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OUR HARD FATE.

Most of Us Dissatisfied With Our Lot.

As a rule we all hold a grouch against life, because of the one thing that we think should have happened to us and did not. This is not a new idea; it has been worked over and over, but, just the same, if we take the time to look a little more deeply into our hearts than we sometimes like to do we are very likely to find there a certain degree of resentment against life, or fate, or circumstances because some one outstanding thing has not happend to us, something that we would have liked to have happened and which we believe would have contributed in large measure to our happiness. Of course, the something that we have in mind differs with each individual; it may be a blessing that we just missed or something that we never had the least idea of obtaining; it may have to do with our personal happiness or our personal success; it may have been the one thing necessary to round out a beautiful life or it may have been the one thing that would have brought us disappointment, but whatever it was we know that we longed for it with all our heart and because it never happened to us, and never will happen to us as far as we can see, we continue to want it and to feel hurt and injured because we have not obtained it. We may not look upon such a condition as a blessing in disguise because most of us prefer our blessings in plain view and beyond all shadow of doubt or misunderstanding.—Charleston News and Courier.

Minard's Liniment Relieves Neuralgia

NURSE CAVELL.

Rev. H. S. T. Gahan, of the Colonial and Continental Church Society, who elected to remain in Brussels, with his wife, during the whole period of the war, told the story at Zion College of his last interview with Nurse Cavell in prison.

He made her acquaintance first of all, he said, in the nursing home, which Nurse Cavell had made a rendezvous for British and Belgian soldiers, who were assisted to escape across the Dutch frontier.

After her arrest, through the services of a German Protestant military chaplain, Mr. Gahan received permission to see Miss Cavell in prison on the night before the death sentence was carried out. He met this chaplain, who remarked: "I am sorry to say she is to be shot to-morrow morning!"

Mr. Gahan continued: "We went to the cell door, and it opened, and Miss Cavell stood in the doorway. I had gone prepared for a very trying scene. There stood my friend, looking as calmly sweet as anyone could look. She was collected and unchanged, except that she appeared better for the enforced rest. The warder withdrew, and we were not interrupted.

"I remember practically all she said. She was thankful for the quiet time, as her life had been such a rush and burden and trial in many respects. She was thankful for the complete solitude, especially during the latter part of her imprisonment. She was not sorry to go, for her life had contained so much trial that she was weary beyond endurance.

"'They have treated me very kindly here,' she said. 'I expected my sentence, but I am glad to die for my country. In the sight of eternity, I know now it is not enough to love your own. You must love all and not hate any.'"

The little communion vessels were placed on a chair, and after the service Mr. Gahan recited "Abide With Me." "Nurse Cavell joined under her breath softly," said Mr. Gahan, "and we said it through together, all but one verse. Then I felt I must not stay much longer, for I had been there an hour. I stood up and said 'Good-bye,' and we were face to face. She was looking slightly strained, but nothing more. We shook hands and smiled, and I added, 'We shall meet again. Good-bye!'"

Heroism That is Real.

For heroism when the engine room of his shop was filled with live steam, Niels Anderson, chief machinist's mate, United States navy, has been given official commendation. The act occurred when the exhaust lines of the steering engine were carried away by the breaking of the tiller, causing the engine room to fill with steam. Without hesitation Anderson went down a ladder to the compartment, but was driven back. Again he made two more attempts. The third was successful, and, groping his way through the cloud of steam, he cut it off. Anderson enlisted in the navy at Norfolk, Va., in April, 1898, giving as his home address 2420 South Broad street, Philadelphia.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentry and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

NEARLY LOST.

Famous Writings Authors Thought Valueless.

It is said that Kipling's "Recessional" was rescued from his wastepaper basket, and had it not been for the intervention and pleading of a friend that magnificent fragment "Hyperion" would have been put behind the fire by Keats, while even the still more famous "Ode to a Nightingale" was discovered by the same friend behind a pile of books.

Newman thought nothing of his "Dream of Gerontius." We wrote to please himself and would forthwith have burned it. But again a friend stepped in and saved a poem which Elgar had set to splendid music, and which provides one of the finest hymns in the language, "Praise to the Holiest in the Height."

