COMFORT LYE

Extra Strong



FOR SALE—DAVIS & FURBER
 Mule, 300 spindles, 2 1/2-inch gauge, 25 spool drums, 15 ends per spool. Machine in good condition. For full particulars, apply Silingsby Mfg. Co., Ltd., Brantford, Ont.

NURSING.

NURSING—NURSES EARN \$15 TO \$25 a week. Learn without leaving home. Send for free booklet. Royal College of Science, Dept. 124, Toronto, Canada.

FOR SALE

FOR SALE—ONE BASKET BOTTOM cutter, one lathe machine, 3 saws, self feed iron frame, two circular saws, 15-7 inch solid tooth, 300 feet of heavy slash chain, malleable links. Address John Hassan, Seguin Falls, Parry Sound, Ont.

PROPERTIES FOR SALE.

DOCTOR'S RESIDENTIAL PROPERTY for sale; exceptionally desirable; hot water heating; all modern conveniences; offices in separate wing; stable, lawns and garden; unusual opening in prosperous town. Apply to Box 324, Paris, Ont.

THRONES.

Some Celebrated and Costly Royal Seats.

The throne of Russia was, and is— for, although it stands empty, it has not been injured or dismantled—a wide chair, placed upon a dais approached by several steps, and at the end of an enormous hall of costly marbles. Four pillars with huge carved bears' paws for feet, support an ornate canopy above it. The chair itself is of gold, ivory, and precious woods, ablaze with inset jewels. It is upholstered with ermine.

Of almost equal splendor is the throne of the kaiser in Berlin. It is massively built of costly woods much carved, and is said to have cost \$40,000. The arms are in part of solid gold set with emeralds. Its very high back is adorned with the imperial coat-of-arms, in gold, and the kaiser, when he occupied it, sat beneath a canopy of cloth of gold, with one foot resting upon a cushioned stool covered with the same material.

Great Britain preserves a taste for splendor on splendid occasions, but the throne of King George, in the house of lords, is built fundamentally of material chosen for sentiment rather than for magnificence. It is of British oak adorned with ivory, gold and silver, and is draped with priceless tapestry. On the back of this chair of state are the emblematic lion and unicorn, carved and gilded. The arms of the throne terminate in a pair of lions heads of gold with open jaws.

Presumably, however, there will never be a throne to compare with that of the Mogul emperors of Hindustan. The famous "peacock throne" at Delhi cost at least \$2,000,000—possibly twice that sum. Behind it stood two life-sized peacocks, enameled with rubies, sapphires, emeralds and other precious stones of colors appropriate to represent the birds in life.

The chair was of solid gold profusely studded with gems and surmounted by a canopy upheld by 12 golden pillars. On either side was an umbrella (an Oriental symbol of sovereignty) of crimson velvet, embroidered and fringed with pearls. It was carried off to Teheran in 1739 by Nadir Shah, the Persian conqueror, after the sack of Delhi, and was eventually broken up.—Philadelphia North American.

Ask for Minard's and take no other.

CHILI CON CARNE.

Here's How to Make a Good Substitute.

The Mexicans have a dish known as "Chili con carne" (meat with Chili pepper), the ingredients for which one would doubtless have difficulty in obtaining except in the Southwestern United States.

However, a good substitute for it may be made with the foods available in all parts of the country. The Mexican recipe is as follows:

Remove what seeds from two Chili peppers, soak the pods in a pint of warm water until they are soft, scrape the pulp from the skin and add to the water. Cut two pounds of beef into small pieces and brown in butter or drippings. Add a clove of garlic and the Chili water. Cook until the meat is tender, renewing the water if necessary. Thicken the sauce with flour. Serve with Mexican beans either mixed with the meat or used as a border.

In the absence of the Chili peppers, water and Cayenne pepper may be used, and onions may be substituted for garlic, and the Mexican beans, red kidney beans, either canned or fresh make a good substitute. If the canned beans are used they should be drained and heated in a little savory fat or butter.