One day Tennyson wrote to "Omar" FitzGerald, casually mentioning that he had left a few verses behind him in his cupboard at his late lodgings, and would be rather glad to recover them, says the San Francisco Argonaut. Fitz found them among the butter and sugar, written in an old butcher's book. They were "In Memoriam."

FitzGerald thought a great deal about "Alfred's" verses, but very little about his own. He wrote "Omar Khayyam" in all its haunting beauty long before his death, and had a few copies printed, but he seems to have told nobody about it. Another poet found a copy in the twopenny box of a second-hand bookshop, and boomed it into deserved fame.

Browning actually did destroy everything he wrote before "Pauline," and tried to withdraw that from publication in order to burn the last left copy. He did not succeed, but he made it so scarce that a first edition was sold recently for £480.

Sir Walter Scott threw the first copy of "The Lay of the Last Minstrel" into the fire, and was only persuaded to rewrite it from memory by two friends to whom he had formerly read it. Even the first of his novels, "Waverley," was accidentally fished out of some lumber where it had lain for years little regarded.

Minard's Liniment for sale everywhere

MAGIC BAKING POWDER

Contains no alum

We unhesitatingly recommend Magic Baking Powder as being the best and purest baking powder possible to produce. It possesses elements of food that have to do the building up of brain and nerve matter and is absolutely free from alum or other injurious substitutes.

That Was It.

One of the favorite stories told in army camps in the earlier days of the war was that of the recruit who developed a queer mania very shortly after he had been assigned to a depot regiment. Time and again in barracks and out he was seen picking up pieces of paper from the floor or ground, looking at them muttering, "That's not it," and passing on. He refused to explain his actions. The matter finally came to the attention of his officers, and they had him reported to the attention of a medical board for examination. When he came before the board the recruit grabbed up the papers on the table and looked them all over before he could be prevented. "That's not it," he repeated, as he examined each one feverishly. Finally, after lengthy observation, the medical officers recommended his discharge, via the "s. c. o" route. When the soldier detailed to accompany the apparent lunatic to his home was handed the discharge certificate the cause of it all seized it and perused it hastily. "That is it!" he yelled. And it was, for the release from the service was permitted to stand.

Bad Blood Fatal To Good Looks

Easy Enough to Restore Both By a Simple Home Remedy That Costs But a Quarter.

Bad looks and bad health go together. To look young, to be happy, to enjoy life, and be always at your best you must keep your blood pure, your liver active, your bowels well regulated. These are the prime essentials to a happy, healthy old age.

If you want a positive guarantee of good health, you can easily find it in the regular use of Dr. Hamilton's Pills, which for forty years have been keeping thousands of people in the pink of condition. It's no experiment to use Dr. Hamilton's Pills as a regular round of life. They are composed of certain extracts and herbs that search out disease, that regulate, tone and strengthen the system.

If in need of better health, if lacking in strength, if subject to headaches, blood disorders, constipation, lack of appetite, and indigestion, 'tis safe to say you will be cured quickest by using Dr. Hamilton's Pills, sold everywhere in 25c boxes.

FOOD FROM AIR.

Chemictl Parsons May Yet Make It Possible.

Chemical parsons, although aristocrats of the laboratory and expensive retainers, are cutting down the cost of living for mankind. With their aid it may be possible one of these days to get something very much like beefsteak from the air, just as now with the assistance of these true friends of the race excellent butter substitutes are made from oils. A chemical parson, to use the lingo of the laboratory, is a substance which brings about radical changes without being in the least changed itself. One of the best known of them is nickel, now largely employed in producing valuable substitues for butter.

Paul Escher, a member of the American Chemical society and a chemist connected with one of the large Chicago packing houses, says that few realize the extent to which hardened oils are now taking the place of solid fats and butter. The ever increasing population and the continuous decreasing ratio of milch cows have made it necessary to supplement the supply of natural butter by vegetable oils and fats so blended as to resemble butter. The little country of Holland, where this industry has reached a very high stage of perfection, has for years been supplying Europe with Margarine, the better grades of which are difficult to distinguish from the natural products. They are made by heating the oil and bubbling through it a pure hydrogen gas in the presence of a chemical parson or catalyzer. The parson employed in this hydrogen passes through under pressure, the oil takes up some of the gas and in so doing it changes its internal structure and becomes in cooling a solid, hard fat. In this way it is possible to produce cocoanut oil butter or peanut butter which can be made into prints under ordinary temperatures.

Lard may also be made so solid that it can be sold in pound packs without the need of a container. Highly refined cottonseed oil, peanut oil, corn oil and the oil from the Chinese soya bean or fish oil and cheap grades of vegetable oil can all be converted into a more or less solid fat by this magic process, the degree of hardness depending on the length of the process. The nickel is all removed from the oil before it is sent to the market.

If a process of using nitrogen in place of hydrogen through oil and other liquids were perfected, for that is within the dream of chemistry, a new source of food would become available. By treating glucose, oil or soluble starch in the presence of a catalyzer which would combine them with the nitrogen, it may be possible to produce peptones, which are so plentiful in meat extracts used in the making of soups. It might be feasible to coagulate these substances into a casein and thus have synthetic milk and cheese. They might also be converted into albumen, the equivalent of the white of the egg, or into other proteins which figure so prominently in food.—American Chemical Society Bulletin.

Spanking Doesn't Cure !

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send **FREE** to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

MRS. M. SUMMERS,
Box 28,. Windsor, Ontario.

LASSO OLD AS HISTORY.

Early Persians Roped in Their Wild Mounts.

The lasso is of great antiquity. It is said to be depicted to the ruins of Nineveh, acording to the Badminton Magazine. An early Persian manuscript, preserved in the Escorial, shows a sportsman (whom I suppose royal to his Olympian expression and careless seat) in the act of catching a wild ass with a nicely plaited lasso. The monarch bestrides a rather "stocky" looking, dark colored horse, with four white feet, and a white face. A bow, quiver and a saber are hung from his saddle, and a sort of housing half covers the horse. How the wild ass is to be restrained, even by the hand of a monarch, is not at first sight evident, for the lasso is neither fixed to the saddle after the fashion of the gauchos, nor is a half turn taken around the pommel, in the style adopted by the vaqueros in Mexico and Texas. Apart from this detail, all is as realistically set forth as it would be to-day in a photograph. The horse bears away from the beast lassoed, and the king sits a little to ones ide, exactly as a western cowboy or an Argentina gaucho sits under similar circumstances. Irises and parcissi spring up under the horse's feet, and an applauding group of angels peep out of a cloud, while in the middle distance another Persion gaucho shoots an antelope with an arrow while going at full speed.

The Laplanders are said to lasso their reindeer and the Tartans and modern Australians use a rudimentary lasso fixed to a long pole in order to catch wild or refactory horses. The Poles, Croatians and Wallachians, with the Hungarians, seem to have used the lasso till about the beginning of the present century. A picture by the German artist Richter shows Polish remounts for the German cavalry being lassoed in the Zwinger at Dresden. The horses look as wild as a Texan "broncho" or an Argentina "gaguai," and the attitude of men and animals and the way the ropes are coiled and thrown are identical with those adopted in Spanish America to-day. The lasso appears to run through a ring in the pommel of the saddle. It is, however, in Spanish America where the art has been most developed. This is on account of the open country and the vast numbers of wild and semi-wild horses which up to the middle of the present century overspread its plains.

Minard's Liniment Cures Dandruff.

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Keep Your Eyes Clean - Clear and Healthy
Write for Free Eye Care Book Murine Co., Chicago, U.S.A.

ISSUE NO. 34. 1919

FARMS FOR SALE

LARGE NUMBER IMPROVED FARMS for about half cost of improvements, $500 and up; grows in abundance all kinds of vegetables; auto roads, flowing wells, schools, churches, fish, game; have farmed here 21 years; never had crop failure. J. Locking, Emo, Ont., Rainy River Valley.

IF YOU DESIRE TO SELL YOUR farm send me full particulars and have description published in my new Catalogue. No expense whatever to you unless I effect a sale. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

120 ACRES, PICKERING; EIGHTY Markham; 625 Markham, fine grain and stock farm, one ten per acre, or divide; livery barns and 4 fine homes, in Markham village. F. K. Reesor, Markham, Ont.