ISSUE NO. 19, 1919

MISCELLANEOUS

BABY CHICKS OF QUALITY—Single Comb White Leghorns, from high class stock; bred to lay. Order now and get the early layers. Price (25) six dollars, (50) eleven dollars. (100) twenty dollars safe arrival guaranteed; also eight-weeks old pullets, one dollar each. Walnut Glen Poultry Farm, R.R. No. 4, Chatham, Ont.

SEED CORN—FINEST GRADE OF White Cap Quality guaranteed, \$2.50 per bushel, f.o.b. here (sacks free). Buy from a farmer and save the middle man's profit. Write S. J. McLenon, R.R. No. 4, South Woodside, Ont.

SEND A DOMINION EXPRESS Money Order. They are payable everywhere.

BRED TO SHOW LAYING BARRED Rocks. Tobacco and Garden Plants. Write for Catalogue Chas. Barnard, Leamington, Ont.

SEED CORN

White Cap Wisconsin No. 1, carefully grown, selected and tested. First-class strong, vigorous seed. Germination guaranteed, \$2.50 to \$3.00 per bushel. Freight prepaid.

A GRANT FOX, RUTHVEN, ONT.

FARMS FOR SALE

WESTERN FARM LANDS—IF YOU want to sell your western farm land send me proper description and exact terms, and I will endeavor to sell it for you. J. J. White, Drawer 495, Orangeville, Ont.

CHOICE FRUIT FARM OF FIFTY acres; on the 7th Con., Township of Yarnmouth, County of Egin, has an apple orchard of twenty acres with over 1,000 trees of the best varieties, which were planted in the spring of 1913; has also small orchard of 50 plum and 50 pear trees of selected varieties; there are also large numbers of cherry trees and small fruits, as follows: 60 gooseberries, 70 red currants, 130 black currants, 1,500 raspberries and one-third acre of strawberries, which were planted in 1917; there is a splendid frame house, with wide verandahs; good barn and sheds; the soil is specially adapted for market garden and fruit, and is within short distance of city limits. Apply F. H. Griffin, St. Thomas, Ont.

FOR SALE—TEN ACRE FRUIT farm, located on main highway, trolley line, with buildings. Hyton Ericcoe, Grimsby, Ont.

BUSINESS CHANCES

WELL-ESTABLISHED BOOK, STATIONERY and a fancy goods business for sale at a bargain; large brick store; dwelling above; all stock up-to-date; best reasons for selling. Box 113, Markham, Ont.

CORNWALL SASH AND DOOR FAC- tory, saw, planing and shingle mills for sale. Dimensions: Planing mill, 60x70, two-story brick; sawmill, 32x34; boiler house, 22x34, brick; storehouse, 30x100, two-story; ample yard; room; modern machinery; no similar business within radius of 20 miles; doing large and prosperous business; reasons for selling made known to prospective purchasers, to whom books will be open for inspection; rare business opportunity. Address Aitchison & Co., Cornwall.

Swift-Running Animals.

The swiftest dog in the world, the borzoi, or Russian wolfhound, has made record runs that show 75 feet in a second, while the gazelle has shown measured speed of more than 70 feet a second, which would give it a speed of 4,500 feet in a minute if the pace could be kept up.

PIMPLES ON FACE CUTICURA HEALS

Caused Disfigurement, Itchy and Burning, Had Restless Nights.

"My face came out in little pimples that were sore, and I scratched them constantly, and then they turned into scales, causing much disfigurement. The skin was so itchy that I irritated it by scratching. The burning was fierce, and I had many restless nights."

"This trouble lasted about a year before I used Cuticura Soap and Ointment, and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) W. Byrns, St. Basile, Que., Nov. 23, 1918.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations.

For free sample each of Cuticura Soap, Ointment and Talcum, and full particulars, send 3-cent stamp to Dept. A, Boston, U. S. A. Add cross-street.