FOR SALE — SHEEP AND HAY ranch, 205 acres, 1,000,000 fine timber; house, barn, about five acres finest black soil, cultivated garden and hay; post office, church, school, telephone, 10-in. water-main, Canadian Northern Railway, saw mill, planing mill; most beautiful climate in the world; radius 6 miles Victoria; fine auto roads; electric wires soon. Reason for selling, Dr. Barker, Happy Valley, Vancouver Island.

SUSQUEHANNA VALLEY FARMS — Dairy and grain; top prices for milk; modern buildings; state roads; estate property, must be sold; it will pay you to tell us what you want. We are not members of any farm agency. Wheeler & Mabey, Sidney, N. Y.

640 ACRES FOR SALE—3½ MILES from Wolseley, Sask.; on main line C.P.R.; 62 miles east of Regina; good district; 1½ miles from school; 450 acres under cultivation; pasture of about 100 acres; all fenced and cross-fenced; good stone house, also frame house for hired help; implement shed barn and additions and eight bins; excellent water supply; price $40.00 per acre; $5,000 cash, balance annual payments, with interest at 7 per cent.; possession in fall. M. G. Croome, Drawer E, Wolseley, Sask.

200 ACRES, FINE STOCK AND grain farm, in Township of Arthur County of Wellington, with bank barn 56 x 66, stone house, good orchard, well watered and fenced, 20 acres hardwood bush, and 180 acres under cultivation, for further particulars for price, terms, etc. Apply to Jas. McMillan & Sons, Mount Forest, Ont.

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington, Lot 17, Concession 7, all cleared and in good state of cultivation, new bank barn 56 x 66, log house, two good wells, one mile from Kenilworth, church, school, and good market. For particulars, apply to owner, Mrs. Lynch, 600 Crawford St., Toronto, Ont.

FOR SALE—86 ACRES, NORTH HALF lot 6, concession 8, Beverly, 5 miles east of Galt, good buildings, well fenced, well watered, in first class condition. Bell phone, rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 6.

MISCELLANEOUS

WHEN ORDERING GOODS BY MAIL send a Dominion Money Order.

AUTO OWNERS AND MECHANICS. Don't lose your tools. Stamp your name on every one and be insured against loss and theft; We will make for you a Stamp hand cut from tool steel, it will last a life time; send 30c for each letter of your name and 10c postage. If only your initials are required send $1.00. Crown Stamp & Die Works, Waterdown, Ontario.

NEEDLES AND PARTS FOR ALL Sewing Machines. Springs made for Gramaphones. J. Jackson & Co., London, Ont.

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Write for Free Book of House Plans, and information telling how to save from two to four hundred dollars on your new home. Address, Halliday Company, 2 Jackson Street East, Hamilton, Ontario.

LIVE STOCK.

SAPPHIRE SWINE (BLUE HOGS) actually blue in color. The blue hogs are no longer an experiment. We have bred them successfully for twelve years before offering any for sale. They mature quickly, grow very large and the females are the most prolific breeders on earth. Write for information. Mention this paper. The Blue Hog Breeding Co., Wilmington, Mass.

PROPERTIES FOR SALE.

FOR SALE—FOR $1,000 — COMFORTable 5-roomed cottage comfortable frame stable, 18 x 22, and one acre of land, with garden and vegetables; situated in village of Seguin Falls. Also 20½ acres of meadow and bush land. For particulars apply Angus A. McKinnon, Seguin Falls, Ont.

Minard's Liniment Cures Burns, Etc.

The fast young man alwayz makes his beet time going down hill.

FREE

To Asthma, Hay Fever and Catarrh sufferers. Write to-day and get a trial treatment of the world's greatest remedy, Buckley's two bottle mixture; nothing ever made like it... One bottle gives instant relief, while the other drives the poison from the system. Something different; no burning or nerve wrecking drugs, but two scientific mixtures that will conquer any of the above ailments. Don't hesitate a minute longer. Fill out the blank below and get started on the road to health.

W. K. BUCKLEY MANUFACTURING CHEMIST,
97 Dundas St. East, Toronto.

Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer.
NAME.....
ADDRESS.....

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